

Development of Judo Basic Techniques Based on the Video Kodomo No-Kata on School Age Children

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Abstract

Kodomo No Kata is made for children who want to learn the basics of judo. Consisting of a prologue and seven units or seven levels, Kodomo No Kata covers all the moves and techniques that must be mastered at each level. Each unit consists of a dropping technique (ukemi), moving places (Tai sabaki), and a slamming/throwing technique (nagewaza), a holding technique (osaekomi waza). With the ongoing pandemic, Covid 19 which resulted in the imposition of Community Activity Restrictions (PPKM) which made school-age children unable to exercise regularly and had to comply with health protocols. One alternative for children to be able to exercise and practice judo is to practice judo techniques independently using tools that are around, anywhere, anytime, both under normal and pandemic conditions based on the video Kodomo No Kata. This study aims to develop basic judo techniques based on the video Kodomo No Kata for school-aged children (6-14 years). This research is a research and development method which is often called R&D (Research and Development). The small group test was conducted on the athletes of the Judo Club Judo Cendana Surabaya, the large group test was carried out on the athletes of the City of Surabaya, the Mojokerto Regency Government and the Mojokerto City Council. The result is a video product of basic judo technique training which is carried out independently using existing tools, equipped with a guide book as a support.

Keywords

Judo; Kodomo No Kata; school age children; basic judo techniques



I. Introduction

Learning physical education for sports and health is a learning process through movement activities designed to improve physical fitness, develop movement skills, knowledge and healthy and active living behavior, sportsmanship and emotional intelligence (Wiradihardja and Syarifudin, 2017). Physical learning objectives are based on obtaining increased movement skills and for increasing physical fitness. The purpose of learning through the physical education movement is based on the fact that effective physical education can positively influence children's cognitive and affective (social-emotional) development. Physical education by learning to move and learning through movement is an important goal of physical education (Gallahue and Donnely. 2003).

Physical education also aims to lay the foundation for a strong moral character, develop sportsmanship, honesty, discipline, responsibility, cooperation, confidence and democracy, and develop skills to maintain the safety of oneself, others and the environment (Depdiknas, 2006). One way to achieve physical education goals is to

introduce, invite students to exercise. Judo is a martial arts sport that can work together to achieve the goals of physical education.

Judo is a sport originating from Japan which was developed to train physically, intellectually and morally. Judo is a sport founded by Jigoro Kano and is practiced worldwide in more than 200 countries and five continents (Callan, 2018). Judo is a dynamic martial sport that demands great physical, discipline and mental prowess. In judo techniques help develop basic physical fitness such as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power and endurance. Apart from the development of physical abilities, judo also teaches how to control feelings and emotions, teaches about the values of perseverance, respect, decency, loyalty, justice and discipline. Practicing judo can also develop an extraordinary work ethic, as well as great manners and social interactions, can overcome fear and show courage under pressure. From the very beginning Professor Jigoro Kano created judo wanting to shape the morale of his students and it was very important for their overall development (Kozdras, 2019). The principles of judo proposed by Kano are *seiryoku zen'yo* (maximum efficiency and minimum effort) and *jita kyoei* (shared welfare and benefit) which means that fighting the stronger will result in defeat, while adapting and avoiding the opponent's attack will cause the opponent to lose balance. , the strength of the opponent will decrease, and will be able to defeat him (Purnamasari, 2020).

According to Kobayashi and Harold (2001) there are several things to do when practicing judo, including (1) ukemi, (2) kata, (3) uchikomi, (4) randori. Kata is a pre-arranged exercise demonstrating the principles of judo and various techniques. There are several types of Kata, each with a different purpose. Nage No Kata is a slamming technique, Katame No Kata is a grappling technique, so these techniques are most used in beginner judo.

Kodomo No Kata is Kata for kids. This kata was by the created Kodokan Judo Institute in collaboration with the International Judo Federation and the French Judo Federation to help children learn the basics of judo in a safe and systematic way. Kodomo No Kata is also a tool for judo coaches in countries with few experienced instructors. Although Kodomo No Kata is specifically aimed at children, it can be used by adults when they are first practicing judo. Kodomo No Kata was shown at The 2019 World Judo Championship which was held at Nippon Budokan Tokyo, Japan on August 29 – September 1, 2019. While in Indonesia it was first introduced during the Asean Jita Kyoei Seminar and Kodokan Dan Examination 2020, collaboration between Kodokan and Indonesia Judo Federation at Padepokan Judo Indonesia Ciloto, Puncak, West Java on January 7 – February 2 2020.

