

## 10 Reasons Why Your Child Should Take Up Judo

*Judo builds more than self-esteem which can be an illusion. Judo builds self-confidence which is real.*

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### 1. Versatile Development

This is the first of the reasons important for parents to be interested in a child. In the process of learning the principles of judo, the basics of exercises, techniques, children get an invaluable experience of self-discipline, a lot of knowledge about the culture of Japan, about what opportunities are hidden in themselves, each child learns to combine sports skills and ethics of the fight. It is judo of all martial arts that actively contributes to the formation and development of such qualities as responsibility, erudition, and good mastery of one's own body in children.

## **2. Flexibility and Balance**

Think back to how many funny and not always safe situations happened to your child due to insufficient development of these states. Of course, it is possible to simply wait until children grow up and acquire the sense of balance they need, but you should not hope for this to happen. Surely you have clumsy, awkward acquaintances who as a child did not have to play sports. The reason for this awkwardness should be sought in the lack of regulation of the cerebellum: the part of the brain responsible for balance, equilibrium, coordination of movements, the feeling of your own body in space. Judo techniques directly influence the speed of cerebellar development, the formation of many useful reflexes that will be used, consciously or not, throughout life.

## **3. Low Traumatism**

Yes, in judo classes, the risk of physical injury requiring a trip to the emergency room is minimal. Even if an incident occurs, the most common would be a bruise or sprain, and the localization of the injury is on the shoulder girdle. Exactly the upper extremities are more active in the exercises, and the training itself takes place on special mats (tatami). Sports medicine recognizes the high safety of the sport and systematically records the risk reduction: 4% of injuries (40 cases per every 1000 bouts, according to the French Judo Federation). This is almost 9 times less than in soccer.

## **4. Awareness**

This reason why children benefit from judo has its roots in an aspect of self-development psychology. The atmosphere of training manifests such qualities as desire, assistance, respect, self-awareness, correct assessment of the situation. Classes help the child understand his or her place in the collective, society, eliminate barriers that prevent healthy communication, cope with defeats, come out with dignity from difficult situations, accept defeat without damage to the psyche.

## **5. Concentration**

Alas, it is quite difficult for any child to retain attention for a long time, and it is not his fault - it is the physiological nature of the development and maturation of each person. The technique of training is such that without concentration it is impossible to assess the strengths and weaknesses of the opponent, the situation as a whole. The outcome of the fight largely depends on the attention, and absent-mindedness, levity can cause defeat. Judo actively teaches to concentrate attention in a variety of situations: before the fight, during the struggle, and after.

## **6. Self-Defense**

Your child, one way or another, will face unpleasant phenomena in life, and the skills received at judo training will help in adolescence when the cause of conflicts can be any trifle, and the result of uncontrolled quarrels can sometimes be tragic. Aggression on the part of other children, physical and moral violence - all this, unfortunately, takes place in today's reality. Judo helps you to correctly calculate your strength, apply skills, and understand the consequences of these actions. Judo teaches you to resist any kind of aggression, to ignore or stop attacks without causing physical harm to another. This is extremely important in cases where the applied techniques may serve as a pretext for the aggressor to recover damages for the use of force.

## **7. Ethics**

This quality is not always valuable in team sports, but for doubles matches it is a priority. Unlike many other wrestling disciplines, judo teaches more than just the techniques that contribute to victory. The culture of starting and ending a fight and the camaraderie between athletes is very important in this kind of martial arts. Your child's skills will be extremely useful not only in sports. Respect for a partner, a coach, a judge's decision, an honest approach to work in training - without all this judo will not be complete.

## **8. Proper Nutrition**

Judo is not just about knowing wrestling techniques, it's a clear demonstration of the laws of physics. An opponent will always be able to use the force of gravity (gravitation) against an athlete who does not pay attention to a sports diet. In addition, it will be a good decision to instill in your child habits that contribute to maintaining a healthy lifestyle. It is very important for judokas to watch their own weight because even a couple of extra pounds gained before a competition will help your opponent win, despite your long, hard training

## **9. Perspective**

Today judo may not be as popular as karate or other types of wrestling, but for now, the trend in the spread of this type of martial arts is quite stable. Years will pass, today's child will grow up and during all his time in the sports section, he will get a lot of awards and raise his skill level. Also, judo is one of the ways to visit competitions in different countries. Children practicing different sports already have certain advantages when applying to universities. An applicant who has a certain successful experience in judo usually has a wider choice of educational institutions.

## **10. Excellent Mood**

Let's agree that judo classes are first and foremost about responsibility and hard work in training. But besides such basis, necessary in any kind of sport, children get a lot of friends, useful skills, learn to build healthy communications, to feel themselves in the society. Children are very sincerely happy about their own successes and achievements of their friends. Training, overcoming difficulties, healthy competition, understanding their own achievements - all this invariably leads to positive emotions.

## **Conclusion**

Judo is a whole philosophy, the basis of which can be translated from Japanese as "flexible way". We have tried to summarize its main principles in 10 points, but to tell you frankly, we could not discover all the advantages of this kind of martial arts. On the whole way of development of each little athlete, of course, waiting for setbacks and defeats. And the main reason to give your child to study the culture and techniques of unarmed combat is to gain his own self, to reasonably confront any conflicts, and to preserve his dignity in any situation.