



7th Scientific and Professional Conference

Teaching Judo Tactics ?

Michel Brousse

Poreč
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Teaching judo tactics* ?



- Introduction
Some questions
- Technical knowledge and tactical skills ?
Aesthetics as a legacy
- Learning tactics and judo teaching methods
Kyu grading syllabus and judo tactics
- A hierarchy of tactical skills
Defining judo tactics
- Teaching « how to fight » in judo
A syllabus of judo tactics
- Conclusion

***Tactics ≠ strategy**
Strategy is overarching plan or set of goals

Tactics are the specific actions or steps you undertake to accomplish your strategy

From a military point of view

Strategy
Definition of objectives
Choice of means
Acceptance of losses

Tactics
Mobilization of means



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Introduction



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« To gain the victory »

- The meaning of « Judo »
- Character building
- « To gain the victory »



« Judo means the way of gentleness or of first giving way in order ultimately to gain the victory »

Kano Jigoro, Judo (jujutsu), Tokyo, Maruzen Co, 1937, p. 11.

The ultimate goal is to do judo **against** an opponent



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Kodokan gokyō and Kawaishi system



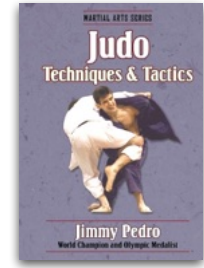
- The content of judo teaching is based on the five principles of the « **Kodokan gokyō** »
 - Has been associated with the **colored belt system** invented by the British in the mid-1920s, when Kano visited the Budokwai in London
 - Spread worldwide by Japanese teachers
- Its counterpart, the **Kawaishi system**, accelerated the worldwide spread of the idea that **achieving a higher rank meant knowing more judo techniques**



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Problem

- **Official grading systems do not integrate tactical knowledge in their requirements**
- **Coaches teach tactics** every day in their dojo
- There is an explicit order for teaching throws but there is **no hierarchy in teaching tactics**



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Questions

- Official judo teaching methods and the rank system are based on **technical knowledge**
- Combinations, counters (in other words **the tactical context of the fight**) is considered but **not taken into account to access higher grades**
- This observation raises several questions
 - Sport judo has changed judo practice and judo tactics have come under the light, thus
 - Can we **identify the causes of the gap** between grading syllabi and today's judo?
 - Has the world of judo offered **any alternatives**?
 - How can we look at **this issue today and make further proposals** ?



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Technical knowledge or technical skills ?



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The finalities of Kano's judo

- Judo is **part of Japanese cultural heritage**. Its teaching gives a very important place to the **education and the moulding of the citizen**

« I have been asked by people of various sections as to the wisdom and the possibility of judo being introduced at the Olympic Games. My view on the matter, at present, is rather passive. [...] For one thing, judo in reality is not a mere sport or game. I regard it as a principle of life, art and science. In fact, it is a means for personal cultural attainment. Only one of the forms of judo training, so-called randori can be classed as a form of sport »

Letter from Kano to Koizumi Gunji, 1936, quoted in, Judo Quarterly Bulletin, The Budokwai, 1947



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Aesthetics as a legacy

- Historically, judo practice has **emphasized behavior**, self-control and technical knowledge
- Judo hierarchy is based upon grades** not upon championship medals
- Thus, judo practice was to be done **with a partner** not **against an opponent**
- Individual effectiveness **is the result of individual dedication** and ability, **but is not the primary goal** of teaching



Jujutsu
Teki = enemy - - Ware = I, myself - -



Kodokan judo
Uke = receiver - - Tori = doer - -



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Aesthetics as a legacy

- To **yield**, not to use strength

- De ashi harai*

- Spinning entries...

- Nobility belongs to *tachi waza***

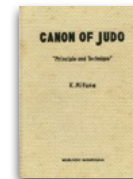
- Different judo conceptions between the Kodokan and the Butokukai

- Different judo rules for judo matches



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Mastering the attack



Kyoza Mifune, Canon of Judo, Tokyo, Seibun Shinkosha, 1956, p. 176

« Against the righteous technique there is no room for forming the reverse trick »



Judo by the Kodokan, Tokyo, Nuno Shobo Co. 1961, p. 26.

« The primary object of judo is to score one point with one technique but, in order to break the balance of, and score a point against an opponent who is using every means of attack and defence, it is extremely important to vary one's attack by changing swiftly from one technique to another »



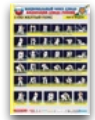
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Learning tactics and judo teaching methods

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Judo syllabus

- The gokyo and judo ranks
- A **nomenclature** of techniques
- An **encyclopedic knowledge**
- Tactics in a fight are **not considered**



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Judo tactics as a gift

- The **hierarchy** of judo knowledge
- **Combinations, counters only for the advanced**



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Peter Herrmann

- Peter Herrmann won the **European title in 1967 and in 1968**
- At the 1967 World Championships in Salt Lake City, Herrmann won **two bronze medals -93 and Open class**
- At the 1969 World Championships in Mexico City, he won the **silver medal** behind Fumio Sasahara
- In 1970 Peter Herrmann went to France and built up a judo school in Grenoble. In addition, **he coached the French national team**
- After thirteen years in France, he went to Australia in 1983 and helped establish a judo teacher training program there. He still lives in Australia active as a coach and an official
- He was awarded **9th dan in 2014**



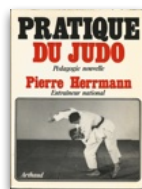
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Thinking differently

- In 1976, Peter Herrmann published Practice of judo

« There are eight different forms of attack and counter-attack. These attacks allow judokas to use their techniques considering the various combat situations and to pursue them in an intelligent and efficient way [...]

In order to start learning judo in a simple, clear and concrete way, let's consider 7 groups of projections. Each one consists of a main technique and a secondary technique »



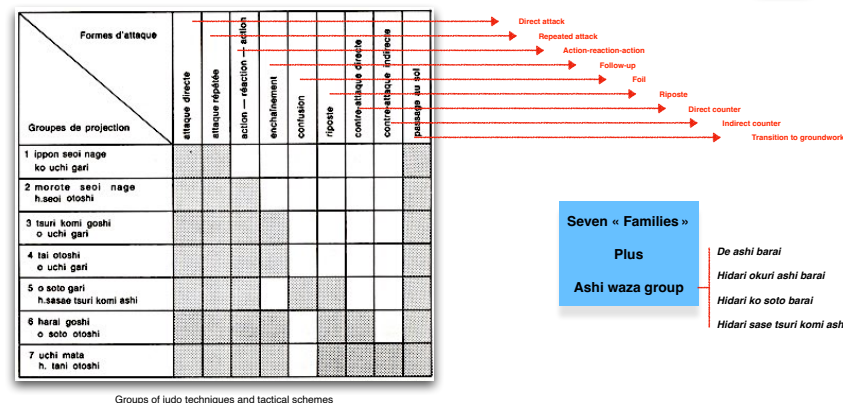
French version, 1976



German version, 1977

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Tactical schemes



Groups of judo techniques and tactical schemes

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Tactical schemes

- About **20 judo throws** are used in sport judo
- About **7 are used** by all judo fighters
- Each fighter has **1 or 2 favorite throws plus 2 to 4 complements**
 - For beginners: **7 groups with one main technique and one secondary technique plus 1 ashi waza group**
 - For advanced: **selecting and perfecting a group of preferred techniques and ashi waza**

Formes d'attaque	attaque directe	attaque répétée	action - réaction	enchaînement	contusion	riposte	contre-attaque directe	contre-attaque indirecte	passage au sol
Groupes de projection									
1 ippon seoi nage ko uchi gari									
2 morote seoi nage h.seoi otoshi									
3 tsuri komi goshi o uchi gari									
4 tai otoshi o uchi gari									
5 o soto gari h.sasae tsuri komi ashi									
6 harai goshi o soto otoshi									
7 uchi mata h. tani otoshi									

Groups of judo techniques and tactical schemes

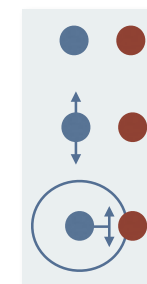
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Judo experience in months and judo exercises

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French judo method -1990-

- A method that gives priority to the interaction between *tori* and *uke*
 - Tachi waza*
 - « Study situations »
 - « Body forms »
 - Tactical sequences
 - Ne waza*
 - The lower positions
 - The upper positions



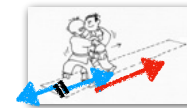
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Example



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Using the opponent's strength



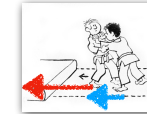
Uke pulls then pushes,
tori uses the push,
tai otoshi, seoi nage...

