

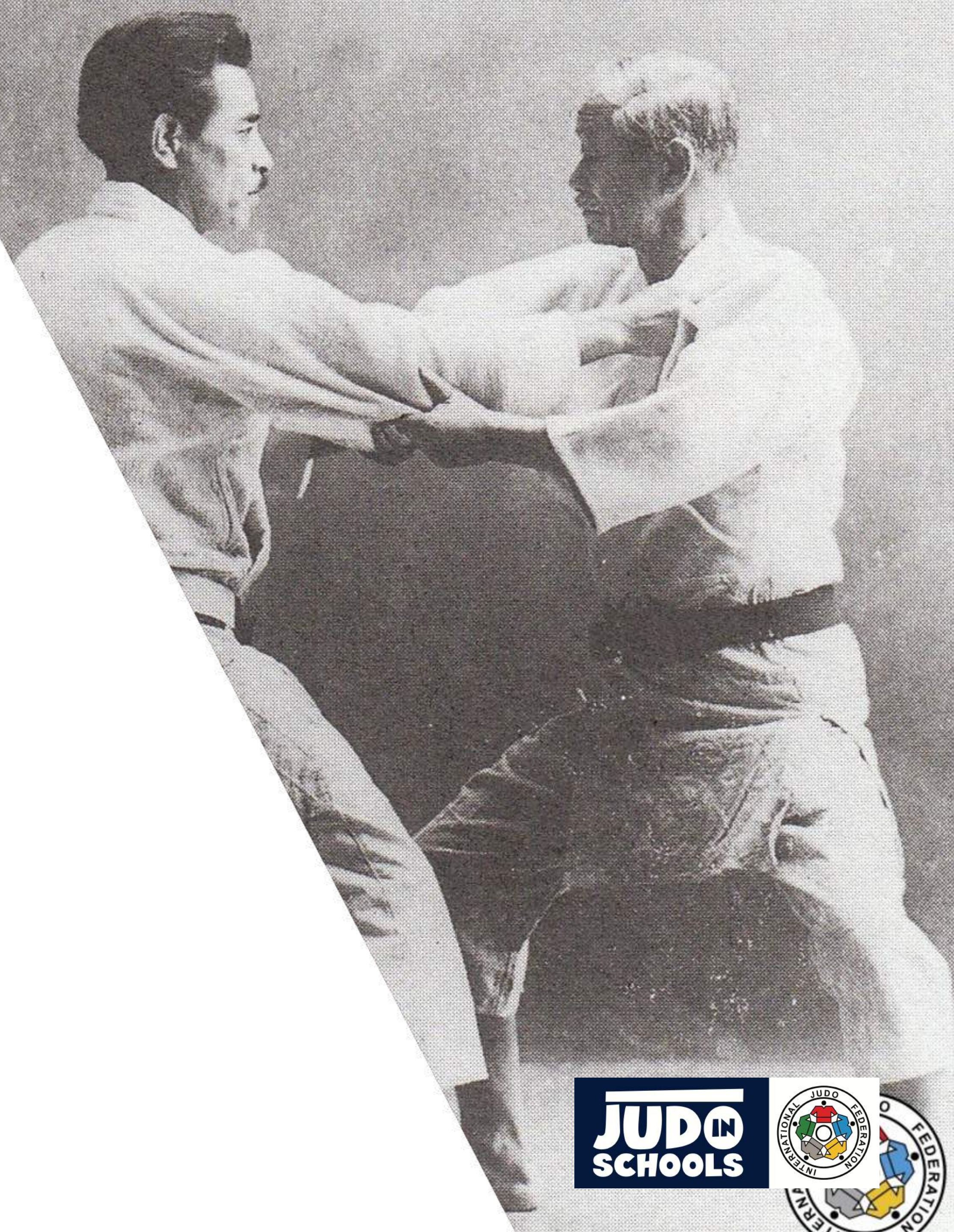
# JUDO SCHOOLS





# JUDO

- > Founded in May 1882 by Jigoro Kano
- > Method of physical, intellectual and moral education
- > Olympic sport since Tokyo Games 1964
- > Crucial in shaping the personality and self-confidence of the child
- > Teaching **skills for life**

