



PRACTICING JUDO SAFELY RECOMMENDED GUIDELINES

By Francis Drouin

August 1998
(Revised June 2001)

©All rights reserved
Francis Drouin, 1998, 2000, 2001

Thanks

We would like to extend our thanks to those who helped in the preparation of this guide (1998) - Serge Mainville, President of the Technical Committee of Judo Canada; John Boulay, the designated therapist of Judo Canada and Claude Lesage, a lawyer and member of the Judo Québec board of directors.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 2/37

Table of Contents

INTRODUCTION.....	5
SPECIFICITY OF JUDO	6
GENERAL.....	6
AFFILIATION WITH A RECOGNIZED ASSOCIATION/FEDERATION.....	6
TELEPHONE AND EMERGENCY NUMBERS	6
FIRST AID KIT	7
EMERGENCY ACTION PLAN (EAP)	7
PATHOLOGIES AND OTHER CHRONIC ILLNESSES	7
HYGIENE.....	8
DRUGS, ALCOHOLIC BEVERAGES AND OTHER INTOXICANTS	8
SKIN DISORDERS.....	8
QUALIFICATIONS OF JUDO INSTRUCTORS	9
TECHNICAL DIRECTOR/CHIEF INSTRUCTOR.....	9
ASSISTANTS.....	9
COMPETITION COACHES	10
GENERAL SAFETY STANDARDS.....	10
PARTNERS.....	10
WEIGHT LOSS	12
TECHNIQUES.....	12
SAFETY STANDARDS FOR SURFACES.....	13
GENERAL.....	13
DURING REGULAR TRAINING SESSIONS	13
AT TRAINING CAMPS	15
AT COMPETITIONS	15
ENVIRONMENT SAFETY STANDARDS.....	16
GENERAL REQUIREMENTS FOR DOJO AND SHIAI-JO.....	16
LOCKER ROOMS	16
WEIGHT ROOMS	16
OTHER SAFETY STANDARDS FOR REGULAR TRAINING SESSIONS	17
TEACHING EQUIPMENT.....	17
PARTICIPANT BEHAVIOUR.....	17
OTHER TRAINING CAMP SAFETY STANDARDS.....	18
EQUIPMENT	18
PARTICIPANT BEHAVIOUR.....	18
AMBULANCE SERVICE	18
OTHER SAFETY STANDARDS FOR COMPETITONS	19
ATHLETE PARTICIPATION.....	19
PARTICIPANT BEHAVIOUR.....	19
QUALIFICATIONS OF MAJOR OFFICIALS (REFEREES)	19
QUALIFICATIONS OF MINOR OFFICIALS	19
SPECTATOR BEHAVIOUR	20
AMBULANCE SERVICE	20

REDUCING ACCIDENTS AT JUDO COMPETITIONS	21
QUALIFIED COACH	21
APPROPRIATE REFEREEING	21
APPROPRIATE EQUIPMENT	21
PROPER ENVIRONMENT	22
ADEQUATE SUPERVISION	22
APPROPRIATE PHYSICAL CONDITIONING	22
WARMING UP AND WINDING DOWN	23
TECHNICAL MASTERY	24
<i>Falls</i>	24
<i>Throws</i>	24
<i>Holds</i>	24
<i>Choke holds</i>	24
<i>Armlocks</i>	25
QUALIFICATIONS OF MEDICAL STAFF	26
CERTIFICATION	26
DURING REGULAR TRAINING	26
AT A TRAINING CAMP	26
DURING A COMPETITION	26
SUMMARY OF RECOMMENDED QUALIFICATIONS	27
AUTHORITY	27
TYPES OF INJURIES AND HEALTH PROBLEMS	28
I. CHOKER HOLD	28
II. ARMLOCKS	28
III. TRAUMAS	29
IV. CONCUSSION	29
V. WEAR AND TEAR AND STRESS	29
VI. MEDICAL PROBLEMS	29
BIBLIOGRAPHY	30
APPENDICES	32
CODE OF CONDUCT	32
REGISTRATION FORM	33
MEDICAL RECORD	35
INJURY REPORT	36
USEFUL ADDRESSES	37

Introduction

The following recommendations were born of a few unfortunate events which took place in the world of Canadian judo. In our opinion, the judo community can establish procedures and standards aimed at reducing the risks of accidents and further enhance its development.

If the number of injuries or incidents is too high, it could have an adverse impact on the popularity of judo. Here are some of the more less desirable repercussions:

In training

- Increased drop-out rate
- Less motivated athletes
- The coach loses the confidence of the parents and participants
- Course disruption, which has a harmful effect on other participants.
- A perception of fear that involvement in judo is dangerous

In competitions

- Poor image of our sport conveyed to spectators
- Adverse effect on the credibility of organizers
- Adverse effect on the recruitment of sponsors
- Diminished popularity of the sport

This guide is in no way intended to serve as a policy or a regulation. Judo Canada nonetheless hopes that its provincial associations, clubs and coaches will derive some inspiration from it to make our sport safer and more appealing.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 5/37

SPECIFICITY OF JUDO

Judo is a fighting sport whose origins go back to the Orient. No weapons are used and both fighters are dressed in three-piece uniforms - a coat is held in place with a belt corresponding to the rank of the judoka and pants - all of which are made of stiff cotton.

Judo has risks associated with all forms of fighting sports. Moreover, some judo techniques could represent additional risk if improperly executed or performed in the wrong environment. Some of these techniques include throws, armlocks and chokeholds.

Judo is normally practiced on padded mats specially designed for the sport. These mats, which are called tatami, considerably reduce the risk of trauma associated with falls sustained in judo practices.

Judo, an Olympic sport, does result in a wide and unique variety of injuries. Adequate medical supervision is required during activities where the risk is higher such as at high-level training sessions (regional, provincial, national and international) and competitions.

Judo is a relatively safe sport when compared with other martial arts, football or ice hockey.

GENERAL

Affiliation with a recognized association/federation

Everyone taking part in judo activities should be a member in good standing of a provincial association and Judo Canada (when required). Canadian non-residents should belong to a national federation recognized by the International Judo Federation to be eligible to participate in Judo Canada activities.