Right - Left



Tori pushes, uke
blocks, change
direction, *tai otoshi...*

Right - Left



Uke pushes, tori uses
the push, *tai otoshi...*



Tori pulls sideways,
uke steps back inside,
tori uses, *tai otoshi...*



Tori pulls, uke blocks,
change direction, tori
uses his reaction,
tai otoshi...

Right

Left

Blue arrow: Uke's action
Red arrow: Tori's action



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Kyu grading system



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Kyu grading system

- Learning situations **make connections** between techniques and tactics, **but they are only treated as examples**
- Same logic of **segmentation of knowledge** by *kyu* level



No link
No link
No link
No link



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A hierarchy of tactical skills

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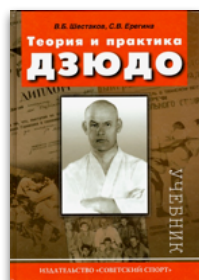
The elite model

- Tactical knowledge is **only defined from the analysis of elite judo**
- The analyses of competitions provide a schematic representation of judo statistics which distinguishes
 - Name of the effective technique, degree of effectiveness, duration of attack sequences, type of grips, the ground transitions, types of counterattacks, direction of attacks...**
- Statistical treatments coupling analysis efficiency with **gender, age, weight categories, levels of expertise...**



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The long influence of sport judo

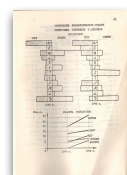


- Soviet-Union and East-German analysis of judo tactics
- Stenography** adapted to the recording of tactical actions

How to objectively assess the level of competence in judo



Committee of Physical Culture and Sport of the Council of Ministers of the USSR, Main Department of Sports and Martial Arts Methodology, for administrative use, *Analyses of the results of the young judoists of the USSR in the 1976 international competition, guidelines, Moscow, 1977. 78 p.*



Vasily Shestakov et Svetlana Ereghina, *Theory and practice of Judo*, 2011, 448 p.

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Kenichiro Agemizu



Tokai University Kantoku



The BIG 6

Seoi nage
Uchi mata
Tai otoshi
Harai goshi
O soto gari
O uchi gari



The SMALL 4

Ko uchi gari
Sasae tsuri komi ashi
Ashi barai
Ko soto gari

<https://judotraining.info/agemizu-method/>

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Tokai University Kantoku

	Section	Same kumi kata (<i>Ai yotsu</i>)	Section	<i>Kenka yotsu</i>
Taller opponent	A	<p>Big 6: O uchi gari, sei nage</p> <p>Small 4: Ko uchi gari → o uchi gari Seoi nage → ko uchi gari</p> <p>Others: Sode tsuri komi, kata guruma, tomoe nage, utsuri goshi</p>	D	...
Similar height	B	<p>Big 6: O soto gari, o soto gari, sei nage, harai goshi</p> <p>Small 4: O soto gari → sasae tsuri komi ashi</p> <p>Others: Sode tsuri komi, kata guruma, tomoe nage, utsuri goshi</p>	E	...
Smaller opponent	C	<p>Big 6: Harai goshi, o soto gari</p> <p>Small 4: Harai goshi → sasae tsuri komi ashi Ko uchi gari → harai goshi...</p> <p>Others: Tomoe nage, obi tori gaeshi...</p>	F	...

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The model of elite judo

- The **tactics of elite judo** are determined
- By the ever **increasing level of adversity**
- By the **evolution of the rules**
- By the stakes linked to **professional judo**
- Great champions can innovate tactically because **they master the technical bases of judo**



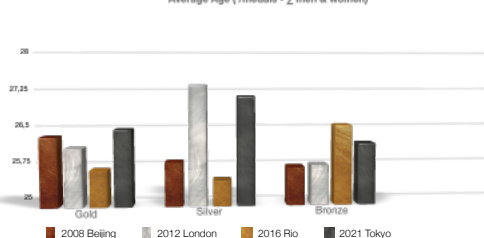
« Maximum effort, maximum efficiency »

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A late specialization sport



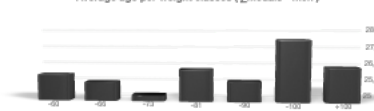
Average Age (/medals - Σ men & women)



Average age per weight classes (Σ medals - women)



Average age per weight classes (Σ medals - men)



