THE JUDO ACADEMY

'Technique Over Strength'

The Physicality of Judo

- Judo is a full contact combat sport
- Participants (Judoka) are forcibly thrown from standing height onto mats and frequently their opponent lands on top of them
- Injuries in Judo are varied and relatively common, from minor to severe, due to the direct impact of the mat or their opponent, from over twisting of limbs and joints, and from joint locking / strangulation techniques
- Judo throws frequently involve forceful sweeping / kicking of the legs and bruising in this area is common following training sessions
- Blows to the abdomen and head are common
- Loss of consciousness from strangulation / concussion injuries is common
- Cauliflower ears (subperichondrial haematoma to the pinnae) are very common
- Other commonly occurring injuries include nose bleeds, scalp lacerations, soft tissue sprains & strains, dislocation of the fingers / toes and long bone fractures
- Free sparing (Randori) is unpredictable and intensive

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