

## Core Skills Analysis

### Physical Education

- The student demonstrated understanding of Judo techniques such as throws and submissions during the lesson.
- He applied the concept of balance and leverage effectively while practicing with partners.
- Through the grading process, the student showcased discipline and perseverance in perfecting his techniques.
- He showed improvement in his physical conditioning, which is crucial for Judo performance.

### Character Development

- The student exhibited respect towards his instructor and fellow classmates, reflecting the core values of Judo.
- His ability to accept feedback positively and work on areas of improvement demonstrated humility.
- During the grading, the student showed resilience in overcoming challenges and staying focused.
- The emphasis on self-discipline and self-control in Judo was evident in how the student conducted himself.

### Tips

To further enhance skills in Judo and progress towards higher grades, the student can benefit from regular practice outside of class. Utilizing visualization techniques to mentally rehearse movements and strategies can improve performance. Engaging in sparring sessions with experienced partners can provide valuable learning opportunities and help in refining techniques. Additionally, setting specific goals for skill development and tracking progress can motivate the student to continue advancing in Judo.

### Book Recommendations

- [Judo Formal Techniques: A Complete Guide to Kodokan Randori no Kata](#) by Tadao Otaki, Donn F. Draeger: This book provides detailed explanations and illustrations of formal Judo techniques required for gradings, making it an essential resource for practitioners aiming to perfect their skills.
- [The Way to Judo: An Instructional and Visual Guide to Judo Throws](#) by John Stevens: With clear instructions and visual aids, this book focuses on mastering Judo throws, offering insights that can benefit students preparing for grading examinations.
- [Mind Over Muscle: Writings from the Founder of Judo](#) by Jigoro Kano: Explore the foundational philosophy of Judo through the writings of Jigoro Kano, providing deeper insights into the mental and spiritual aspects of this martial art.