

4-1. A STUDY OF FACT-FINDING INVESTIGATION OF JUVENILE JUDO

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The juvenile Judo has been widely practiced as much as the grown-up Judo. Especially the number of Judo lovers among children has recently been on the increase with the flourishing trend of junior sports activities. With this tendency in mind, the following problems have been discussed: how the juvenile Judo should be carried out, how intensive the workout should be, how the manners in Judo should be taught and how the instructing plan of Judo workout should be made for young boys and girls in their developing stage.

The research of juvenile judo should begin with the definition of juvenile Judo itself and include the measurement of the exercise intensity of Judo workout and the establishment of the technical instruction method. The first step of our survey is to grasp the various facts of juvenile Judo and we have made a fact-finding investigation. The range of the subjects was limited to the children from the 1st to 9th graders following the Kodokan system of juvenile Judo department.

I. Method

The investigation was made for two years from 1979 to 1980. In 1979 the investigation was made mainly in Tokyo and in 1980 it was made nation-wide excluding Tokyo. The sheets of questionnaire were sent by mail.

The contents of questionnaires are classified roughly into 5 items.

- (1) concerning the trainees
- (2) concerning the instructors
- (3) concerning the instruction plans
- (4) concerning the contents of instruction
- (5) concerning the facilities

The questionnaires of 1979 survey were sent to the institutions in Tokyo instructing Judo for juveniles (Judo halls, gymnasiums, police stations, junior high schools, etc.). In the 1980 survey the questionnaires were sent to the institutions and groups chosen from the nation-wide Judo hall list and juvenile judoists group list and excluded Tokyo.

Concerning the selecting method of the subjects, junior high schools were purposely omitted in the 1980 survey. Since it was very difficult to grasp the nation-wide situations.

The rate of 1979 was 55.2% (the total dispatch was 270 and total response was 149). In 1980 the total dispatch was 1435 and the total response was 665. 20 responses out of 665 were invalid. The effective response was 645 and the recovery rate was 44.9%. In the totalization of two years response, the total dispatches were 1705 and the total effective responses were 794. The recovery rate was 46.6%.

II. Result and Discussion

- (1) The Trainee

The result of totalization of male and female and classification by school grade (pre-school, elementary school, and junior high school) are shown in Table 1. The total of trainee was 38,708 including 1511 female trainees (3.9%). Estimating from the recovery rate, the total of trainee cross the nation was 83,064. This number is not strictly accurate because some of the responses from junior high schools are included in the case of Tokyo. There are approximately 83,000 Judo trainees excluding school Judo trainees.

As the result of totalization, the percentages of trainees by school grade are 3.0% of pre-school, 75.3% of elementary school, and 21.7% of junior high school. The trainees of elementary school are over three times of junior high school trainees. The following two factors can be considered as the reason of excessively high percentage of elementary school trainees. First, as often seen in the recent participations in the matches and trainings in each area, the Judo trainees have been increased excessively. Second, the main members of juvenile group activities are consisted of elementary school children. Junior high school students practice Judo at Judo club of the school and they are leaving from the private training clubs. Especially the second tendency can be seen not only in Judo but also widely in whole juvenile sports activities. Therefore, the result that the junior high school trainees

Table 1 Number of Trainees

N=38708 (%)

	Pre-schoolers	elementary school children(1~6)	junior high school student	total
male	1053 (92.2)	28000 (96.1)	8144 (96.7)	37197 (96.1)
female	89 (7.8)	1148 (3.9)	274 (3.3)	1511 (3.9)
total	1142 (3.0)	29148 (75.3)	8418 (21.7)	38780 (100)

Table 2 Dan-kyu of Trainees

N=29081 (%)

	2-dan	1-dan	1~3kyu	4~6kyu	total
male	63 (100)	1402 (99.1)	9439 (97.8)	16743 (93.3)	27647 (95.1)
female	0	13 (0.9)	210 (2.2)	1211 (6.7)	1434 (4.9)
total	63 (0.2)	1415 (4.9)	9649 (33.2)	17954 (61.7)	29081 (100)

Table 3 Days of Practice (Instructors).

N=793 (%)

7days	6days	5days	4days	3days	2days	1days
4 (0.5)	41 (5.2)	45 (5.7)	66 (8.3)	295 (37.2)	243 (30.6)	99 (12.5)

Table 4 Days of Practice (Trainees)

N=37741 (%)

	6days	5days	4days	3days	2days	1days
male	1662 (98.4)	1357 (97.6)	2368 (95.7)	12738 (95.8)	12020 (96.5)	6204 (96.5)
female	27 (1.6)	34 (2.7)	107 (4.3)	563 (4.2)	433 (3.5)	228 (3.5)
total	1689 (4.5)	1391 (3.7)	2475 (6.6)	13301 (35.2)	12453 (33.0)	6432 (17.0)

Table 5 Training Hours of a Day

N=786 (%)

~60min.	61~90min.	91~120min.	121~150min.	151min.~
116 (14.8)	273 (34.7)	291 (37.0)	59 (7.5)	47 (6.0)

were less than elementary school derived from the selecting method of subjects, and the absolute Judo trainee population of junior high school is not decreased.

The ratio of female trainees against male trainees is 3.9% in total, 7.8% in preschool, 3.9% in elementary school, and 3.3% in junior high school. The numbers of trainee decreases as the school grade goes up. The ratio of junior high school is not always accurate, for the junior high schools were excluded in the whole country investigation. Female student Judo trainees have been increasing year after year who practice at Judo club of junior high school. It is proved with the increase of female participants in the championship tournaments.

In Table 2, the trainees' dan-classes, divided into nidan, shodan, 1-3 kyu, and 4-6 kyu (including mukyu), are totalized. The total differs from Table 1. The ratio of each class was as follows; nidan (0.2%), shodan (4.9%), 1-3 kyu (33.2%), 4-6 kyu (61.7%). Though the classes under 1 kyu are not standardized nationwide like as the classes over shodan, which approved and registered at Kodokan, the high ratio shows that these classes are occupied mostly by elementary school children.

The workout frequency per week at institutions is shown in Table 3 totalized by the institutions and instructing groups. The highest frequency was 3 times a week (37.2%), and twice a week (30.6%) follows. There are some places to practice only once a week (12.5%). The instructing frequency of 2-3 days a week is the most popular (67.8%). Concerning the content of frequency, the following facts were found; the frequency is high at judo hall, and instead, in the activities practiced at gymnasiums and public hall, there were many cases of once a week workout.

Table 6 Ages of Instructors

N=4900 (%)

20's	30's	40's	50's	60's	70's	total
1300(26.5)	1598(32.6)	1230(25.1)	447 (9.1)	238 (4.9)	87 (1.8)	4900

Table 7 Dan of Instructors

N=4991 (%)

none	1-dan	2-dan	3-dan	4-dan
81 (1.5)	577 (11.6)	934 (18.7)	1129 (22.6)	833 (16.7)
5-dan	6-dan	7-dan	8-dan	total
767 (15.4)	428 (8.6)	144 (2.9)	98 (2.0)	4991

Table 8 Profession of Instructors

N=2778 (%)

civil service	self-employed	office workers	teacher	bone setter	liberal profession
617 (22.2)	737 (26.5)	675 (24.3)	137 (4.9)	155 (5.6)	263 (9.5)
Judo hall owner	organization staff	organization official	student	others	
13 (0.4)	87 (3.1)	25 (0.9)	63 (2.3)	6 (0.3)	

The workout frequency per week of the trainee is shown in Table 4. Three days a week showed the highest frequency (35.2%). Two days a week was 33.0%. Once a week was 17.0%. The workout frequency of the trainees precisely reflects the instructing frequency of the instructors.

The workout hours of a day investigated at each institution is shown in Table 5. The hours were classified into the groups of within 60 min., 61–90 min., 91–120 min., 121–150 min., and over 150 min., and totalized. The most numerous group was 91–120 min. (37.0%), followed by 61–90 min. (34.7%) and within 60 min. The group of over 120 min. (2 hours) was 13.5% in total. The institutions of this group were mostly under the double scheduled workout system, and it was not the case that the same trainee practiced for over two hours continuously. The quality and quantity of workout must be the important subjects. Concerning the workout hours as the subject of quantity, it seems that it has been done within the proper range.

Table 9 Instructing Plan

N=1053 (%)

① annual plan	② monthly plan	③ weekly plan	④ no response
528 (50.1)	331 (31.4)	157 (14.9)	37 (3.6)

Table 10 Instructing Hours

unit:min.

	warming-up	actual workout	adjustment
average	24.9 (no response 14)	62.1 (no response 19)	11.7 (no response 23)

Table 11 Hours of Warming-up

N=785 (%)

1~10min.	11~20min.	21~30min.	31~40min.	41~50min.	51~60min.
106 (13.5)	302 (38.5)	270 (34.5)	67 (8.5)	20 (2.5)	20 (2.5)

Table 12 Hours of Actual Workout

N=772 (%)

