

Teaching Life Skills Through Judo

by Gary Goltz, MBA, 7th Degree Black Belt



What is judo?

⌘ Japanese martial art invented in 1882 by Dr. Jigoro Kano, a famous educator, meaning gentle way



⌘ Kano refined certain jujitsu throws, pins, strikes, strangles, and locking techniques into a safe method of practice

⌘ Today, judo is an Olympic sport practiced by men, women, and children worldwide

What is judo also?

⌘ The practice of life skills in a dojo (or lab, safe environment) under the careful supervision of a sensei (trained professional)



⌘ An art where students learn through experiments how to interact with people

⌘ A study of one's self in order to perfect one's character

Key Definitions:



- ⌘ Judoka - a student of judo
- ⌘ Seiroyoku Zenyo - the best use of energy
- ⌘ Jita Kyoei - you and me shining together
- ⌘ Mushin - no mindedness
- ⌘ Gumbari - with gusto
- ⌘ Kiai - shout of inner strength
- ⌘ Kaizen - continuous improvement
- ⌘ Sensei - teacher

Judo Basics



Basics:



- ⌘ Kuzushi – Balance
- ⌘ Tsukuri – Entry
- ⌘ Kake – Execution
- ⌘ Shizen / Jigo Hontai – Posturing
- ⌘ Ayumi / Tsugi Ashi – Walking
- ⌘ Tai Saboki – Turning
- ⌘ Jiko Ashi – Pivoting Foot

Judo Forms of Practice



Forms of Practice:



⌘ Uchikomi - Repetitious

⌘ Randori - Open

⌘ Kata - Prearranged

⌘ Shiai - Contest

Judo Components



Components:



⌘ Falling

⌘ Gripping

⌘ Throwing

⌘ Holding

⌘ Strangling

⌘ Locking

⌘ Striking (in Kata)

Judo Rank Promotions

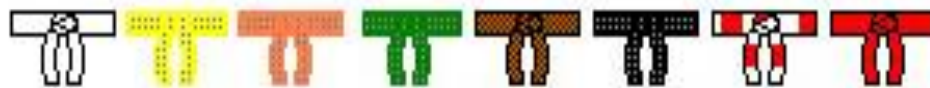


Rank Promotions:



⌘ Based on knowledge, skill, fighting ability, time in grade, contributions, leadership, wisdom, and most importantly; good character

Judo Ranks:



⌘ Rokyu

⌘ Gokyu

⌘ Yonkyu

⌘ Sankyū

⌘ Nikyu

⌘ Ikkyū

⌘ Shodan

⌘ Nidan

⌘ Sandan

⌘ Yondan

⌘ Godan

⌘ Rokudan

⌘ Shicidan

⌘ Hachidan

⌘ Kudan

⌘ Judan

Judo Contest Scores



Contest Scores:



⌘ Points -

- ☑ Ippon - Full Point
- ☑ Wazari - Half Point
- ☑ Yuko - Almost a Wazari

⌘ Penalties -

- ☑ Shido - Warning
- ☑ Hansoku Make - Disqualification

Judo Competition Strategies



Before and After a Match:



⌘ Preparation

⌘ Bow In

⌘ Bow Out

⌘ Meditation

⌘ Reflection

⌘ Humility

Judo Tactics



Types of Actions:



- ⌘ Tokui Waza, Direct
- ⌘ Renwaku Waza, Combinations
- ⌘ Gaeshi Waza, Counters
- ⌘ Retreating, Escaping
- ⌘ Maitta, Surrendering
- ⌘ Winning / Losing
- ⌘ Advancing/ Staling

Judo Competitive Wisdom:



Judo Competitive Wisdom:



- ⌘ A skilled judoka never initiates a struggle from an unbalanced stance when his opponents balance is strong
- ⌘ A skilled judoka defines the competitive space to make his opponent lose their edge by entering unfamiliar ground
- ⌘ A skilled judoka after an initial attack, follows through fast to finish his opponent

More Competitive Wisdom:



- ⌘ A skilled judoka seeks first to understand and then to be understood, (Covey's fifth habit of highly effective people)
- ⌘ A skilled judoka adjusts the energy level of his response based on an awareness of the situation, of self, and of others
- ⌘ A skilled judoka learns from each defeat and uses that insight in the next match

Judo Life Skills



Self Valuation Questions?

⌘ Do you approve of yourself?

⌘ Do you like yourself?

⌘ What are you worth?

⌘ What would happen to you if you fell in love with your life?



