

**“To encounter scenic views one must scale great mountains” –
André Kolychkine Thomson**

The New Didactics of Judo

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8th Dan (Hashidan)
Introducer of Judo in Cuba
Founder of Panamerican Judo Organization

Presented by: Pedro Kolychkine
6th Dan (Rokudan)
President, Florida State Judo Yudanshakai
Head Judo Instructor, A. Kolychkine Judo Foundation



Ándre Kolychkine & The New Didactic of Judo

The New Didactics of Judo

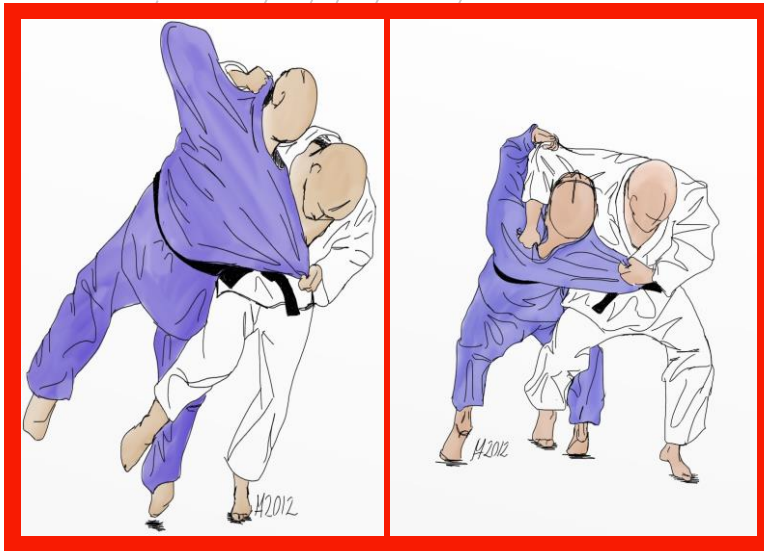


- **Master André Kolychkine Thomson** (8th degree) had a French and Belgian Judo formation as a student of Senseis Kawaishi and Jean D'Herdt. Sensei Kolychkine introduced Judo in Cuba in 1951 and was also the founder of Pan-American Judo Confederation. Master Kolychkine also created the ***New Didactic of Judo***, a scientific approach of teaching the art of Judo that was developed and applied by means of Ph.D. level research and pedagogy.



The Theory of Guiding & Related Techniques

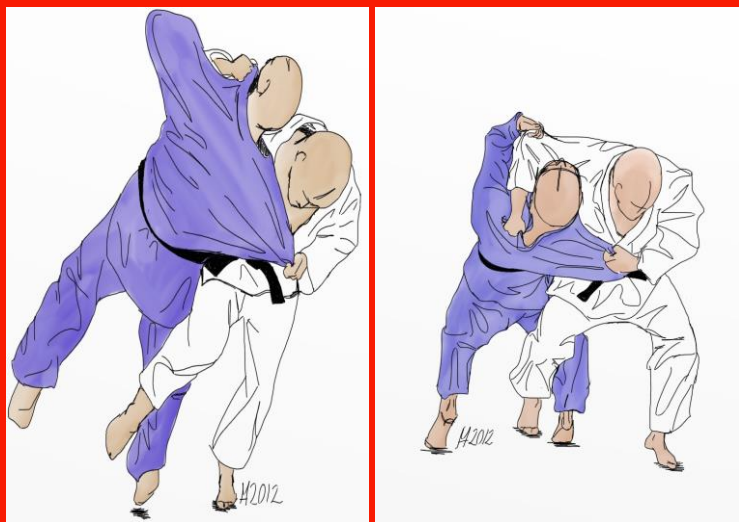
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- In the study of the Theory of Guiding and Related Techniques, it was observed that most techniques could be organized into groups with biomechanical similarities that required the same or a similar system of coordinated motor skills, movements, timing, and spatial awareness (“spatial-temporal factors”), composed of the following:
 - (2) **Biomechanical Realities**: It was observed that most techniques could be organized into groups that required the same or a similar *system of coordinated motor skills, movements, timing, and spatial awareness (“Spatial-Temporal Factors”)*, composed of the following factors:
 - Spatial Factors, *relates to the placement of body parts*:
 - *Namely, the positioning of feet, knees, hips, shoulders, elbows, hands, and head.*
 - Temporal Factors, *relates to the timing and coordination of the spatial factors*:
 - *Namely, the speed of execution in a linear, lateral, and/or circular fashion, and the acceleration of the technique’s complete movement from beginning to end.*

The Theory of Guiding & Related Techniques

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- The study of these observations served as the cornerstone for defining which techniques should be considered **Guiding**, that is taught first, and which techniques should be considered **Related**, that is taught later, as an extension of the *guiding* technique.
 - (3) **Additional Factors**: The following factors were also observed and studied in developing the Theory of Guiding & Related Techniques:
 - Muscular Kinetic Chain, *relates to the body segments, connecting joints, and muscles that work together to perform a specific movement or technique.*
 - Variances in Coordination, *related to the difficulty in transferring one technique's coordinated movements .*

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**KOSHI WAZA
GUIDING & RELATED HIP TECHNIQUES**

UKI-GOSHI	KUBI-NAGE	TSURIKOMI-GOSHI	USHIRO-GOSHI
• O-Goshi	• Koshi-Guruma	• Harai-Goshi	• Utsuri-Goshi
• Tsuru-Goshi		• Hane-Goshi	
		• Sode-Tsurikomi-Goshi	
		• Harai-Makikomi	
		• Soto-Makikomi	
		• Hane-Makikomi	

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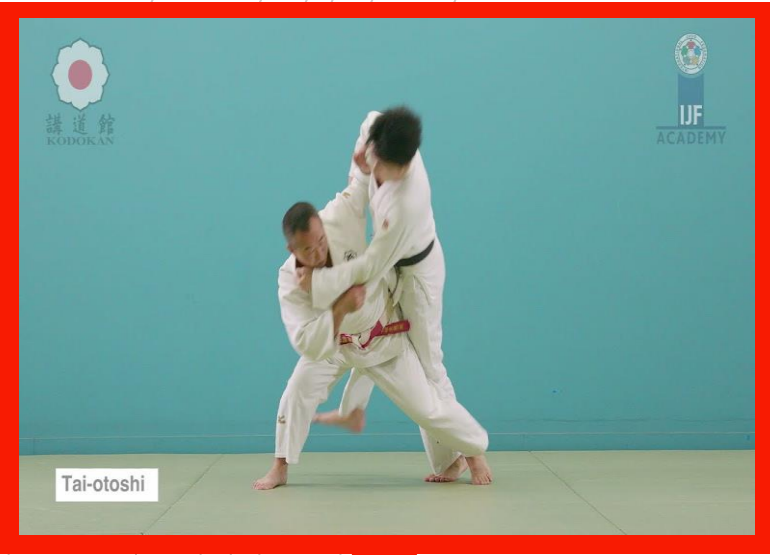
**ASHI WAZA
GUIDING & RELATED FOOT TECHNIQUES**

OKURI-ASHI-HARAI	O-SOTO-GARI	SASAE-TSURIKOMI-ASHI	O-UCHI-GARI	ASHI-GURUMA
• De-Ashi-Harai	• O-Soto-Otoshi	• Hiza-Guruma	• Ko-Uchi-Gari	• O-Guruma
• Tsubame-Gaeshi	• O-Soto-Guruma			
• Harai-Tsurikomi-Ashi	• Ko-Soto-Gake			
• Ko-Soto-Gari				
	• O-Soto-Makikomi		• Ko-Uchi-Makikomi	