11~20min.	21~30min.	31~40min.	41~50min.	51~60min.	61~70min.
10 (1.3)	56 (7.3)	103 (13.3)	122 (15.8)	210 (27.2)	64 (8.3)

71~80min.	81~90min.	91~100min.	101~110min.	111~120min.	121min.~
69 (8.9)	71 (9.2)	32 (4.1)	8 (1.1)	16 (2.1)	11 (1.4)

Table 13 Hours of Adjustment

N=762 (%)

1~10min.	11~20min.	21~30min.	31min.~
521 (68.4)	187 (24.5)	51 (6.7)	3 (0.4)

(2) The Instructors

Concerning the Judo instructors, the investigation was made about the numbers of instructors by age, by dan, and by occupation. The differences of total number in each table come from omission and no-entry. The number of instructors by age is shown in Table 6. The ones in 20's was 26.5%, 30's was 32.6%, 40's was 25.1%, 50's was 9.1%, 60's was 4.9%, and 70's was 1.8%. The ones in 20's and 30's was 59.1% (approximately 60%). The ones in 20's to 40's was 84.2% in total. It underscored that most of the instructors were young.

The number of instructors by dan is shown in Table 7. The percentages revealed as follows; 3-dan was 22.6%, 2-dan was 18.7%, 4-dan was 16.7%, 5-dan was 15.4%, 1-dan was 11.6%, and no dan holders was 1.5%. The ones up to 3-dan was 54.4% in total, and the ones up to 5-dan was 86.5%. The percentages were almost same as the ratio by age (up to age 30 and up to age 40), which also indicated the large number of young instructors.

The totalization of numbers of instructors by their own professions questioned by free-describe system is shown in Table 8. The teachers were totalized separately from civil service, and the police men were included in civil service. Business men, carpenters, plasterers, printing business, electricians, and real estate were included in the self-employed. Gardmen, civil engineering and construction industry, doctors, gardeners, and drivers were included in the liberal profession. As shown in the Table, the majorities of profession of the instructors were self-employed (26.5%), office workers (24.3%), and civil service (22.2%).

Table 14 Instructing Form

N = 790 (%)

classified	not classified
615 (77.8)	175 (22.2)

Table 15 Method of Classification

N = 615 (%)

school grade	age	skill	dan-kyu	physical fitness	others	no response
266 (43.3)	192 (31.2)	45 (7.3)	25 (4.1)	10 (1.6)	50 (8.1)	27 (4.4)

※“others” is the combination of more than two methods.

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|------------------------------------|-----|---|-----|
| 1. physical fitness & skill | (9) | 7. school grade & age | (2) |
| 2. physical fitness & age | (5) | 8. age & dan-kyu | (1) |
| 3. age & skill | (5) | 9. age, skill, & physical fitness | (5) |
| 4. school grade & skill | (4) | 10. school grade, dan-kyu, & tournament | (1) |
| 5. school grade & dan-kyu | (4) | 11. vitality | (1) |
| 6. school grade & physical fitness | (2) | 12. dan-kyu & body weight | (1) |

(3) Instructing Plan

The device and enforcement of instructing plan is shown in Table 9. The ones with a program for the year was 50.1% of all. The ones with a program for the month was 31.4%, and the ones with a program for the week was 14.9%. Approximately the half of the institutions and groups enforce instructions with a program for the year. The total response of this item was 1053 and it exceeded the effective response of the investigation (794). This was because of the duplication of responses. The distribution of instructing hours is shown in Table 10. The content of workout was divided into exercise for warming-up, physical training, actual workout, and exercise for adjustment, and found out how many hours were apportioned to each exercise. The total average hours are shown in the Table. The average hours for exercise for preparation and physical training were 24.9 min. (25.2%). The average hours for actual workout were 62.1 min. (62.9%). The average hours for exercise for adjustment were 11.7 min. (11.9%).

The distribution of hours for the content of workout by each institution is shown in Tables 11–13 totalized every 10 min. The hours for exercise of preparation and physical training is shown in Table 11. The average was 24.9 min. The hours between 11–20 min. was 38.5% and 21–30 min. was 34.5%. It indicated that it was mostly within 30 min (86.5%).

The distribution of the actual hours of workout is shown in Table 12. The average was 62.1 min. The hours between 51–60 min. was 27.2%, which was the maximum, and between 41–50 min. was 15.8%. The total of over 90 min. was 8.7%. This result came from the double workout schedule (the trainees were replaced).

