

Safe Warm Up



At least
20min

Phase 1

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: sideway / 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

2. JOINT ACTIVATION

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 slowly.



Quad stretch



Stretching the adductors



Arm circles: forward&backward



Arm reaches external&internal rotation



Neck Movements: flexion&extension, rotation, side flexion



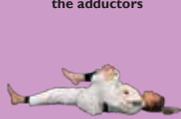
Leg swing: forward&backward, side to side



Thoracic rotation



Butterfly stretch



Knees to chest stretch



Hamstring stretch



90/90 Kneeling stretch



Pigeon pose



Down dog/up dog

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 abdominals, low back and hips.



Plank (and plank variations)



Bridge (and bridge variations)



Lumbar spine extension ITWY and alternating shoulder and leg lift variations



Side plank (and side plank variations)



Abdominal crunches



Shrimping

4. MUSCULAR ACTIVATION

Muscle activation engages the muscles in preparation for the upcoming session by gradually increasing the stress on the body. In a warm-up context, the exercises performed must avoid a state of fatigue.



Push-ups and Push-ups variations



Squat



Pulling crawl



Lunges

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)

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 specific exercises should be adapted:
 - Training - Technical development: Uchi-komi in motion
 - Training - Technical proficiency (speed, endurance, power): Various forms of static Uchi-komi
 - Training - Randori: Yaku-soku-geiko
 - Training - Ne-waza proficiency: Yaku-soku-geiko in Ne-waza – drills focusing on transition from Tachi-waza to Ne-waza