MIXED TECHNIQUE

		UCHI-MATA		
		• Uchi-Mata-Makikomi		

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**TE WAZA
GUIDING & RELATED HAND TECHNIQUES**

IPPON-SEOI-NAGE	TAI-OTOSHI	UKI-OTOSHI	KATA-GURUMA	MOROTE-GARI	SUKUI-NAGE
• Seoi-Nage		• Sumi-Otoshi		• Kuchiki-Taoshi	• Obi-Otoshi
• Seoi-Otoshi		• Uchi-Mata-Sukashi		• Kibisu-Gaeshi	• Obi-Tori-Gaeshi
		• Ko-Uchi-Gaeshi			
• Uchi-Makikomi					

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**SUTEMI WAZA
GUIDING & RELATED SACRIFICE TECHNIQUES**

<u>MA SUTEMI WAZA</u>	<u>YOKO SUTEMI WAZA</u>	
TOMOE-NAGE	UKI-WAZA	
• Sumi-Gaeshi	• Yoko-Otoshi	• Yoko-Wakare
• Hikikomi-Gaeshi	• Tani-Otoshi	• Yoko-Gake
• Ura-Nage	• Yoko-Guruma	• Daki-Wakare
• Tawara-Gaeshi		

The Theory of Guiding & Related Pins

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- **Osaekomi Waza** or immobilizations in the New Didactics of Judo are categorized into three **Guiding** techniques. In the study of Osaekomi Waza, categorizing most pins into three guiding techniques proved most efficient because each **Guiding** pin correlates with numerous **Related** pins, while the **Guiding** pins themselves seamlessly transition from one to the other, which supplies the judoka with a wide arsenal of techniques as well as a competitive advantage.

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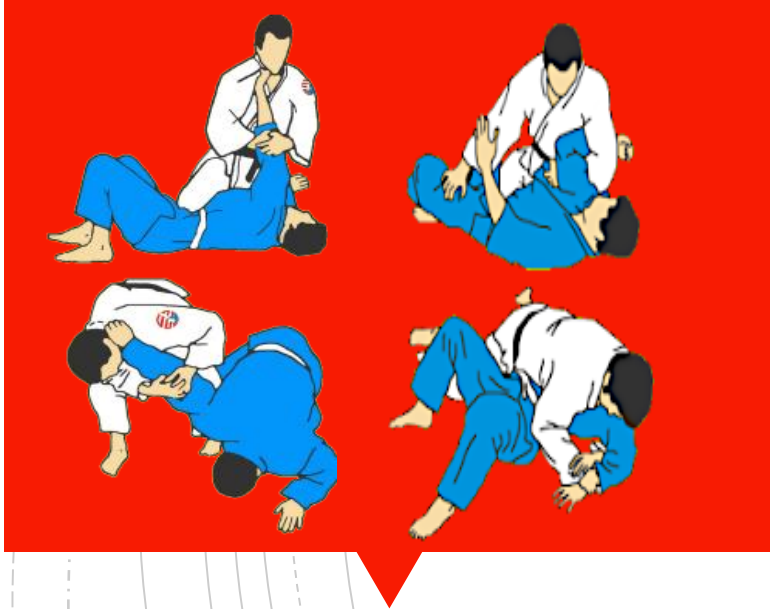


**OSAEKOMI WAZA
GUIDING & RELATED PIN TECHNIQUES**

KUZURE-KESA-GATAME	YOKO-SHIHO-GATAME	KAMI-SHIHO-GATAME
• Kesa-Gatame	• Tate-Shiho-Gatame	• Kuzure-Kami-Shiho-Gatame
• Kata-Gatame		• Ushiro-Kesa-Gatame
TAUGHT SEPERATELY FROM OTHER CATEGORIES		
• Uki-Gatame	• Ura-Gatame	

METHOD OF TEACHING KANSETSU WAZA (ARM LOCKS)

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- **Traditional Approach:** the application of arm locks is taught in association with specific pins and positions.
- **New Didactic Approach:** the application of arm locks is taught in a stimulus and response relationship, where an opponent's stretched or stretching, arm or bent or bending arm, is the stimulus, and the response is the application of an arm lock regardless of the pin or position.
 - Straight Arm Lock, examples:
 - Ude-Hishigi-Ude-Gatame
 - Ude-Hishigi-Juji-Gatame
 - Ude-Hishigi-Waki--Gatame
 - Bent Arm Locks, examples:
 - Ude-Garami

JUDO KATAS

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- Improvement in basic elements of Judo
- Structure of techniques
- Familiarization with kata judges
- Teaching of the kata demonstration's formalities
- Distance between *Tori* and *Uke*
- Active participation of *Uke*

GREEN BELT KATAS

ASHI WAZA	KOSHI WAZA	TE WAZA
• O-Soto-Gari / Yoko-Shiho-Gatame / Pin Escape	• Uki-Goshi / Kuzure-Kesa-Gatame / Pin Escape	• Ippon-Seoi-Nage
• Okuri-Ashi-Harai	• Tsurikomi-Goshi	• Tai-Otoshi
• Okuri-Ashi-Harai / O-Soto-Gari (combination)		

STAGES AND PHASES IN THE LIFE OF JUDO

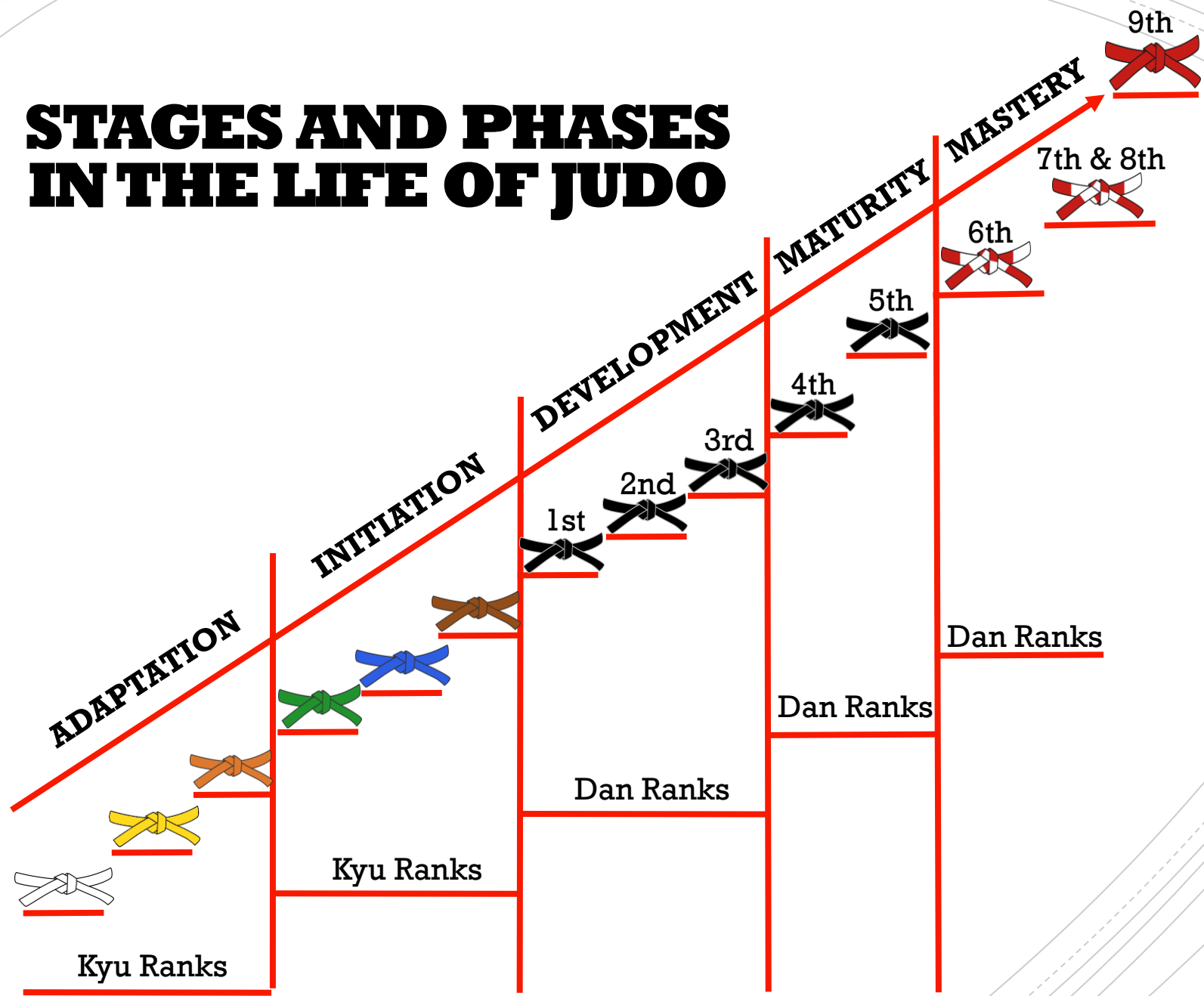
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Senior Kyu Grades

