



INCLUSIVE JUDO TOOLKIT

JUDO4ALL PROJECT



Funded by
the European Union



Judo4all Project

Inclusion of People with Intellectual Disabilities in Judo and making judo accessible to everyone.

The Judo4All project addresses the horizontal priority of the Erasmus + inclusion and diversity by involving people with intellectual disabilities – PwID, as persons with fewer opportunities in judo, thus creating an inclusive methodology and program for their equal participation in sports. On the other hand, the project encourages the partner organizations and clubs to create inclusive judo programs for PwID so as to be more open and supportive. In the field of sport, this intervention goes in line with the Work Plan for Sport 2021-2024 and the Council Recommendations on HEPA, thus contributing to the fight against discrimination of PwID and supports their equal treatment.

Official website: judo4all.net

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Project Partners





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INTRODUCTION



Judo4all Project

Inclusive Judo

The Judo4All project it wouldn't happen without the support of the European Union Erasmus+ programme, that helped us to develop the inclusive techniques in judo and this toolkit.

With the help of the partners we have developed together a 61 adaptive judo games and techniques, all presented in this toolkit, we collected good practices from around the world as well as shared good practices from our judo club partners.

In the frame of Judo4All there are 4 partner organizations that helped to develop the inclusive judo techniques and creation of this toolkit. The judo experts together with their local judokas in between their judo trainings selflessly helped in developing

Association for Development and Affirmation of Judo Sport – Judo Club DRIM Struga,
Centre for improvement of the quality of life of the persons with intellectual disability
and their families PORAKA NOVA

Asociatia Judeteana De Judo Mehedinti

Judo Club Makikomi

PROJECT PARTNERS



Judo club Drim Struga – Macedonia

Judo Club Dream Struga is a judo sports club established in 2012 year, whose main goal is sports and judo education, as well as the achievement of top sports results at domestic and international competitions.

Project coordinator: Gjorgjia Stojanov

email: judo-drim@hotmail.com



Poraka Nova Struga – Macedonia

Center for improvement of the quality of life of the persons with intellectual disability and their families PORAKA NOVA. The Vision of Poraka Nova is an improved quality of life for people with intellectual disabilities and their families

Project coordinator: Anita Gagovska

email: contact@porakanova.org



Makikomi Judo klub – Serbia

Judo Club Makikomi Serbia is established in 2013. Makikomi has vast experience in sports management & judo. Additionally, has significant experience in working with all age categories of judokas and the first club in Belgrade who started Inclusive judo for PWID.

Project coordinators : Slaviša Pejčić & Predrag Jojić

email : Slavisa Pejicic makikomi2013@gmail.com



Asociația Județeană de Judo Mehedinți – Romania

Eestablished in 2001, Mehedinți County Judo Association is related to the positive adaptation of all people who come at the DOJO: typical people or people with various disabilities, to have an upward path towards adaptation to society rules and performance in Judo at all ages.

Project coordinator: Lena Sterea

email: lena_judo@yahoo.com

THE IDEA BEHIND THE PROJECT

The idea for the project was born from the partnership initiative between the organizations from North Macedonia: the DRIM Judo Club and Poraka Nova, both from Struga, North Macedonia. Back in 2019 they created a local judo training program for PwID, members of the municipal daycare centre administered by Poraka Nova, as a mean to integrate them in the sports activities and enhance their personal health. In order to enlarge the scope and impact of the program, the applicant DRIM Judo Club, reached out to Mehedinti County Judo Association from Romania and Makikomi Judo Club from Serbia, as long lasting and trustworthy partners.



About judo4All project

According to the UN, in 2018 more than 1 billion people in the world live with some form of disability, from which around 80 million in the EU. In the EU, these numbers of persons with disabilities (PwD) are equivalent to almost 18 % of the total population. Research studies have shown that Persons with Intellectual Disabilities (PwID) have a higher probability of being subject to socioeconomic disadvantages such as discrimination, poverty, fewer educational opportunities, healthcare, etc, leading to their exclusion and marginalization with severe consequences to their lives. These disadvantages are present in the field of sports as well. The EU Barometer survey from 2018 states that disability or illness is the third most commonly mentioned reason for not practicing sports regularly. 14 % of the EU citizens do not practice sports due to these reasons. For these reasons, this project addresses the horizontal priority of the Erasmus + inclusion and diversity by involving PwID as persons with fewer opportunities in judo, thus creating an inclusive methodology and program for their equal participation in sports. On the other hand, the project encourages the partner organizations and clubs to create inclusive judo programs for PwID so as to be more open and supportive towards the PwID, and contribute towards awareness-raising for inclusive sports. The intervention is in harmony with the Erasmus + program and the Inclusion and Diversity Strategy and the Strategy for the Rights of Persons with Disabilities 2021-2030 by strengthening the participation of PwD in sports, pursuing cooperation with mainstream and disability- specific sports organizations at all levels. Specifically, in the field of sport, this intervention goes in line with the Work Plan for Sport and the Council Recommendations on HEPA, towards the creation of barrier-free Europe.

The project aims to create opportunities for PwID to practice judo so as to better include and integrate them in the society, as well enhance their wellbeing and health through physical activities.

The learning process of the project is interactive and inclusive, practicing healthy physical activities together with persons without disabilities, members of the judo clubs. It envisions co-creation of all partners, competitions and exchanges, additionally enriched with professional sports methods for PwID and without disabilities, as well and non-formal education methods such as: group-work, group-training, joint tasks and assignments, team-building and leadership activities, peer-to-peer education and exchange.

Furthermore, the project relies on the cooperation and interactions of both, PwID and persons without disabilities in order to create and open an inclusive ground for fighting. Saying that, so far we have:

- Increased the involvement of young PwID (18-35 years of age) from EU and the Western Balkans in sports by participating in regular judo activities and competitions within an international sports framework
- We have built the capacities of the partner organizations in working with PwID and enhance cross-border cooperation by allowing exchange of know-how, practices and mobility experiences between EU and WB
- We introduced innovative judo methods and practices based on the local realities and needs in each participating country by developing an inclusive judo training program
- With our campaigns we have raised awareness about the importance of inclusive sport and combat any form of discrimination and exclusion of PwID

We believe that we will keep up the good work, motivating other clubs to cooperate each other, to create safe sport environment for everyone and encourage PwID to take active part in every sport activities.



JUDO INTRODUCTION

Judo is a fusion of an ancient martial art and modern sports training, complementing with its philosophy, continuous self-improvement, focus on the balance, technique, and strength. And not only that.

Judo also is:

- A complex fighting system that preserves Japanese martial traditions and techniques, but it is also a popular sport that prepares an athlete for a confrontation on the mat.
- A recreational activity, practiced without the danger of being injured, fun, which emphasizes character building.
- An art that allows a free expression of skill and demonstrates the beauty of coordinated movements.
- A method of training the body and mind using principles that can be applied in life.
- Embodying both aspects of sport and martial art, Judo has a unique depth and strength not so easily found in other sports or martial arts.
- Judo, just like a quality diamond, has many facets reflecting the light around it. Every time, when you look at Judo, another facet shows its brilliance.
- Judo can be applied without injuring your opponent, but at the same time it has saved the life of many Judokas in case of real attacks.
- Children, young people, adults, veterans (over 30 years of age) participate in Judo competitions, and the male and female sports elite who represent their countries at the Olympic Games show us performances of massive mastery.
- The principles of the Judo Fighter are studied in the highest universities in the world with a business profile, to help corporate leaders to apply power correctly, to use economic levers in the right direction.



HISTORY OF JUDO

In the early 20th century, the world discovered the artistic beauty and the military power of Japanese civilization and the effectiveness of strong Japanese soldiers based on their warrior spirit, the Bushido, and their fighting techniques Ju - Jutsu. In many countries, the Japanese art is introduced in military curriculum. Ju -Jutsu also appears on the stage of music halls, circuses and fairs.

Small and bullied by his classmates, Jigoro Kano wanted to strengthen his body and learn to defend himself. He studied Ju-Jutsu but soon realized that the fight focused on a powerful body and not on the spiritual and educational dimension of people.

In May 1882 Jigoro Kano was inspired by traditional forms of combat to create a method of physical, intellectual and moral education, which he named Judo.

Jigoro Kano removed the dangerous Ju -Jutsu techniques, by improving the art of falling. He imposed that both fighters grab each other and created his own method by synthesizing the oldest forms of defence. In 1882 Jigoro Kano opened a Dojo that he called the Kodokan, the "Place where the way is studied".

Judo techniques were divided into three categories: throws or Nage Waza, controls or Katame Waza and kicks or Atemi Waza. In competition Atemi Waza are not allowed.

Initially considered as a self-defence system, Judo is step by step recognized for its educational value, its benefits for the development of the body and the character.

Judo became an Olympic sport in the Tokyo Games in 1964, and thus became universal.

In 1922, Kano created the Cultural Society of the Kodokan. He writes the two maxims that define the philosophy of his method: Seiryoku zenyo -"The best use of energy" and Jita Kyoei "Mutual welfare and benefit".

"As long as we coexist, each member of society and the groups organised within must function in harmony and cooperation with the others. Nothing is more important than living prosperously together. If everyone acts with the spirit of mutual cooperation, each person's work benefits not only himself, but also others, and attaining this together will bring mutual happiness."

JIGORO KANO - The founder of Judo

THE MORAL CODE OF JUDOKAS

1. HELP

Helping your partner helps you to progress together.

2. COURAGE

To do what is right.

3. ACKNOWLEDGMENT

Appreciate the effort of those who give their all.

4. MODESTY

To talk about yourself without arrogance.

5. POLITENESS

Respect for the other.

6. SINCERENESS

To say what you think.

7. FRIENDSHIP

The purest human feeling.

8. SELF-CONTROL

To know how to control yourself in all situations.

9. SERIOUSNESS

Dedicate yourself to a goal completely and to the end

10. RESPECT

Without respect there can be no trust.



THE PRINCIPLES OF THE JUDOKAS

1. I will always be the master of my thoughts and I will cultivate only good thoughts. In the Judo gym I will master my mental states for not to complicate the work of my colleagues and mine.
2. I will always guard my tongue for not to say disparaging or upsetting words. I will always tell only the truth. I want to listen twice, judge and then speak. For this I have two ears and only one mouth.
3. I want to supervise my actions. I will fight only for the truth, beauty and good. I will never harm anyone through my actions.
4. I will joke and laugh with my colleagues, but I will never take anything for granted, I will not spoil solemn moments. I want to enjoy everything that is beautiful.
5. I will listen to the advice of my coaches and better prepared Judoka and I will try to apply them. In serious situations I will remain serious. If I have other personal opinions I will show them on my face.
6. During the training hours, I will practice nothing but our sport: JUDO. I want to focus all my thoughts only on Judo. I will progress only by constantly striving to give maximum performance. I want to help others to know Judo in its splendid beauty.
7. During the competitions I will fight bravely and honestly. I will respect my opponent. I will always strive to obtain victories for my country and for my team. As a winner I will not sulk, and as a loser I will work hard to prepare.
8. I will not wallow in pain, demonstrating strength and self-control. I will not make my colleagues sick by howling and lamenting. I will forgive the one who, with or without his will, caused me these pains.
9. I will fight honestly and fairly and I will not brag. I will not pretend to be a star and I will not seek to stand out. If I am forced to appear and to appear to others in case of danger, I will not start like a wild, but I will use my strength and knowledge only to carry out and defend the truth.
10. "THE WISE GIVE UP" says an old proverb. I want to give up in everyday life as well as in training in order to win. I will never run away from cowardice and I will not avoid danger by showing my back.

YES, I WANT THIS!

–JIGORO KANO

INCLUSIVE JUDO

While many people may assume that judo is only for able-bodied individuals, the truth is that this sport can be enjoyed by people of all abilities. Inclusive judo is about adapting the sport to meet the needs of individuals with disabilities, and it can be a great way to improve physical fitness, build confidence, and learn self-defense skills. In this post, we'll cover some of the basics of inclusive judo for people with disabilities.



1. Adaptations and modifications

To make judo inclusive for people with disabilities, it is important to make adaptations and modifications to the sport. This can include things like adjusting the rules, equipment, and techniques to accommodate different needs. For example, athletes with visual impairments may require a tactile signal to indicate when the match begins, while athletes with physical disabilities may need adapted grips or throws. In some cases, it may be necessary to modify the mat surface or create a designated area for athletes with wheelchairs.



2. Communication and respect

Communication and respect are essential elements of inclusive judo. It is important to communicate clearly with athletes about their needs and abilities, and to respect their individuality and autonomy. Coaches and trainers should work closely with athletes to ensure that they feel supported and empowered, and to help them set realistic goals and expectations.



3. Safety and risk management

As with any sport, safety and risk management are critical in inclusive judo. It is important to provide appropriate safety equipment and to ensure that the mat surface is safe and well-maintained. Coaches and trainers should also be familiar with the risks associated with different disabilities, and take steps to minimize these risks as much as possible.



4. Building community and fostering inclusivity

Finally, inclusive judo is about building community and fostering inclusivity. Judo can be a great way for people with disabilities to connect with others who share their interests and passions, and to feel a sense of belonging and camaraderie. It is important to create an environment that is welcoming and supportive, and to celebrate the diversity and uniqueness of each athlete.

In conclusion, inclusive judo is about adapting the sport to meet the needs of individuals with disabilities, and creating a welcoming and supportive environment for all athletes. By making adaptations and modifications, communicating clearly, prioritizing safety, and fostering inclusivity, we can make judo a sport that is accessible and enjoyable for people of all abilities.



MORE DETAILS ON ADAPTATIONS AND MODIFICATIONS IN INCLUSIVE JUDO

Adaptations and modifications in inclusive judo are essential to ensure that the sport is accessible and enjoyable for individuals with disabilities. Some common adaptations and modifications in inclusive judo include:

1. Rule adjustments: Coaches and trainers may need to adjust the rules of the sport to accommodate the needs of athletes with disabilities. For example, athletes with visual impairments may require a longer time limit for grappling techniques, while athletes with physical disabilities may require additional breaks during the match.
 2. Equipment modifications: Athletes with disabilities may require modified equipment to participate in judo. For example, athletes with physical disabilities may require adapted grips or throws, while athletes with visual impairments may require a tactile signal to indicate the beginning of a match.
 3. Technique modifications: Judo techniques may need to be modified to accommodate the needs of athletes with disabilities. For example, coaches and trainers may need to modify throws to accommodate athletes with physical disabilities, or modify grappling techniques to ensure that athletes with visual impairments are aware of their opponent's position.
 4. Mat surface modifications: In some cases, it may be necessary to modify the mat surface to accommodate athletes with disabilities. For example, athletes who use wheelchairs may require a different mat surface to ensure that they can safely and effectively participate in the sport.
 5. Designated areas: To ensure that athletes with disabilities can safely and effectively participate in judo, it may be necessary to create designated areas for different types of disabilities. For example, athletes who use wheelchairs may require a separate area on the mat, while athletes with visual impairments may require a designated area for guide dogs.
- Adaptations and modifications in inclusive judo require careful planning and consideration to ensure that the needs of all athletes are met. Coaches and trainers should work closely with athletes to determine their specific needs and to make any necessary adaptations or modifications to the sport. By creating a welcoming and accessible environment for all athletes, we can help to ensure that everyone can enjoy the benefits of judo.



MORE DETAILS ON COMMUNICATION AND RESPECT IN INCLUSIVE JUDO

Communication and respect are important elements of inclusive judo that can help to create a positive and supportive environment for athletes with disabilities. Some key aspects of communication and respect in inclusive judo include:

1. Clear and effective communication: Coaches and trainers should communicate clearly and effectively with athletes with disabilities, using language and communication styles that are appropriate for their needs. They should also be patient and understanding, taking the time to explain things in a way that is easy for athletes to understand.
2. Active listening: Active listening is an important part of communication and respect in inclusive judo. Coaches and trainers should listen to athletes with disabilities, taking the time to understand their needs and concerns. They should also be open to feedback and willing to make changes based on the input of their athletes.
3. Respect for individuality and autonomy: Athletes with disabilities are individuals with unique needs and preferences, and coaches and trainers should respect their individuality and autonomy. This means being open to different approaches and techniques, and allowing athletes to make decisions about their training and competition.
4. Setting realistic goals and expectations: Coaches and trainers should work with athletes with disabilities to set realistic goals and expectations for their training and competition. This may require adapting goals and expectations to accommodate their needs, but it is important to ensure that they feel challenged and motivated.
5. Celebrating diversity and uniqueness: Inclusive judo is about celebrating the diversity and uniqueness of each athlete, and creating an environment that is welcoming and supportive. Coaches and trainers should celebrate the accomplishments of athletes with disabilities, and work to create a sense of community and belonging for all athletes.

