

Judo

OLYMPIC DEBUT 1964

From the Japanese *ju-do*, meaning "gentle way," the sport developed in Japan in the late 1800s. Women's judo was added to the games in 1992.

ALL-TIME JUDO MEDALS

JAPAN	31	14	13	58
FRANCE	10	6	17	33
S. KOREA	8	12	13	33
RUSSIA	7	5	15	27



The Oregonian TUESDAY, AUG. 12, 2008 | FIFTH OF 17

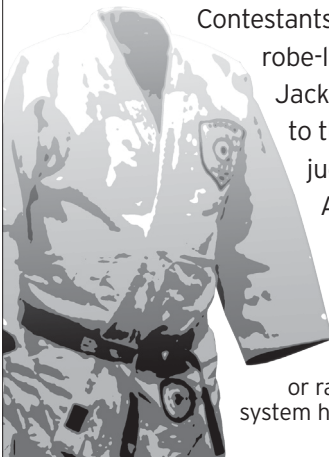
TODAY'S TV HIGHLIGHTS

- +> 7:30 a.m.:** Women's soccer: Nigeria vs. Brazil (taped), Telemundo
- +> 2:30 a.m.:** Preretime replay from Aug. 11
- +> 10 a.m.:** Beach volleyball; men's water polo: USA vs. Italy; swimming; whitewater canoe and kayak: men's C-1 and K-1 finals (live), NBC
- +> 2 p.m.:** Boxing: flyweight and bantamweight (taped), CNBC
- +> 6 p.m.:** Gymnastics recap; equestrian: jumping phase of eventing competition (taped), Oxygen
- +> 8 p.m.:** Gymnastics: women's team competition; swimming: men's 200m butterfly final, women's 200m IM final; beach volleyball (live), NBC
- +> 9 p.m.:** Softball: USA vs. Australia (live), CNBC
- +> 11 p.m.:** Boxing: light flyweight and heavyweight (live), CNBC
- +> 11 p.m.:** Men's soccer: USA vs. Nigeria, China vs. Brazil; women's basketball: USA vs. Mali; whitewater canoeing; rowing semifinals; table tennis (live), USA Network

TECHNIQUE

Unlike taekwondo, the Olympics' other martial art, judo doesn't involve kicking or punching. It centers on trying to throw an opponent on her back with speed and force. So although leg sweeps and choke holds are allowed, striking isn't. Judo founder Jigoro Kano wanted efficiency instead of flash and to use opponents' strength against them.

THE GEAR



Contestants' uniforms, or *judogi*, are loose-fitting, robe-like jackets usually made of heavy cotton. Jackets hang to the wrist and pants hang loose to the ankles to allow free movement. One judoka wears blue *judogi* and the other white. A belt tied to the waist keeps the uniform snug and also indicates rank or age.

THE BELT

Depending on the governing body, the color of the contestant's belt, or *obi*, indicates age or rank. In western judo, the *kyu-dan* ranking system has six levels, with brown as the most advanced.



THE OBJECT

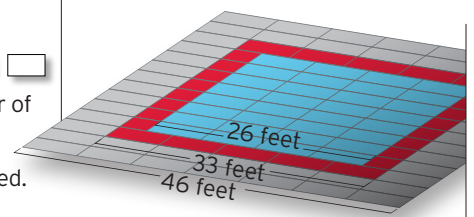
Judo is a wrestling-based sport in which *judoka*, or contestants, use grappling techniques to try to throw opponents largely on their back with force and speed to score *waza ari*, *yuko* or *koka*. In each match of the single-elimination tournament, male participants have five minutes (women have four) to score an *ippon* to win the match. The men's and women's competitions each have seven weight classes.

GLOSSARY

- Waza ari:** When a contestant throws an opponent but is lacking one of three key elements: force, speed or landing an opponent largely on his back.
- Yuko:** When a contestant throws an opponent but is lacking two of the three key elements.
- Koka:** When a contestant throws an opponent to one shoulder, the thighs or buttocks with speed and force.
- Ippon:** Match point, when a contestant throws an opponent with the three key elements or when she scores two *waza ari*.

THE TATAMI

The playing surface is made up of 3-foot by 6-foot compressed foam mats called *tatami*. The center ring is the competition area. While a 3-foot red warning zone is still in play, judokas have to step out of it or attack within three seconds.



ONE TO WATCH

Japan's **Ryoko Tani**, two-time female gold medalist at 48 kg

U.S. HOPEFUL

Taraje Williams-Murray has won four of past five national golds at 60 kg