-  **White Belt**
Beginner
-  **Yellow Belt**
9th Kyu
-  **Orange Belt**
8th Kyu • 7th Kyu
-  **Green Belt**
6th Kyu • 5th Kyu
-  **Blue Belt**
4th Kyu • 3rd Kyu
-  **Brown Belt**
2nd Kyu • 1st Kyu

Senior Dan Grades

-  **Black Belt**
1st Dan
2nd Dan
3rd Dan
4th Dan
5th Dan
-  **Red & White Belt**
6th Dan
7th Dan
8th Dan
-  **Red Belt**
9th Dan
10th Dan



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DEFINITION OF THE TECHNICAL & TACTICAL FIELDS OF JUDO

TECHNIQUE			TACTICS	
Basic Elements	Ukemis	Nage (Throws)	Offensive	Defensive
• Posture (Shizei)		• Koshi Waza	• Direct Attack	• Repositioning (Tai Sabaki)
• Grips (Kumi Kata)		• Ashi Waza	• Combinations (Renzoku Waza) (Renraku Waza)	• Resisting (Jigotai)
• Disbalance (Kuzuchi)		• Te Waza	• Counter Attack (Kaeshi Waza)	
• Movement (Shintai)		• Sutemi Waza		

TOKUI WAZA FAVORITE TECHNIQUE

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DIRECT ATTACK

COMBINATIONS

COUNTERATTACK

KUMI KATAS

DIFFERENT UKE TYPES

UKE IN DIFFERENT POSITIONS & ARM RESISTENCE

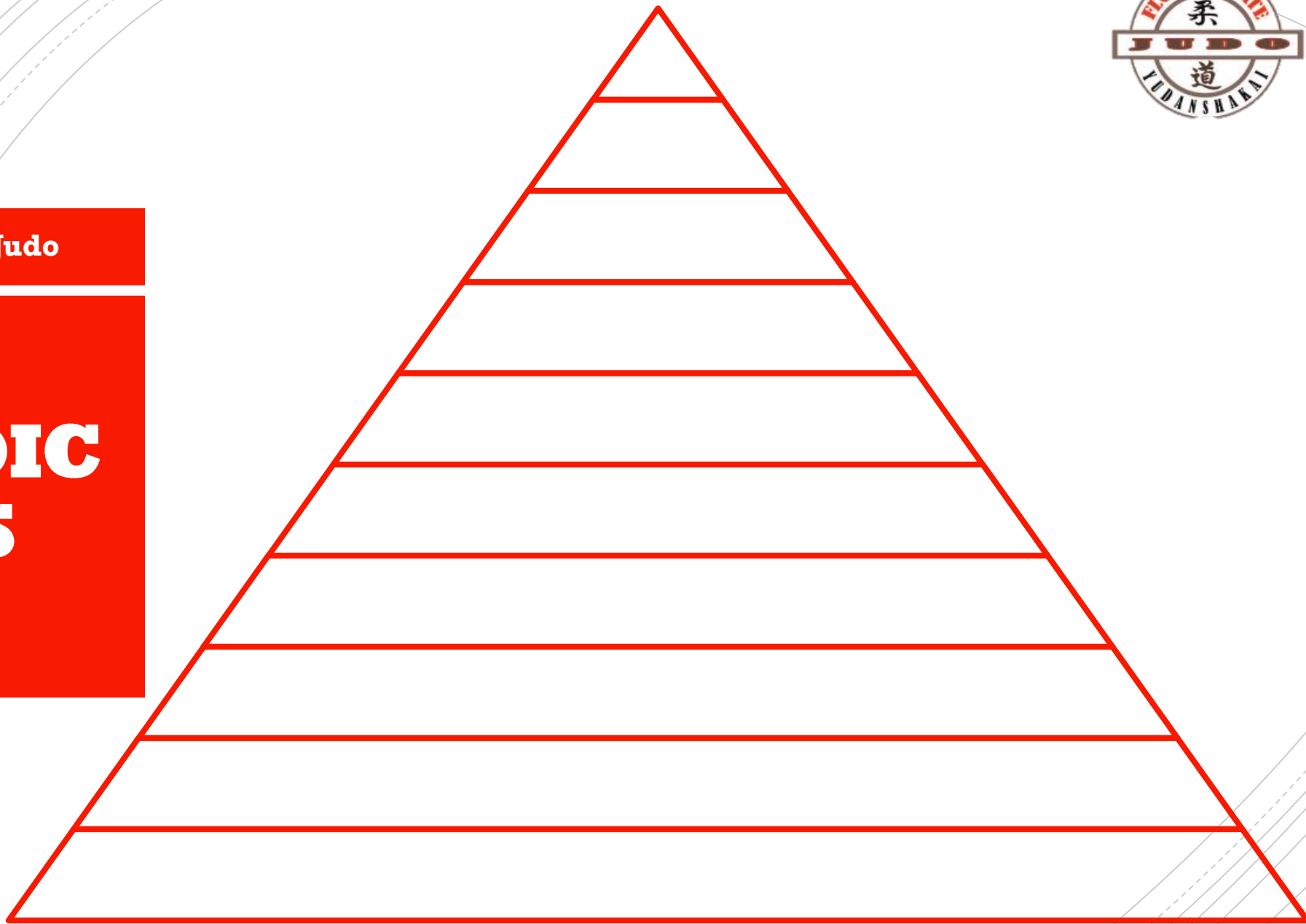
TIMING (KIKAI)

