

# Disabled People and the Potential of Judo Rehabilitation

## □ Case Studies of Rehabilitation through Judo in Japan □

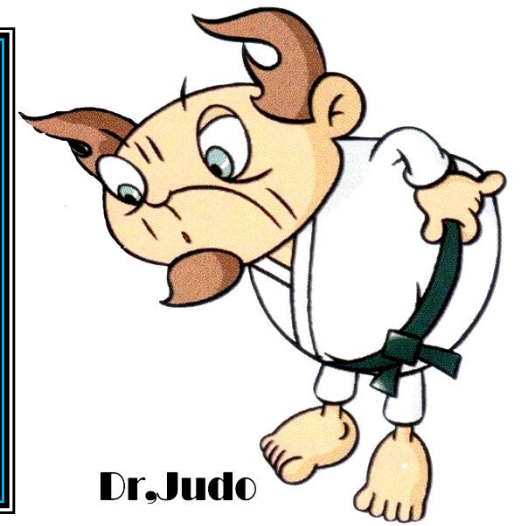
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### 1. Introduction

An important characteristic of *budō* is that it is not just a competition to overcome one's opponent with technical skill, but to train the mind through the process of developing one's technique. The consolidation of mind and body achieved through the course of training is a way of developing one's spiritual and psychological faculties, and contributes to the "character development" of the student. As such, it has gained a significant following outside of Japan, and is already being utilized as a form of rehabilitation to help alleviate the symptoms of mental and physical disabilities. (Judo rehabilitation.)

### 2. Purpose

Since 1964, Judo has become a widely popular sport, and in Japan, Judo education is extensive. This research seeks to establish how much of a contribution Judo can make in the field of rehabilitation in the wider international community. We will analyze the rehabilitative qualities and possible methods of Judo from both physical and mental perspectives, and the validity Judo therapists. The first case study looks at the social welfare service corporation Warashibe-kai in Osaka.

«Judo Rehabilitation at the Warashibe-kai in Japan»

The judo rehabilitation method utilized at the Warashibe-kai was developed by Dr. Masanao Murai based on his observations of the Bobath Method for cerebral palsy in the United Kingdom in 1970, and the rehabilitation research conducted at the Pető System Research Laboratory in Hungary in 1976. Based on his surveillances, he surmised that *ukemi* in judo could be adapted to treat children with cerebral palsy through developing physical and mental faculties. Noticing various changes in his patients through judo, he continued to apply this rehabilitation method through continued training.

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**A Corporate of Association Budo for the Disabled**

**Please contact for me !**

### 【Case-1】

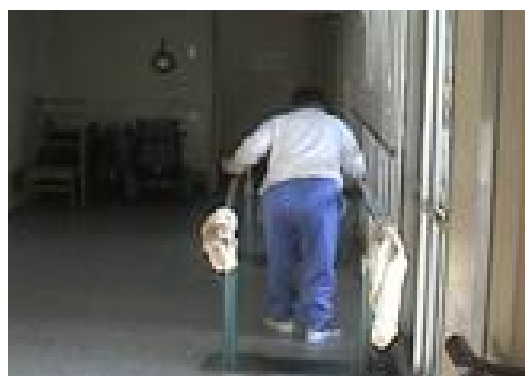
"Expectations for judo exercise"

Patient: Miss. AK (February 1, 1968) 43 years of age

Condition: Cerebral Palsy

Sitting and standing: Rolling over in bed, sitting up, maintaining sitting position (independently), standing up (holding on to something).

	Blood Pressure	Pulse		Blood Pressure	Pulse
Normal	120/60	70	Ergometer	No change	
Baby-walker	No change		After judo	152/97	109
Walking between parallel bars	No change				



### 【Consideration】

Judo is a form of wrestling in which the patient in this case does not understand the exercise methodology. However, through the manifestation of fighting spirit in both protagonists and the will to engage, the amount of exercise experienced can be moderated by the instructor to a suitable degree.

Furthermore, due to her intellectual disability, she is unable to understand encouraging sentiments such as "walk stronger". However, when the objective of the judo engagement is limited to the simple concept of throwing the opponent down, the urge to engage appears when confronted by her training partner. The partner (instructor) can adjust the content when necessary.

### 3. Conclusion

Judo is a contest in which two people grapple together.

It affords easy recognition of the results of one's actions.

Hypothesis –Participation in judo provided significant physical benefits for Miss,AK. Through Miss ,AK example we can surmise that the physical benefits gleaned through participation are possible because judo is engaged in by two people. This could potentially lead to an improvement in communicative capabilities.