

Why You Should Start Judo Today

When it comes to the world of mixed martial arts (MMA), you have a lot of different options available. There's BJJ. There's kickboxing. There's karate, kendo and numerous others. However, judo remains one of the most popular out there, and there's are some very good reasons that if you're considering MMA, you make the decision to start with judo. Here's what you need to know.

How Does Judo Work?

First, judo is not a striking or weapons-oriented martial art. Unlike karate or kung fu, there is no focus on hitting the other person. Unlike kendo, there are no weapons involved, either. It's a grappling martial art – it focuses on body movements and grips to take down your opponent, not striking with your fists or with a weapon. It's far closer to wrestling or BJJ than it is to karate or taekwondo. The immediate upshot here is that you get to know your body better than in many other martial arts, and you learn how to control it in ways you never imagined.

The Benefits of Judo

There are numerous benefits of starting judo as soon as possible. They range from health benefits to training advantages to mental benefits and more. Here's a brief look at what judo practitioners enjoy from the very beginning.

A Better Workout – Many people find that judo training offers a better physical workout than cardio training, weight training and other forms of physical exercise. The benefits here are twofold. First, you certainly get the physical benefits involved – better muscle building, faster weight loss and better strength training. However, you also gain mental benefits because you're more engaged with the training than in many other settings. There's no mindless walking on a treadmill, no daydreaming while you do rep after rep with the dumbbell. You're engaged in the moment.

Benefits in Other Sports – Interestingly, starting judo today allows you to improve your performance in other sports you play. That's because it trains you in how to use your body better. You'll improve your balance and coordination, as well as your strength and physical toughness. Because judo is pretty rigorous, you'll also improve your mental toughness and your kinesthetic awareness. However, don't let the toughness fool you. Judo is just as good for kids as it is for adults.

Better Self-Defense – When you look at many martial arts, you'll find “fake” moves. It might involve “air bashing” or pulled punches. It might involve fake hits with weapons. This is because these moves can be devastating when they land, and you don't want to hurt or kill your training partner. In judo, there are no fake moves. All grapples, holds and bars are real. That means you get a much better idea of how to execute moves and defend yourself in any situation from anyone. Those who go through other MMA programs are often thrown off or shocked the first time they actually have to connect

with one of their normal fake moves – their natural instinct is to pull the blow, and it takes effort to land it right. That's not the case for judo practitioners.

If you're considering signing up for judo, contact us at Fight Sports Naples for professional training.

Sources:

<http://judoamerica.com/sandiego/faq.shtml#benefits>