

Being “Uke” (The Partner)

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Being “Uke”, mean being able to adapt to the other, to create an interdependent relationship, by giving to “Tori” what is received from him. This is related to the definition of Judo as a “path of adaptation”, which is a method of education created by Jigorô Kanô in 1882, who define his philosophy with two formulas: “the best use of energy” linked to a “mutual prosperity”. In the work presented here, the development of this bilateral relationship which is the one of the pair, between the Judokas of the association of cerebral palsy of Coimbra (APCC), is in the centre of our observations, attentions, in the composition of the different exercises, games and it is our most important goal of progression. We included Judo

in a largest work, within the family of opposition games. Since October 2018, a small group of children, adolescents and young adults with cerebral palsy have been participating in 45 minutes bi-weekly or tri-weekly judo sessions. The video observations from the sessions made it possible to highlight a change of behaviour from the most present participants, with their peers. The increase in autonomy and new skills with a partner, have allowed changing the content of the sessions, consisting in work of falls, reversals, controls and collective games.

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