

KODOKAN JUDO

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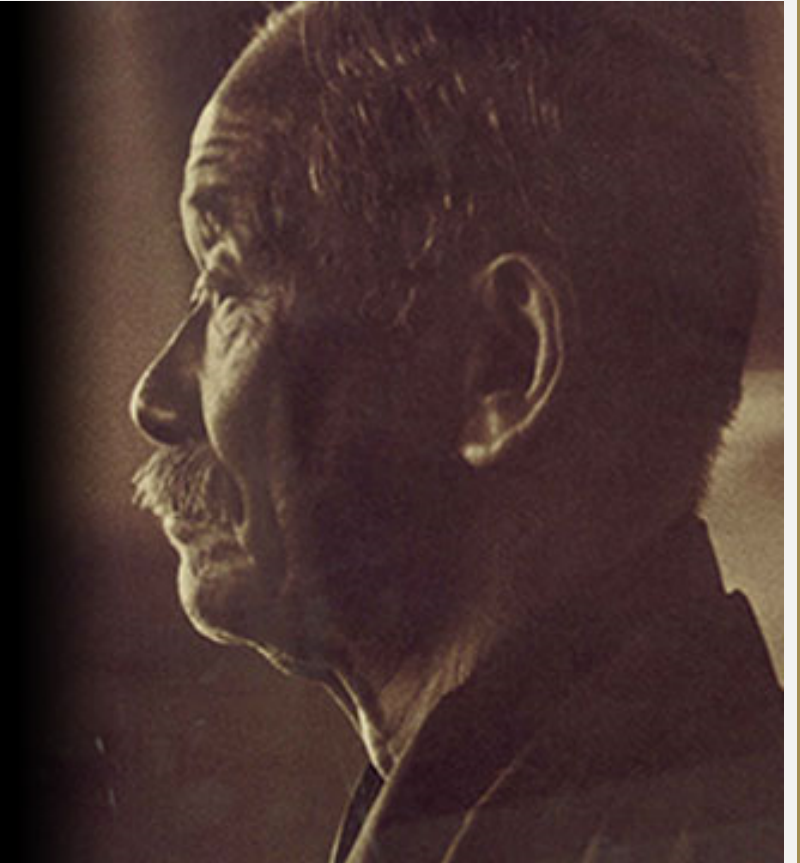
SUSUMU TAKAHASHI

The teaching of Kano Jigoro Shihan

Judo is the way of using one's mental and physical strength in the most efficient manner.

Through training and practicing techniques for offense and defense, one disciplines and cultivates body and spirit, and thereby masters the essence of this way.

Thus, the ultimate goal of Judo is to strive for personal perfection by means of this and to benefit the world.



KANO SHIHAN



HISTORY OF KODOKAN JUDO

- When was Kodokan Judo originated from ?
- How was Kodokan Judo started ?
- Why was Kodokan Judo created ?
- Where was Kodokan establish ?
- How did Kodokan Judo become world sports culture ?

(Quote: Kodokan HP :<http://kodokanjudoinstitute.org/en/doctrine/history/>)

WHEN WAS KODOKAN JUDO ORIGINATED FROM ?

- 1882(Meiji Period in Japan)



撮影： 江波信國(photo: Mr. Enami)

