

DISCIPLINE SPECIFIC ELECTIVE (DSE-2B)

SEMESTER VI

BES-E603

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

JUDO

UNIT-I

Origin, historical perspectives

Development of Judo in India

Development of Judo at International level.

Modern trends of Judo at National and International level.

UNIT-II

Structure and function of Judo Federation of India (JFI).

International Judo Federation (IJF).

Fundamentals of Judo

UNIT-III

Rules and regulations

Latest changes

Developments in rules and Regulations

Techniques of officiating.

Technical preparation and grading system.

UNIT-IV

Competition area.

Equipments.

Qualifications, qualities and responsibilities of a coach.

Qualifications and responsibilities of technical officials, judges.

Warming-up, cooling-down

Basic skills.

SUGGESTED READINGS

Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.

Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.

Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.

Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.

Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA