ARE YOU FIT? OR ARE YOU...

FIGHTING FIT





PARTICIPATION GUIDE

JudoScotland

WELCOME TO

FIGHTING FIT

A GUIDE TO THE NEW CHALLENGE IN THE WORLD OF JUDO

Fighting Fit is an exciting physically challenging competition for Judoka.

Designed to support JudoScotland's Player Development Framework, and promote the club's engagement with its members through the summer (a period of traditionally reduced activity)Fighting Fit is a flexible programme of physical development that can be delivered through various methods (virtually, outdoor activity or at the dojo.

By completing a programme of physical activity (either individually or in a group), designed by the team of world class coaches at JudoScotland, judoka of all ages, abilities, and physical condition can participate in a competitive challenge to see just who is the fittest judoka!

Even if you don't make it to the top, your scores and position on the final Leader board will provide you with incentive, personal goals and motivation to keep training and improve your standing next time.

Whatever the motivation for taking part everyone stands an equal chance of walking away with the 'top prize' – a customised JudoScotland Fighting Films Superstar judogi (white). The winners of this prize will be drawn randomly from the participant list in recognition of the effort required to achieve your Fighting Fitness.

With exercises and challenges that have been selected by a team that have trained British, European, World and Olympic medallists, anyone that takes part can improve their physical competencies in order to help them become better judoka.



THE PROGRAMME

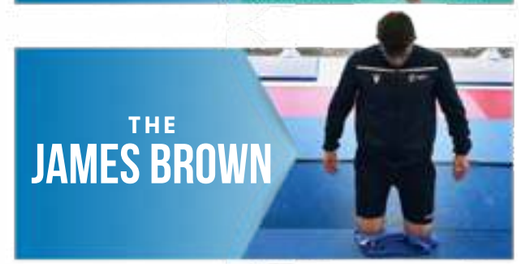
THE FIGHTING FIT COMPETITION CONSISTS OF 7 EXERCISES THAT WILL CHALLENGE THE ALL-ROUND FITNESS THAT IS REQUIRED FOR JUDO. THESE EXERCISES ARE:















EXPLANATIONS AND DEMONSTRATIONS FOR EACH CHALLENGE CAN BE FOUND ON THE FOLLOWING PAGES...

VIDEO GUIDANCE

New to Fighting Fit or in need of some extra guidance? Our National High Performance Coach Euan Burton is here to help. Watch his guidance on our YouTube channel as he explains each exercise in full to help you perfect your technique.

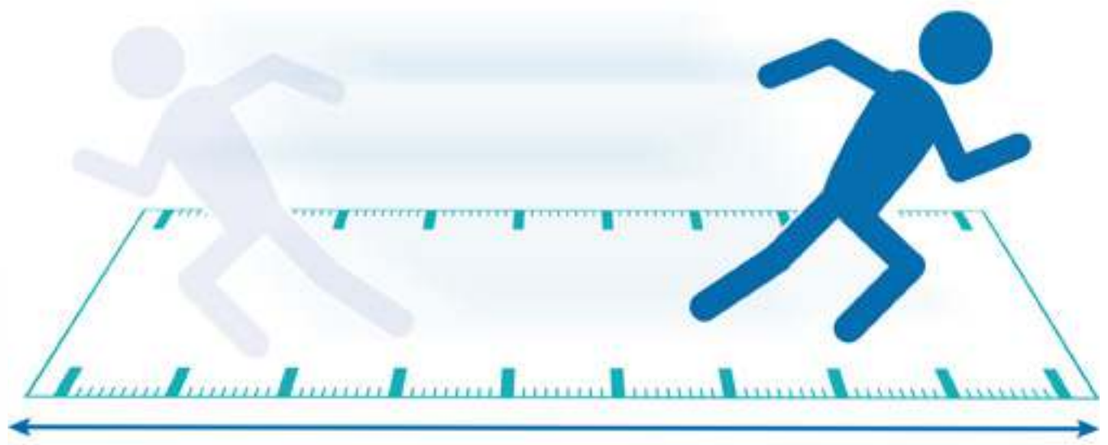


Click or Scan the QR code to access video guidance.