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French Olympic team 2021

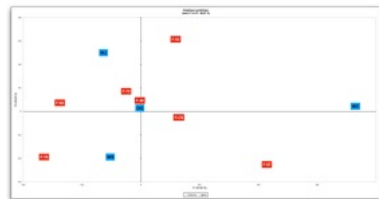
	Olympic games	World seniors	World juniors	World cadets
Shirine Boukli				
Amandine Buchard				
Sarah-Léonie Cysique				
Clarisse Agbégénou				
Margaux Pinot				
Madeleine Malonga				
Romane Dicko				
Luka Mkheidze				
Kilian Le Blouch				
Guillaume Chaine				
Axel Clerget				
Alexandre Iddir				
Teddy Riner				



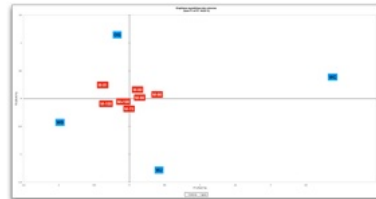
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Tracking of results Tokyo 2021 Olympic medallists

WC World Cadets
WU World Juniors
WS World Seniors
OG Olympic Games
Weight classes (Female - Male)



Women



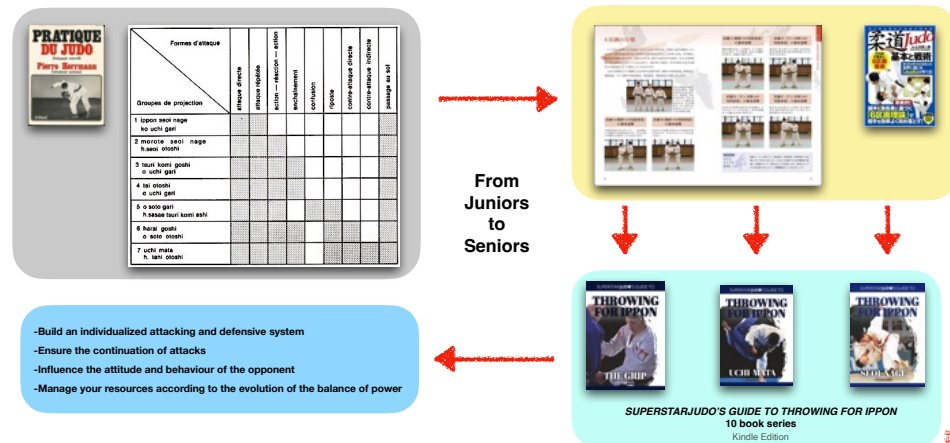
Men

Correspondence analysis



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Proposals are for advanced judoka

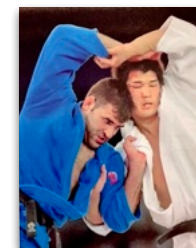


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Teaching « how to fight »

Going back to definitions

- Doing judo means to **throw, pin down or submit** someone who **does not intend to collaborate** because he has the same intention
- A judo technique is **a solution to the problem raised by the opponent**



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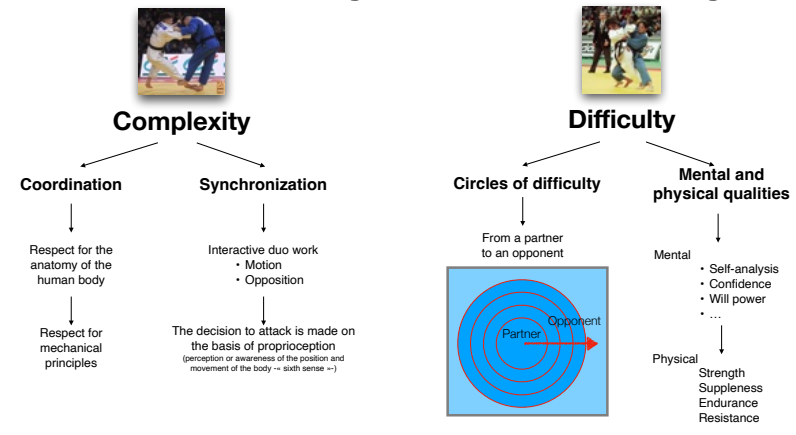
Complexity and difficulty

- To throw someone in a *randori* or *shiai*, it is necessary to acquire skills in **two distinct areas**
- the **complexity** of the throwing techniques
- the **difficulty** to overcome the resistance of the opponent