In the video, Kodomo No Kata consists of several parts, namely:

a. How to Use Judogi Properly

The prologue begins with how to wear judogi properly, starting with wearing pants and how to tie the rope, using judogi and obi or a belt.

b. Putting on the Correct Footwear

It expected that a judo must maintain good personal hygiene (judogi in good and clean condition), must wear footwear when leaving the mat, and enter the mat/tatami without using footwear and the feet must be clean. Place the footwear correctly i.e. the heel of the shoe is pointing towards the mat.

c. Respect to your Partner by Standing (Ritsurei) and Sitting (Zarei)

Bowing is an expression of respect and gratitude. The judoka before and after practice, before and after the tatami, as well as before and after practice together they

salute with a bow, this gratitude and mutual respect.

d. Shizentai (regular standing posture)

The usual standing posture or natural standing in judo is called shizentai (Kadir, 2013). The usual/natural standing posture is divided into two types, namely Shizen hontai, Migi shizentai, and Hidari shizentai.

e. Jigotai (Standing Defensive) Stance

This standing stance is called Jigotai. This attitude is the basis for surviving when standing or when practicing judo by expanding the area of the pedestal/legs and lowering the weight point by squatting or bending both knees (Kadir, 2013).

f. Ukemi (fall)
Basic judo training begins with learning to drop as a means of practicing safely. This special technique involves rolling on your back when thrown on the ground (Fukuda, 2011). Before practicing throwing techniques or doing randori, it is very important to master ukemi. Judo experts and researchers have suggested that it is important to study ukemi properly to prevent head injuries (Murayama, 2020). By learning ukemi everyone will gain flexibility, slow down the speed of falling with hands and feet, protect the head, reduce the number of injuries from falls or at least reduce accidents in an ideal way. Ukemi can be practiced alone, in pairs or in groups with fun movements (Demiral, 2018).

g. Shintai-Dosa (Basic Footwork)

How to walk or step in judo must be able to maintain body balance and be careful in reacting. Prospective judo must understand and master the correct way of walking (Kadir, 2013). basic footwork (shintai-dosa) There are two namely Ayumi-ashi and Tsugi-ashi.

h. Kumi-Kata (Grasping/Grasping)

In judo, two opponents are balanced together through their grip (kumi-kata). The kumi-kata performed by judoka provides somesthetic information about the movements and positions of one's own and that of the opponent's (e.g. the opponent's movements and positions) but also allows the power of control, attack and defense to be applied against the opponent as well as control of the judoka's own body balance (Margnes, 2011). Kumikata done with the hands clasped in nature (orientation of the arm / body / foot) and using this grip position into actions (destabilization, displacement, attacks) (Calmet, 2018).

i. Ugoki-Kata (Free Movement)

Ugoki kata is done by gripping the opponent's shirt (kumi kata) and moving freely in all directions. Ugoki kata are the basic movements that must be mastered by a judo.

j. Kuzushi (Balance)

Kuzushi is a way of eliminating the opponent's balance, this technique must be mastered by every judo to be able to throw or slam the opponent perfectly and according to his will. In Japan, kuzushi is called Happo-no-kuzushi, while in Indonesia it is called the eight directions of the compass (Kadir, 2013).

k. Switching Places (Tai Sabaki)

This technique is very important to learn and master because when slamming/throwing the opponent is mostly done by rotating quickly and keeping the body balanced. There are four kinds of tai sabaki that are taught in Kodomo No Kata, namely: mae sabaki, ushiro sabaki, mae Mawari sabaki, ushiro Mawari sabaki.

The Slamming Technique (Nage Waza)

The slamming technique is the biggest and most important phase in learning judo (Kobayashi, 2001). The slamming techniques used in Kodomo No Kata can be classified as follows:

1) Ashiwaza (Foot)

The technique of slamming the opponent using the foot which is done by sweeping or hooking your foot to the opponent's leg (Kobayashi, 2001). These techniques include

hiza guruma, de ashi harai, sasae tsurikomi ashi, o uchi gari, ko uchi gari, o soto gari, uchi mata.

2) Koshiwaza (Hip Technique)

The technique of slamming the opponent using the hips, namely uki goshi, o goshi, tsuri komi goshi, harai goshi.

