

## GLEESON JUDO – TEACHING METHODOLOGY.

### *A longer look.*

*Our mission, our goal, is education! Pure and simple. We try to augment the school's P.E. Provision, working with the national curriculum in mind to expand the child's physical, emotional and intellectual experiences. Growing them as an individual.*

This article is aimed at an explanation of my desired intentions for the education and development of 'young people' under my instruction while doing judo. The focus, due to the over whelming predominance of time I take – working with primary level children, however, older individuals are also taught and the same principles are used in their development. Namely Bath university students.

Judo is the vehicle for this goal. Exercises are selected that will challenge and stretch the student. The primary focus is to develop judo knowledge & skill. However behind this target is the intention to push the boundaries of each participant into unknown areas. With success at each stage, so confidence improves, learning becomes easier and our mission of education is successfully reached!

As Kano (the Japanese educationalist who started judo) intended, judo facilitates many important characteristics, in the participants. Moral as well as physical training. I encourage a friendly, supportive and positive attitude in all my students. Social mixing through the exercises gets the children to work with others of different ages, abilities and needs. Help and sympathy is encouraged leading to a maturity, and furthering the student's growth. Pain, is unfortunately part and parcel of a combat sport, and although I try my best to keep this to the absolute minimum, it is impossible to eliminate totally. The small number of knocks & bumps experienced are in fact, beneficial to the over all goal of development & education. I have had children in the past thank me for this! With such knowledge other sports and activities become less daunting and more enjoyable. A real positive in their lives I believe!

## SESSION STRUCTURE:

So, how do I introduce children to the ‘gentle art’ of judo? Judo has, I would, say two facets; technical and ‘movement’ or physical/spatial awareness. I try to address both within each session. However, being as education is my primary goal and judo a means to that end, movement or awareness in its broadest sense is given precedence over technical elements.

“Games”, which are training exercises in disguised put the students into situations teaching them many skills needed for judo and life in general!

The techniques of judo are gone over in the sessions too. This can be a demanding predicament for students as the method of transference of knowledge is limited and will not always be of the optimum for each individual. But again it pushes the student into new areas, where they have to make adjustments themselves.

To try and help with this rather inflexible aspect of judo education (technique) I have devised and designed my own technical curriculum. This has been organised into a matrix of techniques, with the hope, that is will aid retention of these abstract and alien body shapes. Illustrations & explanations feature in the appropriate sections of Gleeson Judo’s Handbook. The Handbook also covers the more esoteric elements of my teachings, so students can plot their progress in both *facets*.

[Detail, technical: for those of you who know anything about judo, a quick sketch follows: throwing techniques, sixteen, grouped into four ‘sets’ of four. Each ‘set’ has one element that I feel holds them together, therefore acting as a memory aid. The techniques, I consider to cover the general range that will be encountered in the life of a judo player. Any gaps can be filled in later in adulthood.

Groundwork; for an all encompassing image of judo ‘turn-overs’ are grouped with pins as a unit or sequence, to short cut drilling and increase efficiency. Then this is worked round the body, in the hope of memory aid.]

The non-technical focus of my teaching, I have found to be of great benefit, to the general development of the student but also in the efficiency and the speed in which it comes!

I have taught in many institutions now, some going into competition – IAPS(Independent Association of Prep Schools), HMC (HeadMaster’s Conference), BUCS (British University & College Sports), my players have always done extremely well. Last years BUCS (February 2023) for example, the players who I had coached for only three and a half months from first stepping on a judo mat, came away with: one gold, two silvers and a bronze, out of a squad of six. Two of whom fought for the bronze medal! Many of their opponents had been training for years.

I’d like to talk more of my thinking on judo, the teaching of it and how it can and does have positive effects on those who do it but for the sake of time and space, I’m going to stop here. I will write more in due course but I hope you’ve found this of interest? Please feel to contact me with any questions etc.

Than you for your indulgence reading this far!

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