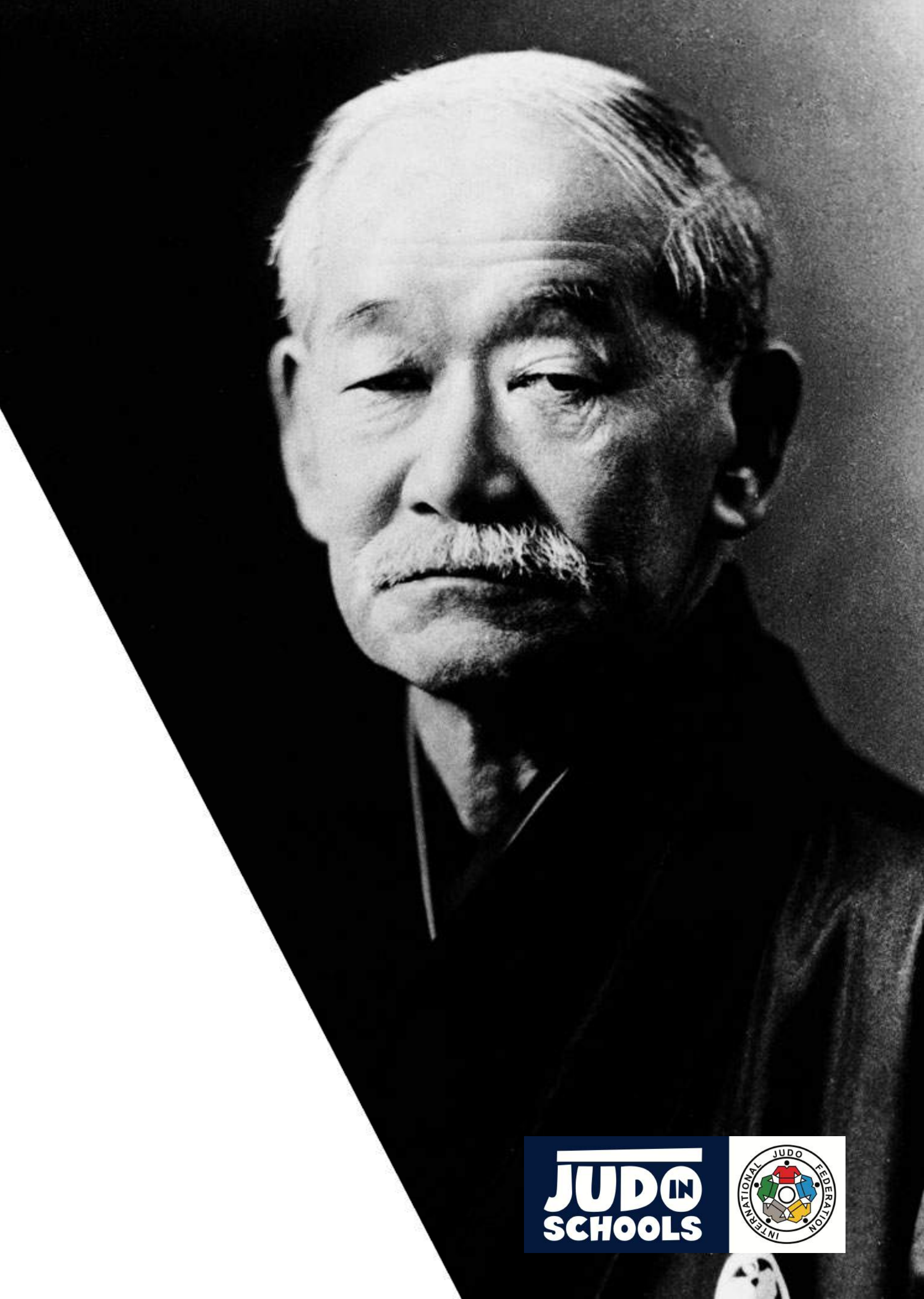




# JIGORO KANO

- > Jigoro Kano was an educator and athlete
- > For him, education and the balance between body and mind were important
- > He created a method of physical, intellectual and moral education, which he named **judo**
- > It illustrated that from the beginning it was not only about sports
- > It's about **being a better person** and **add value to the society**
- > It's about **being a champion in life**

*"It's not important to be better than someone else, but to be better than yesterday." Kanō Jigorō*





# JUDO MORAL CODE

**POLITENESS**

It is respect for others

**COURAGE**

It is doing what is right

**SINCERITY**

This is to speak truthfully

**HONOUR**

This is to be true to your word

**MODESTY**

This is to talk about yourself without arrogance or impatience

**RESPECT**

Without respect there is no trust

**SELF CONTROL**

This is to remain silent when negative feelings rise

**FRIENDSHIP**

This is the purest human feeling

**FUN**

Learning is all about fun!