THE FIGHT LENGTH FLYER

How far can you run during the duration of a contest?
(4 minutes)

Use a running App or use a measured distance (running track) to see how far you can get when the clock starts.





THE ROCK AROUND THE CLOCK

A strong core is a must for any judoka, and this exercise will certainly test yours along with your coordination and some Newaza movement skill.



Sit on the floor with your feet, legs, shoulders & head off the mat, 1 metre away from your belt. Rotate a full 360 degrees, both clockwise and anti-clockwise, then 'bum walk' the 1 metre across the finish line (your belt).



OUR GREATEST GLORY



"Our greatest glory is not in never falling but in rising each time we fall."

The 'go to' exercise for developing strength endurance – The burpee! Perform your maximum number of hand-release burpees, with a jump & 180 degree rotation in between reps, in 3 minutes.



THE

GI SHUFFLE

Use Tsugi Ashi movements to travel around your judogi jacket, clockwise and anti clockwise, as fast as you can for 10 rotations (5 each way).

You must ‘fix’ your judogi every time you touch and disturb it before you can carry on and remember – no running!





THE

JAMES BROWN

Get down, Get on Up!

Fold your judogi jacket and place it on the floor, lay your belt out 1 metre behind your jacket.

Perform 10 controlled (no hands used and toes must stay on the floor) knee ‘taps’ onto your jacket then complete 5 lengths of your belt using ‘fast feet’ movements whilst facing your jacket. This is 1 set, complete 3 sets.

Finish with a James Brown spin and the clock stops when you drape your jacket over your shoulders – James Brown style (ask an adult!).







THE

BRING SALLY UP

SQUAT



Jump on to your music streaming service or raid your older siblings or parents record collection and search out ‘Flower’ by Moby; this challenge needs to be performed to this track.

Fold your belt in half 3 times and stand with one foot at either end, fold your jacket up and hold to your chest – you’re ready!

Start the song and when the word “down” is sung assume the down position (squat at 90 degrees) and hold until the word “up” is sung and you must assume the up position (stand up straight).

If you are unable to complete the action at any time the timer must be stopped.

If you can complete the whole song you then go into 30 seconds of no hand newaza get ups (onto back, up to 1 foot 1 knee position, stand).

Your score is how long you can last into the song, or the time of the song plus the number of get ups!



THE

BRING SALLY UP

PRESS UP

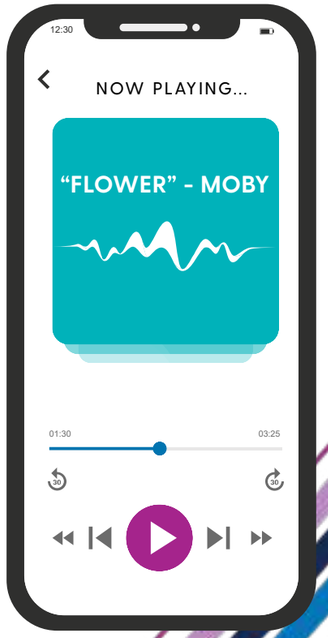
Similar start, different exercise. This time put your hands either side of your belt and you’re ready to press play!

When the word “down” is sung you must assume the down position (bottom of press up – chest grazing belt, hands & toes are the only body parts in contact with the floor, body in a straight line from the crown to your heels), and when the word “up” is sung assume the up position (arms locked out and a staright line from crown to heels).

If you can complete the whole song you then go into 30 seconds of push ups. Your score is the time that you can last into the song, or the time of the song plus the number of reps in 30 seconds.