FITNESS



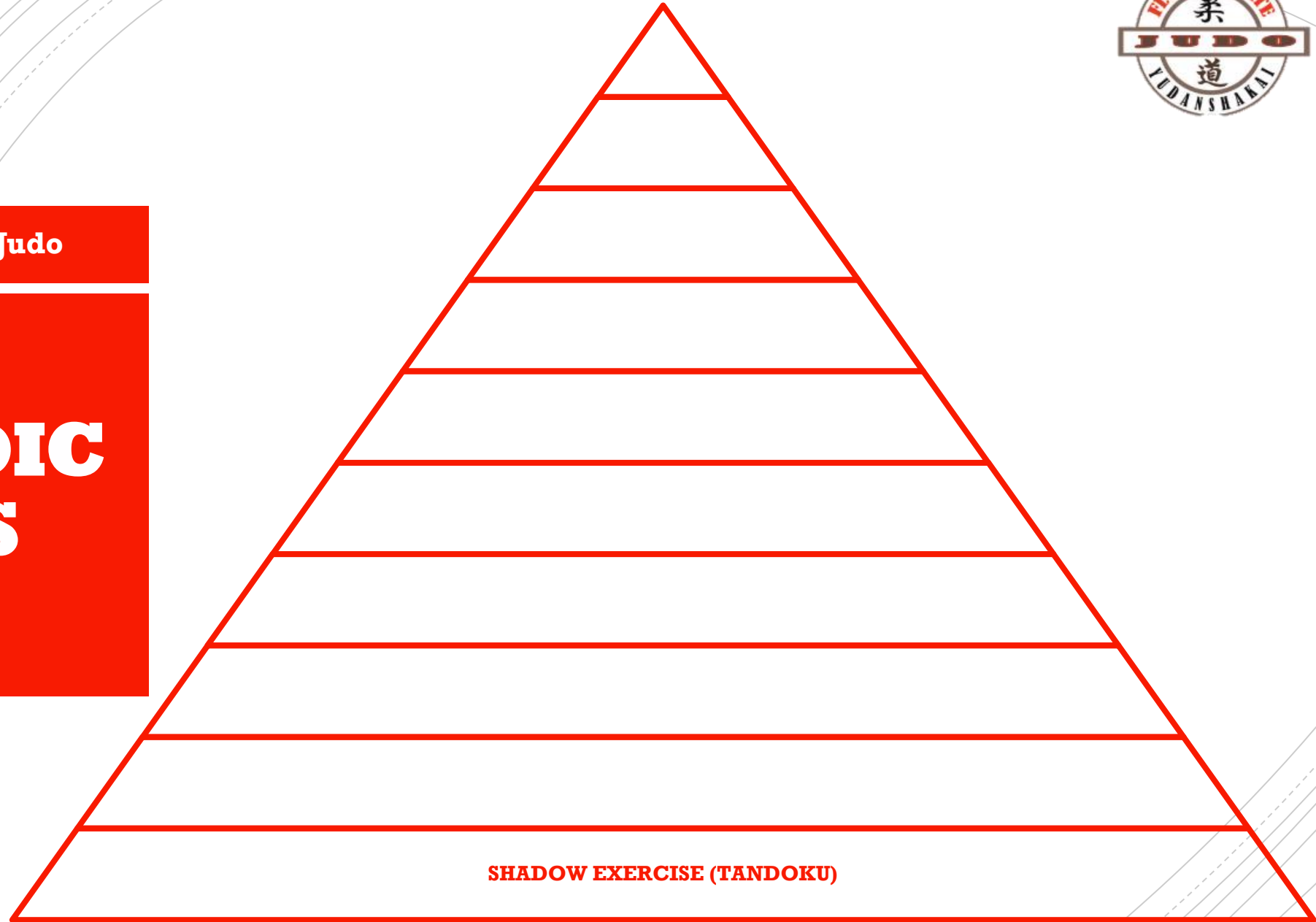
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**METHODIC
FORMS**



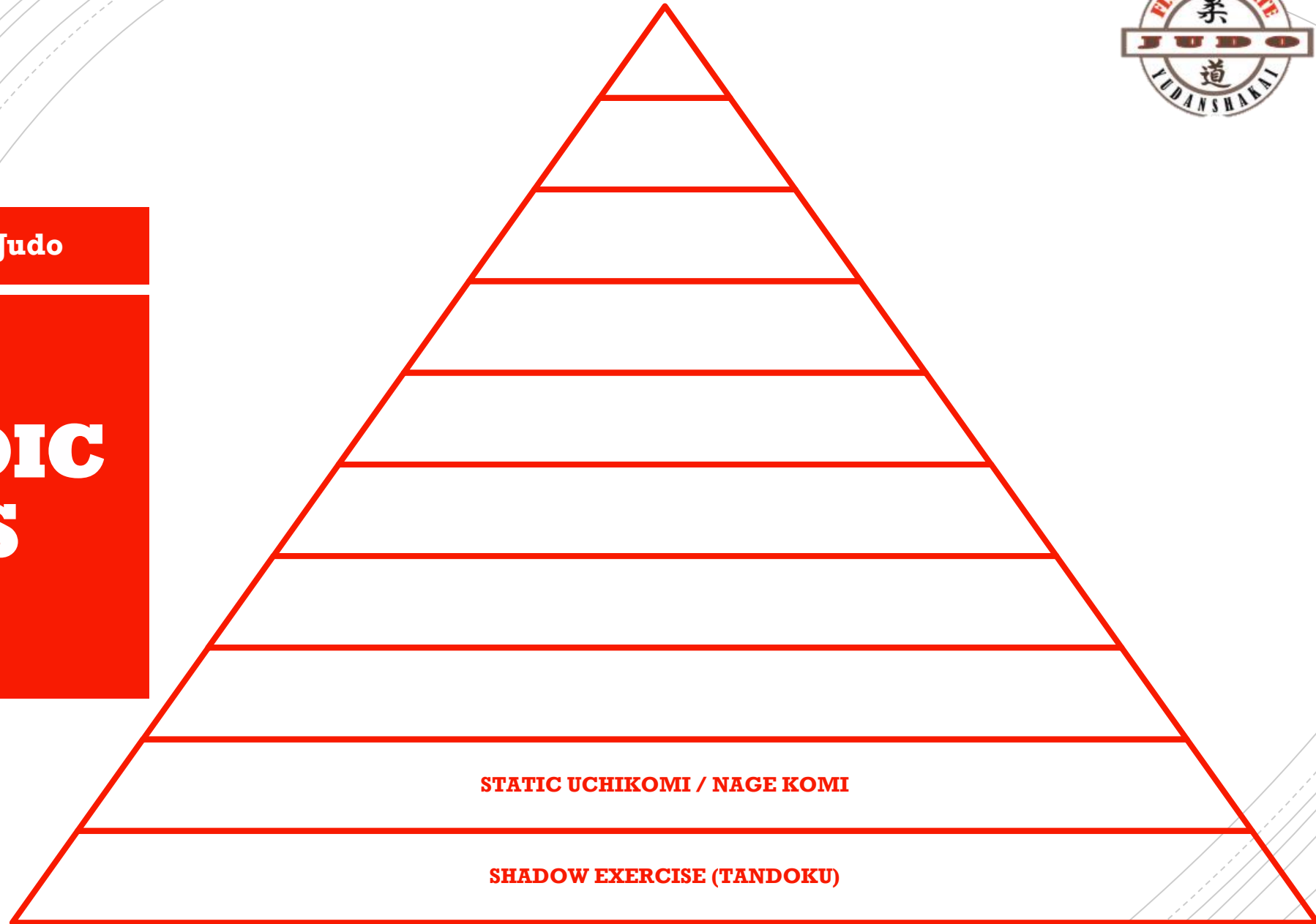
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METHODIC FORMS



