

## **JUDO HISTORY**

In May 1882 Jigoro Kano was inspired by traditional forms of combat to create a method of physical, intellectual and moral education, which he named judo.

Initially considered as a personal defense system, judo is step by step recognized for its educational value, its benefits for the development of the body and the character.

Judo becomes an Olympic sport in the Tokyo Games in 1964, and thus becomes universal. The International Judo Federation today brings together 195 national federations and 5 continental unions.

### **JUJUTSU : THE KANO METHOD**

In the early twentieth century, the Western world discovered the artistic beauty and the military power of Japanese civilization and the effectiveness of strong Japanese soldiers based on their warrior spirit, the bushido, and their fighting techniques, jujutsu. In many countries, the Japanese art is introduced in military curriculum. Jujutsu also appears on the stage of music halls, circuses and fairs. The popularity of jujutsu is launched.

### **Jujutsu in the World**

In the US and in many countries of the world, jujutsu first spreads in the army and the police. At the same time, the martial art is taught in fitness centers (Sandow in England Desbonnet in France, the McFadden in the USA...)

### **Jujutsu and the media**

Present in cartoons and songs, jujutsu is used in numerous commercials, books or even correspondence courses that promise the technical secrets that make invincible.

### **Jujutsu and Women**

The art of the 'weak against the strong' is not reserved for men. While remaining elegant and feminine, women early practice the Japanese art. In London, the "jujutsuffragettes" use the Japanese art as a weapon in the service of their political struggle to gain the right to vote.

### **THE JUDO OF KANO : PHILOSOPHY AND ÉDUCATION**

Small, bullied by his classmates, Jigoro Kano wants to strengthen his body and learn to defend himself. He studies jujutsu but soon realizes that the fight is a powerful body and spirit education means.

Kano takes off the dangerous jujutsu techniques, he improves the art of falling, imposes that both fighters grab each other and creates his own method by synthesizing the oldest forms of defense. In 1882, he opens a place that he calls the Kodokan, the "place where the way is studied".

Judo techniques are divided into three categories: the throws or nage waza, the controls or katame waza and the kicks or atemi waza. In competition, atemi waza are not allowed

### Kodokan judo

Judo is taught through the randori, free practice, the kata, imposed forms, and the mondo, exchanges between the students and their teacher.

The emblem of the Kodokan is an octagonal mirror, the symbol of truth, the central red circle expressing a right and sincere spirit.

In 1922, Kano creates the Cultural Society of the Kodokan. He writes the two maxims that define the philosophy of his method: Seiryoku zenyo, "the best use of energy" and Jita Kyoei "mutual aid and mutual prosperity".

In 1909, Kano was appointed to the International Olympic Committee and devotes his life to the development of education through judo and through sports in Japan and around the world.

### Kano's Journeys

1889 Paris, Brussels, Amsterdam, Paris, Berlin

1912 5<sup>th</sup> Olympic Games in Stockholm, Vienne, Paris, London

1920 7<sup>th</sup> Olympic Games in Anvers, Paris, London

1928 9<sup>th</sup> Olympic Games in Amsterdam, Berlin, Paris, Rome, China

1932 10<sup>th</sup> 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 11<sup>th</sup> Olympic Games in Berlin, Seattle, Vancouver, New York, Bucharest, Paris, London

1938 Singapore, Vancouver, Cairo

### Judo throughout the world

Through the efforts of Kano and his disciples, judo Kodokan develops within Japanese emigrant communities (USA, Brazil, Canada) as well as in Germany, Britain and the British influenced countries.

In France, from 1940, a westernized variant of the Kano method is developed by professor Kawaishi helped by an engineer, Moshe Feldenkrais.

The Kawaishi method is very successful in Europe and throughout the French influenced countries.

### **The Kawaishi method**

The belt color embodies the expertise of the judoka. Beginners successively wear a white belt, yellow, orange, green, blue and brown before passing a special examination (technical and competition) to obtain the rank of black belt, or dan (1st to 10th dan). The color belt system was developed in England in the mid-1920s and made popular through the Kawaishi method.

### **Judo and the Women**

In 1923, Jigoro Kano opens a women's section. He focuses on the technical study and on the kata and does not allow the practice in competition that he considers dangerous to the health of future mothers. Keiko Fukuda, who is the grand daughter of Hachinosuke Fukuda, who taught jujutsu to Kano, has dedicated her life to spreading women's judo throughout the world.

### **JUDO AS A SPORT**

Official sporting events start to take place in the early 20<sup>th</sup> century. It is in Germany on August 11<sup>th</sup>, 1932, that the European Judo Union was created. The first European Championships are held in Dresden in 1934. Kano method is chosen as a demonstration sport for the Tokyo Olympics in 1940, which never took place because of the Second World War. It is not until the 1964 Games that judo officially enters the Olympic program.

### **European Judo Union and International Judo Federation**

The European Judo Union was reconstituted after World War II. On July 11, 1951 in London, its representatives (Great Britain, France, Italy, Belgium, Netherlands, Germany, Austria and Switzerland) receive the candidacy of Argentina. The International Judo Federation is created. The Italian Aldo Torti is appointed President of the IJF.

### The President of the International Judo Federation

1951-1952 Aldo Torti, Italy

1952-1965 Risei Kano, Japan

1965-1979 Charles Palmer, Great Britain

1979-1987 Shigeyoshi Matsumae, Japan

1987-1989 Sarkis Kaloghian, Argentina

1989-1991 Lawrie Hargrave, New-Zealand

1991-1995 Luis Baguena, Spain

1995-2007 Yong Sung Park, South Korea

2007-... Marius Vizer, Austria

### Olympic Judo

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

1951: European Championships in Paris

1956: 1<sup>st</sup> World Championships in Tokyo (Competition without weight category)

1961: 3<sup>rd</sup> World Championships in Paris (Competition without weight category)

1964: Olympic Games in Tokyo (-68 kg ; -80 kg ; +80 kg ; Open)

1980: 1<sup>st</sup> 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.