Communication and respect are essential elements of inclusive judo that can help to create a positive and supportive environment for athletes with disabilities. By communicating clearly, listening actively, respecting individuality and autonomy, setting realistic goals and expectations, and celebrating diversity and uniqueness, coaches and trainers can help to ensure that all athletes feel supported and empowered.



MORE DETAILS ON SAFETY AND RISK MANAGEMENT IN INCLUSIVE JUDO

Safety and risk management are critical considerations in inclusive judo, as athletes with disabilities may have unique safety needs and considerations. Some key aspects of safety and risk management in inclusive judo include:

1. Individualized risk assessments: Coaches and trainers should conduct individualized risk assessments for each athlete with a disability, taking into account their specific needs and abilities. This can help to identify potential safety risks and develop appropriate risk management strategies.
2. Proper equipment and facilities: Appropriate equipment and facilities are essential for ensuring the safety of athletes with disabilities. This may include modified equipment, such as protective gear or adapted grips, as well as accessible and safe facilities that are appropriate for their needs.
3. Careful supervision: Careful supervision is essential for ensuring the safety of athletes with disabilities during training and competition. Coaches and trainers should closely monitor athletes and be aware of their needs and limitations, making adjustments as necessary to ensure their safety.
4. Emergency response plans: Coaches and trainers should have emergency response plans in place in case of injury or other emergency situations. These plans should include clear instructions for responding to emergencies, as well as contact information for emergency medical services.
5. Safe training and competition practices: Safe training and competition practices are essential for minimizing the risk of injury for athletes with disabilities. Coaches and trainers should follow appropriate safety guidelines and provide appropriate training and instruction to athletes, ensuring that they understand how to perform techniques safely and effectively.

Overall, safety and risk management are essential considerations in inclusive judo. By conducting individualized risk assessments, providing appropriate equipment and facilities, ensuring careful supervision, having emergency response plans in place, and following safe training and competition practices, coaches and trainers can help to ensure the safety and well-being of all athletes with disabilities.



MORE DETAILS ON BUILDING COMMUNITY AND FOSTERING INCLUSIVITY IN INCLUSIVE JUDO

Building community and fostering inclusivity are key elements of inclusive judo, as they help to create a positive and supportive environment for athletes with disabilities. Some key strategies for building community and fostering inclusivity in inclusive judo include:

1. Creating a welcoming environment: Coaches and trainers should work to create a welcoming and inclusive environment for all athletes, regardless of their disability status. This can involve simple gestures like greeting athletes by name and taking an interest in their lives outside of judo.
2. Encouraging participation: Encouraging participation is an important aspect of building community and fostering inclusivity. Coaches and trainers should actively encourage athletes with disabilities to participate in training and competition, and provide appropriate support and accommodations to enable them to do so.
3. Celebrating diversity: Celebrating the diversity of all athletes, including those with disabilities, is an important aspect of fostering inclusivity. Coaches and trainers should celebrate the unique strengths and abilities of each athlete, and create an environment where differences are valued and respected.
4. Providing opportunities for social connection: Providing opportunities for social connection can help to build a sense of community and belonging among athletes. Coaches and trainers can organize social events or activities outside of training and competition, such as group outings or team dinners.
5. Partnering with disability organizations: Partnering with disability organizations can help coaches and trainers to better understand the needs and experiences of athletes with disabilities, and develop more effective strategies for inclusion. This can involve collaborating on training and competition events, or seeking input and guidance from disability advocates and experts.
6. Providing role models: Providing role models can help to inspire and motivate athletes with disabilities, and show them what is possible with hard work and dedication. Coaches and trainers can highlight successful athletes with disabilities and encourage them to serve as mentors and role models for others.

Overall, building community and fostering inclusivity are essential elements of inclusive judo. By creating a welcoming environment, encouraging participation, celebrating diversity, providing opportunities for social connection, partnering with disability organizations, and providing role models, coaches and trainers can help to create a positive and supportive environment for all athletes, regardless of their disability status.

-Anita Gagovska

JUDO FOR PEOPLE WITH INTELLECTUAL DISABILITIES (PWID)



The judo trainings post-pandemic became main activity for some of the PWID, a place where they meet new people, learning new skills and feel the inclusion. Inclusion of individuals with an intellectual disability in sport activities means understanding the needs of the individuals and their disability to ensure a safe practice environment. As such, every type of disability has its own demands and it should be understood and considered throughout the teaching/learning process. Judo trainers play a critical role in the development of judokas with an intellectual disability. They must take the time to help them to feel included and understand what is going on during the judo session. For that, they need to know what to do and be aware of the type of disability they must face and the associated means of communication.

Every intellectual disability is different and the variation in mental abilities in people with the same disability also differs strongly. Nevertheless, there should not be any barrier to the development of practitioners who are really committed. As such the program and the judo trainers should strive to find the best possible and creative way to teach judo to athletes with an intellectual disability.

Training PWID in the sport of judo means creating conditions, and designing and implementing lessons that ensure the active involvement of all participants

The methodology, adaptation of the techniques and creating specific movements in judo techniques was created on spot, individually during the trainings, when working directly with a person that has specific disability and the technique is adapted accordingly. In creating the methodology besides the judo trainers are included guardians, special educators and physiotherapist.

Good to be mentioned that the adaptation of the techniques is still in progress, it is happening during all inclusive judo trainings.

Uke- the judo partner sometimes is PWID and sometimes is without any disability to improve the technique, the balance and strength of the judoka.

With the help of the adaptive judo trainings, PWID became real judokas and in accordance to their capabilities, some of them crossed their limits and abilities.

SPECIAL REGULATIONS FOR PEOPLE WITH INTELLECTUAL DISABILITIES

Our JUDO4ALL project refers to the inclusion in Judo for people with disabilities. Before we go any further to the techniques, which are the main purpose of this judo toolkit, it is important to mention that some of the techniques are restricted for PwID. These techniques and actions can cause choking, head or neck injuries of the opponent.

Judo is an Olympic sport, Paralympic sport, Special Olympic sport and a fully inclusive Adaptive Judo sport, making it an incredibly diverse and inclusive activity, suitable for all ages, genders, abilities and disabilities.



The International Judo Federation produces regulations and any Judo entity in this world must align with these organizational regulations or arbitration regulations for any age category (children, cadets, juniors, youth, seniors, veterans, special Olympics, special needs).

The International Judo Federation works with the Kodokan (Supreme School of Judo) and the current Arbitration Regulations recognize 68 Judo techniques (Tachi-Waza and Ne-Waza) in total.

The current arbitration regulation for Special Needs includes a chapter that refers to "Restrictions".

The purpose of this arbitration regulation is primarily physical security for all its practitioners, regardless of age or disability.



During competition:

- If referee consider that the competitor (or both of competitors) is in dangerous situation, referee must stop or interrupt the contest immediately and take necessary action.
 - Either starting position is standing or sitting, a referee must pay a good attention to avoid causing action of injury in the head, the neck or the throat by locking. Especially, referee must call 'Mate' immediately when a competitor is choked or when the referee expect this kind of situation.
 - As a rule, a competitor needs to enter the competition area by oneself. However, a severe disability competitor can be assisted by one's coach along with referee (or judge) when approved by the Competition Organizer (no one can enter the competition area without referee's permission)
 - A competitor must start a contest with specified position which he/she filled in the entry form. ("Standing" or "Sitting / kneeling" position)
 - If one competitor needs to start from a sitting position because of his disability, the opponent must start from a sitting position as well, even if he/she can start from a standing position.
 - If referee decides the competitor should not start from standing position due to safety reason, referee has a right to change the starting position from standing to sitting at any time during the contest.
 - If the contest starts from sitting position, competitors must compete in a sitting position throughout the contest.
 - If the contest starts from sitting position, competitors are not allowed to push down his opponent (since it is not throwing technique)
- The rules for judo competitions for Intellectual Disabilities (ID) are conducted by International Judo Federation Refereeing Rules and Special Olympics Judo Sport Rules. The Judo refereeing rules for special needs which was applied to the 1st World ID Judo competition.
- In addition to the prohibited action mentioned in IJF Refereeing Rule, the below techniques are stricly prohibited. If competitors take these prohibited actions, the referee will immediately call "Mate" and the competitors will get penalties.

Tachi-Waza

- Sutemi-waza (Sacrifice throws) – both Ma-Sutemi-Waza and Yoko-Sutemi-Waza are prohibited. These prohibited techniques include an action such as throwing technique by falling down when the opponent loses balance unintentionally.
- Kansetsu-waza (Armlocks) – All Kansetsu – waza techniques are prohibited
- Shime-waza (Choking) – All shime – waza techniques are prohibited
- Sankaku-jime technique is prohibited. However, it is allowed if competitor used his legs crossing to control his opponent while attacking and defending in Newaza situation.
- Throwing with a kneeling position – It is prohibited to throw opponent with one knee down or both knees down position.
- Tani-otoshi
- Sankaku-waza (Triangle chokes)
- Koshi-guruma – Throwing by one's arm around the opponent's neck
- Kubi-nage
- It is prohibited to fall down on the opponent's body after throwing technique is completed. It includes not only falling down on the opponent's body simultaneously with throwing technique, but also falling down after some time gap without completing the throwing technique.
- It is also prohibited to lift up opponent's body and drop from opponent's head.

Ne-waza

- Kesa gatame
- Kuzura Kesa gatame – is allowed. But if Tori gives pressure on the head, the neck or the throat of their opponent, is prohibited.
- Makura kesa gatame
- Kata gatame
- Tate shiho gatame – is allowed. But if Tori gives pressure on the head, the neck or the throat of their opponent, is prohibited
- Any techniques or actions which Tori tries to control the Uke's head or neck with giving pressuring on the head, the neck or the throat of the opponent is prohibited.

In Standing Position (Tachi Shisei), if competitor makes leg grabbing, grabbing the trousers, blocking or pushing the opponent's leg(s), referee gives explanation not to make this action (without giving Shido). If the action is repeated, Shido will be given.



ADAPTIVE JUDO

GAMES & TECHNIQUES

In this chapter we are going to present you judo inclusive games and techniques. The techniques are created by trainers, special educators with the help of young judokas. All of the techniques are created for PwID to help them practice, interact, develop their awareness and focus. Here, we have narrowed it down to **30 games and 31 different techniques and methods.**



ADAPTIVE JUDO GAMES

Here are 30 warming up judo activities / games for every judoka, before starting the general training. Without these games or energizing techniques, the judo training cannot be started.



THE IMPORTANCE OF THE JUDO GAMES

Movement is very important for every judoka, especially for children, young judoka and judo beginners, it is an excellent means of motivation, it stimulates and improves the movement apparatus, develops the internal organs and improves the functioning of the nervous system, mental states and positive development of the sensory perception. Depending of the age of the judokas, it is necessary to organize such games to have a positive impact on the mood and the development of positive emotions throughout all training.

Stimulation for taking active participation in the games is very important step that needs to be taken seriously by the coach. He needs to give clear guidance and explanation of the rules, direct them from the very beginning until the end of the game and teach them fair behavior. Most important thing is to motivate them to be winners, and for those who will lose to work harder to be better in future, in the game and in the training in general.

The game should always be well planned in advance, organized and managed by the coach, because the communication is very important in the whole process of the judo training. Through games judokas become more constructive, building their intelligence and character (discipline, taking initiative, going towards victory and honest acceptance during defeats, socialization, respect and consistency).

The games helps to reduce the tension, they became less aggressive but braver and their mental behavior improves.

During the time of playing, the judokas have to decide for himself – which improves independency and awareness for the environment.

With all above said we can conclude that the games are very specific forms of learning and developing processes, mental and physical preparation of well-planned steps and spontaneous movements, combination of desires and sensibility, imagination and ability of doing.

Gjorgija Stojanov- Judo Club Drim coach

GAME NAME:

CRAB – BEAR MOVEMENT

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: tatami

Detailed description of the technique:

-Start position: starting in a position like a crab

-Specific moves: changing in certain positions

-End position: bear moving

Description: the participants are starting the technique with their hands and legs on the ground the back facing the tatamis, and their torso lifted, similar as a crab. When the signal is given they start to move up and down like a crab when the other signal is given the participants have to change their position from crab to bear (hands and legs both on the tatami their stomach facing the tatami) and continue to move up and down.

Adapted technique: Bear movement

Adapted equipment: – Tatami

-Start position: starting in a position like a crab

-Specific moves: changing in certain positions

-End position: bear moving

Description: the participants are starting the technique with their hands and legs the back facing the tatamis, and their torso lifted, similar as a crab. When the signal is given they start to move up and down like a crab when the other signal is given the participants have to change their position from crab to bear (hands and legs both on the tatami their stomach facing the tatami) and continue to move up and down.

Benefits of the technique: coordination improvement, strengthening certain muscles, learning certain judo movements in ne waza.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

HAND CART

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami

Detailed description of the technique:

-Start position: one participant standing in a push up position the other holding his legs behind him

-Specific moves: moving only with arms

-End position: the participant doing push up

Description: this technique is done in pairs of two one is standing in a push up position while the other one stands behind him and is holding his legs. The task for the participant standing in a push up position is to move forward with only his hands when the time is over he has to do a push up, same with his legs up.

Adapted technique: Hand Cart

Adapted equipment: - Tatami

-Start position: one participant standing in a push up position the other holding his legs behind him

-Specific moves: moving only with his arms

- End position: the participant doing a push up

Description: this technique is done in pairs of two one is standing in a push up position while the other one stands behind him and is holding his legs. The task for the participant standing in a push up position is to move forward with only his hands when the time is over he has to do a push up, same with his legs up.

Benefits of the technique: balance, coordination, strengthening arms muscle.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

TUNNEL

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami

Detailed description of the technique:

- Start position: every one standing in a push up position
- Specific moves: crawling using only hands and push ups
- End position: the first one in the line has gone under the tunnel

Description: every participant starts this technique by standing in a push up position one after another like making a tunnel. They lift their hips and the last participant in the line starts crawling under everyone (under the tunnel) and in the end of the tunnel he has to do a push up. Same for everyone, the last one in the line does the same, the same goes until everyone has gone under the tunnel.

Adapted technique: Tunnel

Adapted equipment: - Tatami

- Start position: every one standing in a push up position
- Specific moves: crawling and push ups
- End position: the first one in the line has gone under the tunnel

Description: every participant starts this technique by standing in a push up position one after another like making a tunnel. They lift their hips and the last participant in the line starts crawling under everyone (under the tunnel) and in the end of the tunnel he has to do a push up. Same for everyone, the last one in the line does the same, the same goes until everyone has gone under the tunnel.

Benefits of the technique: strengthening the muscles and gaining endurance

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

WHIP

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami, obi

Detailed description of the technique:

-Start position: one partner is laying down, one is standing up with his obi in his hands

-Specific moves: rolling over in ne waza, whipping with belt

-End position: the partner is whipped with the obi

Description: every participant has his own partner. One of the partner takes out his obi and the other partner is laying down on the tatami, The partner that is standing up has to whip the other partner(not so hard) that is laying down. The task for the partner that is laying down is to roll over on the sides and then to get to the original position escaping the whip. The one with the belt can also make fake moves and be creative to whip the partner. This exercises lasts for one minutes, then the roles are changed.

Adapted technique: Whip

Adapted equipment: - Tatami, obi

-Start position: one partner is laying down, one is standing up with his obi in his hands

-Specific moves: rolling over in ne waza, whipping with belt

-End position: the partner is whipped with the obi

Description: every participant has his own partner. One of the partner takes out his obi and the other partner is laying down on the tatami, The partner that is standing up has to whip the other partner(not so hard) that is laying down. The task for the partner that is laying down is to roll over on the sides and then to get to the original position escaping the whip. The one with the belt can also make fake moves and be creative to whip the partner. This exercises lasts for one minutes, then the roles are changed.