3) Tewaza (Hand Technique)

The technique of slamming the opponent using the hands and arms, including uki otoshi, tai otoshi, ippon seoinage.

m.technique Holding(Osaekomi Waza)

This technique immobilizes the opponent's body on the ground by using one or more limbs that are immobile for 20 seconds. In Kodomo No Kata the technique osaekomi waza used is kesa gatame, kami shiho gatame, yoko shiho gatame, tate shiho gatame, ushiro kesa gatame.

With Kodomo No Kata, children can learn basic judo techniques in a gradual and fun way. Realizing the importance of Kodomo No Kata in the massing and development of the sport of judo, the author would like to conduct research and development on Kodomo No Kata for school-age children. This is also driven by the lack of public interest in participating in judo sports. Many people think that judo is a hard, scary and painful martial art because judo has to slam, strangle and lock the elbows when practicing and competing, so the risk of injury is very high. So many parents are reluctant to direct their children to participate in the sport of judo. By mastering the basic techniques in judo sports such as ukemi (falls), tachi waza (slamming techniques), newaza (wrestling techniques) correctly, practicing judo will be safe and can reduce the risk of injury to children.

School-age children are children who are able to react to intellectual stimuli or carry out learning tasks that require intellectual abilities or cognitive abilities such as reading, writing, and counting (Yusuf, 2011). In this research and development, researchers used school-age children with an age range of 6 to 14 years because the first Kodomo No Kata match in Indonesia in December 2020 was limited to a maximum of 14 years. Age between 6 to 14 years is the period of childhood and early adolescence which is a period of important developmental progress to build children's identity. At this age children step into adulthood by becoming competent, independent, self-aware, and involved in the world outside their family (Eccles, 1999).

There are 7 stages of age in the development model carried out in sports in the long term, which is commonly called long term athlete development (Demiral, 2018). The model can be integrated into judo sports, the 7 stages of which include: 1. Stage 1: starting to be active (0-6 years for boys and girls) 2. Stage 2: basic (6-8 years for girls, 6-9 years for boys) 3. Stage 3: learn to practice (8-11 years for girls, 9-12 years for boys)

4. Stage 4: practice for practice (11-15 years for girls, 12-16 years for boys)

5. Stage 5: Practice to compete (15-19 years for girls, 16-20 years for boys)

6. Stage 6: Practice to win (above 18 years for women, over 19 years for men)

7. Stage 7: active for life.

In this study, the researchers made a learning video and a guide book for basic judo techniques based on the video Kodomo No Kata that can be used to make it easier for school-age children to independently practice basic judo techniques anywhere, anytime and under normal or pandemic conditions. Especially in the conditions of the pandemic Covid 19 which started at the end of 2019 until now 2021, which has not ended and new virus variants have emerged so that the still often enforced Implementation of Community Activity Restrictions (PPKM) is which makes school-age children unable to exercise regularly and freely. Sihombing (2020) state that Covid-19 pandemic caused everyone to

behave beyond normal limits as usual. The outbreak of this virus has an impact especially on the economy of a nation and Globally (Ningrum, 2020). The problems posed by the Covid-19 pandemic which have become a global problem have the potential to trigger a new social order or reconstruction (Bara, 2021).

II. Research Methods

This research is a research and development method which is often called R&D (*Research and Development*). According to Borg and Gall (in Sugiyono, 2016) research and development is a process or method used to develop and validate products. The procedures in this development research are (1) distributing a questionnaire/questionnaire of needs, (2) assessing the needs of school-age children in judo sports, (3) designing instructional videos and guidebooks, (4) testing instructional video designs based on expert opinion. (Judo trainers, trainers *kata*, and referees), (5) revision and finalization of instructional video designs, (6) small group trials or limited trials, (7) expert evaluation and analysis, (8) large group trials, (9) the final product in the form of learning videos and guidebooks.

This research was conducted at the age of school children, namely 6-14 years, so it is hoped that the development of basic judo technique training videos based on the video *Kodomo No Kata* can make school-age children practice safely, fun, can be done independently anywhere, anytime and under normal conditions. As well as a pandemic by using nearby tools.

The research was conducted in Surabaya City (Cendana Judo Club Surabaya), Mojokerto Regency Government and Mojokerto City Council with athletes aged 6-14 years. The research was only in 3 places due to the high rate of spread of the virus *Covid 19*, many clubs did not hold training during the pandemic.

