

The main elements for the learning of judo

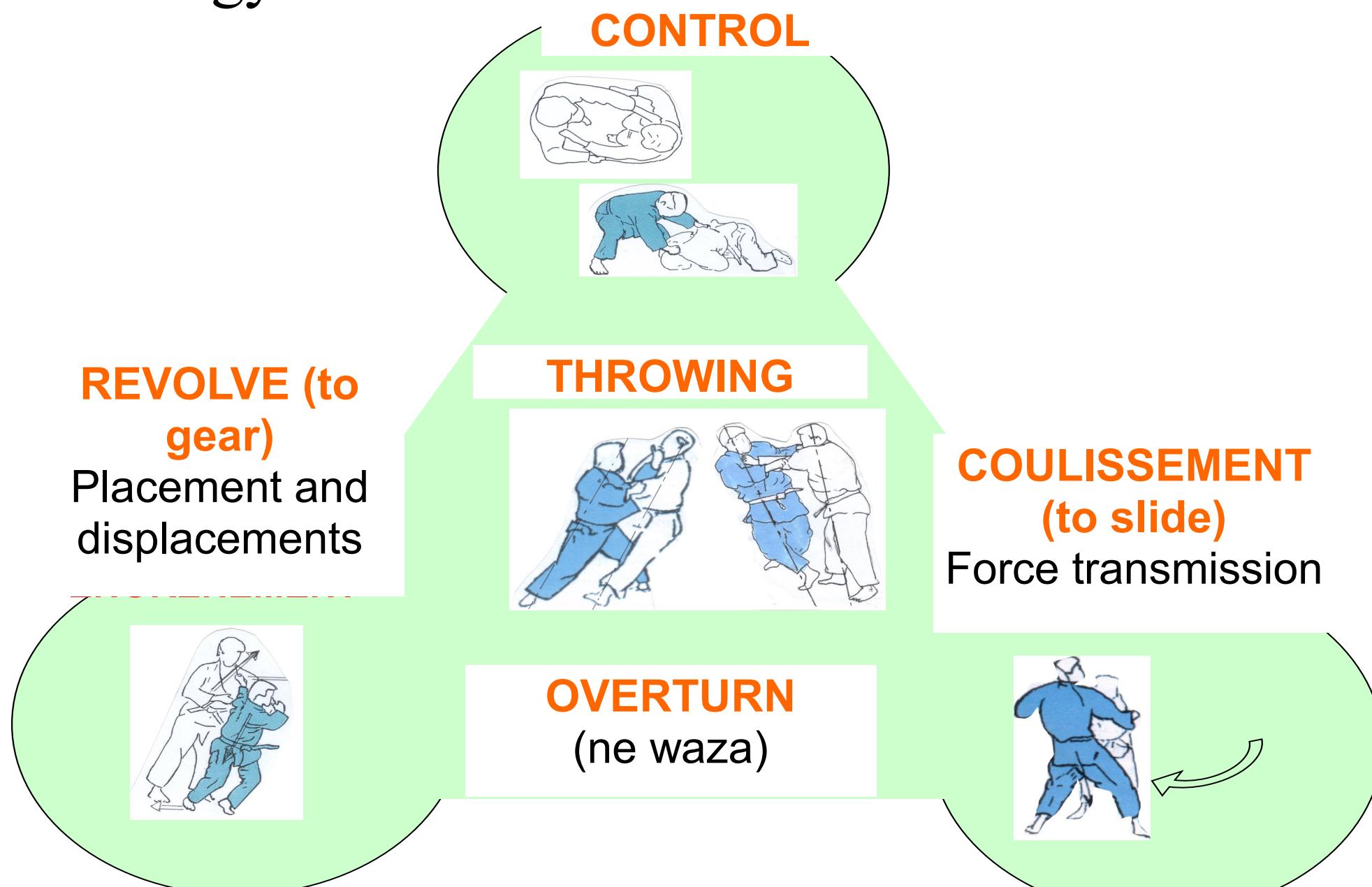


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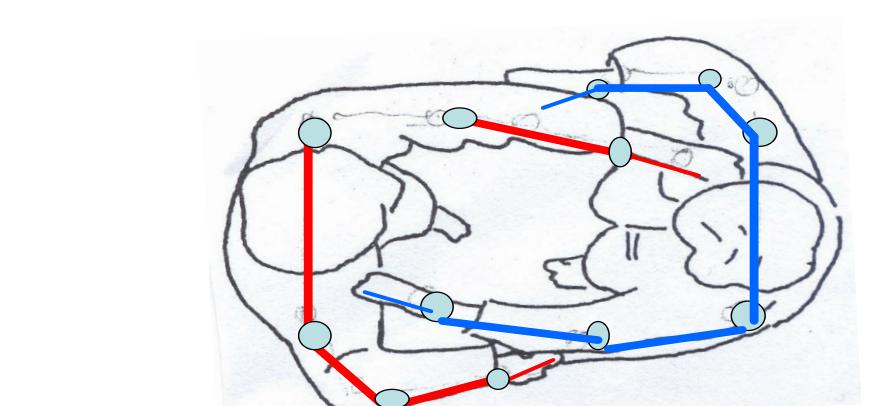