The New Didactics of Judo

METHODIC FORMS



The New Didactics of Judo

METHODIC FORMS

UCHIKOMI - FORWARD, BACK, LATERAL, AND CIRCULAR
MOVEMENT

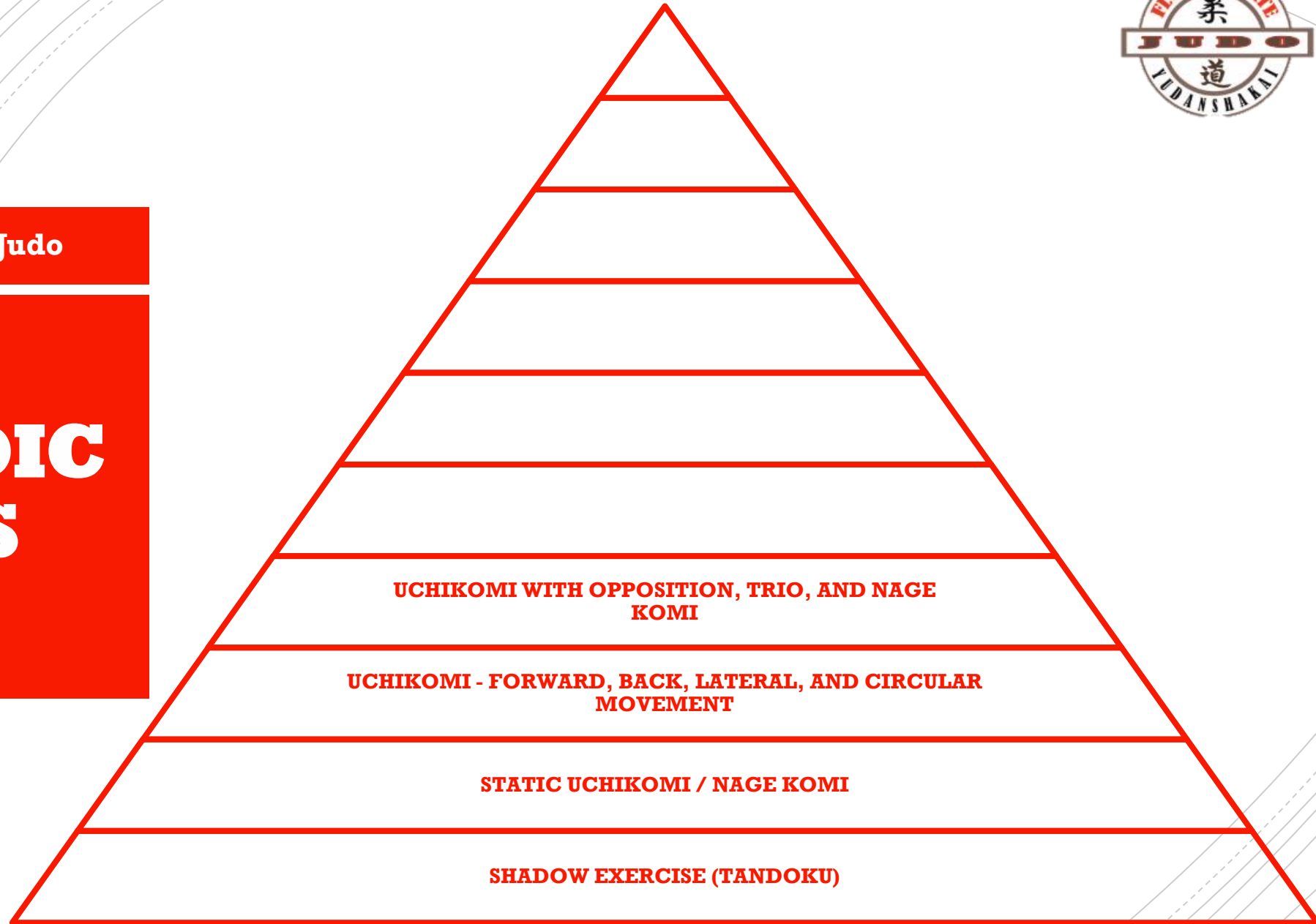
STATIC UCHIKOMI / NAGE KOMI

SHADOW EXERCISE (TANDOKU)



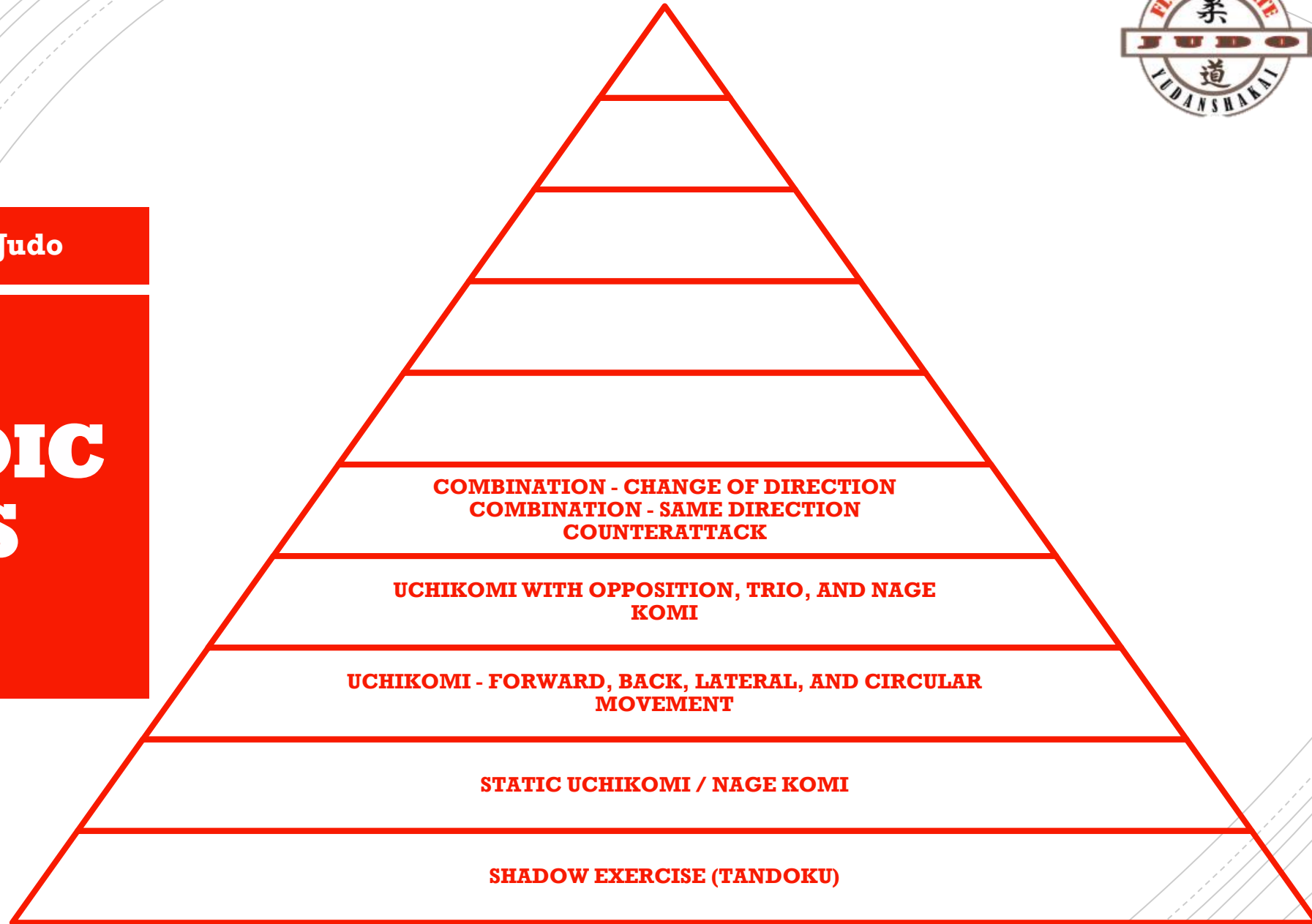
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METHODIC FORMS



