

## Athletes with a Disability (AWAD) - any age

While the aim of Judo Canada is to support an inclusive environment for all, at the **Paralympic** level, opportunities exist only for blind and **visually impaired** athletes.

- Athletes can enter at any stage
- Athletes may have congenital or acquired disabilities
- Need for specialized training and competitive opportunities
- Modified rules and/or practice regimes
- Need for specialized coaches, resources and referees attuned to the needs of Athletes with a Disability (AWAD)
- May or may not be able to compete/train with non-AWAD participants (with modifications)
- **Chronological age** may not correspond to developmental stage
- With respect to the conditions noted above, developmental phases, training and competitive regimes, and **periodization** can follow those recommendations indicated for non-AWAD
- Need to consider ancillary services and daily living support in addition to sport needs



## Terminology

**ABC'S of Athleticism-** Agility, Balance, Coordination, **Speed**

**Adaptation-** refers to a response to a stimulus or a series of stimuli that induces functional and/or morphological changes; the level or degree of adaptation is dependent upon the genetic endowment of an individual.

**Adolescence-** a growth period wherein most bodily systems become adult both structurally and functionally. It is highly individual.

**Advanced judoka-** black belt (shodan or higher)

**Aerobic-** activities that are generally longer than 2 minutes in duration

**Ancillary capacities-** those components of sport that are directly associated with obtaining peak athletic **development** but are not techniques per se including, but not limited to, nutrition, **strength** training, energy systems, mental training, cognitive **development**, rest, recovery, peaking and tapering, etc.

**Beginner judoka-** yellow to orange/green belt

**Behavioural learning-** a training/teaching style characterized by repeated application of the same movement or **skill** (i.e. repeated uchikomi of the same technique); can result in good short-term **performance** and is more effective at the early stages of **skill** development (initiation or acquisition) or in closed-**skill** types of situations

**Childhood** ordinarily spans from the end of infancy - the first birthday - to the start of **adolescence** and is characterized by relatively steady progress in **growth and maturation** and rapid progress in neuromuscular or motor **development**. It is often divided into early childhood, which includes preschool children aged 1 to 5 years, and late childhood, which includes elementary school-age children, aged 6 through to the onset of **adolescence**.

**Chronological age** refers to the number of years and days elapsed since birth. Children of the same chronological age can differ by several years in their level of biological maturation.

**Competition-related training-** exercises and drills that simulate, mimic or serve to develop specific situations encountered in competition

**Critical period of development-** refers to a point in the **development** of a specific behaviour when experience or training has an optimal effect on **development**. The same experience, introduced at an earlier or later time, has no effect on, or retards, later **skill** acquisition. The more knowledgeable athletes and coaches are about these training and **performance** factors, the more they can enhance their training and **performance** levels. When athletes reach their genetic potential and physiological threshold, **performance** can be improved by maximizing the use of **ancillary capacities**.

**Decision-making-** a training/teaching style characterized by more random **practice conditions** such as by varying the **skills** being performed and the situations in which they are to be performed (i.e. attempting different **waza** during uchikomi with **uke reacting in various ways and in different situations**); results in long-term retention of the **skills** and increased **learning**; it is most effective during the consolidation stage and beyond or where the technique needs to be applied in open-**skill** situations (**randori** or **shiai**).

**Development** refers to the interrelationship between **growth and maturation** in relation to the passage of time. The concept of development also includes the social, emotional, intellectual, and motor realms of the child.



**Drop seoinage-** throwing technique involving a **judoka** dropping directly to both knees in front of his opponent; currently prohibited below the age of 16 (in Canada).

**Fundamental movement skills-** includes traveling, object control and balance movements.

**Growth and maturation-** often used together and sometimes synonymously. However, each refers to specific biological activities. Growth refers to observable, step-by-step, measurable changes in body size such as height, weight, and percentage of body fat. Maturation refers to qualitative system changes, both structural and functional in nature, in the organism's progress toward maturity; for example, the change of cartilage to bone in the skeleton.

**High-Performance Judo-** Judo done at the national and international level.

**Ideal Performance State-** the point wherein all facets of the training package have been fully developed and the athlete is at the best possible state of preparedness for his/her match.

## Terminology ... continued

**IJF-** (International Judo Federation) governing body for judo world-wide.

**Interclub competition-** informal competition between a maximum of 4 local clubs.

**Intermediate judoka-** green to brown

**Judo Canada Kyu Syllabus-** document outlining what techniques are to be taught at each belt level according to age and **development** parameters.

**Judoka-** a judo student.

**Kansetsu-waza-** arm-lock techniques; currently allowed for those aged 13 and up (in Canada).

**Kata-** a set of pre-arranged throws, hold-downs or self-defense movements performed with a partner; common types of kata include nage-no-kata (throwing), katame-no-kata (**ne-waza**), goshin-jitsu and kime-no-kata (self-defense), and ju-no-kata (forms of gentleness).

