

Judo

In Paralympic judo, athletes compete against each other in the same category regardless of differences in their vision, for example fully or partially blind. Contestants must grip their opponent's sleeve and lapel at specific points and hold still before a contest can start. As opposed to Olympic judo, there is no need to establish a grip on the opponent, which means you'll witness a powerful game developing, including a bold move right at the start as the contestants aim for an ippon.

Rules:

The basic rules are almost the same as for regular judo.

The competition area used for individual tournaments measures 10 meters by 10 meters. In a four-minute contest, technical scores – an ippon or a waza-ari (a half-point) – are awarded for newaza (ground techniques) and tachiwaza (standing techniques). If both fighters are tied on technical scores, it goes to a Golden Score contest regardless of the number of shido penalties given. A Golden Score contest has no time limit and the winner is the first person to be awarded a technical score, either an ippon or waza-ari. Alternatively, the decision can be made based on the difference in the number of shido penalties given.

Column:

The underlying power of the Japanese speciality! Aiming for an ippon in an aggressive game!

Some of the Paralympic judo rules were amended at the end of 2016. For example, the men's game was shortened by one minute, meaning that both sexes now play games lasting four minutes. Also, the judging criteria were limited to scoring only from ippon or waza-ari. This means the fighters are more aggressive as they aim to achieve an ippon and demonstrate their power and instantaneous force.

Judo – a Japanese speciality – continues to feature in the Paralympic Games programme. Japan has participated continuously since the Seoul 1988 Games, where judo made its Paralympic debut, and has won at least one medal at every Games.

A Japanese female fighter won a medal for the first time at the Rio 2016 Games and there are high expectations for medal wins from both male and female fighters at the Tokyo 2020 Games.

Trivia:

It is still possible to make a comeback with only two seconds left as a Paralympic judo contest starts once the two athletes have been gripped up.

Venue:

At the Tokyo 2020 Paralympic Games, judo will be held at Nippon Budokan.