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**Sanjeev S Patil**  
Research Scholar & Physical  
Education Teacher, Dravidian  
University, Kuppam, Andhra  
Pradesh, India.

**Dr. AM Manjunatha**  
Director of Physical Education,  
Department of Physical Education,  
Tumkur University, Karnataka,  
India.

**Dr. Kumara Swamy**  
Physical Education Director,  
Don Bosco Institute of  
Technology, Bangalore, India.

**Correspondence**  
**Dr. Kumara Swamy**  
Physical Education Director  
Don Bosco Institute of Technology  
Mysore Road, Kumabagodu  
Bangalore - 560 074  
Karnataka.

## Women's Judo in women's higher education and prevention and management of injuries in Judo

**Sanjeev S Patil, Dr. AM Manjunatha, Dr. Kumara Swamy**

### Abstract

A women is the mother of civilization. Indian culture attaches much importance of this selection, therefore India has been symbolized as mother India keeping in view the exemplary qualities of women. But in civilized society uncivilized behavior were shown on her. Like Sexual exploitation:-ranging from inappropriate media coverage to intrusive sexualized touching. Academic exploitation:-parents made them choose their academic interests, Social exploitation:-forfeit their social lives and vacations for there rigid society, Physical exploitation:-Physical harassment is a common threat to their well-being, Psychological exploitation:-There rigid society and culture often reverted to both condescending, intimidating or coddling behaviors and goals. Under-representation in most of fields:-men believe either lacked qualifications or commitment, or were burdened with family responsibilities and women report unconscious discrimination on the part of males contributed to the underrepresentation. In this paper an attempt has been made to provide a solution for her problems in the society. Introducing JUDO self-defense game during her education life and this paper put's light on some fact's of women judo in early days of western countries and in Japan a history of judo, three principles of judo, techniques of judo, qualities of judoka, judo injuries reports of international judo federation, prevention and management of injuries Knowledge about the Reason for injuries, How can I avoid a sports injury? Principles of first aid, early intervention, assessing injuries, P.R.I.C.E.D. regime for soft tissue injury (sprains and strains), When to get help fast? What if RICE therapy is not sufficient? And Getting Back to Training. In conclusion this paper creates awareness and knowledge of above mentioned topic and recommends judo practice with full awareness of prevention and management of injuries and ideas like what higher education can offer to women in sports, what women judo can do in women higher education. Judo practice can provide appropriate qualifications and research, which effectively places as central, women's interests and concerns, will help to change the culture of sport, society. Judo practice can assist in complementary ways the excellence in sport through effective health education ensure that students learn to respect their own bodies and those of others & to understand the consequences of different lifestyles, helping them to lead an active lifestyle and The few female judokas who have highly developed levels of athletic competence will be successful in this arena.

**Keywords:** Judo, judoka, Gentleness, Prevention, management

### Introduction

Women is equal to god, god created her in this world to full fill his absence she is a nature gives birth to child, she is a sister who fills courage and strength, she is a wife gives immortal happiness for husband, she acts has a sister in law at our old age and as a daughter she performance hard work for the Laurence of parents, brothers, sisters, society, community and for the nation. Still she is in trouble day by day she is facing Sexual exploitation:- ranging from inappropriate media coverage to intrusive sexualized touching. Academic exploitation:- parents made them choose their academic interests, Social exploitation:-forfeit their social lives and vacations for their rigid society, Physical exploitation:-Physical harassment is a common threat to their well-being, Psychological exploitation:- There rigid society and culture often reverted to both condescending, intimidating or coddling behaviors and goals. Under-representation in most of fields:- men believe either lacked qualifications or commitment, or were burdened with family responsibilities and women report unconscious discrimination on the part of males contributed to the underrepresentation in our society. Self-defense has an important role in women's judo. The experience of hard body contact that a female judoka receives is one of the most valuable lesson for which women can benefit in a truly practical

approach of self- defense. Hence for her Law is becoming a long term solution but JUDO (JU JITSU) a combative Olympic game is a fast and immediate solution with proper scientific regular training, prevention and management of injuries(physical injuries).

### **Women in judo**

The role of women is very clear in both amateur and professional sports. With few expectations women compete separately from men and maintain their own level of achievements of their male counterparts. The times are indeed slower than those of men jump record are different then men but equal training methods were applied whatever in it all this easily recognize in those areas of sports where women have competed side by side with men. The combat sports however, have always presented a difficulty, starting because of concern dignity of women it is western society which admitted women have a part to play in fighting arts. It has always been acceptable for men to battle each other in boxing ring, but it is considered undignified for women.

