

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SUBJECT CARD**

<b>Name in Polish</b>	<b>: JUDO - ABC</b>
<b>Name in English</b>	<b>: JUDO FOR ELEMENTARY PRACTITIONERS</b>
<b>Level and form of studies</b>	<b>: 1<sup>st</sup> level, full-time</b>
<b>Profile</b>	<b>: academic, practical</b>
<b>Kind of subject</b>	<b>: optional, university-wide</b>
<b>Subject code</b>	<b>: WFW032032</b>
<b>Group of courses</b>	<b>: NO</b>

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES**

1. Absence of medical contradictions to take active part in judo course.
2. Trainingsuit, flip-flops and judogi required.

**SUBJECT OBJECTIVES**

- C1: Familiarizing students with basic rules and techniques in judo.  
 C2: Improving students' motor attributes and encouraging them to take part in next training stages: intermediate classes and varsity trainings.  
 C3: Improving students' self-assurance, improving motor attributes and special coordination, as well as creating the need for practicing the discipline.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEK\_W01: Student knows the safety rules of judo training and knows how to prepare him/herself for the classes.  
 PEK\_W02: He/She knows basic rules, as well as technical and tactical elements of judo fights.

**Relating to skills:**

- PEK\_U01: He/She can use basic technical elements (throws, holds, joint locks, strangles).  
 PEK\_U02 : Can safely perform forward, backward and side fall.

**Relating to social competences:**

- PEK\_K01: Student actively participates in the classes.  
 PEK\_K02: He/She cooperates within the group, offers other participants support in striving for sport perfection.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1	<b>Organization of classes.</b> Basic safety and hygiene rules, syllabus, the requirements for passing a course. Exercises to get accustomed to the mat and the opponent. Basic hold and backward fall.	2
Cl. 2	<b>Ukemi waza, katame waza (osaekomi – waza).</b> Practicing backward fall, learning side fall, upper four quarter hold down, back throws.	2
Cl. 3	<b>Ukemi waza, katame waza (osaekomi – waza).</b> Practicing backward and side falls, the rules for own safety and opponent's safety when performing throws.	2
Cl. 4	<b>Ukemi waza, katame waza (osaekomi – waza).</b> Practicing learned falls and holds. Learning entangled arm lock, forward fall, big outer reap	2
Cl. 5	<b>Nage waza (ashi waza), katame waza (kansetsu waza).</b> Practicing learned falls and holds, locks and strangles, learning small outer reap.	2
Cl. 6	<b>Nage waza (koshi waza), katame waza (shime waza).</b> Practicing lock, learning shoulder hold and naked strangle, learning throws – sweeping heap throw.	2
Cl. 7	<b>Nage waza (te waza), katame waza (shime waza).</b> Repetition of strangles, learning triangle choke, practicing sweeping heap throw, learning one-arm shoulder throw. Presentation of various techniques by champions.	2
Cl. 8	<b>Nage waza (te waza), katame waza (kansetsu waza).</b> Repetition of triangle choke, learning arm crush triangular arm lock, learning body drop.	2
Cl. 9	<b>Nage waza ( ma-sutemi- waza), katame waza (shime waza).</b> Learning sliding lapel strangle, training of ground fight, learning circle throw, practicing forward fall.	2
Cl. 10	<b>Nage waza (yoko-sutemi-waza), katame waza (randori).</b> Training ground fight, practicing circle throw, learning outer wraparound.	2
Cl. 11	<b>Nage waza – combinations and counters, randori.</b> Practicing entry and advancing methods in holds, learning counters to one-arm shoulder throw, training standing and ground fights.	2
Cl. 12	<b>Nage waza – combinations, randori.</b> Practicing entry and advancing methods in locks, learning combinations with one-arm shoulder throw, training standing and ground fights.	2
Cl. 13	<b>Nage waza, katame waza– combinations, randori.</b> Practicing entry and advancing methods in strangles, learning combinations with one-arm shoulder throw, training standing and ground fights.	2
Cl. 14	<b>Nage waza – counters, katame waza – combinations, randori.</b> Practicing entry and advancing methods in ground fights, learning counters to big outer reap, training standing and ground fights.	2
Cl. 15	<b>Repetition of techniques, final grading.</b> Repetition of techniques learned with partner, educational film. Summarizing the classes, assessment of group's progress, information on possibilities to continue the course on higher levels.	2
<b>Total hours</b>		<b>30</b>

<b>TEACHING TOOLS USED</b>
<p>N1. Learning and practicing the techniques in strict forms.</p> <p>N2. Demonstration by the supervisor (or a student)</p> <p>N3. Exams for degree in the Black Belt ranks.</p> <p>N4. Masters' demonstrations.</p> <p>N5. Educational films.</p> <p>N6. Practicing in pairs.</p>

**EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT**

<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Oral answers, demonstration.
F2	PEK_U01, U02	Test.
F3	PEK_K01, K02	Attendance, participation.
C: F3 x 2 plus average of F1 i F2.		

**PRIMARY AND SECONDARY LITERATURE****PRIMARY LITERATURE:**

- [1] Kobayashi K., Sharp H. E.: *Judo w ujęciu sportowym, w formie ćwiczanej w Japonii*. Warszawa: Wydawnictwo Budo–Sport, 1998. ISBN 83-901658-8-0.
- [2] Matwiejew S., Jagiełło W.: *Judo Trening sportowy*. Warszawa: Wydawnictwo Centralny Ośrodek Sportu, 1997. ISBN 83-86504-27-7.

**SECONDARY LITERATURE:**

- [1] Cochran S.: *Siła szybkość i kondycja w sztukach walki*. Zielonka: Wydawnictwo Inne spaceru – Sembrador, 2011. ISBN 978-83-930794-2-1.

**SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)**

Waldemar Biskup, waldemar.biskup@pwr.edu.pl