Telephone and emergency numbers

A telephone should be accessible and close to where the activity is being held. If not, a sign should be put up in a clearly visible area at the location. The following emergency numbers should be posted or readily accessible, especially in areas where there is no 911 service:

Ambulance
Police
Poison Information Centre

Hospital
Fire Department

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 6/37

First aid kit

A first aid kit should be accessible at all times and contain the following items:

- Adhesive bandages, 2 rolls
- Rubbing alcohol, 50 ml
- Rubbing ointment, 1 tube
- Band-Aid 1 X 3", 4 doz.
- Cotton swabs, 20
- Bags of chemical ice, 2
- Nail clippers, 1
- Elastic bandages, 2 rolls
- Triangular bandages, 3
- Vaseline, 50 ml
- Gauze pads, 10 cm X 10 cm, 12
- Disinfectant (such as provodine), 125 ml
- Bandage scissors, 1 pair
- Towels, 2
- Sanitary napkins, 6
- Tweezers, 1
- Plastic bags, 4
- Pocket mask (Laerdal type)
- Accident report record

Emergency Action Plan (EAP)

An emergency action plan (EAP) is a must for serious injuries. The prime objective of an EAP is to ensure that an injured athlete is entrusted to medical professionals as quickly as possible without aggravating the situation. We define serious injuries as heavy bleeding, respiratory arrest, extended loss of consciousness and head injuries, cardiac arrest, body temperature problems and possible lesions in the neck, rib and back areas.

The EAP should include a list of emergency numbers, identify a person responsible for applying the EAP and a person to assist him/her (a person on call). The EAP should include emergency scenarios which take into account the various situations which can be encountered. EAP simulation exercises should be performed early in the season and a few times throughout the season.

Pathologies and other chronic illnesses

Coaches should be informed of any pathologies or chronic illnesses which can endanger the health or lives of participants. Ideally, participants should complete a medical record before being cleared to take part in judo. This summary record should be updated when necessary and at the beginning of each season. It is desirable that participants with risk factors receive a medical fitness certificate

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 7/37

before being cleared to take part in judo activities. When in doubt, coaches should check with a doctor.

Hygiene

Participants should have short fingernails and toenails. Long hair should be tied back so that it does not interfere. Wounds should be covered properly to protect against infections but also to eliminate contact with blood and other body fluids.

The judogi should be clean at all times. No unpleasant odors are to be present, and any blood or other stains should be cleaned up. To keep feet clean, it is strongly recommended that participants wear zoori (judo sandals) or something similar when not on the mats.

Drugs, alcoholic beverages and other intoxicants

No one should be authorized to participate if under the influence of any such substance.

Skin disorders

Persons with contagious skin diseases should not take part in any training or competition activities.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 8/37

QUALIFICATIONS OF JUDO INSTRUCTORS

Technical Director/Chief Instructor

Qualifications

The technical director should first have a passion for judo and a desire to promote the sport. He should also have the minimum of teaching skills and in dealings with all age groups. Ideally, the technical director is versatile in a wide range of fields relating to the practice of judo, competition, refereeing and the Kata.

Judo Canada should recommends that a technical director be a black belt recognized by Judo Canada for at least one year and holder of full level II NCCP (National Coaching Certification Program) 3M.

Such recognition should make the technical director aware of his responsibilities and duties, while at the same time promoting the development of intervention skills in a teaching environment and provide minimum skills in fields such as first aid, safety, training planning, sportsmanship, to name a few.

Responsibilities

The chief instructor is the only person responsible for his dojo. He/she should ensure that each group is under the supervision of competent personnel at all times and that no groups/participants are left on their own. Instructors should understand that supervision is the first line of defense against accidents.

Assistants

Qualifications

They should be selected based on their skills and the needs of the clubs. Their role should be to support the technical director by helping him with his classes or by supervising initiation and beginner courses to teach the basics of judo. They should have a level I NCCP 3M certification.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 9/37

Responsibilities

Assistants should check out the training surface before each session begins. If they observe something amiss which could represent a risk to the safety of participants, they should take the necessary corrective measures or at the very least monitor this potential hazard. Any irregularity that cannot be corrected should be reported to the chief instructor.

Competition coaches

Qualification

They are selected based on their skills and experience in competitions. They are to supervise athletes participating in a tournament. They should master the refereeing regulations, other regulations, competition procedures and the sportsmanship code. They should have a 3M NCCP certificate at the same level of the competition they are participating in.

Competition Level	Minimum Level NCCP 3M	Member of the CPCA Canadian Professional Coaches Association
Regional	Level 1	No
Provincial/interprovincial	Level 2	No
National/international	Level 3	Yes
World and Olympics	Level 4	Yes

GENERAL SAFETY STANDARDS

Partners

Partners should be of similar height and weight, even though participants/competitors of different heights and size can practice together, may not be advisable for beginners.

