

Idaho State University Judo Class
Department of Sport Science and Physical Education
Class description and RISKS

SERIOUS, CATASTROPHIC, AND EVEN FATAL INJURY MAY RESULT FROM
PARTICIPATION IN ANY SPORT OR PHYSICAL ACTIVITY.

The vast majority of participants that engage in physical education and sports activities do so safely by following safety guidelines similar to those described below.

Fitness and fun are common outcomes of physical activity, but there is also physiological stress on the participant. If you have any physical condition that limits your activity, check with your physician before beginning this class.

All movement activities contain certain risks for the participant including, but not limited to; sprain, strain, fracture, tendon and/or ligament damage; falling or other contact resulting in brain damage, paralysis, and even death.

SOME SPECIFIC RISKS IN JUDO (BUT NOT LIMITED TO THESE RISKS) AND SUGGESTIONS FOR REDUCING RISK ARE IDENTIFIED AS:

1. **FALLING INJURIES:** You can receive severe head, neck, back, and internal injuries from being thrown. You could lose consciousness or receive injuries severe enough to cause death. Before you engage in any exercises involving throws, you will be instructed how to fall properly. If you do not feel you are capable of falling safely, ask for help.
2. **CHOKING:** You may lose consciousness while being strangled or choked. You will be thoroughly instructed on how to “tap out” or submit (give up) to stop the choke before losing consciousness. Always ask for assistance if you have any questions before practicing these techniques.
3. **ARM BARS & JOINT LOCKS:** Judo allows the application of joint-locking and twisting techniques. You can receive dislocations, fractures, or severe strains to the joints, particularly the elbow. If you experience pain in the joints, “tap out” or say “maitta.” Maitta means “I submit” or “I give up.”
4. **PINS AND HOLDING TECHNIQUES:** During ground work you may receive serious injury due to high physical contact. If you are experiencing pain, “tap out” or say “maitta.” Maitta means “I submit” or “I give up.”
5. **STRETCH AND WARM-UP:** Before each class there is a stretch and warm-up period that is essential to help avoid and prevent injury. If you are late for class, stretch and warm-up on your own for 15 minutes before you join the others. If you have any questions, ask the instructor.
6. **BODY FLUIDS/BIO-HAZARD:** Due to the nature of contact sports, the possibility of bleeding and other body fluids is a very real risk. If you begin to bleed, stop practice immediately. Take care to avoid contact with others and notify the instructor. Steps will be taken to clean and sterilize the contaminated area and articles before continuing practice. All exposed areas and bleeding must be covered before practice can resume.
7. **RULES/METHODS OF PRACTICE:** Judo has two standard methods of practice; randori and kata. Adherence to these standards greatly reduces risk. Specifically, during randori practices, International Judo Federation rules will apply. All restricted, illegal or dangerous techniques will be practiced in kata form only. It is important to comply not