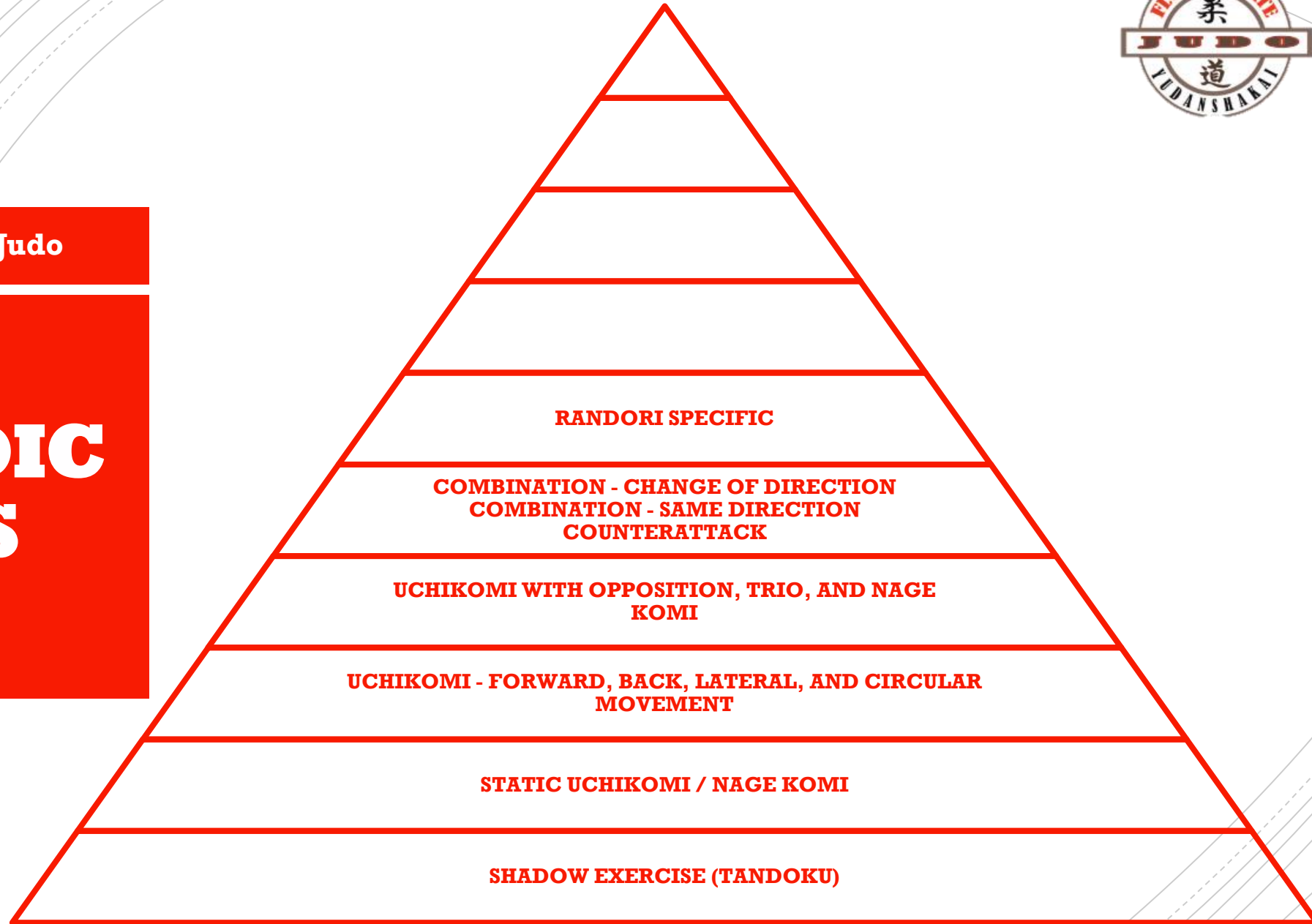
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**METHODIC
FORMS**



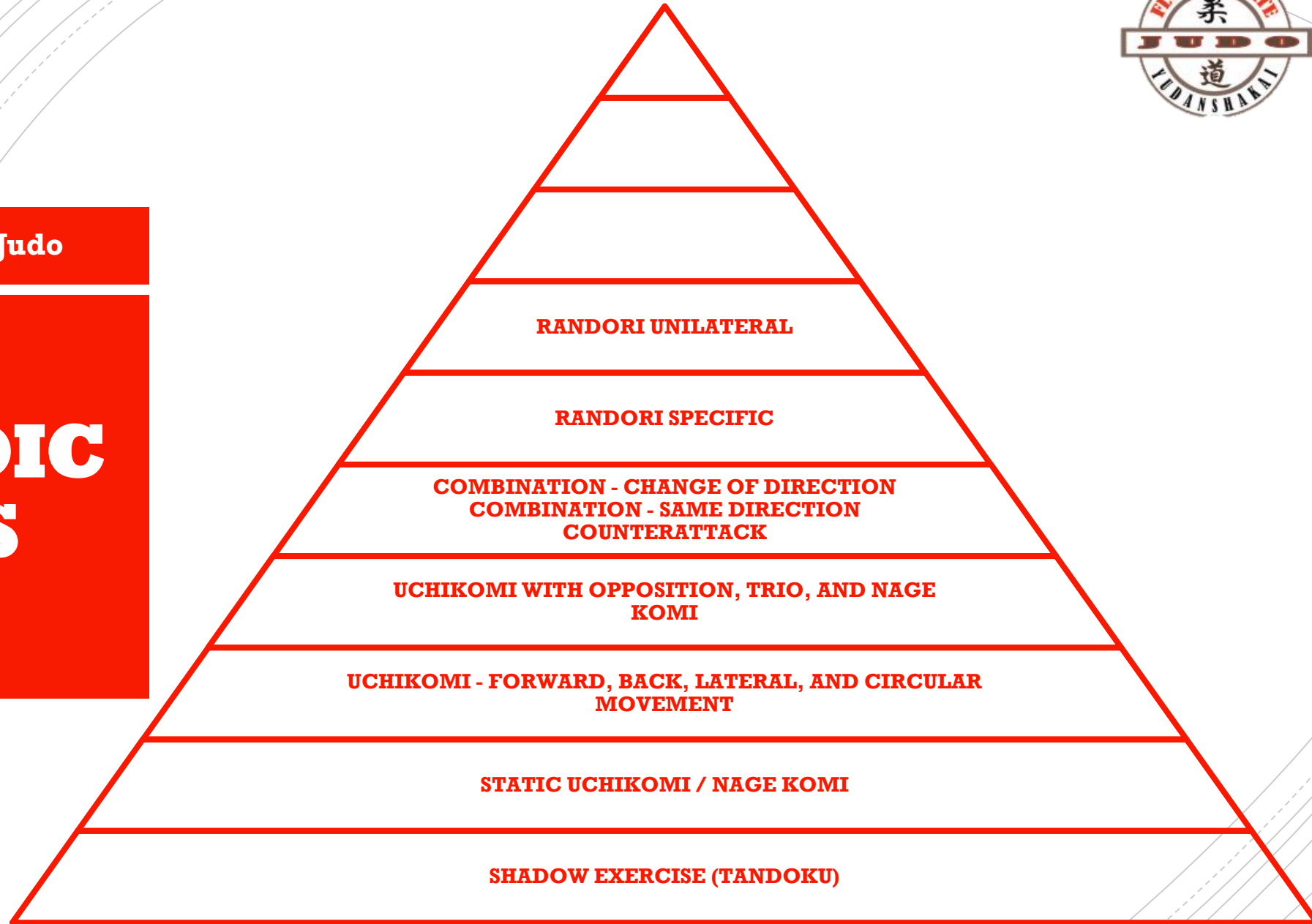
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**METHODIC
FORMS**



