



Abstract of the Judo falls - Practice and Science

The first thing Master teaches a beginner is to take confidence with the tatami to ensure that the body, when it falls, does not suffer trauma.

Each technique has its specific fall, and the role of those project us is to ensure that the comrade gets up unscathed: his safety is at stake.

We will try to provide the practitioner with the technical and scientific tools for knowledge to be complete. We are convinced that knowing how to fall and the effects of a fall are the duties of expertise that has every practitioner, pupil, or teacher.

When we talk about energy and shock waves, we will refer to the effects fall produces on our body, especially on internal organs.

The heat when we clap our hands, one against the other, is experiential and exciting for a child: they will discover a secret of Physics!

The Master, embarrassed to seek an answer to why you have to clap your arms when you fall, will have a tool to respond adequately.

In our lesson, we will give a simple "scientific answer" to this question that, together with the execution of the gesture, will complete the technical framework and training of both the practitioner and the teacher.

Of course, we will always be available for further information with our videos and training courses.