The basic technique training video based on the video *Kodomo No Kata* consists of the basic judo techniques found in *Kodomo No Kata* 1-7, including *ukemi*, *tai-sabaki*, *happono kuzushi*, *ashi-waza*, *koshi-waza*, *te-waza*, *osaekomi-waza*. The tools used for independent training are tools that are around such as mattresses, foam mattresses, carpets, insulation, bolsters and judogi. This research was evaluated by judo experts, namely judo trainers (*fighter* and *kata*), referees (national and international).

Here are some tools that can be used while exercising self-ie to practice *tai-SABAKI* to exercise *happono-KUZUSHI* to exercise *osaekomi-waza*



Figure 1. Some Tools that can be Used while Exercising Self-ie to Practice *tai-SABAKI* to Exercise *Happono-KUZUSHI* to Exercise *Osaekomi-waza*

The following is an example of using the tools around the time of use in practice the basic techniques of judo when practicing independently are. Some activities What was done during the small group test and the large group test were (1) an introduction to

Kodomo No Kata, (2) basic technique exercises according to the techniques contained in the video *Kodomo No Kata*, (3) providing videos and guidebooks so that they can be practiced during practice independent.

III. Results and Discussion

3.1 Results

The final result of this research is a video product of basic judo technique training which is carried out independently using existing tools around, and is equipped with a guide book as a support. At the time of the introduction of *Kodomo No Kata* and the question and answer session conducted during the small group test and large group test, it was found that (1) school-age children still had minimal mastery of some of the basic techniques of judo, (2) school-age children mastered basic techniques that were only taught in trained by the club coach while practicing at the dojo (face-to-face training), (3) during the pandemic covid 19 starting in early 2020, school-age children did not practice judo at all until mid-2021 due to large-scale social restrictions. With the provision of basic technical training videos based on the video, *Kodomo No Kata* there are several effects after they practice independently, including (1) school-age children can practice the basic judo techniques contained in the learning video even though the technique is not perfect, (2) school-age children increase in mastery of basic judo techniques (knowing the name of the technique and being able to do the technique) (3) helping school-aged children in learning *Kata* (*Kodomo No Kata* 1 – 7). The age of school children in practicing judo also affects the capture of material *Kodomo No Kata* and videos of learning basic judo techniques provided by researchers.

3.2 Discussion

At the time of making the video there were several evaluations and revisions from judo experts so that the video was produced as expected by the researchers. The manual is also a support when practicing basic judo techniques, making it easier to learn the technique. Based on the research results obtained from the results of small group trials and large group trials, it takes a longer time to introduce *Kodomo No Kata* so that school-age children better understand the basic techniques taught by the trainer. Where it is known that *Kodomo No Kata* is a word in judo for children that was just introduced at the end of 2019. Likewise, the introduction of basic judo techniques contained in learning videos during training with coaches must also be taught and evaluated, so as to further improve mastery the basic technique of judo.

During the practice of basic judo techniques, it was known that the results were different between before and after the provision of learning videos, meaning that there was an effect on the use of basic technique learning videos based on the video *Kodomo No Kata* on school-age children. With the video for basic judo technique training based on the video, *Kodomo No Kata* school-age children can practice judo independently using tools around, which can be done anywhere, anytime and under any conditions (normal or pandemic).

IV. Conclusion

4.1 Conclusion

After the research, it can be concluded that the development of videos of basic judo techniques based on *Kodomo No Kata* for school age children can be used to practice independently anywhere, anytime and under normal or pandemic conditions using tools

that are around us. The age of school children in practicing judo also affects the capture of material Kodomo No Kata and videos of learning basic judo techniques provided by researchers. In the practice of the basic technique of Kodomo No Kata, it is known that there is a difference between before and after giving the video, meaning that there is an effect on the use of the video of basic judo techniques based on the video of Kodomo No Kata at school age.

4.2 Suggestions

Some suggestions of researchers in developing this learning video are as a need for further introduction of Kodomo No Kata to school-age children, coaches teach athletes more basic judo techniques (Gokyo-No-Waza), basic judo techniques are not only used for school age children, but it can also be used for beginners, teenagers or adults who are new to or practicing judo. It is hoped that further research will make this video learning of basic judo techniques more effective and efficient for school-age children.

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