Table 16 Instructing Oreler of Waza

	1	2	3	4
Tewaza	Seoinage (584)	Taiotoshi (324)	Taiotoshi (45)	Kataguruma (25)
Koshiwaza	Haraigoshi (237)	Haraigoshi (209)	Tsurikomigoshi (116)	Tsurikomigoshi (28)
Ashiwaza	Ostogari (199)	Ouchigari (169)	Kouchigari (138)	Ouchigari (92)
Katamewaza	Kesagatame (625)	Kamishihogatame (254)	Yokoshihogatame (249)	Katagatame (94)

Table 17 Instructing Frequency of Waza

	1	2	3	4	5
Tewaza	Seoinage (704)	Taiotoshi (461)	Ippon-Seoinage (126)	Kataguruma (75)	Ukiotoshi (70)
Koshiwaza	Haraigoshi (546)	Ohgoshi (352)	Tsurikomigoshi (331)	Ukigoshi (215)	Hanegoshi (143)
Ashiwaza	Ostogari (498)	Ohuchigari (452)	Kouchigari (345)	Okuriashiharai (266)	Sasae-tsurikomishashi (247)
Katamewaza	Kesagatame (702)	Kamishihogatame (572)	Yokoshihogatame (556)	Katagatame (251)	Tateshihogatame (147)

	6	7	8	9	10
Tewaza	Sukuinage (9)	Morotegari (8)	Seiotoshi (3)	Sumiotoshi (2)	Hikiotoshi (1)
Koshiwaza	Utsurigoshi (28)	Koshiguruma (17)	Tsurigoshi (5)	Koshinage (3)	Ushirogoshi (2)
Ashiwaza	Uchimata (213)	Deashiharai (195)	Hizaguruma (178)	Ashiharai (90)	Kosotogari (42)
Katamewaza	Jujigatame (10)	Udegarami (1)			

Table 18 Instruction of Form

N=903 (%)

① instructing by hour assignment	254 (28.1)
② instructing kata in relation to practical skill	359 (39.8)
③ no special instruction of kata	277 (30.7)
no response	13 (1.4)

The hours of exercise for adjustment is shown in Table 13. The average was 11.7 min. The hours between 1-10 min. was 68.4%. It indicated that most institutions practice exercise for adjustment for not more than 10 min.

Concerning instructing form, a question was made whether they have classification of instruction, which is shown in Table 14. The institutions instructing by classification was 77.8%, which was almost 80% of all. The necessity of classification should be differed from the size of the institution. For juvenile Judo the necessity of classification is very high because of large change and difference on the stages of development.

The result of responses concerning the method of classification is shown in Table 15. Classification by school grade was 43.3% and by age was 31.2%. The classification by skill and *dan* was very little. It indicated that the method of classification was mostly made based on the physical development more than the skill of Judo.

(4) Contents of Instruction

In the instruction of *waza*, the order of instruction is important. The responses of the instructing order of *tewaza*, *koshiwaza*, *ashiwaza*, and *katamewaza* are shown in Table 16. The order is read by the numbers from 1 to 4. The *wazas* instructed frequently at first were *seoinage*, *haraigoshi*, *osotogari*, *kesagatame*. As seen in the Table, there was no standardized pattern of instructing order.

At the totalization of 1979 in Tokyo area, the order of instruction was simply entered in numerical order, however, the ordination of *waza* was multifarious. At the totalization of 1980, as shown in the Table, the method of entry of instructing order was devised to be made by each *waza* (*tewaza*, *koshiwaza*, *ashiwaza*, *katamewaza*). Nevertheless, there was no regular pattern of instructing order seen.

Table 19 Judo Hall

N = 795 (%)

exclusive use	combined use	no response
556 (69.9)	233 (29.3)	6 (0.8)

Table 20 Spring

N = 794 (%)

equipped	not equipped	no response
313 (39.4)	413 (52.0)	68 (8.6)

Table 21 Size of Judo Hall

N = 778 (%)

1~10mats	11~20mats	21~30mats	31~40mats	41~50mats	51~60mats	61~70mats
0	17 (2.2)	99 (12.7)	113 (14.5)	134 (17.2)	83 (10.7)	61 (7.8)

71~80mats	81~90mats	91~100mats	101~150mats	151~200mats	200mats~
73 (9.4)	28 (3.6)	60 (7.7)	69 (8.9)	25 (3.2)	16 (2.1)

Table 22 Locker Room

N = 777 (%)

equipped	not equipped	no response
426 (54.8)	335 (43.1)	16 (2.1)

Table 23 Shower

N = 794 (%)

equipped	not equipped	no response
395 (49.7)	379 (47.7)	20 (2.6)

Then a totalization was made in the order of high frequency of instruction, which is shown in Table 17, in the numerical order (1–10).