Practicing Judo Safely - Recommended Guidelines

Table of age groups and recommended weights

AGES	MALE CATEGORIES	FEMALE CATEGORIES	COMMENTS
7 years and less			Practices can be coeded and preferably between those with similar builds.
8-9 years	To 23 kg More than 23 kg to 25 kg More than 25 kg to 27 kg More than 27 kg to 30 kg More than 30 kg to 33 kg More than 33 kg to 36 kg More than 36 kg to 39 kg More than 39 kg to 42 kg More than 42 kg to 45 kg More than 45 kg	To 23 kg More than 23 kg to 25 kg More than 25 kg to 27 kg More than 27 kg to 30 kg More than 30 kg to 33 kg More than 33 kg to 36 kg More than 36 kg to 39 kg More than 39 kg to 42 kg More than 42 kg to 45 kg More than 45 kg	Practices can be mixed.
10-12 years	To 27 kg More than 27 kg to 30 kg More than 30 kg to 33 kg More than 33 kg to 36 kg More than 36 kg to 39 kg More than 39 kg to 42 kg More than 42 kg to 45 kg More than 45 kg to 49 kg More than 49 kg to 53 kg More than 53 kg to 58 kg More than 58 kg	To 25 kg More than 25 kg to 27 kg More than 27 kg to 30 kg More than 30 kg to 33 kg More than 33 kg to 36 kg More than 36 kg to 39 kg More than 39 kg to 42 kg More than 42 kg to 45 kg More than 45 kg to 49 kg More than 49 kg to 53 kg More than 53 kg	Practices can be mixed
13-15 years	To 40 kg More than 40 kg to 43 kg More than 43 kg to 46 kg More than 46 kg to 50 kg More than 50 kg to 54 kg More than 54 kg to 59 kg More than 59 kg to 64 kg More than 64 kg to 69 kg More than 69 kg to 74 kg More than 74 kg	To 39 kg More than 39 kg to 42 kg More than 42 kg to 45 kg More than 45 kg to 48 kg More than 48 kg to 52 kg More than 52 kg to 57 kg More than 56 kg to 63kg More than 63 kg	It is recommended that mixed practices be avoided. Two judokas with similar weights are not necessarily of equal strength. These practices should take into account the nature of the exercise, the specificity of training and the athletic ability of the participants.
16 years and over	To 56 kg More than 56 kg to 60 kg More than 60 kg to 66 kg More than 66 kg to 73 kg More than 73 kg to 81 kg More than 81 kg to 90 kg More than 90 kg to 100 kg More than 100 kg	To 45 kg More than 45 kg to 48 kg More than 48 kg to 52 kg More than 52 kg to 57 kg More than 57 kg to 63 kg More than 63 kg to 70 kg More than 70 kg to 78 kg More than 78 kg	It is recommended that mixed practices be avoided. These practices should take into account the nature of the exercise, the specificity of training and the athletic ability of the participants
Veterans 35 and over	To 66 kg More than 66 kg to 81 kg More than 81 kg	To 52 kg More than 52 kg to 63kg More than 63	Categories can be adjusted based on the number of participants. In this case, preference should be given to senior categories.

Weight loss

Weight loss should be achieved according to recognized nutritional standards or under medical supervision. Excessive weight loss could poses a risk to both mental and physical health and takes some of the pleasure out of taking part in judo.

The use of extreme measures such as severe dieting, saunas, sweat clothes, the use of medication and so on should be strongly discouraged.

Techniques

Depending on the age and experience of participants, some procedures and techniques are to be avoided.

Divisions	Allowed to fight out of age group	Allowed to fight out of class	Length of fights	Length of holds	Choke holds	Armlocks	Other prohibited techniques
7 years and under	NO	NO	None SHIAI		NO	NO	Neck holds, Sutemi, Makikomi Kani Basami
8-9 years	NO	NO	2 min.	20 sec. IP 15 sec. WA 10 sec. YU 5 sec. KO	NO	NO	Neck holds Sutemi, Makikomi Kani Basami
10-12 years	NO	NO	3 min.	25 sec. IP 25 sec. WA 15 sec. YU 10 sec. KO	NO	NO	Neck holds Kani Basami
Juvenile 13-16 years	Last year	With parental authorization	4 min.	25 sec. IP 20 sec. WA 15 sec. YU 10 sec. KO	Starting from the orange belt	Starting from the green belt	Kani Basami
Juniors -20 years	YES	YES	4 min.	25 sec. IP 20 sec. WA 15 sec. YU 10 sec. KO	Starting from the orange belt	Starting from the green belt	Kani Basami
Senior and veteran	YES	YES	Women 4 min. Men 5 min.	25 sec. IP 20 sec. WA 15 sec. YU 10 sec. KO	Starting from the orange belt	Starting from the orange belt	Kani Basami

SAFETY STANDARDS FOR SURFACES

General

It is important that participants have a practice area which is safe and preserves their physical health. Judo is a sport for everyone young or old in all skill levels from beginner to elite. We should not wait until participants give up the sport because they have suffered injuries caused by inappropriate facilities.

Judo makes full use of the entire body, particularly the skeletal structure, during falls. To reduce the risks of trauma due to the vibrations caused by landing on the floor, it is essential that the surface meet the requirements of the activity undertaken, whether a training session or competition.

The training surface should be covered with tatami or equivalent materials. The surface should meet absorption and energy dispersion requirements without being bent too much out of shape beneath the weight of the participants. It is also important that the surface allows for optimal traction and not become too slippery as the participants move about. The constituent parts should fit together snugly without any gaps to form one surface of uniform hardness.

Finally, the surface components should be secured so that they do not move, and the use of skid-proof tatami offers a major advantage. Tatami are generally 1 m x 2 m, about 4 cm thick and have a density of 250 to 300 psi.

Gymnastics mats are not recommended due to low absorption capability and their propensity to slide easily. Wrestling mats, though not ideal, can be used to initiate groups of young people under the age of 15 or for demonstrations.

During regular training sessions

The practice surface should be at least three square metres per participant and be surrounded by a safety zone 2 metres wide covered with an absorbent material. Avoid having too many participants. If such is the case, change your training program to have an adequate number of judoka, which will ensure everyone's safety.

The surface should have absorption capability which meets the participants' needs. It is obvious that children have different needs than an adult. Moreover, the anticipated amount of training should also be considered when choosing the surface.

The tatami provides some absorption capacity, which can be increased by adapting the floor beneath. This can be accomplished by installing a false floor

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 13/37

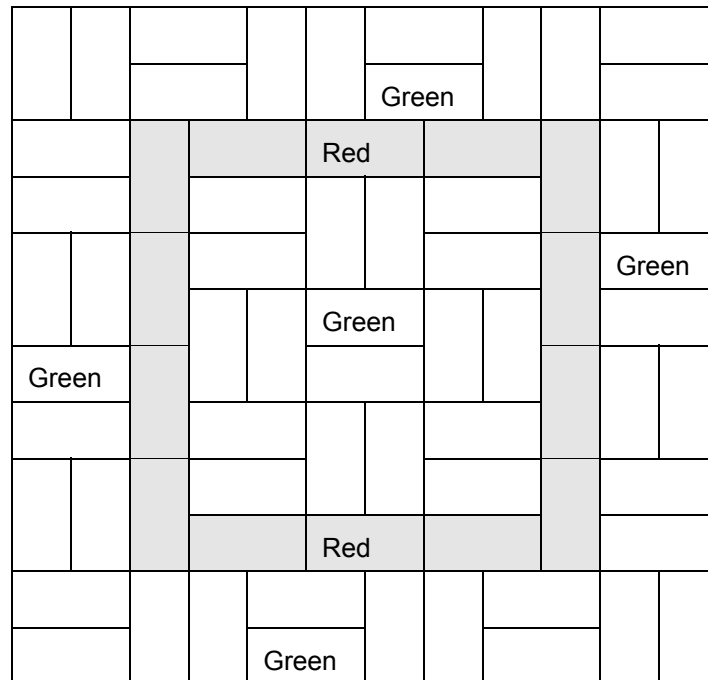
Practicing Judo Safely - Recommended Guidelines

resting on a wooden frame, sponge rubber hockey pucks, tatami scraps, springs or anything else which distributes shock waves more effectively.