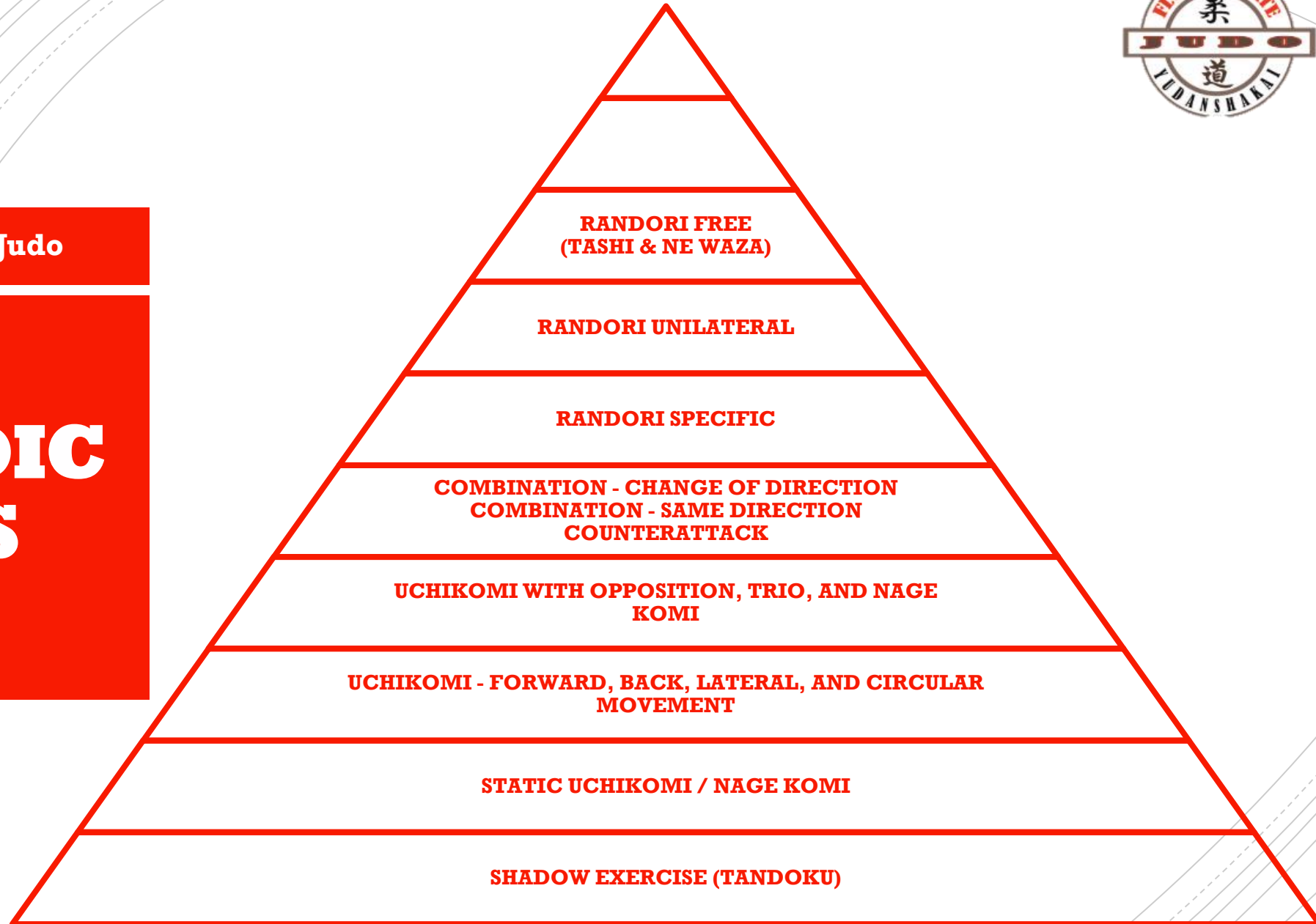
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**METHODIC
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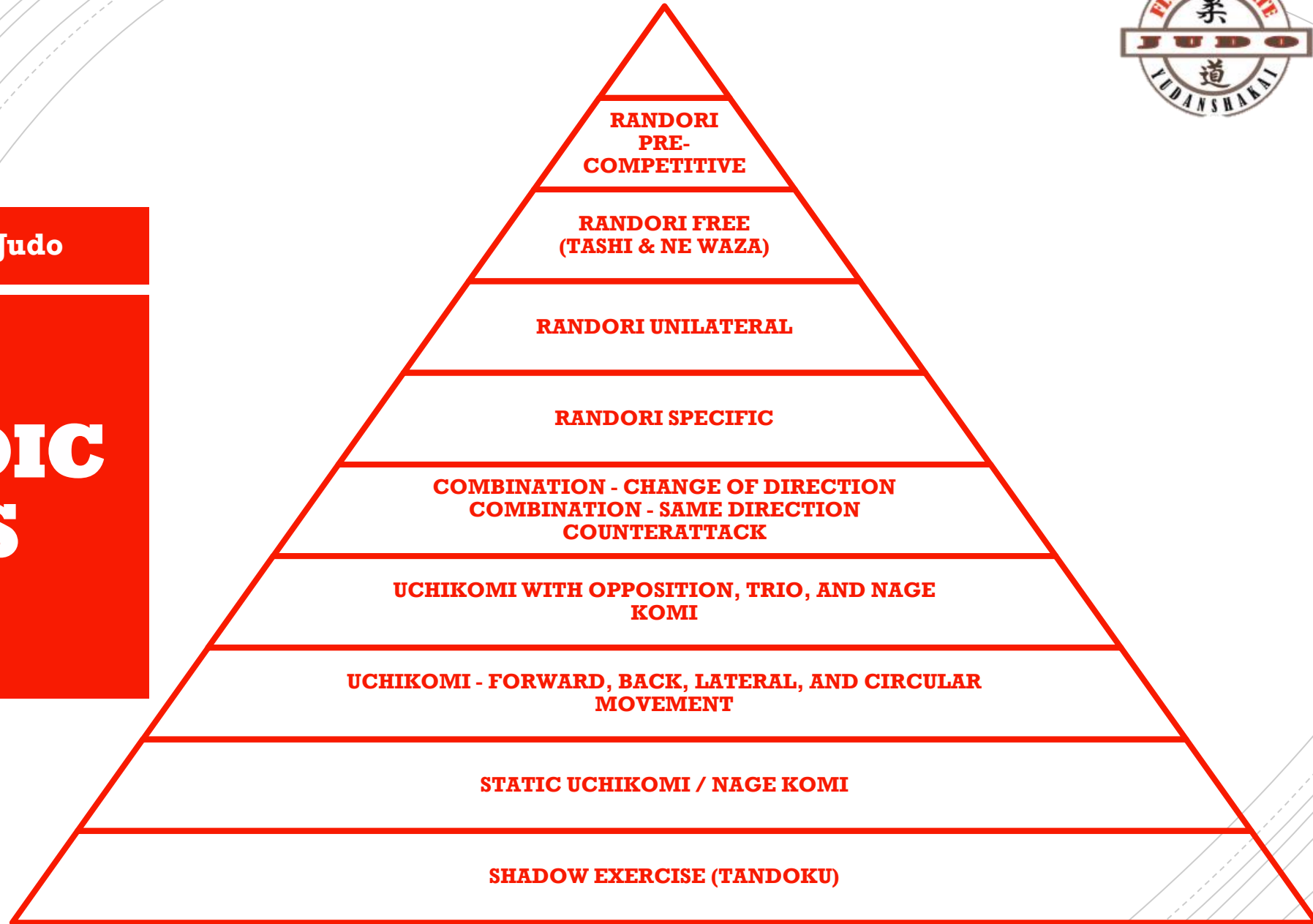
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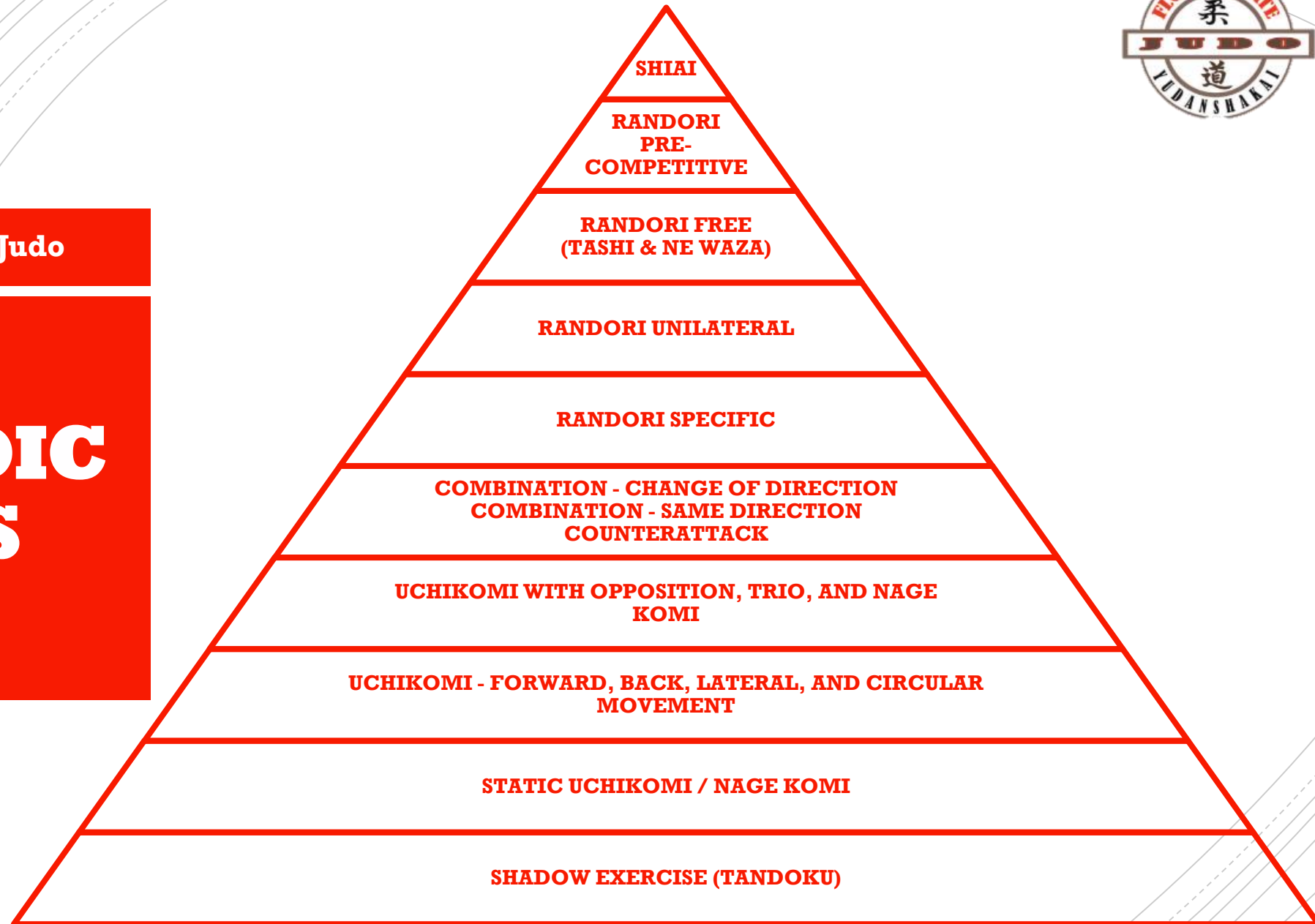
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METHODIC FORMS



