

Please answer the following questions:

For online submission please return the completed form to JudoInjury@gmx.net

(1) Please answer the following. (You don't need to write your name.)

Your age: years old

Your gender Please select: ☐ male ☐ female

Your occupation Please select one:

☐ elementary school ☐ junior high school ☐ high school ☐ university/college ☐ working ☐ others

Your grade (for example, none, 1st Kyu, 2nd Dan, etc.):

(2) How many years have you practiced Judo already? About years

(3) How often do you practice Judo in a week? In average times a week

(4) How many hours a week do you practice Judo in total? About hours per week

(5) The HIGHEST level of competition you took part in recently. Please select one:

☐ I have not taken part in competitions ☐ local level ☐ national level ☐ international level

(6) Do you do stretching during, before or after Judo training? ☐ yes ☐ no

(7) Which supplementary training do you do REGULARLY? Please check :

☐ none ☐ running/jogging ☐ weight-training

☐ Others What do you do?

(8) Do you go to medical checkups REGULARLY? ☐ yes ☐ no

(9) Have you consulted a specialist in sports medicine since you have started Judo? ☐ yes ☐ no

(10) Do you have chronic pain? (yes or no): ☐ yes ☐ no

If yes, where is it (for example, knee, back, shoulder, waist etc.):

If you have had an injury suffered during judo traing or competition in the last 3-years, please answer the next question.

(11) Was your injury completely healed when you restarted Judo training after your injury? ☐ yes ☐ no

(12) What do you think about the first aid preparation at competition halls? Please select:

☐ good ☐ enough ☐ bad ☐ I don't know

(13) What is your best judo technique? (for example, Seoinage, Ouchigari, Osotogari, Uchimata, etc):

(14) How often do you practice Ukemi (break falls)? Please select :

☐ at every Judo training ☐ sometimes ☐ hardly ever

(15) What is your judo style? Please select: ☐ right handed ☐ left handed ☐ both

(16) Except for Judo do you train REGULARLY in any other sports? ☐ yes ☐ no

If yes, what do you train? (for example, baseball, soccer, tennis, table tennis etc):

(17) Why did you start to train Judo? Please select:

☐ recommendations from parents, brothers, sisters or friends

☐ because I saw the Olympic games/world championships and I liked it.

☐ an other reason

In the following questions please consider only injuries (A) which occurred in the last three years and (B) for which you have consulted medical doctors.

How many such injuries did you have? (Please enter a number. 0 for no injury):

For each such injury, please answer the followings. (If you have answered "0" above, you do not need to answer .)

Injury 1

Injury location (please select one): ☐ hand and finger ☐ shoulder ☐ ankle ☐ toe ☐ knee ☐ eye, nose, ear
☐ elbow ☐ spine ☐ head ☐ arm ☐ thigh ☐ calf ☐ others

Type of injury (please select one):

☐ capsule injury ☐ ligament injury ☐ dislocation ☐ muscle injury ☐ fracture ☐ bruise ☐ concussion ☐ others

Circumstance of injury (please select one):

☐ randori ☐ competition ☐ warm up ☐ ukemi ☐ technical training ☐ uchikomi ☐ others

Injury 2

Injury location (please select one): ☐ hand and finger ☐ shoulder ☐ ankle ☐ toe ☐ knee ☐ eye, nose, ear
☐ elbow ☐ spine ☐ head ☐ arm ☐ thigh ☐ calf ☐ others

Type of injury (please select one):

☐ capsule injury ☐ ligament injury ☐ dislocation ☐ muscle injury ☐ fracture ☐ bruise ☐ concussion ☐ others

Circumstance of injury (please select one):

☐ randori ☐ competition ☐ warm up ☐ ukemi ☐ technical training ☐ uchikomi ☐ others

Injury 3

Injury location (please select one): ☐ hand and finger ☐ shoulder ☐ ankle ☐ toe ☐ knee ☐ eye, nose, ear
☐ elbow ☐ spine ☐ head ☐ arm ☐ thigh ☐ calf ☐ others

Type of injury (please select one):

☐ capsule injury ☐ ligament injury ☐ dislocation ☐ muscle injury ☐ fracture ☐ bruise ☐ concussion ☐ others

Circumstance of injury (please select one):

☐ randori ☐ competition ☐ warm up ☐ ukemi ☐ technical training ☐ uchikomi ☐ others

Injury 4

Injury location (please select one): ☐ hand and finger ☐ shoulder ☐ ankle ☐ toe ☐ knee ☐ eye, nose, ear
☐ elbow ☐ spine ☐ head ☐ arm ☐ thigh ☐ calf ☐ others

Type of injury (please select one):

☐ capsule injury ☐ ligament injury ☐ dislocation ☐ muscle injury ☐ fracture ☐ bruise ☐ concussion ☐ others

Circumstance of injury (please select one):

☐ randori ☐ competition ☐ warm up ☐ ukemi ☐ technical training ☐ uchikomi ☐ others

Injury 5

Injury location (please select one): ☐ hand and finger ☐ shoulder ☐ ankle ☐ toe ☐ knee ☐ eye, nose, ear
☐ elbow ☐ spine ☐ head ☐ arm ☐ thigh ☐ calf ☐ others

Type of injury (please select one):

☐ capsule injury ☐ ligament injury ☐ dislocation ☐ muscle injury ☐ fracture ☐ bruise ☐ concussion ☐ others

Circumstance of injury (please select one):

☐ randori ☐ competition ☐ warm up ☐ ukemi ☐ technical training ☐ uchikomi ☐ others

Injury 6

Injury location (please select one): ☐ hand and finger ☐ shoulder ☐ ankle ☐ toe ☐ knee ☐ eye, nose, ear
☐ elbow ☐ spine ☐ head ☐ arm ☐ thigh ☐ calf ☐ others

Type of injury (please select one):

☐ capsule injury ☐ ligament injury ☐ dislocation ☐ muscle injury ☐ fracture ☐ bruise ☐ concussion ☐ others

Circumstance of injury (please select one):

☐ randori ☐ competition ☐ warm up ☐ ukemi ☐ technical training ☐ uchikomi ☐ others