A surface with optimal absorption capability is indispensable for enthusiasts training more than five (5) hours a week. However, a simply designed surface made of skid-proof foam rubber tatami over a wood floor is sufficient for children practicing judo less than three (3) hours a week.

The layout below requires 72 tatami - 14 red and 58 green. It allows you to simulate competitive tactics and strategies and to clearly indicate the work area. Placing the tatami in different directions enhances the stability of the skid-proof surface.

The tatami should be laid out as follows:



At training camps

The tatami should be laid out the same way as in a dojo and in sufficient numbers for the number of judoka participating in the training. A space of at least 1m all around the training area should be free of all hard objects or potential danger. The tatami should be secured so that they do not move and that no gaps are created.

At competitions

The tatami should be installed so that they do not move. To the greatest extent possible, ensure compliance with the minimum and maximum dimensions in the following table:

Level	Fighting Area	Safety Zone	Outside Free Zone
Clubs, interclubs and provincial	6 to 10 metres	2 metres	0.5 metres
National and international	8 to 10 metres (WJF standards)	3 metres	0.5 metres

The safety zone between two adjacent surfaces should not be less than 2 metres at the provincial or interprovincial levels and at least 4 metres for national and higher levels.

ENVIRONMENT SAFETY STANDARDS

General requirements for dojo and shiai-jo

The rooms should have adequate ventilation to enable participants to practice comfortably. The ceiling should be at least 2.5 meters high (about 8 feet) from the practice area.

Adequate lighting is required for safety and comfort. Levels should be between 200 and 300 lux 1 metre from the floor, and fluorescent lighting is preferred.

The temperature in the main room should be maintained somewhere around 18°C.

The surface should be free of any obstacles within a one-metre perimeter. If this cannot be done, they should be padded. Emergency accesses and exits should be clearly marked, unlocked and free of any obstacles cluttering the passage way and preventing quick evacuation.

Locker rooms

Men and women should have separate locker rooms which should be kept immaculately clean. The toilets, sinks and showers should be cleaned every day. The electric outlets should be protected with adequate grounds.

Weight rooms

If weight rooms are available, they should be designed such that an adult can pass safely between the machines. Safety instructions and user rules of conduct should be posted for each machine. Everyone doing weight training should be accompanied by a partner. Sessions should be preceded by a formal initiation so that the exercises are done properly.

The machines should be inspected regularly depending on their use to detect any problems which could cause an accident.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 16/37

OTHER SAFETY STANDARDS FOR REGULAR TRAINING SESSIONS

Teaching equipment

Teaching equipment should be inspected regularly so that they do not pose any risk to participants. Inadequate equipment should be stored or taken away from the area. Equipment which is torn or broken should be repaired before being put out in the practice area.

Participant behaviour

Sportsmanship should be observed at all times, especially courtesy, mutual help and respect. Rules which are less stringent than those observed at tournaments should be enforced to ensure the safety of everyone during the activities. However, the closer the group is to the elite level, the more stringent the rules should be. The same principle applies to special groups such as those taking part in delinquency control programs.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 17/37

OTHER TRAINING CAMP SAFETY STANDARDS

Equipment

A first aid kit should be accessible at all times. Moreover, there should be access to a telephone and to various emergency numbers in the local area.

Training equipment should be in good condition and stored if it is not.

Participant behaviour

Sportsmanship should be the rule at all times, especially courtesy and mutual respect. Moreover, rules generally enforced at tournaments should guide participants during fights.

Ambulance service

In areas outside major cities, local ambulance services should be informed that a judo training camp is being staged in their territory. To ensure a quick response, this information should include the address of the training site, the accesses and the name of a contact person.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 18/37

OTHER SAFETY STANDARDS FOR COMPETITONS

Athlete participation

Competitors should only fight in their weight categories and age groups. A participant may be entered in a slightly higher category for exceptional reasons. With written authorization from a parent or guardian and preferably with a medical opinion, a participant may be allowed to fight in the next age group. However, such an exemption should not apply to anyone under age 9 and double over classification (age and weight) will never be allowed.

No participants should take part in two shiai classes in one competition on the same day.

Participant behaviour

At all times, athletes should display sportsmanship and comply with sports ethics.

Qualifications of major officials (referees)

Referees and judges should have enough knowledge of the sport to be able to intervene rapidly when a situation representing a risk to one of the participants arises. Less experienced referees and judges should be supervised by a senior official who can guide them and contribute to their training.

Competition	Referee	Chief Referee	Mat Referee
Regional	Trainee and first provincial level	Highest provincial level or higher	Provincial level or higher
Provincial	Provincial level or higher	Highest national level or higher	Highest national level or higher
National	National level or higher	Regional IJF level or higher	Highest national level or higher
International	Continental IJF level or higher	International IJF level	Continental IJF level or higher

Qualifications of minor officials

Minor officials should be well aware of their roles and functions. It is important that they be aware of the fighting and hold times of each age group and sex.

They should be familiar with the operation of the stopwatches and display the required gestures at the right time (time stoppages, announcement of the end of fights)

Spectator behaviour

Spectators behaving in a way which could endanger the safety of fighters, officials or other spectators should not be tolerated in the competition area. Spectators should be permitted to move about in the areas so designated.

Ambulance service

Outside large cities, the local ambulance service should be informed that a judo competition is being held on their territory, and an ambulance should be parked nearby at all times. To facilitate and accelerate the work of ambulance attendants, the dates and sites of the competition, the name of the medical official and the location of the accesses should be provided.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 20/37

REDUCING ACCIDENTS AT JUDO COMPETITIONS

Both the coach and the athlete are responsible to reduce the occurrence of common injuries sustained during training. However, injuries attributable to inadequate equipment, the surrounding area and supervision are controllable during training, competitions and training camps.