# CHALLENGES TODAY

- > There are many challenges in society: violence, gender equality, respect, children picking on each other, etc.
- > The values and ethics of judo are valuable. Then and now.
- > The values of judo are really useful and still very actual for this world and today's society.

*"Fulfilling oneself and benefiting the world – this is the purpose of Judo." Kanō Jigorō*





# INTERNATIONAL JUDO FEDERATION (IJF)

- > Judo is much more than a sport
- > Judo stands for cooperation, respectfulness and has the power to educate, shape and teach
- > With judo we can create a better society

## **Ambition IJF:**

- > Spread the sport and its values all over the world
- > Bring judo to the core of development: to schools





# EDUCATIONAL VALUE

- > A child develops **motor skills** like strength, speed, flexibility, coordination, reflexes, concentration, balance, resistance, personality, self-confidence and knowledge of one's own body.
- > Judo does not encourage aggression; the child learns to cooperate, respect and develop self-control: It's preparing the child for future quality social relationships by teaching important **social skills**.
- > Judo is the perfect combination between fun and learning. Children use their body and minds to develop themselves and learn important **skills for life**.

*"We believe that every child should have the chance to get acquainted with judo and its values for life. Worldwide."*





# IJF JUDO IN SCHOOLS

- > A unique teaching methodology, based on the values of judo
- > It helps schools to create a **safe** and **healthy atmosphere** where children are the best version of themselves.
- > We bring judo to schools as an educative teaching method; both in on the **judomat** as in the **classroom**.
- > With the method, we contribute to the social emotional development of a child and **decrease bullying** in a school
- > The judo takes place on real judo mats and in real judo suits. To get the **true experience of judo** as it is meant and designed to be
- > Because we believe there has to be a good balance between learning and recreation, we added a ninth value to the moral code: **Fun**





# CHILDREN LEARN...

- > How to **break a fall**. This will be a benefit for the rest of their lives, in every sport
- > Basic motor skills, like making a **forward roll**
- > How to think in a **tactical** way
- > How to **cooperate** and **helpful** with each other during games
- > How to give **feedback** in a respectful way



# TOGETHER WE ARE STRONG

- > We bring judo to schools as an educative teaching method; both in on the **judomat** as in the **classroom**.
- > The program will be most effective when we work **together**. That's why we created elements that are easy to transfer:
- > Different feedback & compliment methods
- > Exercises for in the classroom

*"How can we combine the program with existing social-emotional educational programs in school?"*





EXAMPLE 1  
POSTER

# RESPECT


Politeness	Courage	Sincerity	Honour
Modesty	Self-Control	Friendship	Fun


This is what respect means

Showing respect is important because...

What happens when you don't show respect?

How do we make sure we respect each other in this group?







## **EXAMPLE 2: GIVING COMPLIMENTS**

- > Start yourself and give the person on your left side a compliment
- > The one receiving the compliment will receive it in a good way: By saying thank you
- > He will be the next one giving the compliment
- > After everybody gave and received a compliment, ask:
- > How does it feel to give a compliment?
- > How does it feel to receive a compliment?



# EXAMPLE 3:

## CHINESE BOXING

- > **'Chinese boxing'** is a game that can be played anywhere
- > Stand in front of each other, facing each other, your feet strong next to each other.
- > Your feet can't move anymore now! If they do, the other wins a point.
- > Place the palm of your hands on each other and try to get the other off balance
- > Make sure that you are strong and resilient! If you loose balance, you will lose a point
- > **Variation:**  
Turn it into a dance where the hands needs to stay on top of each other and you will move in different directions

You can lead or follow and go quick or slow: cooperation is very important!

The dance will stop if one loses balance



# WHERE ARE WE?

- > The IJF Judo in Schools program is active in 38 countries
- > The program works with educated judo teachers
- > Hundreds of thousands of children are involved in hundreds of primary schools
- > Always in cooperation with the Ministry of Sports/Education / NOC









# REVIEW

- > Judo is founded as an educational sport
- > Philosophy of judo as basis of an educational program
- > All is based on core values like respect, courage and friendship
- > Together we are strong: on the judomat and in the classroom
- > Developing skills for life

