

STAYING FIT WITH JUDO

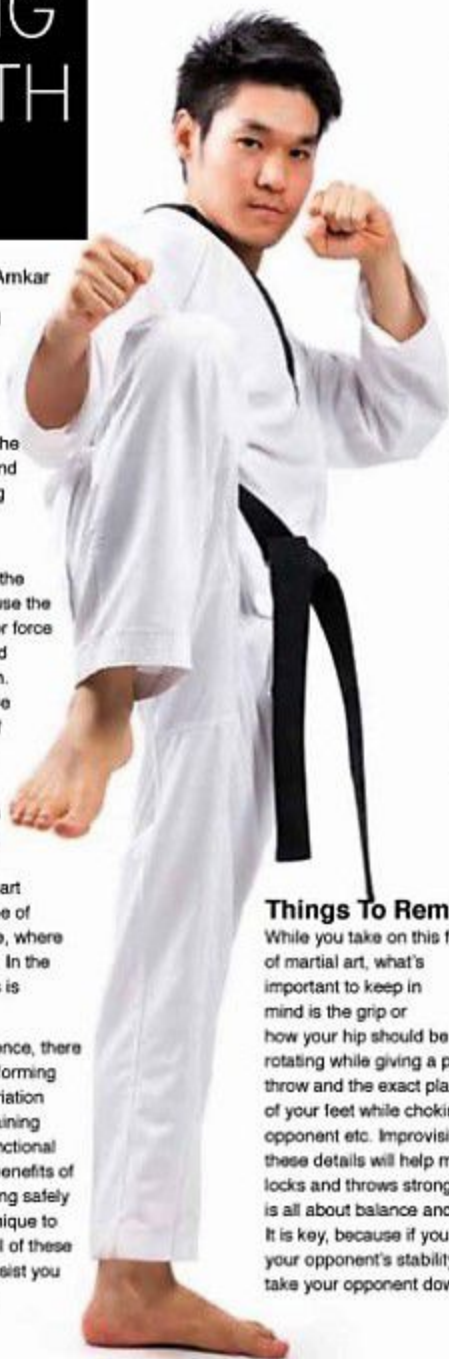
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If you're tired and bored of the usual workout techniques, switch to Judo! A great workout and a martial art form, judo facilitates in mastering the techniques of self-defence and plays a major role in lowering day-to-day anxiety levels.

Judo makes use of certain throws, holds and locks and the core technique of judo is to use the opponents' own movement or force them down and utilize ground techniques to get submission. In this exercise, when you are facing the challenger, a lot of controlled movements along with wrestling takes place.

However, unlike, other forms of martial arts, judo does not involve any form of punches or kicks. This type of martial art comprises of two phases, one of which is the standing posture, where the emphasis is on throwing. In the second phase, the emphasis is on grappling.

Along with boosting self-defence, there are many advantages of performing judo. The absorption of a variation of skills which involve maintaining stability, coordination and functional motion are few of the other benefits of this art form. The trick of falling safely without injuring yourself is unique to this martial art form. Thus, all of these tricks and techniques can assist you when faced with any form of physical conflict.



Why Judo?

Judo definitely reduces the threat of sustaining grave injuries while you compete in various other sports. Along with a physical work out, judo can do wonders for your mind as well. This martial art form can help develop trust, self-confidence, self-control and self-esteem not just for those practising it, but for others as well.

The other benefits of judo include developing physical fitness, development in strength and flexibility, increase in speed and agility, enhanced reaction time, exceptional co-ordination and great static and dynamic balance, to name a few.

This sport also majorly helps in enhancing your cardiovascular ability as well as your muscular strength. However, it is necessary to practise the sport regularly to improve endurance.

Adding Judo to your workout regimen will give you better results in terms of fat loss and building strength in your lower body, allowing you to burn approximately 350-900 calories.

Things To Remember

While you take on this form of martial art, what's important to keep in mind is the grip or how your hip should be rotating while giving a particular throw and the exact placement of your feet while choking an opponent etc. Improvising on these details will help make the locks and throws stronger. Judo is all about balance and stability. It is key, because if you break your opponent's stability, you can take your opponent down.