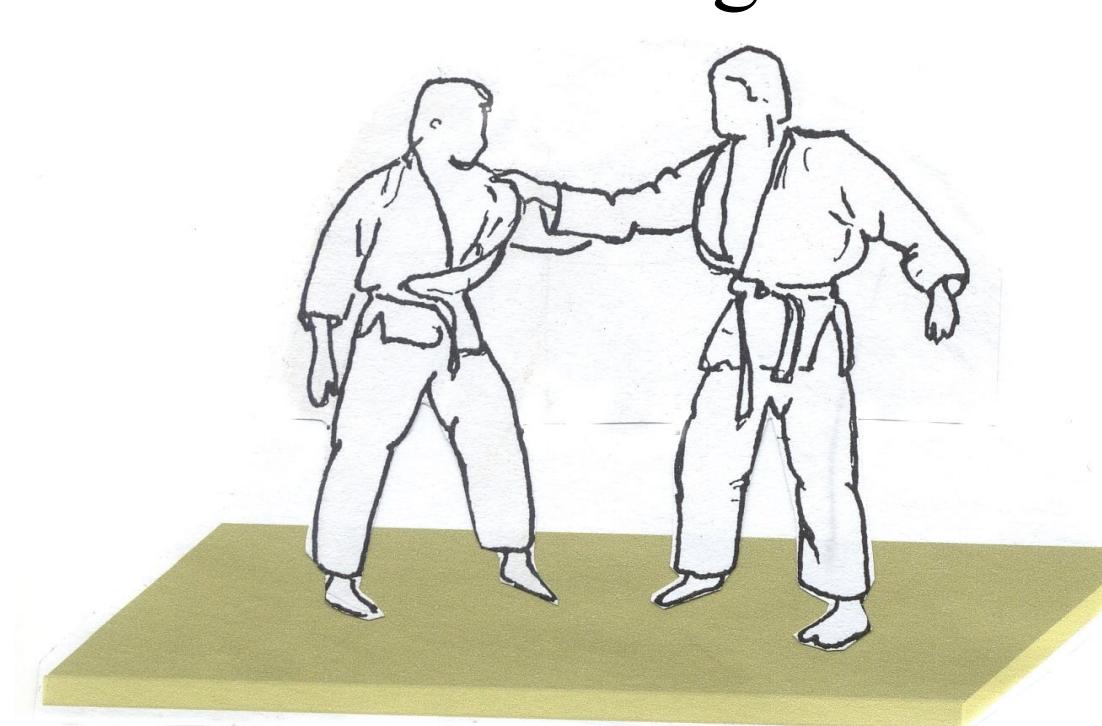
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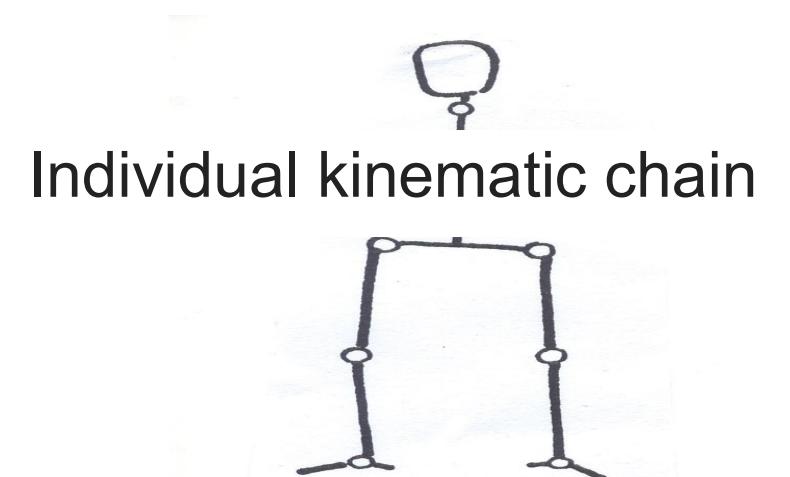
1. Trilogy : control / revolve / coulissemement