In *tewaza*, *seoinage*, *taiotoshi*, and *ipponseoinage* revealed from first to third. In *koshiwaza*, *harai-goshi*, *ohgoshi*, and *tsurikomigoshi*, in *ashiwaza*, *ohsotogari*, *ohuchigari*, and *kouchigari*, and in *katame-waza*, *kesagatame*, *kamishihogatame*, and *yokoshihogatame* were recognized from first to third in each group. From this result it was revealed that these instructing orders were not always considered the degrees of difficulty and safety. For instance, *seoinage* which was No. 1 of *tewaza* is often used at games and workout. It is favored by comparatively small physique holders in order to throw the opponent larger in physique. This *waza* belongs the group of *ohwaza*, and it holds a danger to smash opponent's face or head on *tatami* when he was unable to support the opponent's weight on his back with the feet because of weak muscle strength, and fell forward together with the opponent. Therefore, this *waza* is required a lot of precaution at instruction. Also concerning *haraigoshi* which was No. 1 of *koshiwaza*, it is a difficult *waza* for the ones with weak foot strength, for in this *waza* he has to support both weight (his own and the opponent's) on one foot and to use the other foot to throw the opponent.

For the reference, according to "Gokyo-no-waza" (The Five Instructions of Waza) describing the instructing order of *nagewaza* instituted by Kodokan, *seoinage* comes in the 8th order to be instructed in the First Instruction (*deashi-barai*, *hizaguruma*, *sasae-tsurikomiashi*, *ukigoshi*, *ohsotogari*, *ohgoshi*, *ohuchigari*, *seoinage*) and in the instruction of *tewaza* it comes first. However, it should be noted that *seoinage* should be instructed after having practiced the 7 *wazas*. *Haraigoshi* is positioned in the 7th of the Second Instruction (*kosotogari*, *kouchigari*, *koshiguruma*, *tsurikomigoshi*, *okuri-ashi-harai*, *taiotoshi*, *haraigoshi*, *uchimata*), indicating as the *waza* to be practiced after the accumulation of great deal of workout. Concerning *ohsotogari*, it comes the 5th order of the First Instruction, and it is positioned at the 4th in *ashi-waza*.

The response of instruction of *kata* (form) is shown in Table 18. The institutions instructing *kata* by time period was 28.1%. The ones instructing together with practical training was 39.8%. 67.9% in total was instructing *kata* and the figure exceeded over the 30.7% of the ones not instructing *kata* specially.

(5) Facilities

The response whether the institution was exclusive use or combined use is shown in Table 19. The exclusive use was 69.9% and the combined use was 29.3%. About 70% of total was the exclusive use.

The response concerning the existence of a buffer spring is shown in Table 20. The 39.4% was with buffer spring and the 52.0% was without buffer spring. Including 8.6% of no response into the group with the spring, the institutions with the spring was about 40% and about 60% was without the spring. These percentages include the both types of institution (exclusive use and combined use). Among the institutions of exclusive use, the ones with the spring was 56.3%.

Concerning the size of institution, the response was made by the number of *tatami* to be shown in Table 21. It was totalized every 10 mats, and the ones over 100 mats were totalized every 50 mats. The sizes were various because the subjects were various from privately owned institutions to the groups and classes using gymnasiums and police stations. Setting a standard at every 50 mats, the ones under 50 mats was 46.6%, 51–100 mats was 39.2%, and over 100 mats was 14.2%. Concerning the size of institution it should be determined by the number of mats and the number of people who practice at same time. It can be figured out how many mats were used per person comparison with the number of trainees at each institution from (1) Trainees and the number of mats. However, since this survey was the basic investigation of actual condition, and also the subjects were the various types of institutions with various sizes and different purposes, the cross totalization with the number of mats was not made. The affiliated facilities of Judo hall are shown in Table 22 and 23. The 54.8%

4. Contents of Instruction
 - (1) Instruction Order of *waza*
from 1 to 20
 - (2) Instruction Order of *kata* (form)
 - (a) instructing by hour assignment
 - (b) instructing *kata* in relation to practical skill
 - (c) no special instruction of *kata*
5. Facilities
 - (1) Is your Judo hall an exclusive use or a combined use?
 - (2) If exclusive, is your Judo hall equipped spring?
 - (3) How many mats does your Judo hall have?
 - (4) Do you have a locker room?
 - (5) Do you have shower facilities?