

The influence of color

Colors like red or orange signaling aggression and dominance in a variety of organisms and may increase the likelihood of winning [1]. This effect was also researched for human combat sports. [2] show significant higher probability of winning while wearing a red outfit in wrestling, boxing and tea kwon do contests.

A blue outfit

For a better visualization of the combats blue (and white) outfit was established in Judo competitions. With the idea that also blue could have an impact on winning [2] researched recent tournament (World cups, Olympics) and give an significant advantage of wearing blue. However by the seeding system of that tournaments top fighters start in blue by default and [1] disprove the findings of [2] But finally an improved study by [3] found a bias for man but not for women.

Summary

- Wearing red is good.
- Wearing blue is good if you are a male.

References

- [1] Dijkstra, P.D. and Preenen, P.T.Y, 2008 No effect of blue on winning contests in judo. Proc. R. Soc. B
- [2] Hill, R. A. and Barton, R. A., 2005 Red enhances human performance in contests. Nature 435, 293
- [3] Matsumo, D., Konno, J., Hata, S and Takeuchi M. 2008 Blue Judogis may Bias Competition Outcomes Research Journal of Budo, in press



Judo competition (wikipedia). The two fighters are distinguishable by the color of their judogi.

[4] Rowe, C., Harris, J.M. and Roberts, S.C., 2005 Seeing red? Putting sportswear in context *Nature* 435, 293