Benefits of the technique: anticipating opponents moves, coordination.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

WORLD RECORD

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami, JudoGI

Detailed description of the technique:

-Start position: two judokas facing each other

-Specific moves: nage komi

-End position: the pair with most throws, wins.

Description: this technique is done in pairs of two. On a signal by the sensei the pairs start to do Nage-komi, they end when another signal is given by the sensei, The winner is the pair that has the most throws.

Adapted technique: World Record

Adapted equipment: - Tatami, JudoGI

-Start position: two judokas facing each other

-Specific moves: nage komi

-End position: the pair with most throws, wins.

Description: this technique is done in pairs of two. On a signal by the sensei the pairs start to do Nage-komi, they end when another signal is given by the sensei, The winner is the pair that has the most throws.

Benefits of the technique: nage komi practice, ukemi waza practice, endurance.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

ASHIWAZA CIRCLE

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami, JudoGI

Detailed description of the technique:

-Start position: all of the participants arranged in a circle holding each other's hands.

-Specific moves: ashiwaza

-End position: two participants standing last.

Description: the participants in this technique are arranged in a circle and each of the participants is holding the side of the partner next to him. The point of this technique is to sweep the opponent's legs and make him unbalanced while retaining your balance. If someone loses his balance and falls down he leaves the game, the game continues until there is two of the participant left, they are the winners.

Adapted technique: Ashiwaza circle

Adapted equipment: - Tatami, JudoGI

-Start position: all of the participants arranged in a circle holding each other's hands.

-Specific moves: ashiwaza

- End position: two participants standing last.

Description: the participants in this technique are arranged in a circle and each of the participants is holding the side of the partner next to him. The point of this technique is to sweep the opponent's legs and make him unbalanced while retaining your balance. If someone loses his balance and falls down he leaves the game, the game continues until there is two of the participant left, they are the winners.

Benefits of the technique: outsmarting opponents, quick movements, practicing ashiwaza.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

BALANCE GAME

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami

Detailed description of the technique:

-Start position: one participant in the middle, while the other four around him like walls

-Specific moves: pushing

-End position: the participant in the middle is unbalanced

Description: This technique is done in groups of five. One participant is in the middle while the other four are around him like four walls. The participant in the middle has his eyes closed. The task of the four kids is to gently push the participant in the middle with both hands, and the task of the participant in the middle is to regain his balance and turn the other way i.e not facing the participant that has pushed him. The participants standing around have to be with their hands forward in a fighting stance

Adapted technique: Balance game

Adapted equipment: - Tatami

-Start position: one participant in the middle, while the other four around him like walls

-Specific moves: pushing

- End position: the participant in the middle unbalanced.

Description: this technique is done in groups of five. One participant is in the middle while the other four are around him like four walls. The participant in the middle has his eyes closed. The task of the four kids is to push the participant in the middle with both hands gently, and the task of the participant in the middle is to regain his balance and turn the other way i.e not facing the participant gently push the participant in the middle with both hands d have to be with their hands forward in a fight stance. (the technique can be done with eyes open until the participants have understood the game)

Benefits of the technique: retaining balance, and coordination.

References: Judo Club "Drim", Judo Club " Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

BAT GAME

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami, marked space, an object similar to a bat

Detailed description of the technique:

-Start position: two participants facing each other on their knees holding a bat

-Specific moves: pushing

-End position: one of the participants is pushed out of the space.

Description: this technique is done in pairs of two in a marked space (2m*2m) both of the participants are down sitting on their knees facing each other and holding a bat or an object similar to a bat, the point of this game is to unbalance your opponent and get him out of the marked space while holding the bat.

Adapted technique: Bat game

Adapted equipment: - tatami, marked space, an object similar to a bat

-Start position: two participants facing each other on their knees holding a bat

-Specific moves: pushing

- End position: one of the participants is pushed out of the space.

Description: this technique is done in pairs of two in a marked space (2m*2m) both of the participants are down sitting on their knees facing each other and holding a bat or an object similar to a bat, the point of this game is to unbalance your opponent and get him out of the marked space while holding the bat

Benefits of the technique: retaining balance, breaking opponents balance, coordination.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

CAT AND MOUSE

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami, Marked space

Detailed description of the technique:

-Start position: one or two participants standing in four legs the others standing up

-Specific moves: quick movements on four legs

-End position: all the mice are caught

Description: the technique is done with all the participants in the training, in this technique all of the participants are taking out their obis and are putting them in their lower back in the pants, same as having a tale. The tale has to be long (has to touch the ground) so it can be caught. One or two participants are cats, depending on the number of participants. The task for the cats is to take the obis from the mice and take them out from their pants, if the mouse is caught he becomes a cat, if someone leaves the marked space he becomes a cat also.

Adapted technique: Cat and Mouse

Adapted equipment: - tatami, marked space

-Start position: one or two participants standing in four legs the others standing up

-Specific moves: quick movements on four legs

- End position: all the mice are caught

Description: the technique is done with all the participants in the training, in this technique all of the participants are taking out their obis and are putting them in their lower back in the pants, same as having a tale. The tale has to be long (has to touch the ground) so it can be caught. One or two participants are cats, depending on the number of participants. The task for the cats is to take the obis from the mice and take them out from their pants, if the mouse is caught he becomes a cat, if someone leaves the marked space he becomes a cat also.

Benefits of the technique: coordination, quick moves, movements in four legs position.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

CATCH THE BULL

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami

Detailed description of the technique:

-Start position: one standing in a four legs position the other one standing up In front of him

-Specific moves: rotating

-End position: The cowboy sitting on the bulls back

Description: the technique is done in pairs of two. The roles are divided one is bull and one is cowboy, the bull is sitting in a four legs position (knees and hands on the ground) and the cowboy is standing up in front of him face to face. The task for the cowboy is to sit on the bulls back, but he can't sit while the bull is facing him so he has to go around his back and sit. The task for the bull is to not allow that, and he can't move around only rotate.

Adapted technique: Catch the bull

Adapted equipment: - Tatami

-Start position: one standing in a four legs position the other one standing up In front of him

-Specific moves: rotating

- End position: The cowboy sitting on the bulls back

Description: the technique is done in pairs of two. The roles are divided one is bull and one is cowboy, the bull is sitting in a four legs position (knees and hands on the ground) and the cowboy is standing up in front of him face to face. The task for the cowboy is to sit on the bulls back, but he can't sit while the bull is facing him so he has to go around his back and sit. The task for the bull is to not allow that, and he can't move around only rotate.

Benefits of the technique: coordination, moves in ne waza, escaping in ne waza .

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

CHASING ON TOP

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami

Detailed description of the technique:

- Start position: one participants on the other one's back
- Specific moves: running with weight on
- End position: the participants standing normally on both feet

Description: every participant has his own partner, the partner stays on the back of the other partner with his legs around his hip and his hands around his neck) and on a signal by the sensei they start chasing the other pairs. The game ends when the chasers have caught all the pairs.

Adapted technique: Chasing on top

Adapted equipment: - tatami

- Start position: one participants on the other one's back
- Specific moves: running with weight on
- End position: the participants standing normally on both feet

Description: every participant has his own partner, the partner stays on the back of the other partner with his legs around his hip and his hands around his neck) and on a signal by the sensei they start chasing the other pairs. The game ends when the chasers have caught all the pairs.

Benefits of the technique: strengthening legs, coordination.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

CRAB FOOTBALL

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami, Marked space, Ball, JudoGi, Obis.

Detailed description of the technique:

- Start position: one or two participants standing in four legs the others standing up
- Specific moves: quick movements on four legs
- End position: all the mouses are caught

Description: the participants are divided in teams of two, the participants are standing in a crab position, legs and hands on the ground and their hip lifted. On both of the sides of the marked space there is a goal made of judoGi or obi. The game starts when both of the teams are facing the opponents goal and the task is to score a goal. This game is played without touching the opponent, if someone touches someone he has to leave the game or do some sort of punishment, the ball can be touched only with the feet, the winners is the team that scores most of the goals while the time is running.

Adapted technique: Crab Football

Adapted equipment: Tatami, Marked space, Ball, JudoGi, Obis.

- Start position: one or two participants standing in four legs the others standing up
- Specific moves: movement in a crab position
- End position: one of the team wins, scores the most goals

Description: the participants are divided in teams of two, the participants are standing in a crab position, legs and hands on the ground and their hip lifted. On both of the sides of the marked space there is a goal made of judoGi or obi. The game starts when both of the teams are facing the opponents goal and the task is to score a goal. This game is played without touching the opponent, if someone touches someone he has to leave the game or do some sort of punishment, the ball can be touched only with the feet, the winners is the team that scores most of the goals while the time is running .

Benefits of the technique: coordination, endurance, strengthening legs and arms.

References: Judo Club "Drim", Judo Club " Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

DAY AND NIGHT

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami

Detailed description of the technique:

-Start position: everyone arranged in a line

-Specific moves: squatting

-End position: the last one standing who got all the commands right

Description: every participants is arranged in a line. On a command "day" everyone has to be standing up, on a command " night " everyone has to squat. Everyone who does a mistake drops out of the game. The participants have to listen to the sensei and not look at him because he would be giving false commands. (for ex. On a command day he will be squatting and on a command night he would be stood up).

Adapted technique: Day and night

Adapted equipment: - tatami

-Start position: everyone arranged in a line

-Specific moves: squatting

-End position: the last one standing who got all the commands right

Description: every participants is arranged in a line. On a command "day" everyone has to be standing up, on a command " night " everyone has to squat. Everyone who does a mistake drops out of the game. The participants have to listen to the sensei and not look at him because he would be giving false commands. (for ex. On a command day he will be squatting and on a command night he would be stood up)

Benefits of the technique: coordination, strengthening legs muscles.

References: Judo Club "Drim", Judo Club " Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

DEFENSE ROTATION

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami

Detailed description of the technique:

-Start position: the defensive player laying on his back with his legs up the other one standing in front of him.

-Specific moves: rotating in ne waza

-End position: the attacker has touched the head

Description: the technique is done in pairs of two, one has a defensive role the other one has an attacking role, the defensive partner is laying down on his back with his legs up. The attacking player is standing up in front of the opponents legs. The attacker has to run around and go to the side of the opponents head and lightly touch it. The defensive partner has to stop this with rotating on the tatami and not allowing him to get to the side of his head, also he can clinch the attacker with his legs if he gets to close. The roles change when the time is up usually in two minutes time.

Adapted technique: Defense rotation

Adapted equipment: - tatami

-Start position: the defensive player laying on his back with his legs up the other one standing in front of him.

-Specific moves: rotating in ne waza

- End position: the attacker has touched the head

Description: the technique is done in pairs of two, one has a defensive role the other one has an attacking role, the defensive partner is laying down on his back with his legs up. The attacking player is standing up in front of the opponents legs. The attacker has to run around and go to the side of the opponents head and lightly touch it. The defensive partner has to stop this with rotating on the tatami and not allowing him to get to the side of his head, also he can clinch the attacker with his legs if he gets to close. The roles change when the time is up usually in two minutes time.

Benefits of the technique: coordination, flexibility, rotating in ne waza

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

ROLL OVER THE CROCODILE

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Name of the technique: roll over the crocodile

Equipment needed: 12 tatami

Detail description of the technique:

-Start position: one of the participant is laying down on his stomach like a crocodile while the other one above him on two knees

-Specific moves: doing judo techniques in ne waza (osae komi waza)

-End position: when the crocodile is rolled over on his back

Description: the technique starts when one of the participant is laying down on his stomach similar as a crocodile in ne waza. The task of the other participant is to find a way and to roll him over on the back, while the crocodile has to give resistance.

Adapted technique: Roll over the crocodile.

Adapted equipment: tatami

-Start position: one of the participant laying down like a crocodile while the other one above him is standing on two knees

-Specific moves: doing judo techniques in ne waza (osae komi waza)

-End position: when the crocodile is rolled over on his back

Description: the technique starts when one of the participant is laying down on his stomach similar as a crocodile in ne waza. The task of the other participant is to find a way and to roll him over on the back, while the crocodile has to give resistance.

Benefits of the technique: practicing techniques in ne waza, and defending from techniques in ne waza.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

ESCAPE THE SPACE

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 tatami, Marked space, One judo belt

Detailed description of the technique:

-Start position: one judoka stands in the middle of the marked space while the other one is behind him pulling his belt

-Specific moves: running and pulling

-End position: when the participant either escapes the marked space or the other participants keeps him in the marked space when the time run out

Description: the technique starts on a marked space (2m*2m) one of the participants stands in the middle of the marked space while the other participant is pulling him by the belt the task for the participant that wears the belt is to escape the marked space, while the task for the participant that is pulling is to keep the other participant inside the marked space. The technique lasts 30 seconds. Then the roles are changed.

Adapted technique: Escape the space

Adapted equipment: Tatami, Marked space, One judo belt

-Start position: both judokas facing each other in ne waza(on their knees)

-Specific moves: running and pulling

-End position: when the participant either escapes the marked space or the other participants keeps him in the marked space when the time run out

Description: the technique starts on a marked space (2m*2m) one of the participants stands in the middle of the marked space while the other participant is pulling him by the belt the task for the participant that wears the belt is to escape the marked space, while the task for the participant that is pulling is to keep the other participant inside the marked space. The technique lasts 30 seconds. Then the roles are changed.

Benefits of the technique: better grip, strengthening legs, hands and back.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

FREEZE YOUR PARTNERS

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, Marked space, JudoGi

Detailed description of the technique:

-Start position: one participant staying in the middle other participants all around the marked space

-Specific moves: getting away from danger, not getting caught, and avoiding obstacles by avoiding other participants in the marked space, and uchi komi

-End position: when the participant in the middle gets all the participants frozen

Description: the participants start this technique by running from one end to another in the marked space for the technique, one participant is in the middle and is chasing after the others, his task is to "freeze" the other participants by touching them on any part of their body. The participant that is frozen stays in one place and is not moving until someone comes to him and does uchi komi to unfreeze him.

Adapted technique: Freeze your partners

Adapted equipment: Tatami, Marked space, JudoGi

-Start position: one participant staying in the middle other participants all around the marked space

-Specific moves: getting away from danger, not getting caught, and avoiding obstacles by avoiding other participants in the marked space, and uchi komi

-End position: when the participant in the middle gets all the participants frozen

Description: the participants start this technique by running from one end to another in the marked space for the technique, one participant is in the middle and is chasing after the others, his task is to "freeze" the other participants by touching them on any part of their body. The participant that is frozen stays in one place and is not moving until someone comes to him and does uchi komi to unfreeze him.

Benefits of the technique: getting away from danger, not getting caught, avoiding obstacles by avoiding other participants while running, practicing uchi komi.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

HEEL TOUCH

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, JudoGi

Detailed description of the technique:

-Start position: everyone holding two sides standing in a circle

-Specific moves: touching opponent heel

-End position: the last participant standing with his heel untouched

Description: all the participants start this technique by arranged in a circle holding each others side (everyone has to hold two sides, one in his right hand and one in his left) The point of the game is each of the participant to touch as much as possible heels as he can while he defends his own, if the heels is touched he leaves the circle. The last one standing wins.

Adapted technique: Heel touch

Adapted equipment: Tatami, JudoGi

-Start position: everyone holding two sides standing in a circle

-Specific moves: touching opponent heel

- End position: the last participant standing with his heel untouched

Description: all the participants start this technique by arranged in a circle holding each others side (everyone has to hold two sides, one in his right hand and one in his left) The point of the game is each of the participant to touch as much as possible heels as he can while he defends his own, if the heels is touched he leaves the circle. The last one standing wins.

Benefits of the technique: balance, coordination, creativity and defending only with legs.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

JAIL ESCAPE

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, JudoGi

Detailed description of the technique:

-Start position: one participant in the middle, the others in a circle holding each others eris.

-Specific moves: timed movements

-End position: the participant escapes the jail

Description: in this technique all of the participants are arranged in a circle and are holding each others eri, one participant is in the middle (in the jail) the task for the participant in the middle is to escape the circle, he can break the grip from the participants in the middle, to jump above them or go under the grip. The participants in the middle are allowed to go left or right synchronized go down or up but they can't narrow down the circle.

Adapted technique: Jail escape

Adapted equipment: Tatami, JudoGi

-Start position: one participant in the middle, the others in a circle holding each others eris.