THE CATEGORIES

FOR THIS YEAR'S EVENT WE HAVE CHOSEN FIVE 'AGE BANDS'*, WITH EACH BAND CONTAINING THREE 'WEIGHT CATEGORIES' AS FOLLOWS:

UNDER 12 (-12 YEARS)

	CATEGORY 1	CATEGORY 2	CATEGORY 3
GIRLS	-32KG	-44KG	+44KG
BOYS	-30KG	-42KG	+42KG

PRE CADET (13 & 14 YEARS)

	CATEGORY 4	CATEGORY 5	CATEGORY 6
GIRLS	-40KG	-48KG	+48KG
BOYS	-42KG	-55KG	+55KG

CADET (15, 16 & 17 YEARS)

	CATEGORY 7	CATEGORY 8	CATEGORY 9
GIRLS	-52KG	-63KG	+63KG
BOYS	-55KG	-73KG	+73KG

JUNIOR & SENIOR (18+ YEARS)

	CATEGORY 10	CATEGORY 11	CATEGORY 12
FEMALE	-52KG	-70KG	+70KG
MALE	-73KG	-90KG	+90KG

MASTERS (30+ YEARS)

	CATEGORY 13	CATEGORY 14	CATEGORY 15
FEMALE	-52KG	-70KG	+70KG
MALE	-73KG	-90KG	+90KG

*Age category is based on the participant's age on the last day of the challenge (9th September 2022).

HOW LONG HAVE YOU GOT TO COMPLETE THE CHALLENGE?

Fighting Fit 2022 officially goes live on 1st July 2022.

Each participant will receive a downloadable scorecard that should be completed and submitted to JudoScotland on or before the deadline of Friday September 9th, 2022. This will provide all clubs and individuals with plenty of time to undertake a solid block of training and submit their scores, around normal activity and commitments. After this date all scores will be collated, and we will publish the Leader Board.

Fighting Fit is designed to be flexible enough to fit into your personal schedule. The dates provide a timescale for the competition and have been selected to support an increase in personal fitness and to prepare judoka for a return to an increased volume of training and competition at an appropriate time – whatever your personal motivation may be.

You are free to submit your scores whenever you feel you are ready – just be sure that you have given it your best shot!



THE PRIZES

THE JACKPOT PRIZE:
One lucky winner from **each** age band, drawn at random from all participants, will win a personalised Fighting Films JudoScotland Superstar Judogi. Yes – that's FIVE Superstar Judogi to be won from a 'lucky dip'!

THE CATEGORY PRIZES:
Winner: Fighting Films/Fighting Fit Clothing bundle

OVERALL CLUB WINNER:
Winner: Annual 'Fighting Fit' Trophy, engraved with club name. In addition All clubs with over 10 participants will enter another 'lucky dip' to win one 'Blazepod' kit – a superb training aid to engage your members in fun physical activity.



THE SCORES

WILL MY SCORES BE CHECKED?

You are responsible for submitting accurate scores and for performing each challenge to the correct standard. However, should you finish near the top the leader board we will ask for video evidence of a sample of your scores, so all should be recorded – you never know!



THE COSTS

Fighting Fit is heavily subsidised by JudoScotland, therefore there is no entry fee for JudoScotland members:

JudoScotland Members	No Charge

IMPORTANT NOTICE

PLEASE REMEMBER THAT YOU SHOULD NOT EXPERIENCE PAIN (OTHER THAN THE NORMAL DISCOMFORT CAUSED BY FATIGUE!) WHILST UNDERTAKING ANY OF THE CHALLENGES OR IN TRAINING.

IF YOU DO OR HAVE ANY UNDERLYING HEALTH CONDITIONS THAT YOU FEEL MAY BECOME AGGRAVATED BY ANY OF THE EXERCISES IN THE FIGHTING FIT COMPETITION, PLEASE CONSULT YOUR GP. COACH (OR PARENT) IMMEDIATELY.

IF ANY OF THE EXERCISES REQUIRE ONE OF OUR JUNIOR MEMBERS TO LEAVE THE DOJO OR HOME ENVIRONMENT, PLEASE ENSURE YOU HAVE THE APPROPRIATE SUPPORT WITH YOU.