The table below present some causes of injuries in judo.

Cause	% of Injuries
Incorrect Falling Technique	25%
Improper Throwing Technique	18%
Surface	18%
Aborted Throw	18%
Recurrent Injury	14%
Mat Technique	7%

Adapted from Kurland, 1980

Qualified Coach

Coaches with a 3M NCCP certification will be more sensitive to risks of injury, have the knowledge and react in such a way to reduce the risks of judo accidents. Coaches trained in first aid and CPR will be more able to lend assistance in the event of an accident.

Appropriate Refereeing

The use of qualified referees is an important if not critical aspect of safe supervision.

Appropriate Equipment

Tatami (judo mats) or equivalent equipment should be in good condition and allow optimal shock absorption. They should be placed on a surface which absorbs shock well. Cement floors should thus be avoided, but if they are present, a sub-floor with the absorption capability sought should be constructed.

Judogi is a piece of equipment which should be clean and tear-free to avoid the risk of injury. No metal parts (fasteners, orthopedic supports) are allowed during competitions. Clipless bandages of all types are authorized.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 21/37

Group protective equipment such as crash mats should be used when necessary. Similarly, individual equipment (mouthpieces, thigh protectors) should be used but should comply with recognized standards to protect both the user and the partner.

During training, participants should be allowed to wear medically recommended metal articulated support prostheses which should be covered to eliminate risks to both the user and his partner. Participants wearing prostheses of this type are responsible for advising their partners.

Proper Environment

The site should be well ventilated, well lit (200 to 500 lux is ideal for a competition) and heated; and cold air drafts eliminated to prevent the likelihood of muscle pulls.

Excessive heat also represents a serious risk. Depending on the season, air-conditioned or very well-ventilated premises should be sought to reduce the risk of dehydration and hyperthermia.

Adequate Supervision

Staff should be available to ensure that the tatami are secured correctly with no gaps. Moreover, they should intervene quickly and use antiseptic liquids to clean up body fluid or blood on the fighting surface and on the judogi. Staff should also be assigned to maintain and clean up the areas around the mats so that the floor is dry and free of dangerous objects.

Finally, at important events (heavily-attended training sessions, competitions), a medical team or a therapist should be able to come on to the mats quickly and have access to a clinic set up nearby.

Appropriate Physical Conditioning

A judoka in good physical condition should have the following characteristics required to take part in judo:

- Good general health and physical conditioning
- Strength, power and endurance
- Coordination, balance and proprioception
- Flexibility, agility/mobility, psychological predisposition
- Normal weight for his category, good nutrition and good hydration

Physical conditioning should be closely related to the practice of judo to

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 22/37

strengthen the muscles used during our favorite techniques (tokui waza). The same applies to coordination, balance and flexibility.

Moreover, we should never train intensely when we are tired, recovering from a demanding phase of a training session or coming off an injury. A healthy balance should always be achieved between training intensity and rest periods.

Warming Up and Winding Down

While warming up, participating in activities or winding down, we should select our exercises methodically. Several exercises commonly used in dojos today serve no actual purpose and can even cause somewhat serious after-effects for some time. We would like to make you aware of these risks and help you choose your exercises carefully.

Judoka who attend your classes trust their instructors, and you should ensure that the program you are offering is in their best interest. To do so, you should ask yourself three basic questions prior to each exercise.

1. Why are we doing this exercise?

Is it meant to exercise the joints and/or muscles to develop the energy systems or is it aimed at increasing or decreasing the general physiological activation?

2. Is the exercise chosen potentially dangerous?

Can it cause long- or short-term damage to the spinal column, muscles, tendons or ligaments; cause stress or a stress fracture in a bone or affect physical conditioning in some other way?

3. If this exercise does not address a particular aspect of physical conditioning or is potentially dangerous, could we substitute it with another exercise?

The following directives, which you could use as a guide when establishing your exercise routine, should take the following into account:

- ✓ Be mindful of the characteristics pertaining to the development of your clientele.
- ✓ Start slowly and progress carefully.
- ✓ Always use joints taking into account how they are designed.
- ✓ Avoid hyperextension or hyperflexion. The neck and back are examples of joints with which we should avoid this type of movement.
- ✓ Reduce as much as possible the number of repeated impact exercises which cause vibrations and vertical force which could damage some joints or bones.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 23/37

- ✓ Avoid all ballistic movements aimed at stretching tendons abruptly during stretching exercises.
- ✓ For strength exercises, always call upon agonists and antagonists.

Technical Mastery

Techniques

In general, judo techniques do not pose any more risks to health than do technical moves in other sports. Although judo is a combat sport, its techniques are safe insofar as participants progress at an adequate pace and that their actions do not extend beyond their development and experience.

Falls

Falls are the first technical skills to be developed. The safety, confidence and pleasure of participant depend on falling techniques which, once learned, will be practiced in all courses as an integral part of the warm-up. The mechanical principle behind breaking falls is to distribute the force over a wider surface area to minimize the impact on an isolated part of the body. Legs and arms are used to strike the tatami and spread the shock wave when the participant makes contact with the floor. A judoka who masters falls will be an ideal partner for someone learning how to practice judo safely.

Throws

Of course, the first prevention factor is mastering falls. This is followed by a progression which enables participants to master falls during throws and controlling the partner being thrown.

Holds

Holds do not pose a risk as long as neck holds and excessive pressure on the thorax is avoided.

Choke holds

Chokeholds are not dangerous when introduced at a level where the participant has good body and movement control (normally around the orange belt and after age 13). A judoka may lose consciousness momentarily as a result of a chokehold, but this lasts only for a few seconds and does not produce any after-effects.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 24/37

Armlocks

Armlocks are techniques which require the most control on the part of a tori. Excessive and sudden pressure can cause major damage to the elbow joint. That is why these techniques are introduced later at the green belt level and around age 14.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 25/37

QUALIFICATIONS OF MEDICAL STAFF

Certification

Several medical certification organizations exist. We are aware of all of the professional orders of doctors and nurses and first aid training organizations (St. John Ambulance, the Red Cross, the Royal Life-Saving Society, and so on). However, some other groups are exclusively devoted to athletic personnel such as:

- ❏ The Canadian Athletic Therapists Association, which consists of university graduates in athletic therapy. The therapists are specialists who work full time with athletes and active people.

