
Homework - how does Judo help you in everyday life

Posted by Stephen - 2008/07/05 10:21

Judo has many lessons which are not learnt indirectly, I'd like you to have a little think about how Judo has helped you, this question is borne from reading Bethany's school report the other evening, and her teacher wrote this rather nice conclusion.

"We have all been supportive of Bethany's extra curricular activity of judo, it is apparent it helps her with her confidence and all round athletic ability, we have seen her medals and videos and we are all very proud of her, thank you Bethany for showing me how good Judo is for your own development and I hope that you show me some Judo techniques soon"

Now this is just a snippet from Bethany's recent school report where the teacher has seen what a benefit Judo is an has been to Bethany, Bethany has often taken in her medals and showed the videos of her competing, and even showed some techniques at a talent show being held at the school, obviously with another child who also does Judo at Shinto,

I believe that Bethany also obliged and demonstrated on her teacher Hadake Jime, much to the surprise of her teacher and later she explained that she should tap once she feels it getting tighter.;) daddy's girl.

Have a think about how Judo has affected you, what lessons you have learnt and think about where you may have used the main principles of Judo in everyday life, answer in reply please.

This could be from opening doors with a foot sweep motion

to confronting one of your biggest fears with confidence, there really cannot be a wrong answer to this as you will all experience different things.

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Re:Homework - how does Judo help you in everyday life

Posted by Stephen - 2008/07/05 13:40

<http://shintojudo.co.uk/images/fbfiles/images/belleru2.jpg>

Even if it's footsweeping a dropped chicken wing under a sofa at a party, I have done this before.

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Re:Homework - how does Judo help you in everyday life

Posted by Ash - 2008/07/08 13:04

Well I find the break falls have helped me countless times. This is normally when I'm rollerblading or riding my bike to the shops, which I do often. Sometimes my bike or rollerblades hit a rock or something and I fall forward which I now automatically go into a roll. If it wasn't for Judo I would have many more bruises than I get now, then again I get bruised almost everytime I do Judo so it probably balances out.:laugh:

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Re:Homework - how does Judo help you in everyday life

Posted by dontthinkfeel - 2008/07/09 22:39

In the sixteen years that I have practised Judo I have discovered that I don't trip up as much as I used to I am balanced most of the time. Also for some reason I don't jump when I am startled like I used to. I am not saying that I am some sort of super ninja but it's the little things in life where there have been changes. I work in security and I have noticed that I mostly remain calm in certain situations so avoiding conflict which nobody wants. These are but a few small but significant changes in my life brought about I believe but Judo and the lessons it gives.

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Re:Homework - how does Judo help you in everyday life

Posted by Jamsey - 2008/07/12 15:35

I still trip up a lot. When I fall I dont always do a breakfall. Because I broke my arm not doing one :P

But it made me more confident in things.
Has made me fitter and made me more friends
heh heh

Re:Homework - how does Judo help you in everyday I

Posted by judoScott - 2008/07/13 20:27

I was hit by a car when riding my bike 3 times i college and I was never seriously injured because I know how to fall. The first time I did a break fall over the hood and the last time over the trunk. Bother of those times my bike was destroyed but I got up and walked away. Maybe blind guys really shouldn't ride bikes! B)

Re:Homework - how does Judo help you in everyday I

Posted by Stephen - 2008/07/14 09:20

Hi Scott,

As I was reading that, I was wondering how & why on Earth you were riding a bike, it does remind me however of our conversation when I was coming over to see you guys for the second time and you were practising your Kime No Kata for your grading.

I asked, what I thought at the time was a reasonable question,

Are you using a live blade?

To which you quickly and smartly replied,

Steve, They dont let the blind guy near a real sword, :laugh:

Simple mistake to make, :blush:

I hope you are all well mate,

It seems to me that breakfalls are very helpful to learn.:)

Re:Homework - how does Judo help you in everyday I

Posted by folsoml - 2008/07/20 16:37

When your everyday job requires you to track down the most violent fugitives and arrest them, the manner in which judo helps my everyday life is pretty obvious!:laugh: (and it really does help, too!)

Re:Homework - how does Judo help you in everyday I

Posted by Stephen - 2008/07/20 16:58

Hi Larry

you may have to explain yourself,