



About Judo: Every athlete aims to prevail over the opponent by using special techniques, in the standing position by grappling his uniform, otherwise the judogi, trying to throw him down, and in the ground position by trying to pin him down for a certain time, or by applying chocks or arm locks, which however is not allowed in Special Olympics. Judo is a sport demanding physical capabilities along with spiritual discipline.

Established at Special Olympics: 2003

Differences of Special Olympics Judo: At Special Olympics, athletes are divisioned according to their ability levels, not only by weight and gender. The major difference between Special Olympics and mainstream Judo competitions is that there are no strangulations or arm-locks allowed at Special Olympics.

By The Numbers:

- In 2011, 7,931 Special Olympics Athletes competed in Judo events.
- In 2011, 35 Special Olympics Programs hosted Judo competitions.
- Judo became an Olympic Sport in 1964 for Men and in 1992 for Women
- Judo was originated in Japan
- The term "judo" can be translated as "gentle way"

Events for Competition:

- Individual Judo Contest

Associations/Federations/Supporters:

International Judo Federation (IJF)

Divisioning at Special Olympics:

Athletes in every sport and event are grouped by age, gender, and ability – giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans."