

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

А. А. Литвин

ДЗЮДО

**методична розробка
з англійської мови**

*для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»*

*для студентів III курсу
денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»*

**Львів
2016**

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У методичній розробці представлено тему “Спортивна спеціалізація” (*Дзюдо*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямами підготовки “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою.

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JUDO

Text A

Pre-text exercises

1. Read and learn the active vocabulary.

gentle, <i>adj</i>	м'який
combat, <i>n</i>	бій
take down	повалити
subdue, <i>v</i>	знерухомити
pin, <i>n</i>	техніка утримання
submit, <i>v</i>	підкоритися
joint lock	больовий прийом
choke, <i>n</i>	задушливий прийом
strike, <i>n</i>	удар
thrust, <i>n</i>	поштовх
pre-arranged form (<i>kata</i>)	набір формальних вправ
free practice (<i>randori</i>)	навчально-тренувальна сутічка без визначення переможця
polymath, <i>n</i>	ерудит
affluent, <i>adj</i>	багатий
take on	надавати знання
meet with	знавати
westernised, <i>adv</i>	прозахідний
insufficient, <i>adj</i>	неповний
subsequent, <i>adj</i>	який впливає (з чогось)
offshoot, <i>n</i>	відгалуження

2. Translate without using a dictionary.

Modern, art, Olympic sport, element, opponent, immobilize, form, practice, judoka, practitioner, academic, calligraphy, Confucian Texts, illusion, collection, character,

philosophical context, Sambo, Brazilian jiu-jitsu, techniques, International Judo Federation.

3. Read and translate the text.

Judo

Judo (meaning “gentle way”) is a modern martial art, combat and Olympic sport created in Japan in 1882 by Jigoro Kano. Its most prominent feature is its competitive element, where the objective is to either take down or throw an opponent to the ground, immobilize or otherwise subdue an opponent with a pin, or force an opponent to submit with a joint lock or a choke. Strikes and thrusts by hands and feet as well as weapons defenses are a part of judo, but only in pre-arranged forms (*kata*) and are not allowed in judo competition or free practice (*randori*). A judo practitioner is called a judoka.

The early history of judo is inseparable from its founder, Japanese polymath and educator Jigoro Kano (1860–1938). Kano was born in a relatively affluent family. Jigoro Kano had an academic upbringing and, from the age of seven, he studied English, Japanese calligraphy and the Four Confucian Texts under a number of tutors.

Early attempts to find a jujutsu (*used to be a synonym to judo*) teacher who was willing to take him on met with little success. In 1868 jujutsu had become unfashionable in an increasingly westernised Japan. Many of those who had once taught the art had been forced out of teaching or become so disillusioned with it that they had simply given up. Nakai Umenari, an acquaintance of Kano’s father and a former soldier, agreed to show him *kata*, but not to teach him. Kano loved that so much that soon he became the most able student in both pre-arranged forms and free practice.

In February 1882, Kano founded the first school. However, Kano believed that “*jujutsu*” was insufficient to describe his art: although *Jutsu* means “art” or “means”, it implies a method consisting of a collection of physical techniques. Accordingly, he changed the second character to *do*, meaning “way”, “road” or “path”, which implies a more philosophical context than *jutsu*. Thus Kano renamed it judo.

The philosophy and subsequent pedagogy developed for judo became the model for other modern Japanese martial arts. The worldwide spread of judo has led to the development of a number of offshoots such as Sambo and Brazilian jiu-jitsu.

Post-text exercises

4. Give Ukrainian equivalents to the following phrases.

- 1) a gentle way
- 2) a modern martial art
- 3) a prominent feature
- 4) a competitive element
- 5) to subdue an opponent with a pin
- 6) to submit an opponent with a joint lock or a choke
- 7) a relatively affluent family
- 8) an increasingly westernised Japan
- 9) to become disillusioned
- 10) a collection of physical techniques

5. Match the definitions to the following words.

- | | |
|-----------------|--|
| 1) combat | a) a person of wide knowledge or learning; |
| 2) prominent | b) overcome, quieten, or bring sb under control; |
| 3) immobilize | c) prevent sb or sth from moving; |
| 4) subdue | d) important, famous; |
| 5) polymath | e) a fight, conflict, or struggle; |
| 6) acquaintance | f) occurring after, succeeding; |
| 7) affluent | g) to express or indicate by a hint; |
| 8) insufficient | b) not enough; |
| 9) imply | i) having a great deal of money; |
| 10) subsequent | j) a person one knows slightly. |

6. Combine the following words and translate them.

- | | |
|----------------|------------|
| 1) a number of | a) lock |
| 2) competitive | b) context |

- | | |
|------------------|--------------------------|
| 3) joint | c) upbringing |
| 4) weapons | d) polymath and educator |
| 5) pre-arranged | e) offshoots |
| 6) free | f) forms |
| 7) Japanese | g) pedagogy |
| 8) academic | h) defenses |
| 9) philosophical | i) element |
| 10) subsequent | j) practice |

7. Insert prepositions where necessary.

in (3), by (2), of (2), from (2), under (1), out (1), to (2), for (1)

1. Judo was created Japan 1882 Jigoro Kano.
2. Strikes and thrusts hands and feet are a part judo.
3. The early history of judo is inseparable its founder Jigoro Kano.
4. the age seven, Kano studied English, Japanese calligraphy.
5. Jigoro Kano the Four Confucian Texts a number of tutors.
6. Jujutsu teachers had been forced of teaching in 1868.
7. Kano became the most able student both pre-arranged forms and free practice.
8. Kano believed that “*jujutsu*” was insufficient describe his art.
9. The philosophy and subsequent pedagogy developed judo became the model for other modern Japanese martial arts.
10. The worldwide spread of judo has led the development of a number of offshoots.

8. Insert the necessary collocations.

1. Judo is , combat and Olympic sport.
2. The most of judo is its competitive element.
3. The objective of judo is to either to the ground.
4. A judoka needs to immobilize or otherwise , or force an opponent to submit with
5. Strikes and thrusts are a part of judo, but only in

6. Strikes and thrusts are not allowed in judo competition or
7. Judoka is a
8. The early history of judo is connected with, Jigoro Kano.
9. In 1868 jujutsu had become unfashionable in Japan.
10. A word "*jujutsu*" implies a method consisting of a

9. Match two parts of the sentences.

- | | |
|--|--|
| 1. Judo, a modern martial art, was created ... | a)... to immobilize or otherwise subdue an opponent. |
| 2. The objective of judo is ... | b)... in Japan in 1882 by Jigoro Kano. |
| 3. Strikes and thrusts are not allowed ... | c)... an academic upbringing. |
| 4. A judo practitioner is called ... | d)... became the model for other modern Japanese martial arts. |
| 5. Jigoro Kano had ... | e)... in judo competition or free practice. |
| 6. The attempts to find a jujutsu teacher ... | f)... to " <i>judo</i> " |
| 7. Nakai Umenari agreed ... | g)... Kano founded the first school. |
| 8. In February 1882, ... | h)... to show Kano <i>kata</i> . |
| 9. He changed a name of the art " <i>jujutsu</i> " ... | i) ... met with little success. |
| 10. The philosophy developed for judo ... | j) ... a judoka. |

10. Answer the following questions.

1. When was judo created?
2. Who is the father of judo?
3. Is judo Olympic sport?
4. What is the prominent feature of judo?
5. What is the objective of judo?
6. Are strikes and thrusts allowed in judo?
7. Who is a judoka?

8. Who is Jigoro Kano?
9. Who was the first teacher of Jigoro Kano?
10. Why did Jigoro Kano change a name of the art "jūjutsu" to "judo"?

11. Finish the following sentences.

1. Judo is ...
2. The most prominent feature of judo is ...
3. The objective of judo is ...
4. Strikes and thrusts by hands and feet as well as weapons defenses are ...
5. Jigoro Kano was born in ...
6. Early attempts to find a jūjutsu teacher met with ...
7. In 1868 jūjutsu had become ...
8. In February 1882 ...
9. Kano believed that "jūjutsu" implies ...
10. The philosophy of judo became the model for ...

