

Dr. Pavan Mandavkar: Causes of injury and safety

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New Horizon

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Causes of injury and safety

- Dr. Pavan Mandavkar

Indira Mahavidyalaya,
Kalamb Dist.Yavatmal (M.S.)

Qualified Instructors

The instructor should be thoroughly familiar with the rules, the possible causes of injuries, and be prepared to apply first aid, especially in reviving those who have been "choked out." He should emphasize that knowing how to fall (ukemi) is more important than knowing how to throw. In fact, falling is the first line of defense.

In the beginning, the novice must learn to fall in all directions forward, backward, and sideward. In India all qualified instructors are certified and registered with the Judo Federation of India or their related state association, District Association. Before a black belt instructor is hired, his credentials should be checked to avoid possible liability due to injuries. The instructor should emphasize the importance of:

I. Throwing Techniques

- A. It is the responsibility of the thrower (tori) to tuck the sleeve of the uke (the one who is thrown) just before he lands so he will not hit his head and will land on his shoulder and side in the proper manner.
- B. The thrower must not drive the uke into the mat; this will allow the uke to fall properly.
- C. The thrower must not fall on the uke.
- D. A throw should not be forced or completed when there is impending danger, such as when an opponent's foot is caught between the mats.
- E. Certain types of throws (e.g., a wrapping hip throw) should not be used against individuals who have small, frail body structures.

II. Falling Techniques

- A. The uke must break the habit of extending the hand or arm to brace him for the fall. The impact of the fall can cause fractures of the wrist, forearm, and dislocation of the elbow. The real danger is the additional force caused by the thrower (tori) falling on top of the uke.
- B. The uke must learn to tuck in his shoulder and head so that the impact of the fall is distributed to his back and side rather than directly on the point of the shoulder.

Table I, Types of Injury

S.N.	Type of Judo Injury	Numbers of Injury
01	Fracture	34
02	Upper extremities	20
03	Lower extremities	10
04	Maxilla	01
05	Rib	01
06	Vertebra	02
07	Dislocation and separations	43
08	Upper Extremities	41