RAISE BODY TEMPERATURE, HEART RATE, BLOOD FLOW, AND RESPIRATORY RATE THROUGH AEROBIC ACTIVITY
- “Activate” the cardio-pulmonary system and prepare large muscle groups for exertion
- The duration will depend on the environment: hot vs cold / the time of day: morning vs evening
- It is important to start with a low intensity effort, then gradually increase the intensity

1. CARDIOVASCULAR ACTIVATION
Cardiovascular exercises are exercises that raise the heart rate and respiration. Using large muscle groups will increase the blood flow throughout the body thus preparing for the upcoming activity.

- Jogging: start at low intensity and progress to medium intensity
- High knees
- Butt kicks
- Rolling: forward/backward
- Over the fence: forward/backward
- Shuffle: sideways / forward/backward

Phase 2
MOBILISE BY INCREASING THE RANGE OF MOTION NECESSARY TO PERFORM THE ACTIVITY
- Movement of joints
- Passive stretching (10 seconds)
- Progressive dynamic stretching

Mobility exercises target specific range of motion around major joints using controlled movements and/or by stretching (passive stretch for 10 seconds or dynamic stretching). Some of these exercises can be done while jogging steady.

- Quad stretch
- Stretching the adductors
- Arm circles: forward/backward
- Arm reach to external/internal rotation
- Neck: rotation, side flexion
- Leg swing: forward/backward, side to side
- Thoracic rotation
- Butterfly stretch
- Knees to chest stretch
- Hamstring stretch
- 90/90 Kneeling stretch
- Pigeon pose
- Down dog/strip dodge

Phase 3
ACTIVATE & POTENTIATE BY PROGRESSING FROM WARMING UP TO A GRADUAL INCREASE IN INTENSITY
- Includes specific muscular exercises to prepare the body for the upcoming activity
- Work on agility, balance and coordination to ensure that the body is ready to react effectively

3. CORE ACTIVATION
Core exercises focus on muscles that provide stability which will enable better control in more physical demanding tasks. A strong core will help prevent injury and promote more efficient training overall. Exercises should focus on abdominal, low back and hips.

- Plank (and plank variations)
- Bridge (and bridge variations)
- Side plank (and side plank variations)

Phase 4
MUSCULAR ACTIVATION
Muscle activation engages the muscles that provide stability which will enable better control in more physical demanding tasks. A strong core will help prevent injury and promote more efficient training overall. Exercises should focus on abdominal, low back and hips.

- Push-ups and Push-ups variations
- Squat
- Pulling crawl
- Lunge

Phase 5
AGILITY, BALANCE & COORDINATION
Focus on the ability to change the direction of the body efficiently and effectively while maintaining control. This requires a combination of quick reflexes, agility, balance, coordination and correct response to a changing situation. Exercises performed should focus on spatial awareness and instability.

- Single-leg stand
- Uchi-mata stand
- Side to side jumping
- Single-leg squat
- Cartwheel (add combinations when ready)
- Handstand (add combinations when ready)

Phase 6
JUDO SPECIFICS
- Prepare for the specialized movement of judo by introducing Uchi-komi drills and more specific exercises.
- Pending the objective of the training, the exercises should be adapted:
  - Training - Technical development: Uchi-komi in motion
  - Training - Technical proficiency (speed, endurance, power): Various forms of static Uchi-komi
  - Randori: Yaku-soku-geiko
  - Training - Ne-waza proficiency: Yaku-soku-geiko in Ne-waza – drills focusing on transition from Tachi-waza to Ne-waza

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- THIS POSTER PRESENTS THE PRINCIPAL PHASES TO CONSIDER WHEN PLANNING A WARM-UP
- TO ENSURE A PROPER ACTIVATION OF THE BODY, IT IS RECOMMENDED TO FOLLOW THE ORDER OF THE CATEGORIES OUTLINED ABOVE
- THE PRESENTED EXERCISES HAVE BEEN IDENTIFIED TO HELP PREVENT COMMON JUDO INJURIES