**Judo Performance Demands Analysis**

A ‘game’ or ‘fight’ of Judo lasts for roughly 4-10 minutes, unless there is a win by a throw, hold-down, choke,

strangle or arm lock earlier in the fight. The match lasts for 5 minutes on the clock, but with stoppages

this can really be between 4-10 minutes if it goes for the full amount of time. During this time, the competing

Judo players are competing mostly in the anaerobic zone, going pretty much one hundred percent intensity

from the very start. Depending on whether the athlete wins or loses, they can have up to 6 intense matches in

the one day – especially in the bigger competitions, such as the world championships. This involves 6 X 20 minute

warm-ups, 6 intense fights, 6 cool downs, and 6 lots of mental preparation. For any Judo player, this makes for a

long, tough day. Nutrition has a huge part to play in Judo, and athletes who do not get access to a nutritionist

suffer the consequences in making weight, training and competing. - © Samantha D’Aquino 2012

Judo is mainly anaerobic, with elements of aerobic activity. Studies shows that the body switches

between both aerobic and anaerobic pathways during a judo match depending on the need. - Deniz Özdemir

**U18 / U21 / Women/ Men**

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| --- | --- | --- | --- | --- | --- |
| Work | Intensity | Rest  | Rounds | Match Time | Total Match with Time stoppages\*  |
| 20sec | **85%-100%** | **10sec** | **12** | **4 min** | **6 min** |

* Not including the possibility of overtime/golden score

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| Movement | Attacking Movement (contact to surface) | Frequency of work |
| Stop & Go | Two legged (loaded & not loaded) | Varied – attack & defend |
| Circler-ling & change of direction | One Legged (loaded and/or hooking) | Quick high intensity bursts |
| Retreating  | Change of levels on to knees |  |
| Side Shuffling  | Change of levels body (body drop) |  |
| Twisting  | Body contact (ne-waza) |  |

|  |  |
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| Muscle Contraction | When in a match / practice  |
| Isometric | Holding a grip, countering, ne-waza situations |
| Concentric  | Pulling for a throw, pulling in gripping, hooking legs, ne-waza situations  |
| Eccentric  | Pushing a grip off, pushing for a throw, ne-waza situations |

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| Major Muscle Needs | Focus of development in training program development  | Exercise  |
| Push Strength/Power | Chest, shoulder, triceps | Bench Presses, Shoulder Press, Stabilizations, Flys, Push-ups, Dips, Tricep Pulldowns |
| Pull Strength / Power | Back | Chin-ups, Pull-ups, Pulldowns, Rows |
| Leg Drive (1 & 2 leg) | Quads, Hamstring, Calves  | Squats, Deadlifts, Olympic lifts, Lunges, Single leg deadlift, Jumps (single & double) |
| Core  | Abdominal, Lower Back | Planks, Hollows, Dead Bugs, Sit-ups, Get-ups, Resistance twisting, Med Ball Slam/throws,  |
| Grip Strength | Forearms | Hangs, Deadlifts, Holds, Lactic acid forearm circuit, Rope climbs  |