



10 REASONS WHY YOU SHOULD DO JUDO

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The founder of judo wrestling, Jigoro Kano, when creating his style of martial arts, wanted judo to become a method that would be beneficial in all areas of life for those involved. When developing the principles of judo, he sought not just to create a new type of martial arts, but a new system of martial art, a special way («do» - in Japanese «way»). According to his idea, judo, like any other Japanese art, should contain at its core the principle of absolute harmony of the physical and spiritual principles.

Today, many advantages of judo wrestling are undeniable. This type of martial arts is an excellent way to maintain good physical shape. Judo develops both strength and flexibility and strengthens the cardiovascular and respiratory systems.

In the process of training, the character is tempered, and the ability to better concentration of consciousness develops, which affects not only success in judo, but also the ability to learn in children and adolescents, and an increase in working capacity in adults. Consciousness training in judo teaches you to remain calm, under the pressure of any circumstances.

In addition, judo teaches the flexibility of the mind, and instills some rules necessary in everyday life (for example, accustoming to a certain daily routine), thanks to which life becomes more orderly. An experienced judoka is unlikely to face chaos in thoughts or actions. He realizes that everything in life has its purpose and order.

All this leads to an increase in self-confidence. A person who acquires a sense of himself becomes capable of solving new, more and more complex problems. Many shy people, through the practice of judo, gained self-confidence and were able to set certain goals for themselves and achieve great success.

Well, and, of course, doing judo, a person acquires the ability to protect himself in an extreme situation. For this, it is better than the trainer teaches self-defense techniques along with sports ones. Judo's self-defense technique allows you to give a worthy rebuff to even a stronger opponent.

You can endlessly describe the usefulness of judo. The longer the experience of classes, the more useful aspects the practitioner can discover. Judo affects all areas of life, including its duration. Most judo masters not only live longer but also maintain an active lifestyle until old age. With the right training methods, judo can be practiced all your life.

Judo is also the most common type of training for children, which is very popular in the field of sports.





For a long time, scientists have found that judo has a positive effect on the health of the child. And if he has been practicing since childhood, then this is only a big plus, because in the future it will help strengthen the skeleton, and prevent the onset of osteoporosis. The degree of obesity will also decrease, and there will be a small chance of getting sick with cardiovascular diseases. But do not forget about a balanced diet and regular judo training. And the most important point is that judo training has a good effect on your child's mood and self-esteem.

Judo can include various exercises. It can be long low-intensity workouts, as well as short workouts. Another plus is that if your child has certain problems with being overweight, then bodily exercises will help solve this problem. With such training, children have a rapid metabolism and increase muscle mass.

Some sports clubs build their training in such a way that several sessions are aimed specifically at physical strengthening and maintaining the good shape of athletes. Such workouts will include strength exercises and warm-up exercises. But warming up will take longer than usual. There may be such strength exercises with a partner when the coach sets the task of moving his partner from one end of the hall to the other.

Thus, we see how fruitfully physical exercises affect the body of your child, and even more so judo training. As we just reviewed, they have many benefits that will never go unnoticed in your child's health.

It is also worth noting that all the physical exercises that include judo training will only come in handy for the full development of your child. But there are still positive aspects that should not be forgotten when choosing a sport for children. If your child does judo, then you will see how his self-esteem and self-control will rise.

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Why children need to acquire the skills of an athlete and what role judo can play in this is our review for caring parents who are still thinking in which direction it will be useful and interesting for a child to develop.

It is hardly possible to describe judo briefly - it is a Japanese martial art, a martial art that allows you to do without a weapon in a duel, as well as a sports philosophy, principles, and training technique. This is a useful all-around experience that a child





acquires on the way from the first lesson to winning the competition. Top ten important factors:

1. Diverse development.

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

2. Flexibility, balance.

Remember how many funny and not always safe situations happened to your child related to the insufficient development of these conditions. Of course, you can just wait until the children grow up and acquire the sense of balance they need, but you should not hope for this. Surely you have clumsy, awkward acquaintances who did not have to play sports in childhood. The reason for such absurdity should be sought in the insufficient regulation of the functions of the cerebellum: the part of the brain responsible for balance, balance, coordination of movements, and sensations of one's own body in space. Judo techniques directly affect the rate of development of the cerebellum, the formation of many useful reflexes that will be used, consciously or not, throughout life.

3. Low trauma.

Yes, in judo classes, the risk of getting a physical injury that requires going to a first-aid post is minimal. Even if an incident occurs, the most common of them will be a bruise or sprain, and the localization of the injury falls on the shoulder girdle. It is the upper limbs that are more active during classes, and the training itself takes place on special mats (tatami). As you already know, this type of Japanese martial arts does not provide for any weapons or their use. Sports medicine recognizes the high safety of this sport and systematically records a reduction in risks: 4% of injuries (40 cases for every 1000 fights, according to the French Judo Federation). This is almost 9 times less than in football.

4. Mindfulness.

The reason why judo classes are useful for children is rooted in the aspect of the psychology of self-development. The atmosphere of training shows such qualities as aspiration, assistance, respect, self-understanding, and correct assessment of the situation. Classes help the child understand their place in the team, and society,





remove barriers that interfere with healthy communication, cope with defeats, get out of difficult situations with dignity, and accept defeats without harming the psyche.

5. Concentration.

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

6. Self-defense.

One way or another, your child will encounter unpleasant phenomena in life, and the skills gained in judo training will help in adolescence when any trifle can cause conflicts, and the outcome of uncontrolled quarrels is sometimes tragic. Aggression from other children, physical and moral abuse - all this, unfortunately, takes place in modern reality. Judo helps to correctly calculate one's strength, apply skills, and understand the consequences of these actions. Judo teaches us to resist any kind of aggression and to ignore or stop attacks without causing physical harm to another. This is extremely important in cases where the methods used 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 pair fights it is a priority. Unlike many other forms of wrestling, judo teaches more than just winning techniques. In this type of martial arts, the culture of the beginning, and end of the fight, comradely relations between athletes are very important. Your child will benefit from such skills not only in sports. Respect for a partner, a coach, a referee's decision, and an honest approach to work in training - without all this, judo will not be complete, and the experience of fighting will be complete.

8. Proper nutrition.

Judo is not just knowledge of wrestling techniques, it is a clear demonstration of the laws of physics. An opponent will always be able to use the force of gravity (gravity) against an athlete who does not pay attention to a sports diet. In addition, it is a good idea to instill healthy habits in your child. Judoists need to monitor their weight because even a couple of extra pounds gained before the competition will help the opponent win, despite your long hard training

9. Perspective.





Perhaps today judo does not have such popularity as karate or other types of wrestling, but so far the trend of spreading this type of martial arts is quite stable. Years will pass, and today's child will grow up and for all the time in the sports, section will receive many awards, improve his level of skill. Also, judo is one of the ways to visit competitions in different countries. Children involved in different sports already have certain advantages when entering universities; as a rule, an applicant who has a certain successful experience in judo has a greater choice between educational institutions.

10. Great mood.

We agree that judo is, first of all, responsibility and hard work in training. But in addition to such a foundation, which is necessary for any sport, children acquire many friends, and useful skills, learn to build healthy communication, and feel themselves in society. Children are very sincerely happy with their successes and the achievements of their comrades. Training, overcoming difficulties, healthy competition, understanding your achievements - all this invariably leads to positive emotions.

Judo is a whole philosophy, the basis of which can be translated from Japanese as "flexible way". We tried to put its main principles into 10 points, but, frankly, we could not open all the advantages of this type of martial arts. On the whole path of development of every little athlete, of course, failures and defeats await. And the main reason why it is worth giving your child to study the culture and technique of fighting without weapons is to find your self, to reasonably confront any conflicts, and maintain dignity in any situation.

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