In fact judo has been responsible for leading a major revolution in the way society sees women and the combat sports, There is wry irony in this, because judo evolved in a society where women were traditionally according an extremely submissive role- at least in the public view. Even in the latter half of the twentieth century, Japan remains the leading industrial nation with the least awareness and acceptance of equal rights for women after many hurdles it was the west that developed national and international competition for women, and forced Japan to reconsider its view of women judo.

### **History of judo**

Judo is also known as ju-jitsu (practice gentleness) Ju means gentleness and Do means principle came in to existence with great effort of Dr. Jigoro Kano in 1882 in JAPAN at Tokyo. Jigoro Kano designed not only for self defence but also as an education to develop the personality. In 1964JUDO officially recognized and introduced in Tokyo Olympic game. One of the important thing is a rigid Japanese society also excepted women participation in this game. In 1984 at Los Angeles Olympic game women's were given importance in Olympics. At present closer by 200 nations are practicing JUDO.

In India with the great efforts of Rabindranath Tagor judo was first introduced at Shantiniketan School in Bengal.

### **Principles**

1. Maximum-efficiency with minimum effort
2. Mutual welfare and benefit
3. Gentleness or giving way

### **Techniques of judo**

Art of Throwing in standing position (by hand, by hip, by leg)  
Art of Throwing in lying position (by lying on the ground)  
Art of grappling (holding, strangling and twisting the joint)  
Katas (A prearranged form of techniques for grading) and  
Art of attacking vital point in body (self defence techniques).

### **Qualities judoka and method of competition**

Judo is an Olympic sport practiced all over the world. Some studies reported that judo athletes present highly developed strength, anaerobic power and capacity, aerobic power, flexibility and low levels of body fat. A more detailed comparison between elite and non-elite judo competitors revealed that high level judo athletes present more developed

upper body muscle mass, higher upper body anaerobic power and capacity, and higher ability to perform high-intensity intermittent specific judo activities. With gentleness right attitude and mutual cooperation. In all official competitions, judo athletes are paired with opponents of similar body weight through weight classes. The aim of such division is to ensure fairness and promote even handed combats in terms of strength, leverage and agility.

### **Equipment**

Dojo hall with 16x16mts single mats arena with 40 density and Judogi.

### **Preventing and Managing Injuries**

Judo is a full-contact combat sport and players must realize that to participate carries the risk of injury. To put things into perspective however, the frequency and severity of judo injuries is not as common as in other similar body contact sports, such as football.

Suffering an injury when playing sport carries a number of consequences. There is the obvious immediate pain and discomfort, inconvenience through loss of mobility, inability to attend studies or work, medical expenses, loss of wages, etc. Prevention and management of injuries should therefore be of interest to all judoka.

### **Knowledge about the Reason for injuries**

- Poor physical fitness.
- Poor psychological preparation.
- Inadequate warm up.
- Use of substandard equipment and sports wears.
- Adopting fault skills.
- Lack of knowledge of rules of the game.
- Poor maintenance of dojo (hall).
- Absence of qualified coach/teacher.
- Arrogant behavior of a player.
- Adverse climatic condition.
- Avoiding the sports guards.
- Absence of scientific back ground regarding sex and age during teaching, training.

### **How can I avoid a sports injury?**

Follow the key steps to preventing a sporting injury.

### **Warm Up**

The warm-up is the most important and significant way to reduce the likelihood of injury when participating in sports. A sufficient warm-up session should last at least 5-10 minutes. It is vital to start the warm-up slowly, and build up gradually to a more brisk and energetic pace.

### **Use the correct protective equipment**

For some sports, protective equipment is important to prevent damage to participants.

### **Technique**

Many sports involve a particular technique which can minimise the risk of injury.

### **Do not over-reach yourself**

It is extremely important, when taking part in physical activities, to listen to your body and know your physical limits.

### **Remain hydrated**

Water is vital to keep the body going, and this is especially true when you are active and exercising. If you are exercising in heat or in sunny weather, it is especially important to keep your body hydrated as dehydration can significantly reduce mental and physical fitness.

### **Cool down**

Just as it is important to warm-up properly, it is also essential that you cool down sufficiently after physical activity. After your work out, spend at least 5-10 minutes. At this stage you may also do some gentle stretching exercises to lengthen the muscles which you have been using during physical activity.

### **Principles of first aid**

Coach, teacher, student and related sports family members has to be familiar with principles of first aid while attending injured judoka.

### **Early intervention**

Surgery for serious bone or ligament damage or, following the P.R.I.C.E.D. regime for soft tissue injury (sprains and strains).