Text B

History of Judo

1. Read the text and find the information about:

- 1) samurai's contribution to the development of martial arts;
- 2) Japan in 1868;
- 3) Jigoro Kano;
- 4) two main developments in judo.

The origin of Japan's martial arts is very vague. However, the martial art system founded in 1532 is considered the beginning of Japan's jūjutsu forms.

For the next several hundred years, the martial arts were refined by samurai who made a lifetime study of some twenty or thirty martial arts. Out of all these arts only one was based on weaponless self-defense – jūjutsu. By the mid-1800's more than 700 different jūjutsu systems existed. Some of them were instrumental in judo's development.

It was during this time that Japanese politics disintegrated into disarray. Commodore Perry's (the US Navy officer) visit to Japan in the mid-1850's also changed Japanese civilization by opening up a new world to them. In 1868 Imperial rule was restored and the decline of the samurai class started along with a rapid decline in all martial arts. Although the government did not officially ban the martial arts, people were not encouraged to learn or practice them since the state was considered more important than the individual. Jujutsu literally fell into disuse. What was once the glory of the samurai was now looked down on and many well established jujutsu schools began to disappear.

But in 1882, Jigoro Kano revived jujutsu and adapted it to the times. His new methodology was called judo. He used the study of ancient self-defense forms and integrated the best of these forms into a sport which is known as Kodokan Judo.

There have been two main developments in judo over the years. The first was the introduction of weight categories. In the early days, weight differences were not considered important. Everyone fought everyone else, with the result that, if two players were equally matched in skill, the bigger man usually won. There was much opposition to the introduction of weight categories. Some masters feared that it meant the end of judo as a skillful art. Initially there were three categories, and later this was made into five.

The second development was the teaching of judo to children. In the early days, it was thought much too dangerous to teach children because they would not have the self-discipline to avoid using it outside the club. Today many clubs are composed largely of junior membership.

(Originated from: <http://judoinfo.com/jhist4.htm>)

2. Are these statements true or false? Correct any false statements.

1. The origin of Japan's martial arts is very clear.
2. The martial arts were improved by samurai who made a lifetime study of some twenty or thirty martial arts.
3. Some of martial art techniques were useless in judo's development.

4. In 1868 Imperial rule was declined and samurai class started revival of all martial arts.
5. The government did not officially ban the martial arts, and people were encouraged to learn or practice them.
6. In 1885, Jigoro Kano revived jujutsu and adapted it to the times.
7. His new methodology was called judo.
8. He used the study of ancient self-defense forms and integrated the best of these forms into a sport which is known as Kodokan Judo.
9. There have been three main developments in judo over the years.
10. There was much opposition to the introduction of weight categories.

3. Answer the questions.

1. When was the first martial art system founded?
2. What was the contribution of samurai into the development of martial arts?
3. How did the visit of the US Navy officer influence Japanese civilization?
4. What happened to the Imperial rule in 1868?
5. How did the decline of samurai class influence martial arts?
6. Who revived jujutsu?
7. Which study did Jigoro Kano use in order to create judo?
8. Which two main developments has judo recently undergone?
9. Was there any opposition to the introduction of weight categories?
10. Is it dangerous to teach judo to children?

4. Write an abstract to the text.

Text C

1. Read the text. Translate it in a written form.

Basic Rules of Judo

Judo matches take place on tatami (mats) measuring 14m x 14m, with a combat area of 10m x 10m marked out within it. Judokas must bow before stepping onto the mat and must bow to each other before and after either practice or competition.

Judokas must wear the appropriate gi (uniforms), that is one that is no more than 5cm above the ankles and wrists and is tied with the correct style of knotted belt. Bouts last five minutes (in international competition) and are won when one judoka is awarded ippon. If no ippon is awarded, the player with the highest score at the end of the bout is declared the winner.

Penalties are awarded for minor (*shido*) or major (*hansoku make*) infringements of the rules. Four shidos results in the award of ippon to the opponent, as does one hansoku make.

Judokas must not employ any of the outlawed techniques, including attacking joints (other than the elbow), punching or kicking opponents, touching the opponent's face, or intentionally injuring the opponent in any way.