The New Didactics of Judo

METHODIC FORMS



ACKNOWLEDGEMENTS

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**THANK
YOU**

- A SPECIAL THANK YOU TO THE SENSEI'S WHO CONTRIBUTED TO THIS PRESENTATION THEIR MANY DECADES OF EXPERIENCE AND KNOWLEDGE FOR THE PROGRESS OF OUR SHARED PASSION, **THE ART OF JUDO**

SENSEI EDUARDO ARAOS



SENSEI WILFREDO
DUARDO



SENSEI HECTOR LANS



... and a special thank you to our student Hector Christopher Lans for his technical support.



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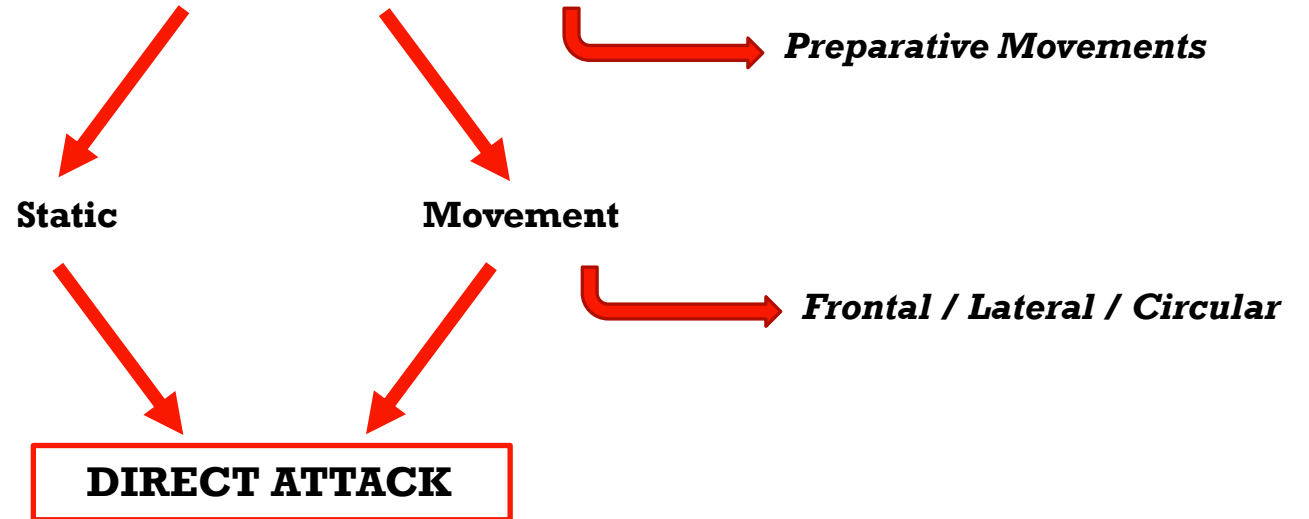


TOKUIWAZA FAVORITE TECHNIQUE

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**DIRECT
ATTACK**

**FORM
REPETITIONS & PERFECTING**



TOKUI WAZA FAVORITE TECHNIQUE

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COMBINATIONS

COMBINATIONS

- One Auxiliary Technique & Tokui Waza (Same Direction – Renzoku Waza)
- Tokui Waza & Another Technique Depends on Reaction of Uke (i.e. Change Direction – Renraku Waza)
- Tokui Waza / Ne Waza Technique

STATIC ←   *MOVEMENT*



TOKUI WAZA FAVORITE TECHNIQUE

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COUNTERATTACK

COUNTERATTACK
(with Tokui Waza)

STATIC

MOVEMENT



TOKUIWAZA FAVORITE TECHNIQUE

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KUMI KATAS
UKE TYPES
TIMING
FITNESS

KUMI KATAS

- Different Scenarios (versus Righty & Lefty)

DIFFERENT UKE TYPES

- Biotypes (Taller, Shorter, Wider, Thinner, etc.)

UKE IN DIFFERENT POSITIONS & ARM RESISTENCE

- Stiff arms

TIMING

- You create the momentum
- Your opponent gives you the momentum

FITNESS

- General
- Specific
 - Physical –Technical
 - Physical-Tactical