-Specific moves: timed movements

-End position: the participant escapes the jail

Description: in this technique all of the participants are arranged in a circle and are holding each others eri, one participant is in the middle (in the jail) the task for the participant in the middle is to escape the circle, he can break the grip from the participants in the middle, to jump above them or go under the grip. The participants in the middle are allowed to go left or right synchronized go down or up but they can't narrow down the circle.

Benefits of the technique: outsmarting opponents, calculated, timed and quick movements, coordination.

References: Judo Club "Drim", Judo Club " Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

JUMPING OBI

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, Obi

Detailed description of the technique:

-Start position: one partner is jumping with the obi the other one standing in front of him

-Specific moves: jumping, and timed moves

-End position: the second partner is inside the of the jumping obi

Description: the technique is done in pairs of two. The participants are taking out their obi and they tie them up together and use the tied up obi as a jumping rope. The first partner starts to jump, and the task of the second partner is to try and get inside the obi while the other partner is jumping. This technique lasts for one minute then the roles are changing.

Adapted technique: Jumping obi

Adapted equipment: Tatami, Obi

-Start position: one partner is jumping with the obi the other one standing in front of him

-Specific moves: jumping, and timed moves

-End position: the second partner is inside of the jumping obi

Description: the technique is done in pairs of two. The participants are taking out their obi and they tie them up together and use the tied up obi as a jumping rope. The first partner starts to jump, and the task of the second partner is to try and get inside the obi while the other partner is jumping. This technique lasts for one minute then the roles are changing.

Benefits of the technique: quick, explosive movements, coordination, speed the right timing.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

KNOWLEDGE CIRCLE

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami

Detailed description of the technique:

- Start position: all of the participants jogging
- Specific moves: jogging, push ups, sit ups, squats.
- End position: all of the participants are asked a few questions.

Description: this technique starts with all the participants arranged in a circle and are jogging in place. The sensei asks questions (who is the founder of judo, what is DOJO, who is uke, tori and etc.) The one who is asked makes a step forward if he gets the question right he goes back in his place, if he gets the question wrong he has to do a certain task like 5 push ups, 5 sit ups and etc.

Adapted technique: Knowledge circle

Adapted equipment: Tatami, Obi

- Start position: all of the participants jogging
- Specific moves: jogging, push ups, sit ups, squats.
- End position: all of the participants are asked a few questions.

Description: this technique starts with all the participants arranged in a circle and are jogging in place. The sensei asks questions (who is the founder of judo, what is DOJO, who is uke, tori and etc.) The one who is asked makes a step forward if he gets the question right he goes back in his place, if he gets the question wrong he has to do a certain task like 5 push ups, 5 sit ups and etc.

Benefits of the technique: endurance, strengthening the muscles, and learning judo terminology.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

MINI RUGBY

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, Marked space, Ball.

Detailed description of the technique:

- Start position: two opponents facing each other in ne waza
- Specific moves: movements in ne waza in a marked space
- End position: the ball is taken from the opponent

Description: in a marked space (2m*2m) in ne waza two opponents face each other, one of the participant has a ball in his hand, the task for the other one is to take the ball from the opponent without standing up or leaving the space.

Adapted technique: Mini rugby

Adapted equipment: Tatami, Marked space, Ball.

- Start position: two opponents facing each other in ne waza
- Specific moves: movements in ne waza in a marked space
- End position: the ball is taken from the opponent

Description: in a marked space (2m*2m) in ne waza two opponents face each other, one of the participant has a ball in his hand, the task for the other one is to take the ball from the opponent without standing up or leaving the space.

Benefits of the technique: coordination, movements in ne waza, advanced defending in ne waza.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

PUSH UP MATCH

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami

Detailed description of the technique:

- Start position: two participants in a push up position facing each other
- Specific moves: fighting in a push up position.
- End position: best of three (the participant has broken the balance of the opponent three times)

Description: the technique is done in pairs of two sitting in a push up position facing each other, the opponents can be sitting with their legs spread or together either way, the point of this technique using only the hands is to brake the opponents balance and making him fall down.

Adapted technique: Push Up match

Adapted equipment: Tatami

- Start position: two participants in a push up position facing each other
- Specific moves: fighting in a push up position.
- End position: best of three (the participant has broken the balance of the opponent three times)

Description: the technique is done in pairs of two sitting in a push up position facing each other, the opponents can be sitting with their legs spread or together either way, the point of this technique using only the hands is to brake the opponents balance and making him fall down.

Benefits of the technique: breaking and retaining balance, endurance, strengthening arms and chest.

References: Judo Club "Drim", Judo Club " Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

RACE OF THREE

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, JudoGI

Detailed description of the technique:

-Start position: two participants standing on the side of the tatami and one in the middle

-Specific moves: nage komi, running

-End position: the first participant is back where he started.

Description: this technique is performed in groups of three, all of the participants are numbered (1, 2 or 3) the first participant is standing on one end of the tatami the second is standing on the other end and the third one is standing in the middle. When the sensei gives a signal the third starts running towards the first participant and performs a nage komi, then the second one goes to the third one and performs nage komi, and this is done continuously until the sensei gives a signal to stop.

Adapted technique: Race of three

Adapted equipment: Tatami, JudoGI

-Start position: two participants standing on the side of the tatami and one in the middle

-Specific moves: nage komi, running

- End position: the first participant is back where he started.

Description: this technique is performed in groups of three, all of the participants are numbered (1, 2 or 3) the first participant is standing on one end of the tatami the second is standing on the other end and the third one is standing in the middle. When the sensei gives a signal the third starts running towards the first participant and performs a nage komi, then the second one goes to the third one and performs nage komi, and this is done continuously until the sensei gives a signal to stop.

Benefits of the technique: nage komi practice, ukemi waza practice, endurance.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

ROLL OVER THE TURTLE

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami

Detailed description of the technique:

-Start position: one of the participant staying in "four legs" while the other one above him on two knees

-Specific moves: doing judo techniques in ne waza (osae komi waza)

-End position: when the turtle is rolled over on his back

Description: the technique starts when one of the participant is staying "four legs" (staying on both of his knees and both of his hands on the ground) similar as a turtle in ne waza. The task of the other participant is to find a way and to roll him over on the back, while the turtle has to give resistance.

Adapted technique: Roll over the turtle

Adapted equipment: Tatami

-Start position: one of the participant staying in "four legs" while the other one above him on two knees

-Specific moves: doing judo techniques in ne waza (osae komi waza)

-End position: when the turtle is rolled over on his back

Description: the technique starts when one of the participant is staying "four legs" (staying on both of his knees and both of his hands on the ground) similar as a turtle in ne waza. The task of the other participant is to find a way and to roll him over on the back, while the turtle has to give resistance.

Benefits of the technique: practicing techniques in ne waza, and defending from techniques in ne waza.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

SIDE NUMBERS

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami

Detailed description of the technique:

- Start position: all of the participants starts in the middle of the tatami
- Specific moves: running
- End position: last one standing wins.

Description: the technique starts by all the participants in the middle of the tatami, the sensei numbers the sides of the tatami, for example one side is one the other is three laying down and doing tasks like push ups sit ups is five and etc, when the sensei gives command 1 all of the participants have to go to the side that is one, the participants have to be concentrated at all time because the sensei will tell the number of the side fast and he can change it through the game, if someone has got the side wrong the sensei would decide if he leaves the game or does push up and etc.

Adapted technique: Side numbers

Adapted equipment: Tatami

- Start position: all of the participants starts in the middle of the tatami
- Specific moves: running
- End position: last one standing wins.

Description: the technique starts by all the participants in the middle of the tatami, the sensei numbers the sides of the tatami, for example one side is one the other is three laying down and doing tasks like push ups sit ups is five and etc, when the sensei gives command 1 all of the participants have to go to the side that is one, the participants have to be concentrated at all time because the sensei will tell the number of the side fast and he can change it through the game, if someone has got the side wrong the sensei would decide if he leaves the game or does push up and etc.

Benefits of the technique: coordination, concentration.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

STANDING UP FROM NE WAZA

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, JudoGi

Detailed description of the technique:

-Start position: one of the participants standing in four legs position the other one behind him attacking in ne waza

-Specific moves: moves in ne waza

-End position: the participant in four legs position standing up

Description: this technique is performed in pairs of two. One is on the ground standing in four legs position and one is attacking in ne waza from the back. The task for the first one is to control the opponent keep him in ne waza, and the task for the other one is to stand up. The technique is done over a period of time then the roles change.

Adapted technique: Standing up from ne waza

Adapted equipment: Tatami, JudoGi

-Start position: one of the participants standing in four legs position the other one behind him attacking in ne waza

-Specific moves: moves in ne waza

- End position: the participant in four legs position standing up

Description: this technique is performed in pairs of two. One is on the ground standing in four legs position and one is attacking in ne waza from the back. The task for the first one is to control the opponent keep him in ne waza, and the task for the other one is to stand up. The technique is done over a period of time then the roles change.

Benefits of the technique: quick reaction, getting out of ne waza.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

TAKE THE OBI(BELT)

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, marked space, two judo belts(obi)

Detailed description of the technique:

-Start position: both judokas facing each other in ne waza (on their knees)

-Specific moves: moving around in ne waza

-End position: when the belt is taken from one of the participants

Description: on a marked space 2m*2m two participants start the technique on their knees (ne waza) and both of them have their belts put on the lower back inside of their pants and one end of the belt is outside of the pants, the task is just by moving around in ne waza, to take the belt from the opponent.

Adapted technique: Take the obi(belt)

Adapted equipment: Tatami, marked space, two judo belts(obi)

-Start position: both judokas facing each other in ne waza(on their knees)

-Specific moves: moving around in ne waza

-End position: when the belt is taken from one of the participants

Description: On a marked space 2m*2m two participants start the technique on their knees (ne waza) and both of them have their belts put on the lower back inside of their pants and one end of the belt is outside of the pants, the task is just by moving around in ne waza, to take the belt from the opponent.

Benefits of the technique: learning how to move around in ne waza, and escaping from the opponent in ne waza, coordination, also mental exercises finding easier way to get to the opponent back.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

TERMINATOR



Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami, JudoGi

Detailed description of the technique:

-Start position: one judoka is holding the other judoka on the back and the third one is facing the second one

-Specific moves: moving tsugi ashi

-End position: when the third judoka touches tori's back

Description: Participating 3 judokas, two judokas grab kumi-kata their roles are divided one is uke and one is tori. Tori moves uke holding his back they are moving around, the task is on the third judoka is to get behind the back of the tori, the role of the 3 judokas change every 20 seconds.

Adapted technique: Terminator

Adapted equipment: Tatami, JudoGi

-Start position: one judoka is holding the other judoka on the back and the third one is facing the second one

-Specific moves: moving tsugi ashi, taisa baki

-End position: when the third judoka touches tori's back

Description: In this technique there are participating 3 judokas, two judokas grab kumi-kata their roles are divided one is uke and one is tori. Tori moves uke holding his back they are moving around, the task of the third judoka is to get behind the back of the tori, the role of the 3 judokas change every 20 seconds (The technique is adapted for typical and atypical judokas)

Benefits of the technique: learning the correct movement of judo.

References: Judo Club "Drim", Judo Club "Sensei", Gjorgjija Stojanov, Nade Ristov.



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GAME NAME:

THE SENSEI SAYS...

Name of the organization: Judo Club DRIM Struga, Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 12 Tatami

Detailed description of the technique:

- Start position: all the participants standing up facing the sensei.
- Specific moves: strengthening exercises, ukemi waza, uchi komi and etc.
- End position: the last one standing that got all the commands right

Description: the sensei says its an easy technique where the sensei gives different commands and the participants have to follow them. When the commands are given like this, The Sensei SAYS, do 5 push ups, The Sensei Says do 5 jumps, ie if they are given with the "The Sensei Says" they have to follow them but if they are used without the "The Sensei Says " they have to ignore it.

Adapted technique: The sensei says...

Adapted equipment: Tatami

- Start position: all the participants standing up facing the sensei.
- Specific moves: strengthening exercises, ukemi waza, uchi komi and etc.
- End position: the last one standing that got all the commands right

Description: the sensei says its an easy technique where the sensei gives different commands and the participants have to follow them. When the commands are given like this, The Sensei SAYS, do 5 push ups, The Sensei Says do 5 jumps, ie if they are given with the "The Sensei Says" they have to follow them but if they are used without the "The Sensei Says " they have to ignore it.

Benefits of the technique: coordination, strengthening the muscles, used for warming up.

References: Judo Club "Drim", Judo Club " Sensei", Gjorgjija Stojanov, Nade Ristov.



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ADAPTIVE JUDO TECHNIQUES

After warming up, judo training comes next. In the next chapter we present you 31 adaptive judo techniques, that can be practiced with PwID.



TEHNIQUE NAME:

HIZA GURUMA (Knee Wheel)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

- Start position: two judokas facing each other in a natural stance
- Specific moves: kuzushi, knee drive
- End position: uke is thrown on his back

Description: The mechanics of Hiza Guruma typically involve stepping to the outside of your opponent's lead leg, positioning yourself at a slight angle, and lifting your corresponding leg to drive your knee into their leg. At the same time, you use your arms to pull their upper body forward and downward, amplifying the off-balancing effect.

Adapted technique: Hiza Guruma

Adapted equipment: Tatami, JudoGi

- Start position: two judokas facing each other
- Specific moves: modified knee placement
- End position: uke is thrown on his back

Description: Modified Knee Placement: Adapt the knee placement based on the individual's abilities and comfort. Instead of driving the knee into the inside of the opponent's leg, focus on applying pressure to the thigh or using a sweeping motion with the leg to disrupt their balance.

Benefits of the technique: leg positioning



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TEHNIQUE NAME:

HARAI GOSHI (Sweeping hip throw)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

- Start position: two judokas facing each other in a natural stance
- Specific moves: kuzushi, hip motion and leg sweep
- End position: uke is thrown on his back

Description: In Harai Goshi, the objective is to off-balance your opponent by using your hip to sweep their leg and throw them to the ground. The technique involves a combination of footwork, body positioning, and a sweeping motion with your hip and leg. Face your opponent in a natural stance, with a grip on their upper body, such as the collar and sleeve. Step diagonally to the side and slightly behind your opponent, positioning your lead leg close to their inner thigh. As you step, rotate your body and turn your hips to face in the same direction as your lead leg. Swing your lead leg across and in front of your opponent's thigh, sweeping their leg outward. At the same time, use your hip and upper body to drive through the throw, maintaining a strong connection with your opponent.

Adapted technique: Harai Goshi

Adapted equipment: Tatami, JudoGi

- Start position: two judokas facing each other
- Specific moves: alternative grips
- End position: uke is thrown on his back

Description: Explore alternative gripping options to suit the individual's hand function or strength. Adapt the grip to a position that they can comfortably maintain, such as utilizing a specialized grip or utilizing a modified grip aid if necessary.

Benefits of the technique: footwork, timing.



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TEHNIQUE NAME:

KO SOTO GARI (Minor outer reaping)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

-Start position: two judokas facing each other in a natural stance

-Specific moves: kuzushi, leg sweep.

-End position: uke is thrown on his back

Description: In Kosoto Gari, the objective is to reap or sweep your opponent's leg from the outside to disrupt their balance and take them down to the ground. It involves stepping to the outside of your opponent's lead leg and sweeping their leg with your own leg in a downward and outward motion.

Face your opponent in a natural stance with knees slightly bent. Step diagonally to the outside of your opponent's lead leg. Use your same-side arm to grip their sleeve or lapel. With your opposite hand, grip their same-side elbow or sleeve. As your opponent shifts their weight forward onto their lead leg, sweep their leg from the outside with your corresponding leg. Simultaneously pull their upper body forward and downward, using your grips to off-balance them. Drive your hips forward and to the outside, applying force to throw your opponent off balance.

Adapted technique: Kosoto Gari

Adapted equipment: Tatami, JudoGi

-Start position: two judokas facing each other

-Specific moves: adjusted grips

-End position: uke is thrown on his back

Description: Modify the grips based on the individual's physical abilities and comfort. Adjust the level of physical contact to accommodate any physical disabilities or sensitivities. Consider using alternative grip techniques or adaptations, such as using assistive devices or modifying hand positions.

