Disclaimer

The exercises and information contained within this book may be too difficult or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

The author and publisher of this book are not responsible in any manner whatsoever for any injury which may occur through reading and following the instructions herein.

TERMS AND CONDITIONS

1. I am aware that Beyond Grappling Fitness & Conditioning and its member Matthew D’Aquino, is not a medical doctor and does not qualify to determine a participant’s physical capability to engage in strenuous exercise.
2. Medical clearance from my physician may be required prior to participation in any exercise program and/or engaging in any of the exercises contained within this manual.
WAIVER AND RELEASE OF LIABILITY:

(Read carefully before performing any exercises in this manual)
I understand and acknowledge that there are risks involved in participating in any exercise program and/or any exercises contained within this manual. In consideration for being allowed to utilize the information within this manual, I agree that I will assume the risk and full responsibility for determining the need for medical clearance from a physician and obtaining such clearance, the safety and/or efficacy of any exercise program recommended to me, and any and all injuries, losses, or damages, which might occur to me and/or to my family while utilizing the information in this manual and to the maximum extent allowed by law I agree to waive and release any and all claims, suits, or related causes of action against Beyond Grappling Fitness & Conditioning, Matthew D’Aquino or their employees, or affiliates for injury, loss, death, costs or other damages to me, my family or assigns, while utilizing all information or partaking in the exercises contained within this manual.

I further agree to release, indemnify and Beyond Grappling Fitness & Conditioning from any liability whatsoever for future claims presented by my children for any injuries, losses or damages.
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Matt D'Aquino's Workouts for Judo

A Matt D’Aquino Book/Manual 2010

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Section 1
About Me

My name is Matthew D’Aquino. I am 25 years old and am passionate about all forms of grappling. I have been studying Judo for 19 years and have represented Australia at 8 Continental Championships, 3 World Championships and competed in the 2008 Beijing Olympic Games. I have also competed in various World Cups, Grand Slams and Grand Prixs all over the world. I have trained in some of the hardest dojos in the world, including Yong Inn University in Korea, Tokai University in Japan, INCEP in France, Pollymunka in the Czech Republic and Sankaku Club in Slovenia.

My best results include:

- Being the first and only Australian Male to win the Pac Rim Championships in 2009
- 1st Place St Gallen Tournament in Switzerland
- 3rd Place USK Cup Prague, Czech Republic
- Multiple Oceania Champion
- Multiple Australian champion
- World Cup Champion
- 17th 2010 World Championships Tokyo

I also compete in Freestyle Wrestling and Brazilian Jujitsu competitions in and around Australia. My best results include:

- 1st No-Gi Purple-belt Submission Grappling National championship -67kg
- 1st Royler Gracie Cup Purple belt 2009 -74kg
- 2nd National Freestyle Wrestling Championships. -60kg
My Philosophy:

I am passionate about teaching and passing on my knowledge and experience to others. My philosophy is simply “If I haven’t done it, I won’t teach it.” I believe this is a crucial element to my teaching. It means that in everything I teach, I am familiar with and have a deep understanding of how to complete each exercise, workout or technique.

The reason why I have been so successful in my Judo career is due to the fact that I have significantly better fitness and conditioning than my opponents. I put this down to the demanding workouts I put myself through week in, week out. I train using a variety of bodyweight exercises as well as barbells, kettlebells, tyres, rowers, dumbbells, ropes, bands and medicine balls in order to be as physically prepared for each competition that I can be.
Why this manual?

I wrote this manual because I love educating people. I have a passion for teaching people how I train, what I do and the workouts I have completed in order to achieve maximum results for training and Judo competition. I studied and obtained a Certificate 4 in Fitness and have been working in the Australian fitness industry for 6 years. During this time I found that many Judokas’ don’t know how to train for Judo. I saw many Judo players completing bodybuilding programs for strength or running long distances as part of their cardio training.

In order to attain the best results you must train specifically for your sport.

An example of this is Olympic and World Champion 100 metre sprinter Usain Bolt. Bolt would never run any further than 500 metres in training. Therefore, when he competes he runs 100 metres, running too much further than this distance in training would not benefit him in competition; in fact, it would actually be detrimental to his conditioning.

If we take this approach and apply it to Judo, we can see how running for one hour will not be as beneficial as 3-5 rounds of an intense Judo specific workout.
What does this manual include?

These workouts are tailored for the recreational or competitive Judoka. The workouts are between 5 and 10 minutes in length using equipment found in most commercial and home gyms.

Below are all the pieces of equipment you need to complete each workout:

- Medicine Ball
- 4 – 6 Cones
- 1 Barbell
- 40 – 60 kg weights
- 15-25kg dumbbell
- Stopwatch
- 1 Skipping rope
- 1 Aerobics Step
- Clock or stop watch
- 1 Rowing Machine (or exercise bike)

Judo matches utilize both the Anaerobic and Aerobic energy systems (See table 1 below.) The workouts I have designed for this manual target both systems for complete, well rounded conditioning.

It is important to point out a few aspects of this manual that will enhance your understanding of my terminology.

**Exercises**

Are individual exercises such as pushups, burpees etc

**Workouts**

Workouts are 3-6 exercises put together in circuit style

**Training sessions**

Are simply 3-6 workouts put together to form a training session. A training session also includes a warm up and cool down.
Anaerobic and Aerobic energy systems

Aerobic means ‘with air.’ This means when you are performing aerobically your muscles are receiving enough oxygen to supply them with the energy it needs to function. In doing so this stops the onset of lactic acid and muscular fatigue. You use your aerobic system when working at low intensity such as jogging.