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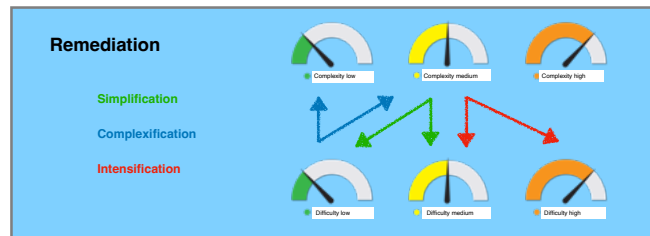
Complexity and difficulty



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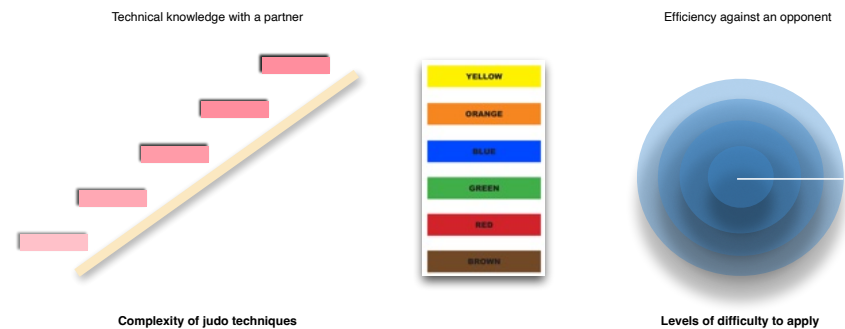
Adapt learning tasks

- Adapt complexity and difficulty levels to your students
- Use remediation in order to decrease or increase difficulty and complexity levels



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Which contents ?



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Teaching nage waza

	Turning back		Facing	
Two feet support	Legs wide spread	Koshi guruma Tai otoshi A	Forward	Te guruma
	Legs close	Σ Saei nage Tsuru komi goshi D	Backward	Ura nage
One foot support	External sweep	Harai goshi E	Forward or sideways	Keeping balance Hiza guruma Σ Ashi barai C
			Sacrificing balance	Σ Sutori
	Internal sweep	Uchi mata F	Backward	Internal sweep O uchi gari Ko uchi gari B
			External sweep	O soto gari B'

A to F...
Teaching order of throws based on complexity criteria :

- Respective positions of tori and uke
- Tori stability
- Lowering of the center of gravity
- Control by tori of uke's fall
- Progressive amplitude and intensity of uke's fall

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Teaching ne waza

- Rapidly, the study of *ne waza* is **based on** « **combat situations** »
- The teaching takes into account the **reality of the opposition**
- When teaching *ne waza*, there is always an **algorithmic logic** (attack-defense) that **determines the sequence of actions**



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For a different syllabus



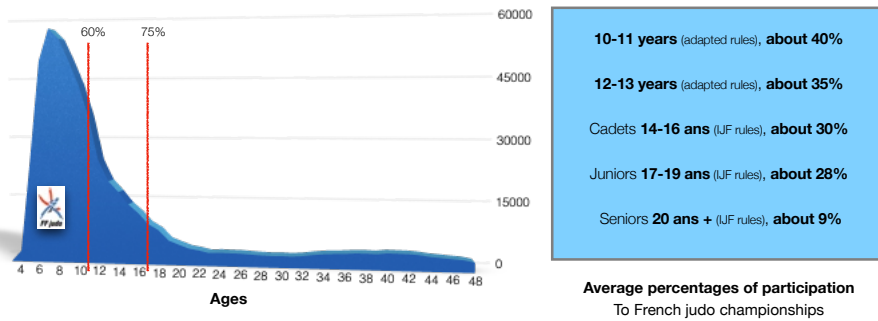
- **The progress of the student at the centre of the teaching process**
- Focus on **the student's activity** not only on judo techniques
- Make judo techniques a **solution to the problem** posed by the opponent
- Respect safety but **combine technique and tactics** in adapted « situations of opposition » or learning tasks
- **From a partner to an opponent**, prioritize difficulty levels and the adapted context of fighting (theme-based *geiko*)

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Conclusion

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Attendance to judo championships in France Average figures



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Teaching judo today

- **Respecting traditions and education** but developing
 - A good and efficient « **technico-tactical** » **knowledge**
 - An **autonomy and a capacity of adaptation** in a *randori* or a fight
 - The **ability to analyse** the balance of powers and to **take relevant decisions**



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Thank you very much for your kind attention

michel.brousse@me.com
<http://michelbrousse.fr>



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