

2026

2.18 (wed.)

12:10

12:50

12:10-12:15

◆ Introduction

12:15-12:40

◆ Seminar  
(Presentation)

12:40-12:50

◆ Q&amp;A

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# Systematizing Judo Therapy: Developmental Support Through Judo

**Key Words**

Judo

Budo (Japanese traditional martial arts)

Developmental support

Sports therapy

Adapted sports

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I am Ryosuke Ozaki (PhD), a Senior Assistant Professor at the National Institute of Fitness and Sports in Kanoya (NIFS-K), Japan. I was born in Saitama Prefecture in April 1990, started practicing Judo at the age of 10, and currently hold a 5th-dan black belt. I received my BS (2012), MS (2015), and PhD (2018) in Health and Sports Science from Juntendo University. Before joining NIFS-K in 2021, I served as a part-time Assistant Professor at Juntendo University and as Head Coach of the Kanto Gakuen University Judo team. My current research focuses on the Systematization of Judo therapy—applying Judo as an adapted sport in developmental support.

Judo therapy refers to a set of practices that use Judo within the context of developmental support, and it is implemented primarily in after-school day-service programs in Japan. In this talk, I will introduce how Judo can function as a form of developmental support for children with neurodevelopmental conditions such as attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder (ASD), as well as for children with related characteristics. As a “close-range interpersonal communication” activity shaped by the unique features of a combat sport, Judo may help these children develop social skills (e.g., greeting others, taking turns, and keeping promises) and regulate impulsivity (e.g., acting or moving suddenly without thinking). I will also present a framework for Judo therapy that has been organized through field practice in after-school day-service settings and interviews with instructors, and I will discuss practical adaptations, safety considerations, and future research directions.