2. basis of teaching : the kinematic chains



Horizontal kinematic chain



Individual kinematic chain

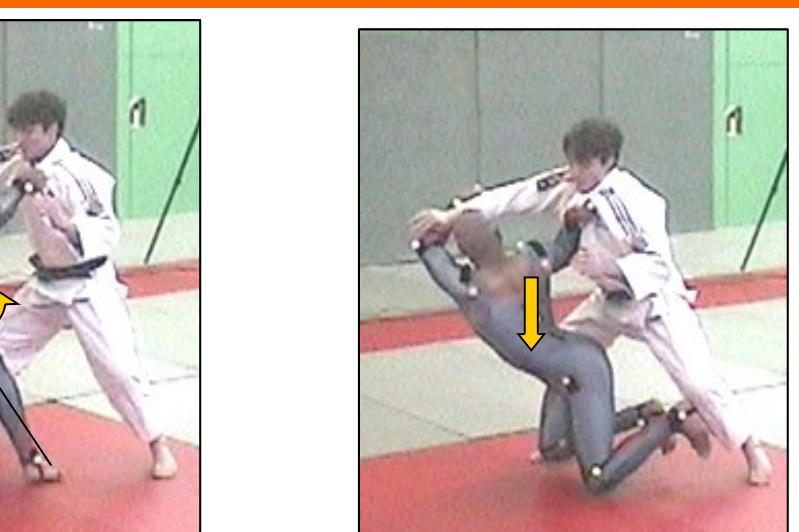
Vertical kinematic chain combining 2 interacting elements

The control of kinematic chains allow to adjust : the degree of control, tonic dialogue, the space of conduct of the adversary, the imbalance, the distance of fight, information from the opponent.

3. The four major action's mechanisms of to mesh and slip



Mechanism of translation / mechanism of inclination / Sliding mechanism below the opponent / mechanism of revolve