Benefits of the technique: griping



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TEHNIQUE NAME:

KOSHI GURUMA (Hip wheel)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

-Start position: two judokas facing each other in a natural stance

-Specific moves: kuzushi, hip wheel

-End position: uke is thrown on his back

Description: In Koshi Guruma, the objective is to off-balance your opponent by using your hip as a pivot point to wheel them over and throw them to the ground. The technique involves creating a strong connection with your opponent's upper body and utilizing a dynamic hip movement to generate the throwing force. Face your opponent and establish a grip on their upper body, such as the collar and sleeve or lapel. Step to the side of your opponent, positioning your hip close to their hip. Maintain a strong grip and connection with your opponent's upper body. Begin the throw by pivoting on your hip, rotating your body and sweeping your hip across and into your opponent's hip. As you pivot, drive your hip upward and forward, using the rotational force to lift and wheel your opponent off balance. Simultaneously, pull their upper body downward, maintaining control through your gripping arm. Guide your opponent's momentum to bring them to the ground.

Adapted technique: Koshi guruma

Adapted equipment: Tatami, JudoGi

-Start position: two judokas facing each other

-Specific moves: adapted hip action

-End position: uke is thrown on his back

Description: Adapt the hip action to suit the individual's abilities. Emphasize the use of upper body control and leverage, focusing on a rotational motion that engages the core rather than relying solely on hip strength.

Benefits of the technique: hip rotation and movement, timing



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**THIS TECHNIQUE IS FORBIDDEN
TO BE PRACTICED WITH PEOPLE
WITH INTELLECTUAL
DISABILITIES**

TEHNIQUE NAME:

KO SOTO GAKE (Minor outer hook)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

- Start position: two judokas facing each other
- Specific moves: modified leg hook
- End position: uke is thrown on his back

Description: Adjusted Leg Hook: Modify the leg hook based on the individual's capabilities. Instead of hooking the leg behind the opponent's leg, adapt it to a hook or sweep that can be comfortably executed within their range of motion and physical abilities.

Adapted technique: Ko soto Gake

Adapted equipment: Tatami, JudoGi

- Start position: two judokas facing each other
- Specific moves: modified leg hook
- End position: uke is thrown on his back

Description: Adjusted Leg Hook: Modify the leg hook based on the individual's capabilities. Instead of hooking the leg behind the opponent's leg, adapt it to a hook or sweep that can be comfortably executed within their range of motion and physical abilities.

Benefits of the technique: leg hook, balance



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TEHNIQUE NAME:

KO UCHI GARI (Minor inner reaping)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

-Start position: two judokas facing each other in a natural stance

-Specific moves: kuzushi, leg sweep.

-End position: uke is thrown on his back

Description: Kouchi Gari is a technique in judo that belongs to the leg sweeping category of throws. It involves using a sweeping motion with your foot or leg to off-balance your opponent and take them down to the ground. Face your opponent in a natural stance with knees slightly bent. Step diagonally to the outside of your opponent's lead leg. Grip their sleeve or lapel with your corresponding hand. Sweep your leg inside and behind their lead leg, aiming for the shin or ankle. Simultaneously pull their upper body forward. Drive your hips forward and to the outside. Maintain control as your opponent falls to the ground.

Adapted technique: Kouchi gari

Adapted equipment: Tatami, JudoGi

-Start position: two judokas facing each other

-Specific moves: adjusted footwork

- End position: uke is thrown on his back

Description: Break down the technique into simple, clear instructions using easily understandable language. Use visual aids, such as pictures or diagrams, to enhance comprehension. Adapt the footwork to suit the individual's physical capabilities. If necessary, simplify the stepping and pivoting movements to maintain stability and balance.

Benefits of the technique: leg sweeping, footwork



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TEHNIQUE NAME:

MOROTE SEOI NAGE (Two handed shoulder)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

-Start position: two judokas facing each other in a natural stance

-Specific moves: kuzushi, sholder throw

-End position: uke is thrown on his back

Description: Morote Seoi Nage involve stepping in and positioning yourself to the side of your opponent, lowering your level, and dropping your hips. From this lowered position, you generate upward and forward force to lift your opponent onto your back and shoulders. Then, by rotating your body to the side, you guide your opponent's momentum and complete the throw. Face your opponent in a natural stance with knees slightly bent. Step diagonally to the outside of your opponent's lead leg. Use your same-side arm to grip their sleeve or lapel. With your opposite hand, grip their same-side elbow or sleeve. As your opponent shifts their weight forward onto their lead leg, sweep their leg from the outside with your corresponding leg. Simultaneously pull their upper body forward and downward, using your grips to off-balance them. Drive your hips forward and to the outside, applying force to throw your opponent off balance.

Adapted technique: Morote seoi nage

Adapted equipment: Tatami, JudoGi

-Start position: two judokas facing each other

-Specific moves: sholder throw

-End position: uke is thrown on his back

Description: Modify lifting and throwing adjust the lifting and throwing actions to match the individual's physical strength and mobility, the person with disability should be helped with lifting the opponent. Use alternative variations that emphasize upper body control and off-balancing rather than relying solely on lifting like the lower morote variation which is done on the knees.

Benefits of the technique: explosive power



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TEHNIQUE NAME:

UCHI MATA (Inner thigh)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

-Start position: two judokas facing each other in a natural stance

-Specific moves: kuzushi, hip lift

-End position: uke is thrown on his back

Description: In Uchi Mata, the objective is to off-balance your opponent by lifting them onto your hip and throwing them to the ground. The technique involves a combination of footwork, body positioning, and a sweeping motion with your leg. Face your opponent in a natural stance, with a grip on their upper body, such as the collar and sleeve. Step forward with your lead leg, positioning it close to your opponent's lead leg. As you step, turn your body slightly to the side, creating an angle for the throw. Lift your lead leg, bending your knee and swinging it up towards your opponent's inner thigh. At the same time, use your support leg to pivot and rotate your body, providing the momentum for the throw. With a sweeping motion, use the inside of your thigh to lift and wheel your opponent off balance. Maintain control of their upper body through your gripping arm, guiding their momentum to complete the throw.

Adapted technique: Uchi Mata

Adapted equipment: Tatami, JudoGi

-Start position: two judokas facing each other

-Specific moves: modified leg motion

-End position: uke is thrown on his back

Description: Leg motion, adjust the leg motion to suit the individual's abilities. Focus on the sweeping motion of the leg rather than emphasizing the lifting aspect. Simplify the leg movement to a controlled sweep, ensuring the individual can maintain balance and stability throughout the technique.

Benefits of the technique: footwork, timing



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TEHNIQUE NAME:

SASAE TSURI KOMI ASHI (Propping drawing ankle)

Name of the organization: Judo Club "Drim" Macedonia

Author: Gjorgjija Stojanov, Andrej Veljanoski

Equipment needed: 6 Tatami, JudoGi

Detailed description of the technique:

- Start position: two judokas facing each other in a natural stance
- Specific moves: kuzushi, leg placement, timing
- End position: uke is thrown on his back

Description: In Sasae Tsurikomi Ashi, the objective is to off-balance your opponent by using a prop or block on their foot or leg, and then quickly pulling or lifting their upper body to execute the throw. The technique involves a combination of foot placement, timing, and upper body control. Face your opponent in a natural stance, with a grip on their upper body (collar and sleeve, for example). As your opponent steps forward with their lead leg, time your technique accordingly. Step diagonally across their lead leg with your corresponding leg, placing the ball of your foot against their ankle or calf. Use your leg as a prop or block to disrupt their balance and prevent them from moving forward. Simultaneously, pull or lift their upper body with your gripping arm, destabilizing their posture. Maintain control of their upper body as you execute the throw.

Adapted technique: Sasae Tsurikomi Ashi

Adapted equipment: Tatami, JudoGi

- Start position: two judokas facing each other
- Specific moves: simplified footwork
- End position: uke is thrown on his back

Description: Simplify the footwork by using smaller steps or adjusting the angle of entry. Focus on maintaining balance and stability during the technique. Adapt the leg placement to accommodate the individual's mobility and range of motion.

Benefits of the technique: leg placement, timing



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TEHNIQUE NAME:

USHIRO-UKEMI (falling on the back)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 2 Tatami

Detailed description of the technique:

-Start position: standing position

-Specific moves: strike with hands up to reduce the fall on the back with both arms

-End position: lying on the back

Description: Ushiro Ukemi is most important technique in order to learn to fall down on the back without injuring yourself, especially to not hit your head when falling backwards. The person is standing in normal position. His first movement is going forward with hands outstretched and banding down the knees and after falling on his back and hitting hard with his arms at 45 degrees to the body holding his chin in his chest.

Adapted technique: USHIRO – UKEMI (adapted)

Adapted equipment: 2 Tatami

-Start position: lying on the back

-Specific moves: strikes with the arms at 45 degrees to the body, looking at the abdomen

-End position: lying on the back

Description: It is very important do not touch the floor mats with his head. The person needs to feel and understand how and why to strike with his arms at 45 degrees to the body and that's why the first move is to learn to keep his chin on his chest and to hit with his arms correctly.

Benefits of the technique: Learning the technique of falling in Judo, strengthens the abdominal muscles, having fun. Preventing from falling down technique is important also in everyday life for everyone (for an instance : falling from stairs, sliding on the ice, walking on the street etc.)



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TEHNIQUE NAME:

IPPON-SEOI-NAGE (one armed -shoulder throw)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori, Uke

Detailed description of the technique:

- Start position: Tori and Uke standing in Shizentai with grips on Migi Kumi-kata
- Specific moves: throw Uke over the arm , Seoi-Nage is a Kata-Te-Waza technique
- End position: Tori standing control the sleeve of Uke and Uke on the side after a good Yoko Ukemi

Description: Float Uke's balance to his front, then Tori while pivoting (Tai-Sabaki) to the left, grip his right inner sleeve and Tori slip right arm up from under Uke's chest under his right armpit to grab the top of his right sleeve or shoulder, pull him onto Tori's back, and throw Uke over Tori's right shoulder.

Adapted technique: IPPON-SEOI-NAGE (adapted)

Adapted equipment: 6 Tatami, Tori, Uke

- Start position: Tori and Uke kneeling
- Specific moves: throw over one armed-shoulder
- End position: Tori control the sleeve of Uke and Uke on the side done a good Yoko-Ukemi

Description: Tori and Uke kneeling with right grips (Migi Kumi-Kata) . Tori floats Uke's balance forward, then Tori while pivoting (the knee) to the left grabs his inner right sleeve and Tori slides his right arm up from under Uke's chest under his right armpit to grab his upper right sleeve or shoulder drag Uke. Tori turns around and throws Uke over Tori's right shoulder.

Benefits of the technique: Having fun while learning, developing the skill and technique, cardiovascular fitness, improving muscle tones, orientation in space.



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TEHNIQUE NAME:

SUMI-OTOSHI (corner drop)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori, Uke

Detailed description of the technique:

- Start position: Tori and Uke standing in Shizentai with grips Migi-Kumikata
- Specific moves: Tori throw Uke on the backwards corner
- End position: Tori standing control the Uke's sleeve and Uke side done a good Yoko-Ukemi

Description: It is a technique related to Uki-Otoshi, it is performed according to the same principle, only that it is in the opposite direction, i.e. backwards .

Tori step to the outside of Uke's right foot and use the shifting moment of his body and the action of both of his hands to break Uke's balance to his right rear corner and throw him in that direction.

Adapted technique: SUMI-OTOSHI (adapted)

Adapted equipment: SUMI-OTOSHI (corner drop)

Adapted equipment: - 6 Tatami, Tori, Uke

- Start position: Tori and Uke standing in Shizentai with grips Migi-Kumikata
- Specific moves: Tori throw Uke on the backwards corner
- End position: Tori standing control the Uke's sleeve and Uke side done a good Yoko-Ukemi

Description: Tori step to the outside of Uke's right foot and use the shifting moment of Uke's body and the action of both of Tori's hands to break Uke's balance to his right rear corner and throw him in that direction. A hand technique throw performed by excellence with the help of the arms. The Sumi-Otoshi technique is very similar to Uki-Otoshi, from which it differs in the direction of Uke's imbalance.

Benefits of the technique: gripping.



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TEHNIQUE NAME:

TAI-OTOSHI (body drop)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori, Uke

Detailed description of the technique:

- Start position: Tori and Uke standing in Shizentai with grips (Migi Kumi-Kata)
- Specific moves: Tori throw Uke with the arms , this technique is Te-Waza technique
- End position: Tori standing and control the sleeve of Uke and Uke on the side done a good Yoko-Ukemi

Description: Break Uke's balance in the front right corner, Tori opens up his body and turns to step in front of Uke's right leg with his right foot, then uses the action of both hands to pull him down and throw him over his leg.

Adapted technique: TAI-OTOSHI (adapted)

Adapted equipment: 6 Tatami, Tori, Uke

- Start position: Tori standing and Uke kneeling , both with grips (Migi Kumi-Kata)
- Specific moves: Tori throw Uke using the arms
- End position: Tori standing and control Uke's sleeve and Uke down on the side done a good Yoko-Ukemi.

Description: Tori standing and Uke kneeling , both with Migi Kumi-Kata. Tori break Uke's balance in the front right corner, Tori opens up his body and turns to step in front of Uke's right knee with his right foot, then uses the action of both hands to pull him down and throw him over his leg.

Benefits of the technique: Having fun while learning, develop skill and technique, coordination, improving muscle tone, the natural satisfaction because throw your partner.



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TEHNIQUE NAME:

UKI-OTOSHI (floating drop)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori, Uke

Detailed description of the technique:

- Start position: Tori and Uke standing Shizentai with grips Migi Kumi-Kata
- Specific moves: throw Uke in a circle
- End position: Tori standing and control the Uke's sleeve and Uke on the side done a good Yoko-Ukemi

Description: Uki-Otoshi is a hand technique throw. Is the first technique from Nage-No-Kata (forms of Judo techniques throwing). Tori float Uke's balance into his front right corner, then Tori pulls him down hard with both hands to throw him into the circle.

Adapted technique: UKI-OTOSHI (adapted)

Adapted equipment: 6 Tatami, Tori, Uke

- Start position: Tori and Uke kneeling with Migi Kumi-Kata
- Specific moves: "Surrender to win" it is a basic principle in Judo
- End position: Tori kneeling control the Uke's sleeve and Uke on the side done a good Yoko-Ukemi

Description: Tori and Uke kneeling with grips (Migi Kumi-Kata) and Uke pushes Tori with force, and Tori gets out of Uke's way by pulling with less force, using Uke's force, and throws Uke in a circle.

Benefits of the technique: Having fun while learning, developing skill and technique, it teaches you to feel your partner (opponent) when he wants to attack and teaches you to take the initiative to throw.



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TEHNIQUE NAME:

KUMI – KATA (Grips in Judo)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: Judo uniforms, 6 Tatami, Tori and Uke (Judo partners)

Detailed description of the technique:

-Start position: Tori and Uke face to face in the Judo Shizentai position (legs shoulder-width apart and knees slightly bent)

-Specific moves: grips in Judo means grabbing the opponent's or partner's blouse with one or both hands, which grip depends on the technique you want to execute.

-End position: Tori's right-hand grabs Uke's left lapel, and Tori's left hand grabs Uke's left elbow sleeve.

Description: The classic grip in Judo is with the right hand on Uke's left lapel and the left hand on his right sleeve. This kind of grip is called Migi-Kumikata (grip on the right side). When Tori grip with the left hand on Uke's right lapel and the right hand on his left sleeve it is called Hidari Kumikata (grip on the left side).

Adapted technique: KUMI – KATA (adapted)

Adapted equipment: Judo uniforms, 6 Tatami, Tori and Uke (Judo partners) Colored belts placed in the image of a circle

-Start position: Tori and Uke face to face in the Judo Shizentai position (legs shoulder-width apart and knees slightly bent)

-Specific moves: grips in Judo means grabbing the opponent's or partner's blouse with one or both hands, which grip depends on the technique you want to execute.

-End position: Tori's right-hand grabs Uke's left lapel, and Tori's left hand grabs Uke's left elbow sleeve

Description: The grip is the basic and by which a connection is established between Tori and Uke during the training lessons and during the fight. To learn this Kumi-kata technique it can be used as a game as a learning method to be more fun and to be able to learn easily and change of the partners.

Benefits of the technique: having fun while learning, communication, coordination, developing Judo skill and prepare the first step to the Judo throws.



