

## Warming Up

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### STRETCHING AND WARMING UP

Because judo is a contact sport characterized by sudden bursts of energy, you need to develop a supple body. Correct stretching will help minimize the chance of injury to muscles, ligaments and joints. As a basic rule, stretching should be done slowly with gradual increases in effort. Stretching exercises should be done prior to training.

#### The warm-up

Warm-up is done after stretching and before commencing with training or competition. It should be done in such a way as to slowly increase your heart and respiratory rate. The exercises should be based on the movements you will use in judo as these will help develop skill at the same time.

Your coach will advise correct warm-up techniques for your age and physical condition. Your level of fitness should increase gradually if you follow a regular training programme. If you are injured, follow medical advice and avoid the temptation to return to training before you have fully recovered. The careers of many judoka have been cut short by compounding injuries.