**Kata competitions- skill** competitions involving partners performing demonstrations of pre-arranged movements (technical or self-defense); judged according to precision, execution and attention to detail.

**Kyu-** one of 11 (coloured) belt levels before the black belt.

**Learning-** is defined as a permanent change in behavior and motor **performance** of a **skill**.

**MHR (Maximum Heart Rate)-** used to determine the level of intensity when training; based upon a percentage of the athlete's highest attainable pulse rate, measured in beats per minute.

**Masters' competitions-** tournament scenarios wherein the athletes are grouped in age classes, generally of 5-10 year periods, beginning from age 30.

**Mokuso-** a period of reflection or meditation usually at the beginning and/or end of a judo practice.



**Nage-waza**- throwing techniques.

**Ne-waza**- judo done in a non-standing position including hold-downs, chokes and arm locks (according to the age, **development**, and **skill** level of the athletes concerned).

**New participant**- a white or white/yellow belt.

**Osaekomi-waza**- holding and pinning techniques.

**Paralympic competition**- highest level of competition for Athletes with a Disability, performed immediately following, and at the same venue as, the Olympic Games.

**Peak height velocity (PHV)** is the maximum rate of growth in stature during growth spurt. The age of maximum velocity of growth is called the age at PHV; PHV is also known as "growth spurt"; dictates the windows of trainability in adolescent athletes.

**Peak strength velocity (PSV)** is the maximum rate of increase in **strength** after growth spurt. The age of maximum increase in **strength** is called the age at PSV.

**Peak weight velocity (PWV)** is the maximum rate of increase in weight during growth spurt. The age of maximum increase in weight is called the age at PWV.

**Physical literacy** refers to the mastering of fundamental motor skills and fundamental sport skills.

**Performance**- the participant's behaviour when executing a task or tasks and is evaluated over a short-term or interim basis.

**Periodization**- scientific planning and organization of training based upon obtaining peak **performances** at the most important events of the year.

**Puberty**- refers to the point at which an individual is sexually mature and able to reproduce.

**Randori**- free practice, similar in scope to a scrimmage in team sports; will vary in intensity and volume according to age, stage of **development** and needs of the participants.

**Readiness**- refers to the child's level of growth, maturity, and **development** that enables him/her to perform tasks and meet demands through training and competition. Readiness and critical periods of **trainability** during growth and **development** of young athletes are also referred to as the correct time for the programming of certain stimuli to achieve optimum **adaptation** with regard to motor **skills**, muscular and/or **aerobic** power.

## Terminology ... continued

**Senior**- open age group in competitive judo.

**Shiai**- a tournament or competition.

**Shime-waza**- strangle or choking techniques; currently permitted for those aged 13 and up (in Canada).

**Skeletal age**- refers to the maturity of the skeleton determined by the degree of ossification of the bone structure. It is a measure of age that takes into consideration how far given bones have progressed toward maturity, not in size, but with respect to shape and position to one another.

**Skill**- one of the 5 basics of training and **performance**; ability to perform an action with competence, confidence and with a high degree of success.

**Speed**- one of the **ABC'S** of Athleticism and one of the 5 basics of training and **performance**; ability to perform a movement quickly

**Stages of learning**- as an athlete grows and matures, he/she will pass through various levels or stages of **skill** development. These stages can be categorized, in order, acquisition, development, consolidation, refinement, maintenance.

**Stamina**- (endurance) one of the 5 basics of training and **performance**; ability to perform an action or actions over a prolonged period.

**Strength**- one of the 5 basics of training and **performance**; ability to move an object through a certain range.

**Suppleness**- (flexibility) one of the 5 basics of training and **performance**; involves moving the various joints through the complete range of motion.

**Tachi-waza**- judo done in a standing position including throwing techniques, uchikomi, and randori

**Tori**- the person applying the action (throwing, holding, etc.)

**Trainability**- refers to the genetic endowment of athletes as they respond individually to specific stimuli and adapt to it accordingly.

**Type of practice conditions-** generally categorized as constant, variable or random; constant practice is where the same **skill** is performed repeatedly and exactly the same as the previous one (i.e. static uchikomi with the same **waza**); random practice is where the same movement is repeated but one parameter of the **performance** is changed from one repetition to the next (i.e. **tori** performs the same **waza** but with **uke**)

**Reacting in a different manner each time-** moving forward, backward, left, right etc.); random practice implies different **skills** or techniques are performed in varying conditions (i.e. **tori** uses different **waza** while **uke** reacts in a different manner each time)

**Tokui-waza-** a **judoka's** favourite technique or techniques, usually, but not exclusively, used in reference to throwing techniques

**Uke-** the person to whom the technique is being applied

**Ukemi-** the technique of falling safely

**Visually impaired (VI)- Judoka** who are blind or legally blind

**Waza-** a judo technique

**Window of trainability-** a period in which certain athletic parameters and **skills** can be maximally developed; is highly variable and dependent upon the **growth and maturation** stage of the individual