### **Assessing the injury**

It is important to recognize the early signs of an acute injury and what they mean. Any of the following will indicate how serious an injury is:

### **Pain**

A serious injury is nearly always painful (beware of total ligament rupture, which may not be as painful as a partial ligament injury).

### **Swelling**

For example, rapid swelling in a knee joint within one to two hours of the injury indicates a serious injury. It requires urgent attention.

### **Inflammation**

Due to associated bleeding, local heat and redness often accompany serious injury.

### **Loss of function**

Sustained loss of function often indicates a serious injury.

### **Soft tissue injury**

Soft tissue injury is the most common of all sporting injuries. By following the *PRICED* regime, the correct early treatment can be started at the scene of injury.

The *PRICED* regime is most effective in the first 24 to 72 hours after injury.

### **Prevent**

Prevent further injury. This may mean stopping the game, and/or removing the player from the field (eg. A concussed player).

### **Rest**

Stop using the injured part, or you could risk further damage.

### **Ice**

Apply ice locally until the skin is numb, or for about 20 minutes. Reapply when the skin is back to its normal temperature. Use a barrier between ice and skin (eg. wet tea towel - not plastic). Ice reduces pain, bleeding, swelling and muscle spasm.

### **Compression**

Compress with a wide elasticated bandage, wrapped about 10cm above and below the site of injury. This reduces swelling.

### **Elevation**

Raise the injured body part above heart level. This helps the drainage of fluid from damaged tissues.

### **Diagnosis**

If the injury does not settle quickly, seek professional help.

### **When to get help fast**

Seek urgent medical attention in any of the following situations:

- Head injury - where there is loss of consciousness or persistent headache.
- Breathing problems.
- Neck pain.
- Abdominal pain.
- Blood in urine.
- Fractured or suspected fractured bone.
- Serious joint or ligament injury.
- Joint dislocation.
- Eye injury.
- Deep wounds and/or persistent bleeding.
- Injuries associated with severe pain.
- Any injury where there is doubt.

### **What if RICE therapy is not sufficient?**

Although RICE therapy is widely used for many sports injuries, it may not be sufficient for more serious injuries. Some additional treatment may be required, and examples of these are given below.

- **Pain relief (analgesics):** The most common kinds of painkillers are paracetamol and ibuprofen. These can be used in conjunction, as ibuprofen is an anti-inflammatory and can help to reduce swelling, while paracetamol eases pain. It should be noted that ibuprofen is not recommended for use by those with a history of asthma, kidney or liver disease.
- **Immobilisation:** By reducing the movement of the injured limb or area, we allow the injury to heal and prevent further injury.
- **Cortisone Injections:** If inflammation is severe it may be necessary to have cortisone injections in the injured area. A cortisone injection uses steroids to reduce swelling and relieve the painful symptoms associated with muscle and ligament injuries.
- **Surgery:** Surgery is sometimes required for severe injuries, to repair torn tissue or pin/repair broken bones, though most injuries can be resolved without the need for surgery.

### **Getting Back to Training**

There are many ways of returning progressively to training, depending on your injury and degree of incapacitation:

- Just doing the warm-up and stretching routine.
- Specific remedial exercise programs.
- Solo body movement exercises.
- Light uchikomi, either with a partner, or using the rubber tube.
- Working on technique improvement.
- Developing techniques that do not stress the injured part.

- Only doing groundwork.
- Training on the crash mat.
- Avoiding the randori session.
- Light randori with partners you trust.

An important part of rehabilitation after injury is to restore confidence. This is particularly the case if you have been away for a long time, and if surgery has been involved. The body may be OK, but the mind is still suffering. With your coach's supervision and advice you can progressively work on restoring self-belief.

### **What not to do**

#### **Do not HARM**

**Heat:** No hot baths, saunas or spa. No liniments or heat rubs.

**Alcohol:** No alcohol within the first 24 hours.

**Running:** Avoid exercise of the injured part.

**Massage:** No massages.

Any of these activities could promote further bleeding and swelling in the injured part and dramatically delay recovery.

### **Conclusion**

Although more research will be needed. However, sport-specific characteristics and the level of competition need to be taken into account as well before more definitive conclusions may be drawn. scientific knowledge regarding judo injuries, prevention and management of injuries will make JUDO game as a perfect solution for women's Social, physiologically, physically, psychologically problems. So making it as an regular activity in higher women's education, we can strengthen our women states, safety, health and life style. JUDO is not only a local activity but also a complete Olympic game since 1964. Laurence will be ours if we see women participation in judo.

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