- ❏ Sport Physiotherapy Canada, which issues sports physiotherapy certificates/diplomas to university graduates in physiotherapy. These professionals treat athletic injuries on a regular basis.

- ❏ The Canadian Academy of Sport Medicine, which awards a "Dip. Sport Med « to those with degrees in medicine. This organization also makes it easier for its members to remain up on the latest knowledge.

During Regular Training

It is desirable that at least one instructor should have an emergency first aid designation and knowledge of cardio-pulmonary resuscitation (CPR). The Red Cross, St. John Ambulance and the Royal Life-Saving Society are among those organizations which offer first-aid and CPR courses. You can also contact sport and medical therapy clinics in your area to obtain information on emergency first aid training.

At a Training Camp

Medical staff should be recognized by a duly mandated professional association, informed of the risks inherent in judo and what types of intervention are required.

An area should be set aside where the injured could receive discreet and personalized medical attention.

During a Competition

An area should be set aside for medical service and include all first aid equipment such that emergencies which arise during a judo competition can be dealt with promptly.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 26/37

Summary of Recommended Qualifications

Level of Activity	Recommended medical personnel	Minimal certification of medical staff
Club	Coach trained in first aid and CPR by a recognized organization.	Red Cross, St. John Ambulance, and so on.
Region	Ambulance attendant, professional nurse or another health care specialist	Emergency or health care professionals.
Province	Sports physiotherapist, physiotherapist and professional nurse	
National	Therapists or sports physiotherapist and physician	Certified sport physiotherapist or therapist, CAT, SPC, etc.
International	Therapists or sports physiotherapist and sports physician	Certified sport physiotherapist or therapist, CAT, SPC, etc., sports physician

Authority

Medical personnel on duty during training sessions or competitions should have authority to pull an athlete out for health reasons or if he/she poses a risk to the health of the other participants. For the same reasons, medical staff may prevent the athlete from taking part if he feels the latter is not able to train or fight for health reasons.

TYPES OF INJURIES AND HEALTH PROBLEMS

i Choke hold

Choke hold techniques are specific to judo and well-established in the rules of the sport. A loss of consciousness is a controlled state which is caused by temporary deprivation of oxygen to the brain. Even light pressure applied to the carotids is enough to bring about unconsciousness. Normally, and in most cases, fighters who have been in a choke hold will give up before they fall unconscious. Unconsciousness generally occurs within the first 10 seconds following a complete application of the choke hold technique. Normally, the fighter comes to spontaneously after 10-20 seconds.

It is recommended that a fighter having lost consciousness due to a choke hold be placed in a recovery position and that he be watched. If it takes too long for the person to regain consciousness (more than 20 seconds), do CPR on the athlete.

ii Armlocks

Armlocks cause hyperextension of the elbow. The purpose of armlocks is to force the opponent to indicate he is giving up by taping with the hand or foot at least twice on the ground or on the opponent. This automatically results in victory for the person who applied the armlock (ippon).

These techniques should not be used by judokas less than 13 and preferably not before the green belt. Armlocks normally do not cause dislocated elbows, but they cause sharp pain and cause stress to the (a) arm bicep (muscle and tendons), especially at the radius insertion point (b) the medial collateral ligament; (c) the anterior articular capsule; (d) the integrity of the head of the radius; and (e) lesions on the olecranon.

A violently applied armlock can lead to a fracture, a dislocation or lesions to the cartilage and the osteochondromas.

It is important that this type of lesion be checked out and the judoka's elbow have sufficient range of movement and is strong enough to enable him to defend himself against other armlocks before allowing him to continue. Judokas should be able to resist high isometric force applied to a flexion of 20 degrees to ensure a safe return to normal.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 28/37

iii Traumas

- a. Mat burns: feet, knees, elbows, shoulders, neck, face
- b. Shoulder separation
- c. Bruising: feet, shins, hands, face, ribs, chest, back, abdomen (liver/spleen), coccyx (scrotum)
- d. Bleeding: nose, cuts, abrasions, nails.
- e. Sprains: fingers, wrists, elbows, shoulders, knees, ankles, lumbar and cervical regions
- f. Dislocations : toes, fingers, elbows, shoulders,
- g. Fractures : ribs, hands, fingers, feet, toes, collarbones, cervical area.
- h. Head: concussion, bleeding inside the head.
- i. Sprains (Pulls) : Hamstrings, hip flexors/extensors, quadriceps, hip flexors/adductors, paraspinal muscle, rotator cuff

iv. Concussion

All concussion symptoms (nausea, vision problems, headaches, etc.) should be heeded and receive appropriate care. In cases of mild concussions, fighters should not be allowed to resume activity for 20 minutes. Persons so affected should be monitored and placed such that they are comfortable. If symptoms persist, refer the injured immediately to a physician. More detailed information can be found in Judo Canada Concussion flyer produced on an annual basis.

v Wear and Tear and Stress

- a. Lateral epicondylitis, tenosynovitis in the wrist extensor
- b. Tendinitis in the rotator cuff, shoulder pulls
- c. Lumbar/dorsal sprain
- d. Hamstring pulls

vi. Medical Problems

- a. Convulsions, epilepsy, brain damage
- b. Asthma caused by exercise
- c. Dehydration: liquid deprivation, severe and rapid weight loss
- d. Feminine triad: eating disorders, amenorrhea and osteoporosis

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 29/37

BIBLIOGRAPHY

Coaching Association of Canada, Training Theory, Level I, Gloucester, 1989.

Coaching Association of Canada, Training Theory, Level II, Gloucester, 1990.

Association québécoise de judo Kodokan inc., Règlement no 2: Organisation des zones, Montréal, 1988

Barrault, D, Brondani, J-C, Rousseau, D, Médecine du judo, Paris: Masson, 1991.

Birrer, R. B., Trauma Epidemiology in the Martial Arts: The Results of an Eighteen-Year International Survey, The American Journal of Sports Medicine, Vol. 24, No. 6, pp. 72-79, 1996.