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TEHNIQUE NAME:

KUZUSHI (unbalancing the opponent)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: Judo uniform, Tori and Uke, 4 Tatami

Detailed description of the technique:

-Start position: Tori & Uke stand facing each other in the basic Judo position (Shizentai) with their feet shoulder-width apart and holding their grips on the right (left) side.

-Specific moves: Kuzushi refers to remove the opponent's center of gravity out of balance

-End position: Tori under Uke's center of gravity, and Uke unbalanced forward

Description: Tori & Uke stand face to face with grips on the right (left) side, Tori lows down his own center of gravity below Uke's by bending his knees when pulling and lifting Uke. There are 8 directions of unbalance existing in Judo (forward, backward, right side, left side, slant forward right, slant-forward-left, slant-back right, slant-back-left) and all these unbalances are realized by pulling and lifting or by pushing and lifting.

Adapted technique: KUZUSHI (adapted)

Adapted equipment: Judo uniform, Tori and Uke, 4 Tatami

-Start position: Tori & Uke stand facing each other in the basic Judo position (Shizentai) with their feet shoulder-width apart and holding their grips on the right (left) side.

-Specific moves: Kuzushi refers to remove the opponent's center of gravity out of balance

-End position: Tori under Uke's center of gravity, and Uke unbalanced forward

Description: Tori & Uke stand face to face with grips on the right (left) side, Tori low down his own center of gravity below Uke's by bending his knees when pulling & lifting Uke forward. Uke must help Tori by being flexible like a spring, not rigid like a concrete pillar.

Benefits of the technique: improving muscle tone, developing Judo skill, and preparing the next step of learning the throws technique from Judo, fun, coordination, confidence, relationship with the partner, the sense of the kimono, the sense of the partner.



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TEHNIQUE NAME:

MAE – UKEMI (falling forward)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 2 Tatami

Detailed description of the technique:

- Start position: standing position
- Specific moves: reducing the impact of falling forward
- End position: lying face down

Description: Mae-Ukemi is the opposite fall of falling backwards and you have to learn to fall forward without injuring yourself, especially hitting your face (chin) and protect yourself. The opponent (UKE) start from standing position with the legs slightly apart and with the arms bent and close to the body (chest) with the palms next to each other. The next movement is to fall forward in a controlled manner and hit the mat with your forearms while keeping your chin lifted forward .

Adapted technique: MAE – UKEMI (adapted)

Adapted equipment: 2 Tatami

- Start position: kneeling position
- Specific moves: allow the head and internal organs to be protected by cushioning the shock produced by the force and speed of the body's projection on the ground
- End position: lying face down with the arms under the chest

Description: It is very important to not to touch the mattress with his chin or face.

He must understand that it is natural to be able to fall forward, just as it is to fall backwards.

Benefits of the technique: Strengthens confidence and eliminates the fear of falling, fun, learning the technique of falls in Judo, necessary to further learn Judo techniques with a partner.

Reference: <https://fb.watch/hga1ebfBX4/>



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TEHNIQUE NAME:

O-SOTO-GARI (large outer reap)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori and Uke (2 opponents)

Detailed description of the technique:

- Start position: Standing ShizenTai (correct position) with right Kumi-Kata(classic grips)
- Specific moves: break Uke's balance to his rear or right rear corner to shift most of his weight onto his right heel, then Tori reap with his leg Uke's right leg.
- End position: Tori standing and control the grip, Uke in the position of Yoko Ukemi (side breakfall).

Description: Tori and Uke start from Shizen-Tai with classic Kumi -Kata, Tori steps forward with his left leg slightly flexed outward and parallel to Uke's right leg, approaching his right shoulder to his chest. At the same time, through a circular movement, Tori pushes with the right arm to the left and back, and with the left hand pulls back and down. Uke being unbalanced obliquely back to the right, Tori leaning on the left leg, will swing the right leg back to Uke, with the tip down, then emphasizing the action of the arms, sickle the right leg of Uke, leaning with the body slightly forward.

Adapted technique: O-SOTO-GARI (adapted)

Adapted equipment: 6 Tatami, Tori and Uke (2 opponents)

- Start position: Tori's standing ShizenTai (correct position) with right Kumi Kata(classic grips) and Uke's kneeling position
- Specific moves: break Uke's balance to his rear or right rear corner to shift most of his weight onto his right heel, then Tori reap with his leg Uke's right leg.
- End position: Tori standing and control the grip, Uke in the position of Yoko Ukemi (side breakfall).

Description: Tori is in standing Shizen Tai position and Uke is in kneeling position with classic Kumi-Kata on the right. Tori step forward with his leg slightly flexed outward and parallel to Uke's right leg ,approaching shoulder to Uke's chest. At the same time, through a circular movement, Tori pushes with the right arm to the left and back, and with the left hand pulls back and down. Uke being unbalanced back to the right, Tori will swing the right leg back to Uke emphasizing the action of the arms .

Benefits of the technique: coordination, confidence, enjoyment , concentration, easy technique for the white belt level in Judo and very natural.



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TEHNIQUE NAME:

SHINTAI (Ways of movements in Judo))

- Ayumi-Ashi,
- Tsugi – Ashi and
- Tai-Sabaki

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 4 Tatami

Detailed description of the technique:

-Start position: standing position with legs apart and knees bent

-Specific moves: SHINTAI represents the way in which TORI approaches UKE or moves away from it

End position: standing position with legs apart and knees bent

Description:

Ayumi Ashi – the normal walk, similar to the usual walk, the legs alternately stepping each other, but with a specific and controlled position Shizentai

Tsugi Ashi – walking with an added step, in which one foot follows the other, by sliding it is a specific form of movement on the Judo mat in which the legs approach by added steps, without crossing each other and without the distance between them being smaller than that of the guard position like in fencing

Tai-Sabaki – rotary or pivoting movements (turning and controlling the body). It is about the specific movements in the foot techniques (Nage-Waza) and the movements in the defense and counterattack techniques.

Regardless of the type of Shintai, Tori and Uke must respect the following

- the distance between the legs should not be less than the distance between the shoulders.
- not to cross the legs;
- the movement should be made by permanent contact of the soles with the mattress (as in skating), not by lifting them off the mattress;
- to avoid jumping on the mattress and to flex the knees properly;
- the movement on the mattress is performed smoothly, loosely (it is wrong to stay rigid, contracted) Tori and Uke should be like springs.



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Adapted technique: SHINTAI (Ways of movements in Judo) :

- Ayumi-Ashi,
- Tsugi – Ashi
- Tai-Sabaki

Adapted equipment: 4 Tatami

-Start position: standing position with legs apart and knees bent

-Specific moves: SHINTAI represents the way in which TORI approaches UKE or moves away from it

-End position: standing position with legs apart and knees bent

Description:

Ayumi Ashi – TORI and UKE start from a standing position with their feet shoulder-width apart and knees bent and moves with a normal steps, similar to walking on the street, the legs alternately surpassing each other, thus achieving Ayumi-Ashi.

Tsugi Ashi – Than they will change the walking with added step, in which one foot follows the other by sliding making Tsugi-Ashi.

Tai-Sabaki – Tori and Uke are standing face to face. Tori steps with his right foot in front of Uke's right foot, pivoting and turning his back to it, bringing his left foot on the same line with his right foot, keeping the same distance of the feet (shoulder width) .

Benefits of the technique: fun, dynamic, helps to learn the basic movement for Judo techniques, orientation in space.



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TEHNIQUE NAME:

SHISEI (the body position)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori and Uke (2 opponents), Judo uniform

Detailed description of the technique:

-Start position: standing position with body weight equally distributed on both legs

-Specific moves: the correct position of the body before starting an attack or before counterattacking

-End position: standing position with feet shoulder-width apart and knees bent

Description: Natural position (Shizen Hontai) it is characterized by disconnection and calmness, it is not passive, but on the contrary, it is a waiting position from which one can quickly switch to attack or defense and is starting from standing position with feet shoulder-width apart and knees bent and with body weight equally distributed on both legs.

Adapted technique: SHISEI (adapted)

Adapted equipment: 6 Tatami, Tori and Uke (2 opponents), Judo uniform

-Start position: standing position with body weight equally distributed on both legs

-Specific moves: the correct position of the body before starting an attack or before counterattacking

-End position: standing position with feet shoulder-width apart and knees bent

Description: Natural position (Shizen Hontai) it is characterized by disconnection and calmness, it is not passive, but on the contrary, it is a waiting position from which one can quickly switch to attack or defense and is starting from standing position with feet shoulder-width apart and knees bent and with body weight equally distributed on both legs. To learn the correct position and to educate the muscle groups for this position, a game can be applied for this technique. GAME: Is the same game that I apply in the lesson for "Grips-Kumi-Kata", but this time the commands are for natural and correct position (together with grips - Kumikata).

Benefits of the technique: learning the correct starting position in an attack or defense, training the muscle groups of the legs, from this position, fast movements can be made in all directions, while maintaining the balance of the body.



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TEHNIQUE NAME:

THE SALUTE (RITSU-REI and ZA-REI)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 2 Tatami , Tori , Uke

Detailed description of the technique:

-Start position: standing

-Specific moves: trunk bending at 30-40 degrees at Ritsu-Rei & kneeling down at Za-Rei

-End position: standing

Description:

The Salute is a form of showing respect towards the Dojo (training hall), teacher, colleague, spectators, the group you belong to.

The salute –RITSU-REI is performed from a standing position, with the feet close together (the heels close together and the tips of the fingers slightly apart) . At a distance of 2 m Tori and Uke look at each other quietly, concentrated, then simultaneously lean forward at approximately 30-40 degrees, with relaxed arms next to the body, with palms pressed to the thighs above the knee. This gesture of lean forward it takes 2-3 seconds, then Tori and Uke return to their initial position.

Za-Rei (the kneeling stand salute) it is a more ceremonial salute. It is performed from a standing position 2 m away and Tori and Uke at the same time take the left leg back and place the knee of the right leg next to it and descend sitting on the heels. In this position the head and trunk are kept straight, and the arms are slightly bent next to the body with palms resting on thighs. Next, Tori and Uke place their palms on the mat in front of their knees approximately 10 cm and leaning their body and head forward with their eyes directed towards their palms. After a short salutation (3-4 seconds) Tori and Uke return to the initial position by performing the reverse movements.



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IN THE VIDEO THERE IS ONLY
THE SALUTE FROM THE FEET

Adapted technique: The salute (adapted)

Adapted equipment: 2 Tatami , Tori , Uke

-Start position: standing

-Specific moves: trunk bending at 30 - 40 degrees at Ritsu-Rei and kneeling down at Za-Rei

-End position: standing

Description:

The salute –RITSU-REI is performed from a standing position, with the feet close together (the heels close together and the tips of the fingers slightly apart) . At a distance of 2 m Tori and Uke look at each other quietly, concentrated, then simultaneously lean forward at approximately 30-40 degrees, with relaxed arms next to the body, with palms pressed to the thighs above the knee. This gesture of lean forward it takes 2-3 seconds, then Tori and Uke return to their initial position.

Za-Rei (the kneeling stand salute) it is a more ceremonial salute. It is performed from a standing position 2 m away and Tori and Uke at the same time take the left leg back and place the knee of the right leg next to it and descend sitting on the heels. In this position the head and trunk are kept straight, and the arms are slightly bent next to the body with palms resting on thighs. Next, Tori and Uke place their palms on the mat in front of their knees approximately 10 cm and leaning their body and head forward with their eyes directed towards their palms. After a short salutation (3-4 seconds) Tori and Uke return to the initial position by performing the reverse movements.

Benefits of the technique: To learn and show RESPECT, appreciation, self respect, confidence



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**IN THE VIDEO THERE IS ONLY
THE SALUTE FROM THE FEET**

TEHNIQUE NAME:

UKI-GOSHI (floating hip throw)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori and Uke

Detailed description of the technique:

-Start position: Tori and Uke standing in Shizentai with Migi Kumikata

-Specific moves: a hip throwing technique

-End position: Tori standing and controll the sleeve of Uke, Uke down on the side

Description: Uki-Goshi is a hip throw . Tori and Uke are in the fundamental natural position with the normal grip (Shizentai and Migi Kumi-kata).

Break Uke 's balance to his front or right front corner, then Tori enter shallowly with his right hip while wrapping his right arm around Uke's waist, and twist to the left to throw him over and around Tori's hips without raising them of bending forward.

Adapted technique: UKI-GOSHI (adapted)

Adapted equipment: 6 Tatami, Tori and Uke

-Start position: Tori and Uke kneeling with grips on the right side

-Specific moves: throw Uke around Toris's hip

-End position: Uke on the side and Tori kneeling controlling Uke's sleeve.

Description: Uki-Goshi (floating hip throw) is a basical throw from Judo Techniques.

Tori and Uke are kneeling with grips on the right side.Tori break Uke's balance to his front or right front corner, than Toti enter shallowly with his right hip while wrapping his arm around Uke's waist and twist to the left to throw him over Tori's hip keeping the sleeve for control.

Benefits of the technique: Having fun while learning, developing skill and technique, development of motor intelligence.



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TEHNIQUE NAME:

YOKO-UKEMI (side fall)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 2 Tatami

Detailed description of the technique:

-Start position: standing position

-Specific moves: to fall sideways on one side of the body and hitting with one arm (right or left) at 45 degrees to the body

-End position: lying on the side (right or left) of the body

Description:Yoko-Ukemi is it is an important fall that must be learned and perfected paying equal attention to right/left. Even if the favorite side is the right, Uke MUST learn to fall on the unfavorable left side as well.

Uke start from standing position with the legs slightly apart, the right hand stretched forward and the left hand with the palm on the left hip. The next movement is to bend the left knee and fall controlled on the right side of the body, hitting hard with the right hand at 45 degrees to the body and having the chin on the chest and the legs slightly apart, not on top of each other.

Adapted technique: YOKO-UKEMI (adapted)

Adapted equipment: 2 Tatami

-Start position: Sitting on the seat

-Specific moves: to hit with the right (left) arm extended and at 45 degrees to the body

-End position: lying on the side of the body (right or left)

Description: From the sitting position, chin on the chest, right hand extended forward with palm down, and left hand with palm on the hip. The next movement is to fall under control and hit hard with the right arm extended at 45 degrees to the body and keep the chin in the chest and the legs slightly apart, not on top of each other.

Benefits of the technique: Learning the technique of falling down in Judo, fun while learning and developing Judo skill, improving muscle tone, coordination.



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TEHNIQUE NAME:

TSUBAME – GAESHI (swallow counter)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 2 Tatami, Tori and Uke

Detailed description of the technique:

-Start position: Tori and Uke in a standing Shizentai position with right Kumi-Kata (Migi Kumi-Kata).

-Specific moves: Counterattack for the De Ashi Barai technique with the same throwing principle.

-End position: Tori standing and control the grips and Uke on the side (Yoko-Ukemi).

Description: When your opponent attempts a right De-Ashi-Barai (forward foot sweep), shift your weight to your left leg and withdraw your right foot by bending the knee, then throw him with a left De-Ashi-Barai.

Adapted technique: TSUBAME – GAESHI (adapted)

Adapted equipment: 2 Tatami, Tori and Uke

-Start position: Tori and Uke in a standing Shizentai position with right Kumi-Kata (Migi Kumi-Kata).

-Specific moves: Uke attacks and initiates the De-Ashi-Barai technique, and Tori counterattacks with the same technique.

-End position: Tori control the grips and Uke on the side (Yoko-Ukemi).

Description: Uke (typical Judoka) initiates the attack for De-Ashi-Barai, Tori reacts by defending his attacked leg and with maximum speed through the same procedure executes the Tsubame-Gaeshi technique.

Benefits of the technique: It is a technique that is based on the sense of the partner and is very spectacular in its execution.



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TEHNIQUE NAME:

DE – ASHI – BARAI (forward foot sweep)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 2 Tatami, Tori and Uke

Detailed description of the technique:

-Start position: Tori and Uke in a standing Shizentai position with right Kumi-Kata(Migi Kumi-Kata).

-Specific moves: Uke has taken a step forward or backward and is on the verge of placing his weight on the stepping foot, Tori use own foot to sweep that foot from the rear, side, or front.

-End position: Tori standing position control the grip of Uke, and Uke on the side after a good Yoko-Ukemi.

Description: Both athletes are employed in the right natural position (Migi ShizenTai) with classic grips. At the moment when Uke steps forward and is about to transfer his body weight to the front leg, respectively the right leg, Tori no longer takes the appropriate step back with his left leg, but brings this leg to meet Uke's right leg and "sweep" at the level of the heel.

Adapted technique: DE – ASHI – BARAI (adapted)

Adapted equipment: 2 Tatami, Tori and Uke

-Start position: Tori's standing ShizenTai (correct position) with right Kumi Kata(classic grips) and Uke's kneeling position

-Specific moves: Tori sweep Uke's heel. This technique is performed with the help of a leg and arms that act in the opposite direction of the sweep.

-End position: Tori stand and control the grips and Uke on the side (Yoko-Ukemi)

Description: Tori is standing and Uke is kneeling (he must be typical Judoka). Tori executes Uke's imbalance using his arms and with his left leg perform a sweep of Uke's heel.

Benefits of the technique: It is not an easy technique because it requires a lot of practice and feeling of the partner, feeling of the mattress and feeling of the movement.



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TEHNIQUE NAME:

O GOSHI (large hip throw)

Name of the organization: Mehedinti County Judo Association

Author: Sterea Lena

Equipment needed: 6 Tatami, Tori and Uke, JudoGi

Detailed description of the technique:

- Start position: Tori and Uke in Shizei position with Kumi-Kata
- Specific moves: Tori throw Uke over his hip
- End position: Tori standing and controll the sleeve of Uke, Uke down on the side

Description: Tori and Uke stand in a natural posture (Shizentai) with Right Kumi-Kata. Tori break Uke's balance to his front or right front corner, while wrapping his right arm around Uke's armpit and enter deeply with his right hip, bending the knees to float Uke up, and twist to throw him over it.

Adapted technique: O-GOSHI (Large hip throw)

Adapted equipment: Tatami, Tori and Uke, JudoGi

- Start position: Tori and Uke (Typical Judoka) in Shintai position with Kumi-Kata
- Specific moves: Tori throw Uke over his hip
- End position: Tori standing and control the sleeve of Uke, Uke down on the side

Description : Tori and Uke stand in a natural posture (Shizentai) with Right Kumi-Kata. Tori break Uke's balance to his front or right front corner, while wrapping his right arm around Uke's armpit and enter deeply with his right hip, bending the knees to float Uke up, and twist to throw him over it. Simultaneously with Uke's imbalance, Tori must take a step with his right foot in front of Uke's right foot, then put his right hand under Uke's left armpit and pivot on his right foot, turning his back with deeply hip position.

Benefits of the technique: Having fun while learning, developing skill and technique, development of motor intelligence.



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TEHNIQUE NAME:

GYAKU KESA GATAME (Reverse Scarf Entangled Armlock)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori and Uke, JudoGI

Detailed description of the technique:

- Start position: Tori and Uke in kneeling position (Seiza)
- Specific moves: Tori immobilizes Uke in a pinning variant
- End position: Tori pins Uke's arm with both of his arms in a reverse position of the Kesa Gatame Osae

Description: A hold similarly to Kesa-Gatame (scarf hold), but performed facing towards your opponent's legs instead of towards his head. Tori inserts an arm under Uke's arm, and then uses his other arm to scissor that arm, thus establishing a lock that disables Uke arm and upper torso. At this time, in the same manner as in the Kesa-Gatame (Scarf hold), Tori extends the leg nearest to Uke's head in the forward direction, and flexes the knee of his other leg to maintain balance.

Adapted technique: GYAKU-KESA-GATAME (Reverse modified scarf hold)

Adapted equipment: 6 Tatami, Tori and Uke, JudoGI

- Start position: Tori kneeling, Uke (typical Judoka) in a turtle position
- Specific moves: Tori immobilizes Uke in a pinning variant
- End position: Tori pins Uke's arm with both of his arms in a reverse position of the Kesa Gatame Osae

Description : Tori inserts an arm under Uke's arm, and then uses his other arm to scissor that arm, thus establishing a lock that disables Uke arm and upper torso. At this time, in the same manner as in the Kesa-Gatame (Scarf hold), Tori extends the leg nearest to Uke's head in the forward direction, and flexes the knee of his other leg to maintain balance.

Benefits of the technique: Improves flexibility and balance, trust, strengthening the muscles of the upper body, enjoyment and pleasure to do a new technique etc.



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TEHNIQUE NAME:

O UCHI GARI (Major inner reaping)

Name of the organization: Mehedinti County Judo Association

Author: Lena Sterea

Equipment needed: 6 Tatami, Tori and Uke, JudoGi

Detailed description of the technique:

-Start position: Standing Shizen – Tai (correct position) with right Kumi-Kata (classic grips)

-Specific moves: break UKE 's balance to his left back corner, causing his stance to open wide and his weight to shift mostly onto his left heel, then step in deeply with Tori's right leg and use it to reap Uke's left leg from the inside with a large motion to Tori's right to throw Uke 's backwards.

-End position: Tori standing and control the grip, Uke in the position of Ushiro Ukemi (back breakfall).

Description: Tori and Uke start from Shizen – Tai position with right Kumi-Kata (classic grips) and Tori break UKE 's balance to his left back corner, causing his stance to open wide and his weight to shift mostly onto his left heel, then Tori step in deeply with right leg and use it to reap Uke's left leg from the inside with a large motion to the right to throw him backwards.

Adapted technique: O-UCHI-GARI (large inner reap)

Adapted equipment: 6 Tatami, Tori and Uke, JudoGi

-Start position: Tori's standing ShizenTai (correct position) with right Kumi Kata(clasic grips) and Uke's kneeling position (Uke must be typical Judoka)

-Specific moves: break Uke's balance to his back corner andthen Tori use Tsugi-Ashi and reap with his left leg Uke's left leg.

-End position: Tori standing and control the grip, Uke in the position of Ushiro Ukemi (back breakfall).

Description : Tori's standing Shizen-Tai with right Kumi Kata(clasic grips) and Uke's kneeling position (Ukemust be typical Judoka) and Tori break Uke's balance to his back corner and thenuse Tsugi-Ashiand reap with his left leg Uke's left leg.

Benefits of the technique: Is a Ashi-Waza (foot technique)and contributes to training the Judoka's stability and coordination, but also to his technical progress.



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TEHNIQUE NAME:

YOKO SHIHO GATAME (Major inner reaping)

Name of the organization: JK MAKIKOMI

Author: Slavisa Pejic & Predrag Jojic

Equipment needed: Tatami 4m2, JudoGi

Detailed description of the technique:

-Start position: Initial Positioning: Begin by kneeling beside your opponent, with your left side next to their right side (or vice versa). As you lower yourself to the mat, slide your left arm under their neck and wrap it around their head, similar to a headlock position. Your left hand should grip your right bicep or shoulder, creating a secure hold. Your right arm will be positioned under their near arm, grabbing their gi (uniform) near their shoulder or upper back.

-Specific moves: Transition to Side Control: From the initial position, lower your body weight onto your opponent, shifting your torso sideways and extending your legs. Your chest should be pressed against their chest, and your right arm will act as a lever, applying pressure to their shoulder and upper body. Simultaneously, your left arm maintains control over their head, preventing them from turning or escaping.

-End position: Maintain the hold: Once you've transitioned to side control, it's crucial to maintain control and prevent your opponent from escaping. To do this, establish a strong base by spreading your legs wider and positioning your hips low. Maintain pressure with your chest and shoulder, immobilizing your opponent's upper body. You can also use your legs to control their legs or hips, limiting their movement and making it difficult for them to escape or regain a dominant position.

Description: In Yoko Shiho Gatame, your goal is to secure a dominant control position from which you can transition to submissions or continue to control your opponent on the ground. By maintaining a tight grip, solid base, and constant pressure, you can effectively immobilize your opponent and establish dominance in the match.



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Adapted technique: Yoko Shiho Gatame

Adapted equipment: Tatami 4m2, JudoGi

-Start position: Begin by kneeling on the mat, facing your opponent who is also on their knees. Take hold of your opponent's left arm with your right hand, just above their elbow.

-Specific moves: Place your left hand on their right shoulder to maintain control. Slide your left leg behind your opponent's left knee, so that your shin is touching the back of their knee. Use your right hand to pull your opponent's left arm across their chest towards their right shoulder. As you do this, push your opponent's upper body towards the mat using your left hand on their right shoulder. At the same time, use your left leg to hook your opponent's right leg, and pull it towards you. Lower your body towards the mat, while maintaining control over your opponent's upper body. Once your opponent is pinned, use your body weight to maintain pressure and prevent them from escaping.

-End position: Hold this position for as long as necessary, maintaining control of your opponent and preventing them from escaping.

Description: Yoko Shiho Gatame is a popular hold-down technique in Judo that involves pinning the opponent on their back, while maintaining control over their upper body. The technique can be performed from different starting positions, including a knee start position, which is commonly used in competitions for athletes with intellectual disabilities.

Benefits of the technique: Remember to practice this technique under the supervision of a qualified Judo instructor, and to take all necessary safety precautions to avoid injury to yourself or your opponent.



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TEHNIQUE NAME:

KUZURE KESA GATAME (Broken scarf hold)

Name of the organization: JK MAKIKOMI

Author: Slavisa Pejicic & Predrag Jojic

Equipment needed: Judogi, Tatami 4m2

Detail description of the technique: Kesa Gatame is a basic hold-down technique used in Judo and Brazilian Jiu-Jitsu. It is also known as the "scarf hold" or "head and arm control." Here's a description of Kesa Gatame in three steps:

- Start position: positioning, start by assuming a kneeling position beside your opponent, with your left side next to their right side (or vice versa). As you lower yourself to the mat, slide your left arm under their neck, placing your forearm against the side of their head. Your left hand should grip your right bicep or shoulder, creating a firm hold. Your right arm will be draped over their chest and under their far arm, grabbing your own left collar or lapel.

- Specific moves:

Control: Once you have secured your grip, lower your body weight onto your opponent, applying pressure with your chest and shoulder. Your legs can be positioned in various ways for stability, such as one leg extended and the other bent, or both legs bent at a right angle. The key is to establish a strong base and maintain control over your opponents upper body.

- End position: Maintain the hold: To keep your opponent trapped in Kesa Gatame, it's important to maintain control and prevent them from escaping. You can achieve this by squeezing your elbows together, tightening your grip under the shoulder and on under the armpit, and keeping your body weight firmly applied. You can also use your legs to control their legs or hips, limiting their mobility and making it harder for them to escape. Remember, Kesa Gatame is a pinning technique, and its effectiveness lies in maintaining control and applying constant pressure. It is commonly used to control an opponent on the ground, set up submissions, or transition to other positions.



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Adapted technique: Kesa Gatame is a popular grappling hold in Judo that is often used to control an opponent on the ground. It is also known as the "scarf hold" or "head and arm hold". In this technique, the person performing the hold uses their body weight and pressure to immobilize their opponent, making it difficult for them to move or escape. Here are the steps to perform Kesa Gatame from a knee start position, adapted for people with intellectual disabilities:

Adapted equipment: none

Start position:

Step 1: Begin by kneeling on one knee and placing the other foot flat on the ground in front of you.

– Specific moves:

Step 2: Your opponent should also be on the ground, lying on their back.

Step 3: Lower yourself down and place your chest on your opponents chest, with your arms wrapping around their neck and arm.

Step 4: Your head should be on the opposite side of your opponents head from the arm you are holding.

Step 5: Use your body weight and pressure to hold your opponent in place, keeping their arm trapped under your armpit.

Step 6: To increase the pressure, you can push your hips down and forward, squeezing your opponents body between your chest and your knee.

– End position:

Step 7: Hold this position for as long as necessary, maintaining control of your opponent and preventing them from escaping.

Benefits of the technique: It's important to note that when performing Kesa Gatame, you should always prioritize safety and avoid causing any unnecessary discomfort or injury to your opponent. Make sure to release the hold immediately if your opponent taps out or signals that they are in pain or distress.



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TEHNIQUE NAME:

COMBINATION UKI GOSHI TO KUZURE KESA GATAME

Name of the organization: JK MAKIKOMI

Author: Slavisa Pejicic & Predrag Jojic

Equipment needed: Tatami , JudoGi

Detailed description of the technique:

-Start Position - Set up for Uki Goshi: Begin by standing in front of your opponent, facing each other. Take a traditional judo grip, with your right hand gripping their left lapel and your left hand gripping their right sleeve. As you step forward with your left foot, use your right hip and thigh to make contact with your opponent's hip.

-Specific moves - With your grip secure and your hip in contact with your opponent's hip, initiate the throw by lifting and pivoting on your left foot. Simultaneously, use your right hip and thigh to drive upward and forward, throwing your opponent over your hip. As they go over, maintain control of their sleeve to guide their rotation.

-End position - Transition to Kuzure Kesa Gatame: As you complete the Uki Goshi throw, release your grip on their sleeve and immediately adjust your body position to transition into Kuzure Kesa Gatame. Position yourself perpendicular to your opponent, with your chest and shoulder pressing against their upper body. Slide your right arm under the shoulder, across their armpit, and secure your grip by grabbing your own right lapel or collar. Your left hand can maintain control of their near arm or grab their gi for additional control.

Description: Uki Goshi to Kuzure Kesa Gatame is a combination of two techniques commonly used in Judo. Uki Goshi is a hip throw, while Kuzure Kesa Gatame is a modified scarf hold.

In Kuzure Kesa Gatame, focus on maintaining a tight hold on their head and upper body while using your body weight to control them on the ground. Apply constant pressure and ensure your legs are properly positioned to prevent escape. This combination technique allows you to capitalize on the momentum generated by the Uki Goshi throw and quickly transition into a dominant ground control position.



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Adapted equipment: Tatami, JudoGi

Adapted technique:

- Start position: Start in a kneeling position facing your opponent. Grap your opponent's left sleeve with your left hand and their left lapel with your right hand.
- Specific moves: Pull your opponent towards you as you rise up onto your right knee and pivot your left foot towards your opponent. Sweep your left leg behind your opponent's left leg, causing them to lose balance and fall to the ground on their back. As your opponent falls, wrap your left arm around their head and place your right hand on their left arm to secure them in the kuzure kesa gatame hold-down position.
- End position: Apply pressure with your left arm on your opponent's head to control their movement and maintain the hold-down position for the required amount of time to score a point.

It is important to note that when performing this combination with individuals with intellectual disabilities, it is important to provide clear and concise instructions, as well as physical support and guidance throughout the technique. Additionally, it may be necessary to adapt the intensity and speed of the technique to the abilities and comfort level of the individual.

Description: The uki goshi to kuzure kesa gatame combination is a popular technique in judo that involves using the momentum of an opponent to throw them to the ground and then transitioning into a hold-down position. This combination can be adapted for individuals with intellectual disabilities who may need additional support and guidance.

Benefits of the technique: Remember to practice this technique under the supervision of a qualified Judo instructor, and to take all necessary safety precautions to avoid injury to yourself or your opponent.



Click for the video
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TESTIMONIALS & GOOD PRACTICES

In the following chapter you can read testimonials from participants, caregivers, coaches and good practices from the partner judo clubs as well other judo club that worked with PwID or had inclusive judo trainings. Moreover, here we share the positive examples from inclusive judo delivered by Judo4All project. The impact of Judo4All project and its benefits that help the development of PwID.



POSITIVE EXAMPLES FROM THE PROJECT PARTNER JUDO CLUBS



01

Organization: Judo Drim Struga
Name and surname: Marin Biljanoski

Sharing good practices and benefits:

Our positive practice from Judo Club "Drim" Struga is a girl. She started practicing judo from a very young age, despite having hearing disability. She started having regular trainings with the typical people, she was a scared, shy, unconfident little girl. But little by little her love for the sport and the environment grew very much. The key role in that were the judo trainers, the trainers faced her disability, adapted the techniques, helped her thought the training procedures and the sport of judo became her main thing. She started gaining confidence, she started socializing, talking with the other judokas, gained a lot of friends and was accepted by the others for who she is. And on top of that she started gaining impressive results, she became a national pioneer, cadet and junior champion of Macedonia, also she has anticipated in a lot of international judo competitions and in the majority of them was 1 st place.

