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The diagram illustrates the training process for Judo, structured as follows:

- Motor Education** (green box) leads to **Physical General Training** (green box) and **Motor Qualities** (light blue box).
- Physical General Training** leads to **Technical (basic-functional) Training** (yellow box).
- Technical (basic-functional) Training** leads to **Tactical Training I (functional)** (yellow box), **Tactical Training II (functional)** (yellow box), and **Tactical Training III (functional)** (yellow box).
- Tactical Training I (functional)** leads to **Direct Attack** (grey box).
- Tactical Training II (functional)** leads to **Counterattack** (grey box).
- Tactical Training III (functional)** leads to **Combination** (grey box).
- Technical (basic-functional) Training** also leads to **Tachi-Waza** and **Ne-Waza** (grey box).
- Motor Qualities** leads to **Psychomotor Qualities** (light blue box).

Arrows indicate the flow of training, with blue arrows for the main progression and green arrows for the branches. The boxes are color-coded: green for foundational training, yellow for tactical training, grey for attack/defense strategies, and light blue for qualities.