Boulay, J., Drouin, F., Medical Set-up for National Championships, Judo Canada, Gloucester, Ont, 1997

Boulay, J., Sports-First Responder Manual, Montréal, February 1997.

Canadian Centre for Drug-Free Sport, Doping Control Standard Operating Procedure, April 1994.

Donovan, G., McNamara, J., Gianoli, P., Exercise Danger, Wellness Australia publication, Australia, 1989.

Drouin, F., Démarrage d'un dojo, Judo Québec, Montréal, 1992

FFJDA, Textes officiels, Fédération française de judo et disciplines associées, Paris, 1995.

Genety, J., Brunet-Guedj, E., Traumatologie du Sport en pratique médicale courante, Édition Vigot, Paris, 1984.

International Judo Federation, Contest Rules / Règlements de Compétition, Geon-Büro Berlin, 1991.

International Judo Federation, Code sportif et d'organisation F.I.J. / I.J.F. Organization and Sporting Code, APB Graphic, France, 1995.

Judo Association of Australia, Coaching Manual Level One, Australia, May 1984.

Judo Canada, Coaching Certification Program, Level I, Ottawa, 1978.

Judo Canada, Coaching Certification Program, Level II, Ottawa.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 30/37

Practicing Judo Safely - Recommended Guidelines

Kurland, H., A Comparaison of Judo and Aikido Injuries, The Physician and Sport Medicine, Vol. 8, No. 6, 1980.

Lubell, A., Les exercices potentiellement dangereux - le sont-ils pour tout le monde?, SPORT, Association Canadienne des entraîneurs, Gloucester, 1989.

Mirkin, G., Hoffman, M., La médecine sportive: prévention, entraînement, alimentation, soins, Édition de l'Homme, Montréal, 1981.

Peterson, L., Renstrom, P., Manuel du sportif blessé, Edition Vigot, Paris, 1986.

Régie de la sécurité dans les sports du Québec et Judo Québec, Règlements de sécurité de l'Association québécoise de judo Kodokan, Montréal, 1997

Régie de la sécurité dans les sports du Québec, Guide en responsabilité civile délictuelle, Service juridique, 1990.

Régie de la sécurité dans les sports du Québec, Activités physiques, sports et loisir; responsabilité civiles, Les publication du Québec, Sainte-Foy, 1995.

Sport Physiotherapy Canada, Sport Physiotherapy Canada Education System Information, Sport Physiotherapy Canada, Gloucester, June 1998.

Training Theory, Levels II and III, Coaching Association of Canada, Gloucester, 1990.

Upton, B., Participant Coverage - Why is it important?, Sport Nova Scotia, Amateur Sport Update, Vol 2, No 4, Spring 1998.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 31/37

APPENDICES

CODE OF CONDUCT

- 1- Wear the suitable traditional judogi;
- 2- Wear the belt which matches your rank;
- 3- Remove jewelry and other hard objects before the session;
- 4- Do not chew gum or eat on the tatami ;
- 5- Sit down properly on the tatami;
- 6- Abide by the instructions from the sensei and be polite when addressing them;
- 7- Accept advice only from qualified teachers;
- 8- Practice the techniques which are appropriate to your skill level and your rank;
- 9- Begin to fight, during practices, only after the instructor has given the go-ahead;
- 10- Comply with the rules of the competition;
- 11- Comply with the rules in force at the dojo ;
- 12- USE THE TECHNIQUES LEARNED UNDER THE SUPERVISION OF ONE OF THE INSTRUCTORS AND ONLY IN THE DOJO.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 32/37

JUDO CLUB
(Recognized by a provincial judo association)
CITY, PROVINCE

REGISTRATION FORM

NAME: _____ GIVEN NAME : _____ DATE OF BIRTH : ___ / ___ / ___

ADDRESS: _____

CITY: _____ POSTAL CODE : _____

TELÉPHONE: (____) _____ - _____ (Home) (____) _____ - _____ (Office)

Health insurance number: _____

FORMER JUDO CLUB: _____

CURRENT BELT : _____ DATE OBTAINED : ___ / ___ / ___

PASSPORT NUMBER JUDO QUÉBEC : _____ JUDO CANADA : _____

COST

	MONTH	SESSION	YEAR (In September only)	COURSE	PROVINCIAL ASSOCIATION AFFILIATION		
					JUVÉNILE	JUNIOR	SENIOR
14 TO 16	\$20	\$60	\$160	\$5	\$18/YR	\$30/ YR	
OVER 16	\$30	\$90	\$225	\$5		\$40/ YR	\$40/ YR
BLACK BELT	\$30	\$90	\$225	\$5	\$75.00/ YR (Judo Canada stamp included)		

I THE UNDERSIGNED UNDERSTAND AND AGREE THAT NO FEES ARE REFUNDED AFTER THE FOURTH LESSON OF THE SESSION UNDER WAY.

I THE UNDERSIGNED DECLARE THAT THE INFORMATION ABOVE IS ACCURATE. I DECLARE THAT I HAVE READ, UNDERSTOOD AND AGREE WITH THE ABOVE CONDITIONS AND ACCEPT THE RISKS ASSOCIATED WITH THE PRACTICE OF JUDO AND ITS RELATED ACTIVITIES.

DATE: ___ / ___ / ___

Signature du demandeur

I, _____, PARENT OR GUARDIAN OF THE ABOVE APPLICANT, BY VIRTUE OF THE FACT THE APPLICANT IS A MINOR, CERTIFY THAT THE INFORMATION ABOVE IS TRUE. I DECLARE THAT I HAVE READ, UNDERSTOOD AND AGREE WITH THE ABOVE CONDITIONS AND ACCEPT THE RISKS ASSOCIATED WITH THE PRACTICE OF JUDO AND ITS RELATED ACTIVITIES

DATE: ___ / ___ / ___

Signature of parent/guardian

Please complete the information on the reverse side.

Since judo is a sport which involves a wide variety of fighting techniques, physical contact between two individuals and contact with the floor, participants must understand that participating in judo does involve some risk.