* In those days on Edo on Tokyo

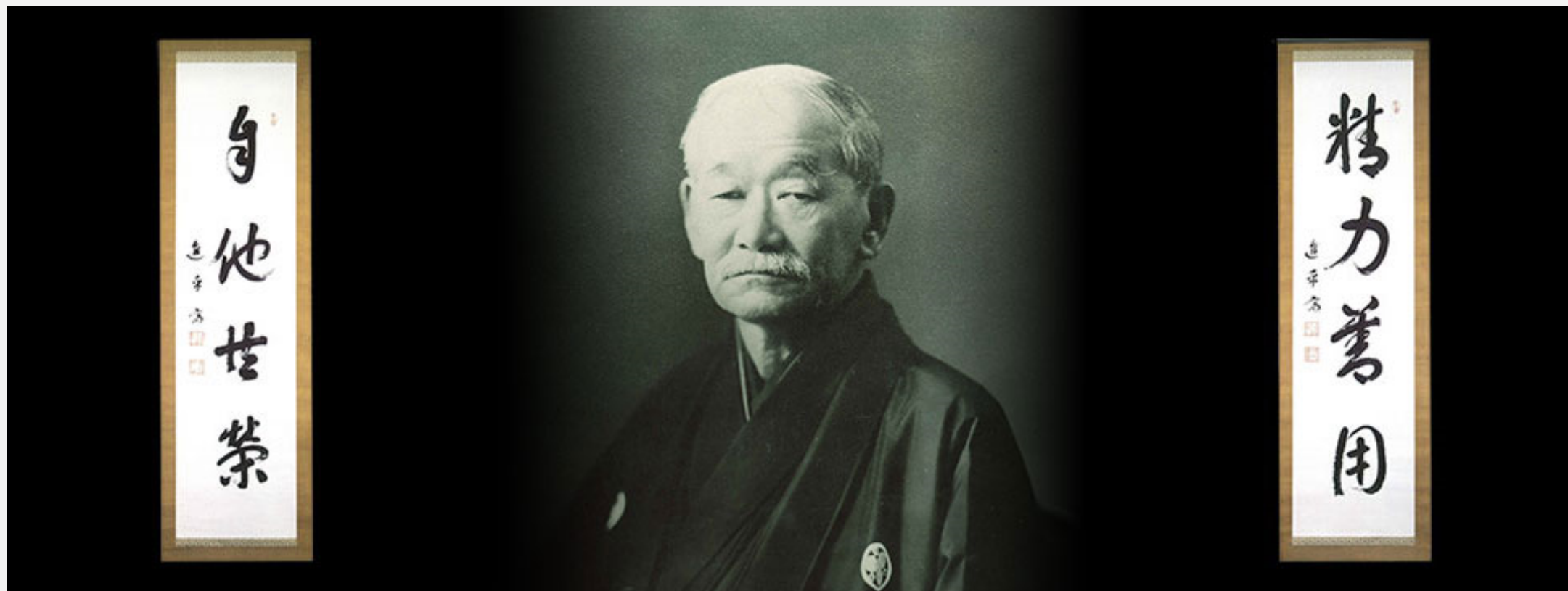


撮影(Photo)： Julian Cochrane

*Working Women in Factory

WHO WAS KODOKAN JUDO STARTED ?

- Kodokan Judo was founded by Kano Jigoro Shihan, who as a youth began practicing Jujutsu as a way to strengthen his frail body.
- Kano Jigoro was a frail body who was losing a fight with friends every time in his childhood. Although he was enough intelligence to go to the University of Tokyo, he always thought that he want to become strong and get them back , he thought of learning jujutsu. However, in those days immediately after the Meiji Restoration. Western style thing is right, Japanese ancient jujutsu was not popular and outdated.
- At all he had to select study , but he passed the Tokyo University.
- After entered Tokyo University, he practiced both the Tenjin Shinyo-ryu and Kito-ryu styles of classical Jujutsu, eventually mastering their deepest teachings, and supplemented this training with an avid interest in other combative forms as well. Integrating what he considered the positive points of these with his own ideas and inspirations.
- He established a revised body of physical technique, also transformed the traditional Jujutsu principle, and considered new principles at last.





Eisho-ji Temple(Judo started here)



Kodokan that was located at Fujimi-cho

TENJIN SHINYO-RYU



TENJIN SHINYO-RYU AND KANO SHIHAN



Kano demonstrated jujutsu for Ulysses S. Grant when the former U.S. president visited Japan in 1879.

- When Kano attended the Tokyo Imperial University in 1877, he started looking for jujutsu teachers. He first looked for bonesetters, called seifukushi. His assumption was that doctors who knew the martial art were better teachers. His search brought him to Yagi Teinosuke, who had been a student of Emon Isomata in the Tenjin Shin'yō-ryū school of jujutsu. Yagi, in turn, referred Kano to Fukuda Hachinosuke, a bonesetter who taught Tenjin Shin'yō-ryū in a 10-mat room adjacent to his practice. Tenjin Shin'yō-ryū was itself a combination of two older schools: the Yōshin-ryū and Shin no Shindō-ryū.
- On 5 August 1879, Kano participated in a jujutsu demonstration given for former United States president Ulysses S. Grant. This demonstration took place at the home of the prominent businessman Shibusawa Eiichi.

WHY WAS KODOKAN JUDO CREATED ?

- Jujutsu first began during the Sengoku period of the Muromachi period combining various Japanese martial arts which were used on the battlefield for close combat in situations where weapons were ineffective. In contrast to the neighboring nations of China and Okinawa whose martial arts were centered around striking techniques, Japanese hand-to-hand combat forms focused heavily upon throwing, immobilizing, joint locks and choking as striking techniques were ineffective towards someone wearing armor on the battlefield. The original forms of jujutsu such as Takenouchi-ryū also extensively taught parrying and counterattacking long weapons such as swords or spears via a dagger or other small weapons.
- Jujutsu was merely a tool of murder in the Sengoku period, but Kano had learned some meaningful things from Jujutsu (the Tenjin Shinyo-ryu and Kito-ryu). He found that Jujutsu was able to make peoples good health and good mentality. And he considered that Jujutsu were able to apply to education. Indeed he wanted to become a politician in university student days. However, as a result of such discoveries, his life changed dramatically. He decided to raise Jiu-Jitsu for education and to spread it over the world. He selected the life for education after all.
- What Kano had created transcended mere technique to embrace a set of principles for perfecting the self. To reflect this, he replaced jutsu (technique) in the word "Jujutsu" with the suffix do (path) to create a new name for his art: judo. His training hall he named "Ko-do-kan," or "a place to teach the path."