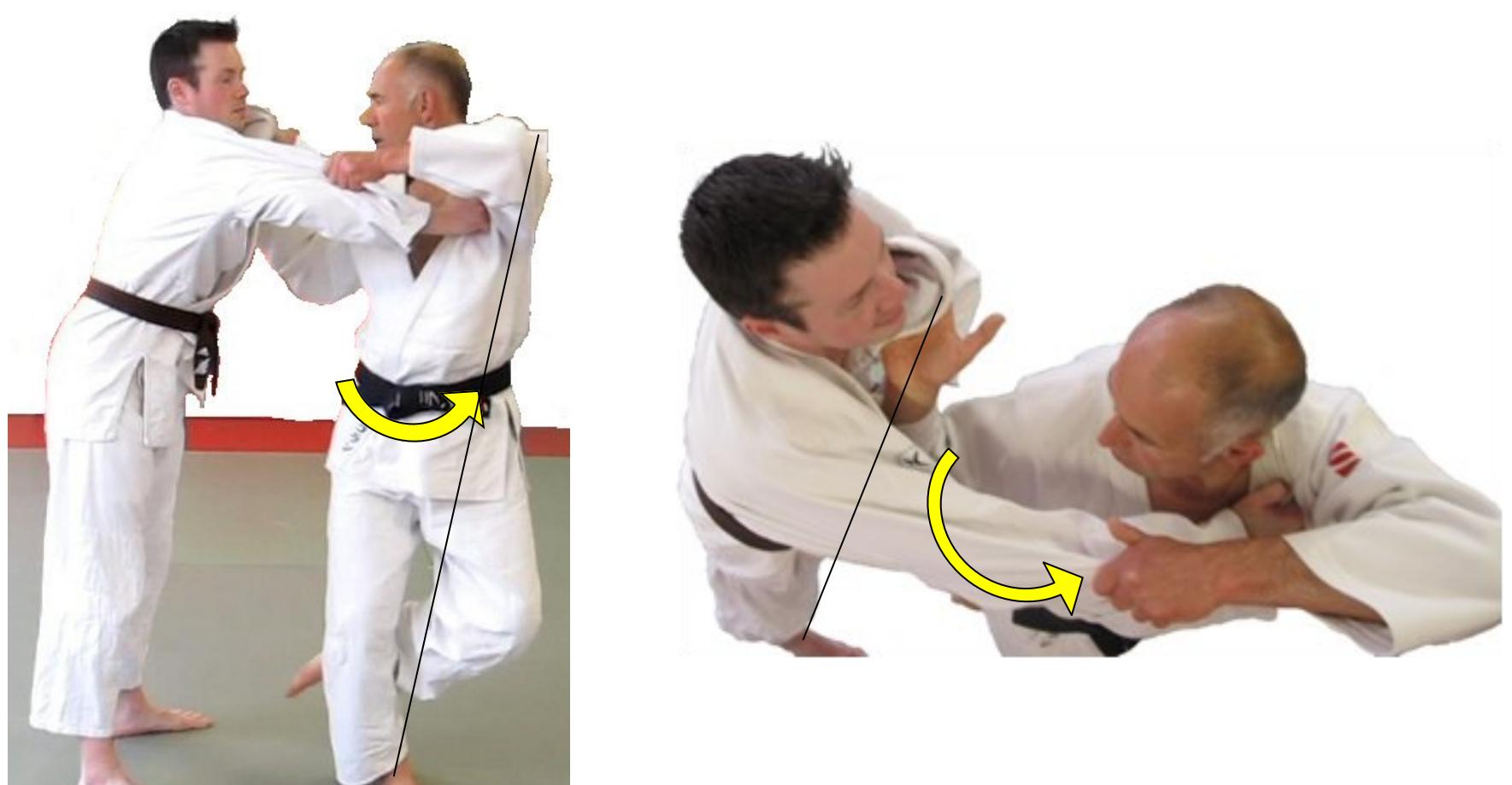
Inclination / pivot vertical coulissemement

3.2 the mechanism of oscillation and inclination



inclination alone or with a suspension on the opponent

3.4 The mechanism of pivot / Revolve (to gear) / coulissemement (to slide)



3.3 The mechanism of d'allégement / tassement



Lightening (example : harai tsuri komi ashi) increased weight (example : O uchi gari or in ne waza)
The 2 body are parallel.

3.3 The mechanism of translation



The translation is associated with a inclination of the body. The inclination creates tension between the two opponents. The tension between the two opponents caused by Tori allows him to continuous transmission of forces. It also allows a continuous perception of the action of Uke

Flexion or extension of the body of tori (coulissemement of the body) provides the force necessary for rotation. The inclination of tori's body facilitates rotation and simultaneously allows control of uke during rotation

These four mechanisms are most often carried out simultaneously. They are generalizable to settings effective action in judo (judo standing or ground). For several years, our research focuses on the increasingly precise definition of these mechanisms of action. Our work also focuses on the integration of these mechanisms in a teaching method adapted to different ages: young adults and children. Specifically our research work is to define the mechanisms of action for the definition of the teaching content and performance criteria for a judo teaching method.