

## 10 Judo

The origins of Judo lie in Japanese contemplation of nature. When snow falls heavily on the cherry trees, the stiff branches break and die, and the supple ones bend and straighten!

Judo cultivates this bodily art of flexibility, involving every muscle and limb in the body. By learning the principles of flexible falls, men and women are no longer afraid of breaking when they fall! These sporty falls game involves at least one dueling partner, either fighting or accompanying, depending on the moment.

The competitive spirit and honor codes of samurai warriors complement the rules of opposition between judokas.

The picture shows two players, opponents-partners. At the bottom of the page, the ground line marks the thickness of the "Tatami", the dense foam mat that provides the surface for confrontation and helps cushion falls.

In the left-hand corner, you can see the foot and right malleolus of the first judoka. In the center of the picture, you'll find the left foot and malleolus. The legs are spread to increase the body's stability.

The body is clad in a thick cotton "judogi". The zubon (pants) are close to a kilo, and the uwagi (jacket) twice that.

The neckline, lapels and seams are reinforced because, along with the sleeves, they are "handhold" supports, for grabbing the partner-adversary and trying to throw him off balance.

The judokas are depicted in a fighting posture. One makes the other fall, after having succeeded, with suppleness, in projecting him into the air.

The standing man's right arm is clasped to the left sleeve of his opponent, the falling man. The latter's hand is clasped to the back of the vertical player's neck. The body is facing us, the head in profile, oriented in line with his arm. This left arm, straight and stiff, is extended by the hand, itself clinging to the collar and sleeve of the opponent's right arm.

From the front, this second man is horizontal, in a fall-absorbing position.

His right arm, hand open, is about to "slap the carpet", i.e. hit the ground hard to cushion his fall, compensate for the resonance of the direct impact and prepare to roll his shoulders and back. Her head, retracted, looks straight at us. It is discernible in the slight background, perpendicular to the vertical player's hand.

His body is horizontal, his right leg parallel to the tatami.

His left leg is still vertical, slightly bent at the knee. He's in the middle of a fall.

His belt is tied at the navel.

The duration of a fight is normally four minutes. To stop the fight, the convention of two consecutive taps is sufficient between opponents. Referees and stewards adapt the rules to changing circumstances.

Judo was introduced at the 1964 Olympic Games.

Since 1992, fourteen Olympic titles have been awarded, with full parity (seven women, seven men). Mixed matches are also possible. Categories are defined by weight. In 2024,

in Paris, the competitions will take place in the ephemeral former Grand Palais, temporarily redeveloped as the "Champs de Mars Arena".