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 33/37

Practicing Judo Safely - Recommended Guidelines

DO YOU SUFFER FROM AN ILLNESS OR AN ALLERGY YES NO

IF SO, PLEASE SPECIFY? _____

DO YOU HAVE TO TAKE SPECIAL MEDICATION ? : YES NO

IF SO, PLEASE SPECIFY? _____

IF YOU HAVE OTHER PHYSICAL PROBLEMS, PATHOLOGIES, ETC. PLEASE SPECIFY:

HAVE YOU EVER HAD AN OPERATION ? YES NO

IF SO, PLEASE SPECIFY? _____

HOW WOULD YOU DESCRIBE YOUR GENERAL STATE OF HEALTH ?

EXCELLENT VERY GOOD GOOD AVERAGE POOR

CONTACT IN CASE OF EMERGENCY

NAME: _____

TELEPHONE: () - (Residence)
() - (Office)

WHAT OTHER ATHLETIC ACTIVITIES DO YOU TAKE PART IN OR HAVE TAKEN PART IN?

HOW DID YOU FIND OUT ABOUT OUR CLUB?

- NEWSPAPER WHICH ONE? _____
- RADIO WHICH STATION? _____
- TELEVISION WHICH NETWORK? _____
- BY A FRIEND
- BY A MEMBER OF THE FAMILY
- OTHER, PLEASE SPECIFY: _____

* Since judo is a sport which involves a wide variety of fighting techniques, physical contact between two individuals and contact with the floor, participants must understand that participating in judo does involve some risk..

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 34/37

MEDICAL RECORD



This form will be used in the case of a medical emergency

Name: _____
 Given name: _____
 Address: _____
 City: _____
 Province: _____ Postal Code: _____
 Date of birth: ____ / ____ / ____

Contact in case of emergency

Name: _____
 Home tel.: _____
 Work tel.: _____
 City: _____
 Relation: _____

Man Woman Blood type :__ Glasses/Contact lenses Y N

Health insurance no: _____ Province: _____

Medication: Y N If so, specify: _____

Allergy: Y N If so, specify: _____

Recent weight loss: Y N If so, how much: _____ kg Since when _____

Recent concussion : Y N If so, date : ____ / ____ / ____ Level _____

Medical Problems: Indicate Yes or No

Head injury	Y <input type="checkbox"/>	N <input type="checkbox"/>	Asthma	Y <input type="checkbox"/>	N <input type="checkbox"/>
Convulsion	Y <input type="checkbox"/>	N <input type="checkbox"/>	Diabetes	Y <input type="checkbox"/>	N <input type="checkbox"/>
Heart trouble	Y <input type="checkbox"/>	N <input type="checkbox"/>	Menstrual problems	Y <input type="checkbox"/>	N <input type="checkbox"/>
High blood pressure	Y <input type="checkbox"/>	N <input type="checkbox"/>	Abdominal problems	Y <input type="checkbox"/>	N <input type="checkbox"/>
Blood problems/bruises	Y <input type="checkbox"/>	N <input type="checkbox"/>	Hot flashes/dehydration	Y <input type="checkbox"/>	N <input type="checkbox"/>
Details/other: _____					

Major injuries/ treatment within the past 6 months

Signature of athlete: _____ Date: _____

Witness: _____ Signature for minor: _____

INJURY REPORT

Identification of injured party

Name: _____ Surname: _____

Adresse: _____

Telephone: () - Age: Sex: _____

Activity: _____ **Level:** _____

Recreation Competition Training

Time of accident: Date: / / Time: h

Site of accident: _____

Circumstances surrounding the accident: _____

Injury:

<input type="checkbox"/> Foot	<input type="checkbox"/> Ankle	<input type="checkbox"/> Pelvis
<input type="checkbox"/> Knee	<input type="checkbox"/> Thigh	<input type="checkbox"/> Back
<input type="checkbox"/> Hip	<input type="checkbox"/> Abdomen	<input type="checkbox"/> Wrist
<input type="checkbox"/> Thorax	<input type="checkbox"/> Hand	<input type="checkbox"/> Arm
<input type="checkbox"/> Forearm	<input type="checkbox"/> Elbow	<input type="checkbox"/> Face
<input type="checkbox"/> Shoulder	<input type="checkbox"/> Neck	<input type="checkbox"/> Other (specify): _____
<input type="checkbox"/> Head	<input type="checkbox"/> Leg	

Type of injury:

<input type="checkbox"/> Fracture	<input type="checkbox"/> Dislocation	<input type="checkbox"/> Sprain
<input type="checkbox"/> Concussion	<input type="checkbox"/> Contusion	<input type="checkbox"/> Other (specify): _____

Destination of the injured party:

Planned activity Home Hospital Medical Clinic

Method of transportation:

Ambulance Automobile Police Taxi
 Other (specify) _____

Person completing Accident Report

Name: _____ First name: _____

Address: _____

Title: _____ Telephone: _____

Comments: _____

USEFUL ADDRESSES

Judo Canada

1725 St. Laurent #226
Ottawa, Ont K1G 3V4
Tel. : 613 738 1200
Fax : 613 738 1299
e-mail info@judocanada.org

Coaching Association of Canada

141 Avenue Laurier ouest, Suite 300
Ottawa, Ontario K1P 5J3
Tel: (613) 235-5000
Fax: (613) 235-9500
e-mail: info@coach.ca
Web : www.coach.ca

Canadian Professional Coach Association (CPCA)

c/o Tom Kinsman
141 Avenue Laurier ouest, Suite 300
Ottawa, Ontario K1P 5J3
Tel: (613) 235-5000
Fax: (613) 235-9500
e-mail: tkinsman@coach.ca
Web : www.coach.ca

Canadian Red Cross

170 Metcalfe St.
Ottawa, Ontario K2P 2P2
Tel: (613)740-1900
Fax: (613)740-1911
Web http://www.redcross.ca

St John Ambulance

Federal District
439 Churchill Avenue N.
Ottawa, Ont K1Z 5E1
613 722-2002
e-mail: fdgd@sja.ca
Web http://www.sja.ca

Insurance Bureau of Canada

Head office
151 Yonge Street, Suite 1800
Toronto, Ontario M5C 2W7
Tel.: (416) 362-2031
Fax: (416) 361-5952
Web: www.ibc.ca

Judo Canada	Date produced: 1998-08-15	Version: MD 02.01.00E
Title: Practicing Judo Safely	Last review:	Page 37/37