

## Judo



Hello everyone! My name is Stephen Cannell. I work as a coordinator for international relations (CIR) in Toyohashi. Today I would like to talk about judo, a combat sport that will be at the Tokyo 2020 Olympics.

Judo is a Japanese sport that dates back to 1882. It was created by Kano Jigoro, a *jujutsu* practitioner who wanted to improve on *jujutsu*. It quickly grew in popularity, and began to be taught in schools, the police, and the military. In the 1950s, it had grown to become popular around the world, and international tournaments began to take place. It officially became an Olympic sport at the 1964 Tokyo Olympics, and was added to the Paralympics in 1988. There are many martial arts, including Brazilian jiu-jitsu, Russian Sambo, etc. that were influenced by judo.

There are two methods of attacking in competition judo: throws, known as *nage-waza*, and grapples, known as *katame-waza*. There are 100 different techniques that may be utilized in judo, however some techniques that are too dangerous are banned from international competition. The goal of *nage-waza* is to throw your opponent on their back to the floor. There are standing throws, and those in which you bring your opponent down with you. The goal of *katame-waza* is to put the opponent into a position from which they cannot attack back.

The goal of both competitors in a judo match is to land an *ippon*, which is an immediate victory. In order to be awarded an *ippon*, the athlete must perform a *nage-waza* or *katame-waza* on their opponent while meeting a specific set of guidelines. For *nage-waza*, *ippon* are awarded when you fully control your opponent, put them on their back, and perform the throw with sufficient speed and strength. For *katame-waza*, you must hold the opponent in a position from which they cannot counter attack for 20 seconds. In the case that an athlete does not meet the requirements for an *ippon*, but still manages to control and throw the opponent on their back, or to hold the opponent for 10 seconds or more, the athlete may be awarded a *waza-ari*. Two *waza-ari* is equivalent to an *ippon*, and results in a victory. There were previously other scores such as *yuko*, and *koka*, which resulted in less points than a *waza-ari*, but in order to make matches

more exciting, those scoring methods are no longer used in the Olympic rules.

Olympic matches last 4 minutes, and take place on a 10m x 10m mat. If 4 minutes passes and neither athlete has scored an *ippon*, the athlete with more points is the winner. In the case of a tie, the match goes into a sudden death round, where the first competitor to score wins.

Mild penalties in judo result in a *shido*, or warning. 3 *shido* results in an immediate loss of the match. If an athlete loses in this way, they are still allowed to continue in the tournament, however if an athlete commits a major penalty, they receive a *hansoku-make*, or loss by foul, and are ejected from the match and the tournament.

Judo has been a Paralympic sport since 1988. Participation is limited to athletes with vision impairments. Similar to other Paralympic sports, judo uses different classes to define athletes based on how severe their disability is. Judo is divided into B1, B2, B3, with B1 being complete blindness, and B3 being the least severe. However, the athletes are *not* separated into different tournaments, and compete together. The rules are mostly the same as the Olympic rules, however in Paralympic judo, the athletes begin the match holding on to one another. This small rule change makes the event much fairer, as the 100kg gold-medalist in 2016 was a B1, or entirely blind, athlete.

Toyohashi's Host Town partner nation, Germany, is very strong in Paralympic judo. Current world number one Nikolar Kornhass took a bronze medal in Rio, Ramona Brussig currently ranks 6<sup>th</sup>, and Hamburg-native Damien Goral currently ranks 9<sup>th</sup> in the world. Let's cheer all of them on in their quest to compete at the Paralympics!

One strong competitor in Olympic judo is Korean athlete Jeong Bo-kyeong. Jeong is from Toyohashi's partner city, Jinju. She took a silver medal at the 2016 Rio Olympics, and she is qualified for the Tokyo 2020 Olympics. Jeong will no doubt be aiming for a gold medal this time, so let's give her every ounce of our support!