(Originated from: <http://www.rulesofsport.com/sports/judo.html>)

2. Make up a vocabulary of judo terms.

3. Make up a presentation of judo.

Glossary

Aiyotsu the basic Judo fighting stance, with both opponents using their same hand (right or left) as their Hiki-te (Pulling hand). A stance in which both contestants grasp the opponent's left sleeve with their right hand is called a "right grip", and the reverse is called a "left grip".

Ashi waza (foot / leg techniques) are part of the Nage waza (throwing techniques) category, and consist of using one's foot / leg for reaping, tripping, sweeping, supporting, entangling, etc.

"Budokan" refers to a facility in which Japan's traditional martial arts such as Judo, Kendo, and Kyudo are performed.

"Dojo" a martial arts practice area.

"Harau" (sweeping technique) is a foot sweep in which the opponent's foot is swept out from under him.

"Hiki-te" (pulling hand) refers to the pulling hand that grasps the opponent.

"Inasu" (deflection of opponent's attack) refers to the deflection of the opponent's attack by moving abruptly in a direction which the opponent has not anticipated.

"Kaeshi-waza" (counter techniques) are used to counter an opponent's Waza, whereby he is thrown instead of you.

"Randori" is a free sparring drill which allows both practice partners to execute Waza.

The "Shido" (instruction / light penalty) is called when a rules violation occurs during a Judo contest.

"Suri ashi" (footwork) refers to the Suri ashi (Footwork) used when moving during a contest or Randori (Free sparring), and its purpose is to move while maintaining one's balance.

"Yuko" (effective / moderate advantage) refers to a point which is awarded in accordance with the Judgment of a technique.

"Zanshin" (awareness) is a term from Japan's martial arts.

Mental Preparation and Sports Psychology for Judo

In any sport, including judo, the mental aspects of competition are every bit as important as the physical aspects, but often neglected. These mental skills are not just for the high performance elite athletes, but also for the recreational competitor struggling with the stresses of training for competitions and shiai. As Henry Ford said, "Whether you think you can, or think you can't, you're right." In other words, if you do not wholeheartedly believe in yourself, then you will probably fail. Thinking or, more importantly, believing that you can, is the first step towards achieving a goal or winning a tournament.

In addition to fitness, technical and tactical skills, and experience, winning requires desire, determination, dedication, and sacrifice, all of which require mental toughness. Mental toughness is the psychological edge that helps an athlete to perform at a consistently high level. Mentally tough athletes commonly exhibit four characteristics:

1. A strong self-belief (confidence) in their ability to perform well.
2. An internal motivation or drive to be successful.
3. The ability to focus thoughts and feelings without distraction.
4. Composure under pressure.

To aid in mental preparation, there are a number of skills to be studied, learned and applied to training and competition. The six mental skills for successful athletes are:

1. The ability to concentrate and refocus.
2. Visualization and mental rehearsal.
3. Energizing.
4. Relaxation and breathing.
5. Maintaining a positive attitude.
6. Self motivation and being goal oriented.

In training, the coach and athlete need to set a series of attainable goals and markers. Mental attitude will improve as these markers are achieved. Successful

athletes set short and long-term goals that are realistic, measurable, and time-oriented. You and your coach should be aware of your current performance levels and be able to develop specific detailed plans for attaining the next level. You must be highly committed to your goals and to the daily demands of your training programs. Knowing that you have trained harder and smarter than your opponents will put you in a positive frame of mind.

Successful athletes know what they must pay attention to during each game or sporting situation. They have learned how to maintain focus and resist distractions, whether they come from the environment or from within themselves. They are able to regain their focus when concentration is lost during competition, and have learned how to play in the “here-and-now,” without regard to either past or future events. In judo, conscious thought process is too slow when fighting. Attacks, combinations and counters must come from conditioned response and reflex. Seeing an opponent’s attack and thinking what you can do to counter it will be too slow. Judo is about confidence and feel – the confidence that comes with hard training and the feel that comes from repetition and experience.

(Originated from: <http://media.usja.net/2013/02/Mental-Preparation-2013.03MI..pdf>)

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