By [kodokan-judo institute.org](http://kodokan-judo.institute.org)

JAPAN ERA (HISTORY OF JAPAN)



WHERE DID KODOKAN ESTABLISH ?



Eisho-ji Temple

In May or June 1882, Kano started the Kodokan dojo with twelve mats, in space belonging to the Eishō-ji (永昌寺), a Buddhist temple in what was then the Shitaya ward of Tokyo (now the Higashi Ueno district of Taitō ward), with Iikubo attending the dōjō three days a week to help teach. Kano had only a handful of students at this time, but they improved their technique through regular contests with local police jujutsu teams.



By [kodokan judo institute. org](http://kodokan-judo-institute.org)



HOW DID KODOKAN JUDO BECOME WORLD SPORTS CULTURE ?

- Kano traveled abroad thirteen times, lecturing and demonstrating Judo in order to introduce his art to people around the world(First time was 1889).
- He also helped found the Japan Amateur Sports Association, and in 1909 he became the first Asian member of the International Olympic Committee.
- In Japan,Kano has also been lauded as "the father of Japanese physical education." As principal of Tokyo Higher Normal School, he established a general physical education faculty aimed at training teachers capable of bringing quality physical education to Japan's youth.
- Finally Judo was adopted as an official competition at the Tokyo Olympic Games in 1964.
- Today, the International Judo Federation includes representatives from about 204 countries and regions (as of 2018), with practitioners from all walks of life donning judo uniforms and stepping onto the mat to forge their minds, bodies, and spirits.

Kano's Journeys

- 1889 Paris, Brussels, Amsterdam, Paris, Berlin
- 1912 5th Olympic Games in Stockholm, Vienne, Paris, London
- 1920 7th Olympic Games in Anvers, Paris, London
- 1928 9th Olympic Games in Amsterdam, Berlin, Paris, Rome, China
- 1932 10th Olympic Games in Los Angeles, Vancouver, Seattle, Hawaii
- 1933 Moscow, Stuttgart, Berlin, London, Paris, Madrid
- 1934 Moscow, Warsaw, Vienna, Belgrade, Paris, London, Naples, Singapore, Hong Kong, Shanghai
- 1936 11th Olympic Games in Berlin, Seattle, Vancouver, New York, Bucharest, Paris, London
- 1938 Singapore, Vancouver, Cairo

Olympic Judo

Judo as a sport is growing rapidly in the years following the Second World War

- 1951: European Championships in Paris
- 1956: 1st World Championships in Tokyo (Competition without weight category)
- 1961: 3rd World Championships in Paris (Competition without weight category)
- 1964: Olympic Games in Tokyo (-68 kg ; -80 kg ; +80 kg ; Open)
- 1980: 1st female World Championships in New-York
- 1988: Female judo is present in Seoul Olympic Games as a demonstration sport
- 1992: since Barcelona Olympic Games, both male and female competition are part of the Olympic program.

WORDS OF KANO SHIHAN SEIRYOKU-ZENYO

"Seiryoku-Zenyo (maximum efficient use of energy) applies to all types of endeavors, and it is to fully utilize one's spiritual and physical energies to realize an intended purpose.

Seiryoku-Zenyo is the most effective use of the power of the mind and body. In the case of Judo, this is the principle upon which attack and defense are based, and what guides the process of teaching as well. Simply, the most effective use of mind and body may be described as the maximum efficient utilization of energy. In summary, this can be described as "maximum efficiency".

This idea of the best use of energy is one of the central tenets in Judo, but it is also important for achieving various aims in one's life.

* Kano Jigoro, "The Best Use of Energy", Taisei, Vol. I, No. I, 1922.



JITA-KYOEI

- As long as we coexist, each member of society and the groups organized within must function in harmony and cooperation with the others. Nothing is more important than living prosperously together. If everyone acts with the spirit of mutual cooperation, each person's work benefits not only himself, but also others, and attaining this together will bring mutual happiness. Activities should not be engaged in simply for self-interest. Once started, it is only a matter of course that a person will find goodness in harmony and cooperation upon realizing that his efforts will increase the prosperity of all. This great principle of harmony and cooperation is, in other words, the concept of Jita-Kyoei, or mutual prosperity for self and others.

* Kano Jigoro, "Why it is necessary to advocate the principles of Seiryoku-Zenyo and Jita-Kyoei", Sakko Vol. 4, No. 12, 1925.



EXCELLENT JUDO