The Judo Keys of Life



- ⌘ Integrity
- ⌘ Perseverance
- ⌘ Courage to Risk
- ⌘ Self Defense Skills
- ⌘ Knowledge Quest
- ⌘ Divergent Thinking
- ⌘ Giving Back to Society

The Judo Keys of Leadership



⌘ Being Available

⌘ Being Accountable

⌘ Being Vulnerable

⌘ Being of Service

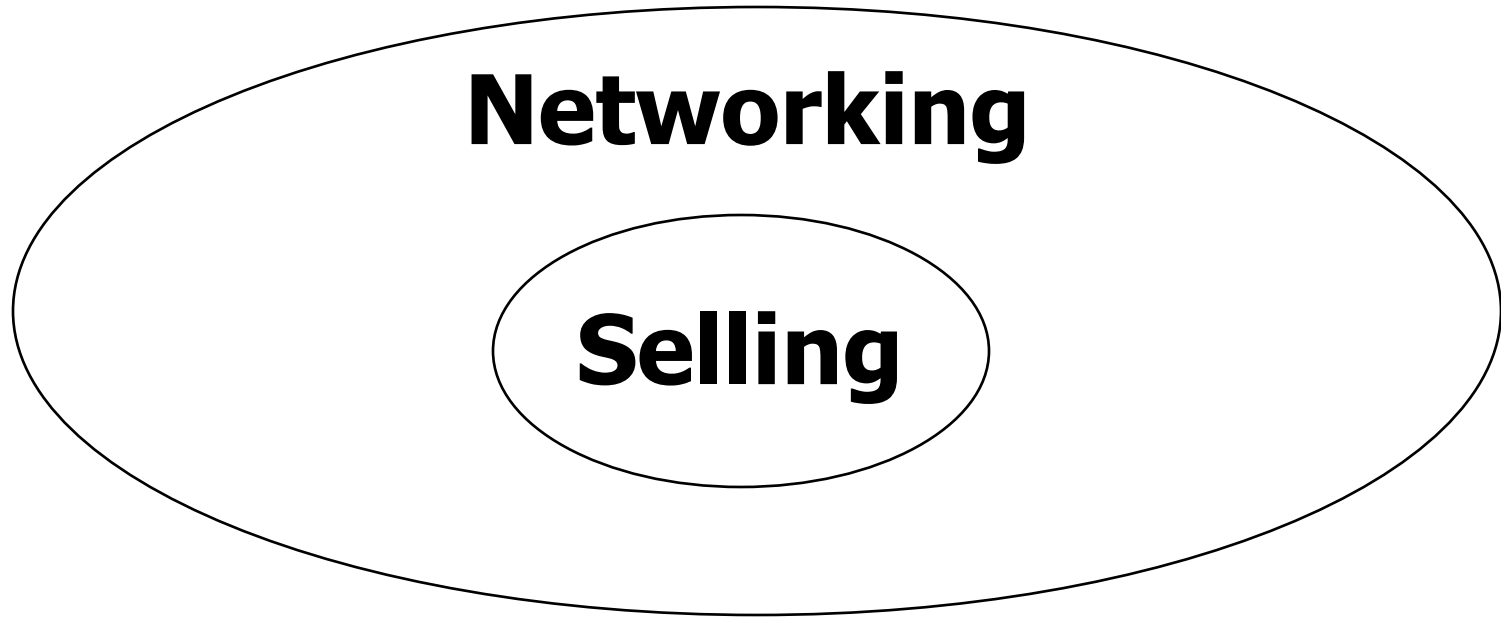
Traditional Networking



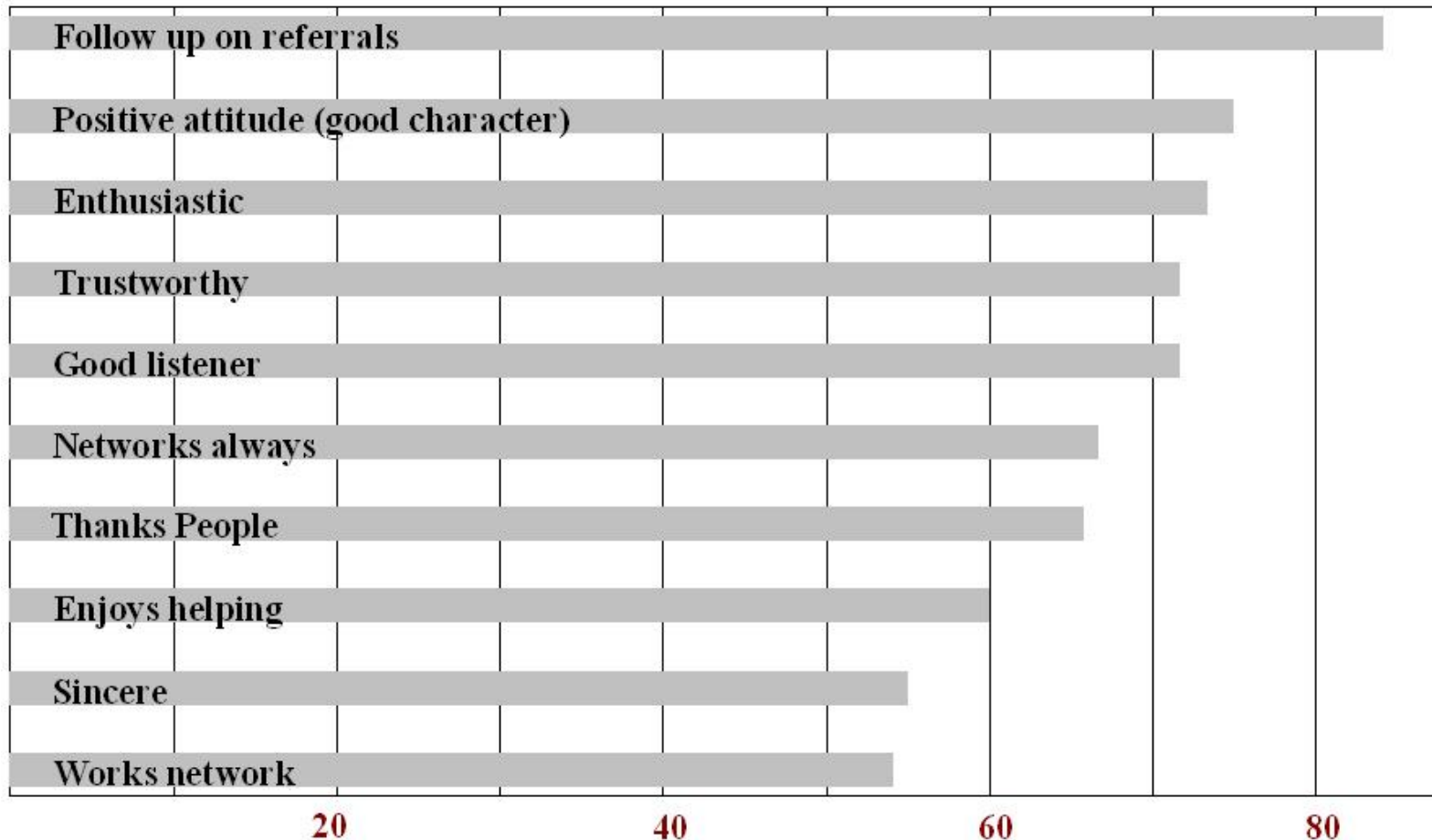
The skill of developing and maintaining quality relationships that enrich your life, empower you to achieve your goals, and help others to achieve theirs.

Judo is the study of networking!

Two Forms of Interaction



Top Ten Characteristics of both a Successful Networker and Judoka

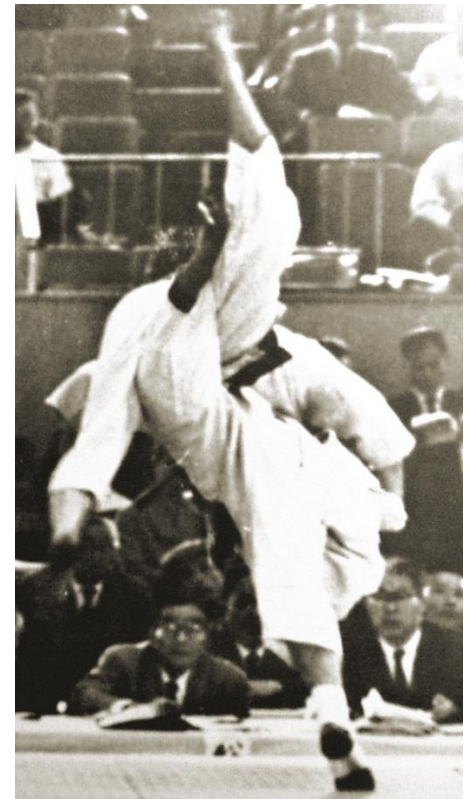


Based on a survey of 2000 by Elisabeth & Ivan Misner

Judo Competitors On & Off the Tatami



Senator, Ben Campbell, 8th Dan



President, Vladimir Putin, 7th Dan



Immigrant, Kyu Ha Kim, 9th Dan



9/11 Hero Flight 91, Jeremy Glick



Favorite TR Quote:



It is not the critic who counts, not the one who points out how the strong man stumbled or how the doer of deeds might have done better. The credit belongs to the man who is actually in the arena, whose face is marred with sweat and dust and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, if he wins, knows the triumph of high achievement; and who, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat.

Thanks!



goltzjudo.com