

Monday 1st August



Kimberley Renicks (-52kg)



Kirsty Marsh (-52kg)



Malin Wilson (-57kg)



Dylan Munro (-60kg)



David Ferguson (-60kg)



Alexander Short (-66kg)



Finlay Allan (-66kg)

Tuesday 2nd August



Billy Rodman (-73kg)



Wednesday 3rd August



Rachel Tytler (-78kg)



Sarah Adlington (+78kg)



Andrew McWatt
(+100kg)



JudoScotland



“Before and after practicing Judo or engaging in a match, opponents bow to each other. Bowing is an expression of gratitude and respect. In effect, you are thanking your opponent for giving you the opportunity to improve your technique.”

Jigoro Kano, founder of Judo

Competitive Judo

A competitive Judo match will last for 4 minutes, however, this can be cut short if one competitor scores an ippon, or can last longer if the match goes into golden score.

The objective in a judo match is to throw the opponent to the ground on their back; pin them to the ground principally on their shoulder; or force them to submit to a choke, strangle or armlock. Any of these score ippon, immediately winning the match. Scores from the match will be displayed on the scoreboard with the remaining time of the competition.

There are currently 14 categories within Judo and they are divided into weight and gender:

Female Categories: -48Kg, -52Kg, -57kg, -63kg, -70kg, -78kg and +78kg

Male Categories: -60kg, -66kg, -73kg, -81kg, -90kg, -100kg and +100kg

Judo Glossary

Hajime: Begin

Mate: Stop (wait)

Judogi: Judo Suit

Judoka: One who studies Judo

Rei: Respect/Bow

Shido: Penalty

Waza Ari: 1/2 point.

Ippon: Full point.

Ne Waza: Techniques on the ground.

Tachi Waza: Standing techniques

Golden Score: Golden Score is a sudden death situation and the first contestant to achieve any score wins.

Hansoku: Disqualification

New to watching Judo?

Check out this 'Quick Guide to Judo' from the International Judo Federation presented by former World Champion and two-time Olympic silver medalist Neil Adams, to find out more. Scan or click the QR code to watch.



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