02

Organization: Judo Drim Struga
Name and surname: Gjorgija Stojanov

Sharing good practices and benefits:

For over a year now, since we started with the development of the project Judo4all and its inclusive trainings, I have to say that first of all, my experience as a judo coach reached another level. It made me better as a person, more compassionate, tolerable and creative. Second of all, and more important thing. I would like to mention about the benefits of judo towards the PwID that became judokas. I have the feeling that they became more confident, more empowered, especially those that have been shy at the very beginning. While training they enjoyed the social engagement, acceptance and group work of everyone, even competitiveness made them feel a new emotion such as proudness, being supportive, discipline. All of this made them prepared for the tournaments involved in the project and other local activities, they earned medals, diplomas and we have all been proud and happy together. Because we, the team of Judo Drim Struga, are a family, we breath together and we will keep going the track for reaching better opportunities.



03

Organization: Mehedinti County Judo Association

Name and surname: Raducan Bianca (parent)

Sharing good practices and benefits:

I discovered Judo 7 years ago when I heard that are two wonderful Judo coaches in our city: Gicu Vasilan and Lena Sterea. I was looking for a team sport for my child that would discipline him because the psychologist had recommended this.

Stefan was diagnosed with ADHD and that's why Judo was recommended because it is a sport in which important principles are based on the use of suppleness instead of brute force, eliminating hits and some dangerous dislocations. Thus, I started training with the two trainers, Lena Sterea and Gicu Vasilan, from whom Stefan had and still has a lot to learn, but discipline and respect are in the first place, extremely necessary principles for a child with ADHD. I would like to thank the two coaches because they made it possible to teach and discipline Stefan, and above all to integrate him among the other Judokas, which is extremely important for the social integration and development of a child with special needs.

04

Organization: Mehedinti County Judo Association

Name and surname: Prof.Gicu VASILAN–trainer In MCJA

Sharing good practices and benefits:

Since always in our club, we had children with physical problems or intellectual disabilities. The good thing is that none of them were institutionalized, financed, or even recognized by our society as an educational process until 10 years ago. One of the biggest challenges I faced when working with children with disabilities who have tendency to do sports, is that I had to readjust the pedagogical principles applied to typical children, like: more patience, another consistency, different approach to the interpersonal relationship, bilateral teacher-child with problems...and every day facing different problems. I think that the bonds that connects the teacher and the atypical child are much more deeper than with typical children, considering that they are at different level of performing and feeling expressions.

These children are coming in the regular program, in the groups with other athletes, brought by families with no other hopes than socialization, physical education, and a general improvement of their conditions. The most positive thing is that these children are always in progress, they become better and better and manage to integrate into social life. As a conclusion, I can say that you need infinite patience, kindness and involvement in the relationship with these children but at the end, the results are always higher than you expected.



05

Organization: Judo club Makikomi Beograd

Name and surname: Ivan & Marija Pavlovic (parents of Viktor Pavlovic 13yo)

Sharing good practices and benefits:

Inclusive judo trainings brought us positive effect of socialization between my child and other children of typical development, developing psycho motoric skills and sensory issues. After training my child is happy and calmer.

06

Organization: Judo club Makikomi Beograd

Name and surname: Slavisa Pejcic, Filip Zivojinovic, Dragana Vukmirovic (judo coaches of JC Makikomi)

Sharing good practices and benefits:

Inclusive judo training process is a long way with many obstacles. During the recruiting period it is important to make interview with parents for better understanding of PWID behavior, habits and way of communication. Detailed questionnaire that we created for parents is very useful tool as a reminder.

07

Organization: Judo club Makikomi Beograd

Name and surname: Slavisa Pejcic, Filip Zivojinovic, Dragana Vukmirovic, (judo coaches of JC Makikomi)

Sharing good practices and benefits:

Inclusive judo training process is a long way with many obstacles. During the recruiting period it is important to make interview with parents for better understanding of PWID behavior, habits and way of communication. Detailed questionnaire that Makikomi team created for parents is very useful tool as a reminder. Below you can check the questionnaire.

Questionnaire for parents that JC Makikomi is using for inclusive judo

1. Name and surname_____	Date of birth_____		
2. Telephone number _____	e-mail_____		
3. Does your child have a visual od hearing disability?		Yes	No
If yes, please describe _____			
4. Does your child have issues with motoric movements?		Yes	No
If yes, please describe_____			
5. Does your child have epilepsy?		Yes	No
If yes, please describe the treatment and the therapy_____			
6. Does your child have allergies?		Yes	No
If yes, please describe_____			
7. Does your child have any chronic disease?		Yes	No
If yes, please describe_____			
8. Does your child have sound, light or touch sensitivity?		Yes	No
If yes, please describe_____			
9. Does your child have any aggressive behavior?		Yes	No
Yes, towards the others_____			
Yes, towards himself_____			
No			
10.Does your child use speech as a way of communication?		Yes	No
11. Does your child use other ways of communication?		Yes	No
If yes, please describe_____			
12. Can your child use toilet independently?		Yes	No
If yes, please describe_____			
What signals/signs use when he/she wants to use the toilet_____			
13. Is your child involved in any kind of treatments (special education, logopedic, psychomotor reeducation...)		Yes	No
If yes, please describe_____			
14. Was your child involved in the past in any kind of treatments?		Yes	No
If yes, please describe_____			
15. Does your child attend school or kindergarten?			
School			
Kindergarten			
Doesn't attend any			
16. Does your child have experience in group activities?		Yes	No
If yes, please describe_____			
17. Does your child have siblings? Yes No			
If yes, what is the age of the other sibling_____			
18. Are you interested your child to be involved in sport activities?		Yes	No
19. How many trainings per month you think are enough for your child?			
4 trainings			
8 trainings			
20. Which days of the week are appropriate for bringing your child to the trainings?			
Only Saturday			
Saturday and working days			
Only working days			
21. If you have any additional information you think we should know about your child, please describe_____			

POSITIVE EXAMPLES FROM OTHER JUDO CLUBS & COUNTRIES

01

Organization: Judo Club Sheishin Prilep

Name and surname: Sensei Kiro Zdraveski

Sharing good practices and benefits:

Hristijan Stojkoski Kiko, In J.K. Seishin has been a member for almost two years. Kiko's desire to train and be a part of J.K. Shheishin was achieved from the very beginning, and that was during the first visit to a training session, after attending the first training session, it was seen that he felt interest and excitement in what he saw, and with that, he opened his love for judo, asking if he could train. With the first training and dressing Judo Gi, his excitement and satisfaction was felt which is equal among all. slowly as time passed Kiko got better and better in performing the falls and techniques. Kiko in the club from the very beginning was accepted by all the trainers and members in the club. Our Kiko is the most regular at the trainings, and is a participant in all the events organized by J.K. with special needs. His parents are very satisfied with this success as well

02

Organization: Judo Club SANKAKU - Slovenia

Name and surname: Viktorija Oblak (judo coach)

Sharing good practices and benefits:

Our experience in working with PWID show us that personal, guardian or parental assistance during the training process is important so any single PWID can share the same attention during the class.

THE CHALLENGE OF CREATING INCLUSIVE WORKSHOPS IN BETWEEN JUDO TRAININGS

Inclusive workshop

Judo4all winter camp



In the middle of the project was organized Judo training camp in Serbia. The camp served as an opportunity to exchange experiences, knowledge and practices in judo through joint training session, leisure and intercultural activities. Also, offered different opportunities to all judo clubs and their young members to increase their skills and knowledge, and for the PwID provided international and multicultural atmosphere and socializing as well.

"In between the judo trainings, we quickly managed to motivate all young people, little ones, teenagers and young people with intellectual disabilities to take part in the inclusive workshops. Most of them were scared because it was their first time being in inclusive workshops and thought it would be school-like. We were scared not only because it was our first time, but because of the number of participants and the different target groups, but we all combined our fears and created unforgettable memories. Taking control over the group of teenagers sometimes was challenging but the pace was reached when the point of the certain activity was achieved, making them think and share a life-experience stories.

To be honest, with the little ones was easier because all I have to do was to create a game. Of course, the games were interactive and inclusive which made them think and discuss a certain topic. Sometimes you would think it would be harder, but the little sages very fast could get to the point and understand the whole situation, with their pure perspective, naivety, and straightforward point without bypassing.

4 rich days were filled to the fullest with activities, interactive discussions, playing games, singing songs, working in groups, and creative program. The session plans were customized according to the target groups and needs of the participants so that everyone was motivated to take active participation in the whole inclusive process.

On the last day, the goodbyes were accompanied by the chants, quotes, part of conclusions, music and rhythms that were part of the workshops on the very first day, and then you know the impact was deeper than was planned.

In the end inclusion in sports is not only teaching people with disabilities how to do sports but is working with them equally, supporting them and making them feel like part of the group, part of the whole process. Inclusion in sport is also teaching the rest for acceptance, tolerance and creating safe space for everybody.

I am glad that the participants understood that without any prejudices and it was a pleasure hearing that they are looking forward to more people with various disabilities being included in their judo training program”.

- Martina Durljanova, facilitator of the inclusive workshops.



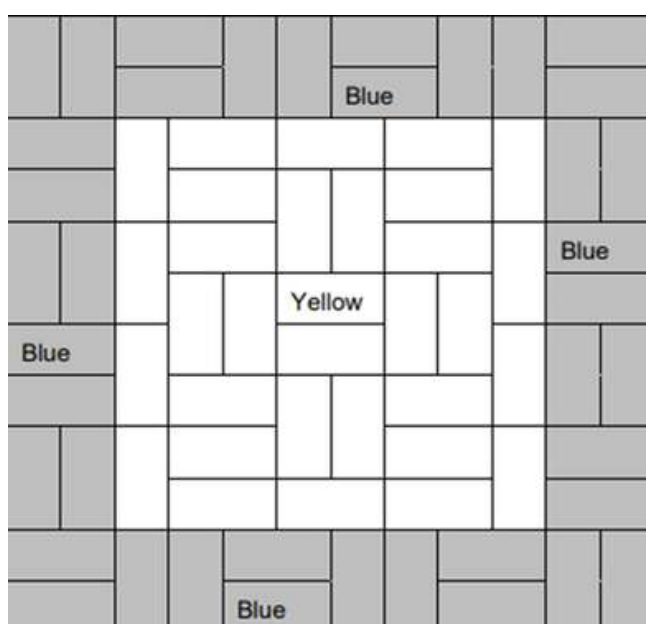
SAFETY ENVIRONMENT:

Judo makes full use of the entire body, particularly the skeletal structure, during falls. It is important that participants have a practice area which is safe and preserves their physical health. To reduce the risks of trauma due to the vibrations caused by landing on the floor, it is essential that the surface meet the requirements of the activity undertaken, whether a training session or competition. The training surface should be covered with tatami or equivalent materials. The surface should meet absorption and energy dispersion requirements without being bent too much out of shape beneath the weight of the participants. It is also important that the surface allows for optimal traction and not become too slippery as the participants move about. The constituent parts should fit together snugly without any gaps to form one surface of uniform hardness. Finally, the surface components should be secured so that they do not move, and the use of skid-proof tatami offers a major advantage.

The practice surface should offer at least three square meters per participant during a free practice (randori). The entire practice area should be surrounded by a 2 meter safety zone that is obstacle free. In the case where the dojo does not offer enough space for such accommodation the tatami zone closest to the walls should be designated as the safety zone. If tatamis are laid from wall to wall, then the walls should also be covered with tatami or gymnastic mats.

The layout below requires 72 tatamis – 32 yellow and 40 blue. It allows you to simulate competitive tactics and strategies and to clearly indicate the work area. Placing the tatami in different directions enhances the stability of the skid-proof surface.

The tatami should be laid out as follows:



Judo Gi and Equipment:

- Judo Gi must be clean
- Women must wear T-shirt under Judo Gi. T-shirt must be white in color, short-sleeved and round-neck.
- During competitions, competitors must wear white Judo Gi and they should wear the color belt according to their grade regulations.

The rooms should have adequate ventilation to enable participants to practice comfortably. The ceiling should be at least 2.5 meters high (about 8 feet) from the practice area.

The temperature in the main room should be maintained somewhere around 18°C.

Teaching equipment should be inspected regularly so that they do not pose any risk to participants. Inadequate equipment should be stored or taken away from the area. Equipment which is torn or broken should be repaired before being put out in the practice area.

Sportsmanship and fair play should be observed at all times, especially courtesy, mutual help and respect. Rules which are less stringent than those observed at tournaments should be enforced to ensure the safety of everyone during the activities.

The site should be well ventilated, well lit and heated; and cold air drafts eliminated to prevent the likelihood of muscle pulls.



JUDO DICTIONARY

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Judo terminology	English
JUDO	The Gentle Way
JIGORO KANO	Founder of Judo
KODOKAN	Judo place, founded in 1882
JUDOGI	Judo uniform (suit)
OBI	Belt
ZORI	Flips-flops
SODE	Sleeve
ERI	Lapel

Judo terminology	English
ZUPON	Trousers
DOJO	Place of study
SENSEI	Teacher
TATAMI	Floor Mats
REI (RITSU-Rei) and ZA-REI	The Bow
HA-JIME	Start
MATE	Stop
SORE-MADE	The End
TORI	The "Doer", The "Thrower"
UKE	The "Receiver", The "Thrown"

Judo terminology	English
MIGI	Right
HIDARI	Left
RANDORI	Free practice
SHIAI	The Contest
IPPON	Full point
WAZA -ARI	Half point
SHIDO	Penalty
ICHI	1 (one)
NI	2 (two)
SAN	3 (three)

Judo terminology	English
SHI	4 (four)
GO	5 (five)
ROKU	6 (six)
SHICHI	7 (seven)
HACHI	8 (eight)
KYU	9 (nine)
JU	10 (ten)
JU-ICHI	11 (eleven)
JU-NI	12 (twelve)
JU-SAN	13 (thirteen)

Judo terminology	English
JU-SHI	14 (fourteen)
JU-GO	15 (fifteenth)
JU-ROKU	16 (sixteen)
JU-SHICHI	17 (seventeen)
JU-HACHI	18 (eighteen)
JU-KYU	19 (nineteen)
NI-JU	20 (twenty)
HYAKU	100 (one hundred)
HIKITE (sleeve hand;pulling hand)	The hand gripping the opponent's sleeve
TSURITE(collar hand;catching hand)	The hand gripping your opponent's collar or lapel
KAKE (applications; executions)	An action used to execute a Judo technique such as a Judo throw

JUDO TECHNIQUES

DICTIONARY

Judo terminology	English
UKEMI - WAZA	General term for breakfalls designed to protect the body when thrown.
MAE-UKEMI	Breakfall taken to protect the body when thrown to the front.
YOKO-UKEMI	Breakfall taken to protect the body when thrown to the side.
USHIRO-UKEMI	Rear (back) breakfall
WAZA	Technique or group of techniques
TACHI-WAZA	Techniques from standing
NE-WAZA	Techniques from the ground
OSAE-KOMI WAZA	Hold downs Techniques

KUZURE	Variants
TOKETA	Hold broken
UCHI-KOMI	Repetition with the partner
NAGE-KOMI	Throwing
TOKUI-WAZA	Favorite technique
KUZUSHI	An action to unbalance your opponent in preparation for throwing him.
KUMI -KATA	The Grips
SHIZENTAI	Natural posture /position
TSUGI-ASHI	A method of movement by stepping with one foot, drawing the other foot up to meet it, then stepping with the first foot again.
AYUMI-ASHI	Advancing or retreating by alternately stepping with the right and left feet, as in ordinary walking.

TAI-SABAKI	General terms for movements are used to shift the position of your body & change direction in the process of reacting to your opponent's techniques and setting up and applying techniques of your own.
TE-WAZA	Hand Techniques
ASHI-WAZA	Foot Techniques
KOSHI-WAZA	Hip Techniques
MA-SUTEMI -WAZA	Rear Sacrifice Techniques
YOKO-SUTEMI-WAZA	Side Sacrifice Techniques
GAESHI-WAZA	Counterattack Techniques
TANDOKU-RENSHU	"Shadow" Practice
YAKU-SOKU-GEIKO	Agreed-upon practice
RENRAKU-WAZA	Combination techniques with changes of direction
RENZOKU-WAZA	Continuous techniques with combinations in the same direction

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JUDO4ALL PROJECT

Telephone number

+389 75 268 638



Email Address

judo-drim@hotmail.com



Website

www.judo4all.net



Address

**Ul. Marshal Tito bb Stokovna
kukja "Merkur" Struga**