Anaerobic simply means ‘without air.’ When you are competing or training at a high intensity your body will switch from aerobic to the anaerobic energy system. This means that your body is creating energy (glycogen) without the use of oxygen. The consequence of this is that lactic acid settles into your muscle tissue, resulting in your muscles being unable to perform at maximum capacity. In order to remove lactic acid the muscle must receive oxygen to flush away the lactic acid and begin to create energy aerobically.

Competing in the Aerobic or Anaerobic energy system simply comes down to how intense you are training. If you are training at an intensity level where your muscles are receiving the necessary amount of oxygen then you will be training in the Aerobic energy system. This is usually in low to moderate levels of intensity, for example jogging.

As soon as you start increasing the intensity of the exercise and your muscles start to become deprived of oxygen means you will start to be training anaerobically.

**Table 1:**

<table>
<thead>
<tr>
<th>Time (Secs)</th>
<th>Anaerobic (%)</th>
<th>Aerobic (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 secs</td>
<td>80</td>
<td>20</td>
</tr>
<tr>
<td>60 secs</td>
<td>70</td>
<td>30</td>
</tr>
<tr>
<td>120 secs</td>
<td>60</td>
<td>40</td>
</tr>
<tr>
<td>240 secs</td>
<td>40</td>
<td>60</td>
</tr>
</tbody>
</table>


The above table is a general guideline to how intensity and duration impact which energy system an athlete will utilise at any given time. It is very
important to remember that with all forms of grappling there are times when athletes will be using 80-100% of a particular energy system for a short period of time.

For example during competition an athlete may be using 95% of their Anaerobic energy system and then during a position change or referee stoppage the athlete may have a quick rest and while breathing deeply and restoring vital oxygen stores he may decrease his Anaerobic usage to 70% before beginning again.

Therefore from a training and exercise point of view we must complete an exercise regime that will be swap and change between the 2 energy systems.

Above: Throwing my opponent with a Sumei Gaeshi (sacrifice throw) at the 2010 Tokyo Judo World Championships.
What do Judokas need?

This manual contains 30 workouts designed by a Judoka for Judokas. Each workout consists of a number of exercises focussing on improving many aspects of your Judo game. These include:

**Anaerobic threshold:**
Your anaerobic threshold is simply your body’s ability to perform at a high intensity before the onset of lactic acid.

**Aerobic ability:**
Is the ability to recover in between ‘mattes’ and supply working muscles with oxygen resulting on removing lactic acid.

**Upper body Speed:**
Is essential in grip fighting (*kumi kata*) as well as pulling your opponent off balance (*kuzushi*).

**Lower body Speed:**
As well as the breaking of your opponents balance, the speed of your entry is crucial to the success of the throw. Lower body speed is a must in all workouts.

**Agility:**
Agility is needed to evade attacks and if needed, escape attacks to avoid being thrown for *Ippon*.

**Co-ordination:**
Co-ordination is a huge part of Judo. You must be able to know where your body is positioned in order to attack, defend and adjust techniques quickly.

**Upper body strength and power:**
Needed to break your opponents grip once they have grasped your gi as well as being able to explode out of pins (*Osaekomi waza*).
**Lower body strength and power:**

Lower body strength and power is crucial in nearly all Judo throws. Techniques such as Seoi Nage and O Goshi require you to explode upwards and forwards from a squat or half squatting position to complete the technique.

**Rotational strength:**

Nearly all Judo throws require you to rotate in order to complete the technique. It is crucial that all Judokas have rotational strength to finish throws and drive through any resistance you may encounter from your opponents defence.

**Core strength:**

Core strength is essential for a number of reasons. These include protecting your spine from injury, transferring strength from lower body to upper body, as well as assisting your balance.

**Back strength:**

Back strength is crucial in order to stay upright and fight with great posture. A strong back will stop your opponent pulling your head down as well as assist you in pulling your opponent off balance.

**Hip power:**

Hip power is vital when defending throws. In addition to defence your hips will assist you in generating a lot of power when throwing and escaping pins.

**Concentration:**

Concentration is required by every judoka at every training session, randori and competition. As a training session or fight goes on and you become fatigued, you don’t just physically stop working, but you mentally begin to make bad decisions. The fitter you are and the more oxygen you have in your body, the better you can concentrate. This results in you making better, quicker decisions in the midst of competition.
Mobility

Mobility and joint stability is of significant importance to all Judokas. Being mobile and flexible will greatly assist you in many areas of your Judo. It will help you evade techniques, as well as increase the range of your sweeping leg which is great for throws such as Uchimata, Tai Otoshi and Osoto Gari. Being mobile will also assist in injury prevention.

Joint stability:

By keeping these joints supple you will have stable joints that will help when throwing your opponent. For example while performing a Harai Goshi or Uchimata, having stable ankles and knees will greatly improve your chances of maintaining balance and throwing your opponent for a score.

Joint stability is also important in reducing the risk of injury in training or competition.

Balance:

Balance is a fundamental aspect of Judo. Judo was designed to be a game of unbalancing your opponent using a variety of techniques. Therefore it is essential that balance is always a part of any serious Judokas training.
Section 2 - Exercises

Skipping

**Exercise Description:**

Begin skipping. Skip from foot to foot rather than both feet at once.

**Benefits:**

- Upper and lower body co-ordination
- Ankle stability
- Lower body speed

**Tips:**

- Make sure you have a rope that is the right size. To measure what size rope you need, simply stand in the centre of the rope. The handles should be at the bottom of your armpits.
- Skip by only rotating your wrists, not using your whole arm to swing the rope.
- Always be on the balls of your feet, never on your heels.
- Skip on a soft surface to reduce the impact on knee joints.