



## THE HISTORY OF JUDO

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### Annotation

This article discusses the essence of the sport of judo, its origin, specificity, the organization of international competitions.

**Keywords:** judo, sports, competitions, ippon, federation.

### Аннотация:

В данной статье рассматривается сущность спорта дзюдо, его происхождение, специфика, организация международных соревнований.

**Ключевые слова:** дзюдо, спорт, соревнования, иппон, федерация.

### Annotatsiya

shbu maqolada dzyudo sport turining mohiyati, uning kelib chiqishi, o`ziga xosligi, xalqaro musobaqalarning o`tkazilishi borasida so`z yuritiladi.

**Kalit so'zlar:** dzyudo, sport, musobaqa, ippon, federatsiya.

### Introduction

Judo ('the gentle way') originated as an offshoot of jujitsu and was developed by Professor Jigoro Kano (1860–1938) in Japan. It was originally called Kodokan. Kanō Jigorō (1860–1938) collected the knowledge of the old jujitsu schools of the Japanese samurai and in 1882 founded his Kōdōkan School of judo (from the Chinese jou-tao, or roudao, meaning "gentle way"), the beginning of the sport in its modern form. Kanō eliminated the most dangerous techniques and stressed the practice of randori (free practice), although he also preserved the classical techniques of jujitsu (jūjutsu) in the kata (forms) of judo. By the 1960s judo associations had been established in most countries and affiliated to the International Judo Federation, which is headquartered in Budapest, Hungary.

Judo by Kano and the martial art was always intended to be more than just a sport. The three fundamental tenets of judo are described as: physical education, contest proficiency and mental training with the ultimate goal of making the individual a value to society.<sup>1</sup> The first Olympic judo competition took place in 1964 at the Tokyo Olympic Games and the sport is now recognised in 201 countries worldwide. Very little has changed since judo was invented in 1888, apart from the introduction of weight categories and the extension of the sport to include the participation of children.



## Results and Discussion

Judo's direction has changed since its inception. Kanō designed judo to be a safe, cooperative method of physical education. Jūdōka spend a great amount of time learning to fall safely. Even in randori, the person performing the throw (the tori) helps the person receiving (the uke) to the ground by holding onto his arm and guiding him to a safe fall. By contrast, in Western wrestling one does not help an opponent to fall, and coaches spend little if any time teaching their wrestlers how to fall safely. As judo competitions became more popular, however, jūdōka began to exhibit the competitive spirit more usually found in Western wrestlers; they began concentrating on judo as a sport rather than as a drill or a way of life. The inclusion of judo in the Olympic Games marked the turning point in this transformation.

This competitive spirit can be seen in the change in the attitude of many jūdōka in regard to scoring. Only clean throws demonstrating superior timing and a knowledge of body mechanics were rewarded with a score in the pre-Olympic period. Currently in judo, the scoring system awards an ippon ("one point") for a conclusive technique that wins a match by its successful execution, a waza-ari (half point), and minor points (called yuko). In a major shift from traditional judo, in a modern match a jūdōka will often play conservatively and work for a win based only on partial scores from minor points, rather than risking all in the attempt for an ippon. This shift to competitive judo has been aided by the success of European and Russian jūdōka, influenced by their strong wrestling traditions and in particular the Russian development of sambo (which was itself based upon judo).

Kodokan Judo was founded by Kano Jigoro Shihan, who as a youth began practicing Jujutsu\* as a way to strengthen his frail body. Kano studied 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, and also transformed the traditional Jujutsu principle of "defeating strength through flexibility" into a new principle of "maximum efficient use of physical and mental energy." The result was a new theoretical and technical system that Kano felt better matched the needs of modern people.

The essence of this system he expressed in the axiom "maximum efficient use of energy", a concept he considered both a cornerstone of martial arts and a principle useful in many aspects of life. Practical application of this principle, he felt, could contribute much to human and social development, including "mutual prosperity for self and others", which he identified as the proper goal of training. 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 "Ju-jutsu" 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."

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. He also helped found the Japan Amateur Sports Association (Japan Sport Association), and in 1909 he became the first Asian member of the International Olympic Committee.



Kano traveled abroad thirteen times, lecturing and demonstrating Judo in order to introduce his art to people around the world.

## Judo – Rules on Safety

The rules regarding safety in Judo are as follows

- Intentionally harming an opponent is abandoned.
- One cannot punch or kick his opponent.
- You cannot touch the opponent's face.
- Attacking the joints other than elbows is not allowed.
- Head dives are also not permitted.
- Some techniques like Kawazu gake and Kami basami are not allowed.

• Neither of the competitors is allowed to wear any hard metallic object during the competition

Before stepping into the mat, the contestant must bow. Before starting and after ending the game the contestant must bow to each other and also to the competition area. If anyone will use bad body gesture or use foul languages, then he/she will be debarred from the tournament.

Stalling is not permitted in the game. One cannot use defensive posture either. If one disregards the order of the judge, then he/she will be disqualified for the entire tournament.

## Conclusion

Today, the International Judo Federation includes representatives from about 204 countries and regions (as of 2020), with practitioners from all walks of life donning judo uniforms and stepping onto the mat to forge their minds, bodies, and spirits.

The following is a part of the preamble in the statutes of the International Judo Federation: Judo was created in 1882 by Kano Jigoro Shihan. As an educational method derived from the martial arts, judo became an official Olympic sport in 1964 (after being named as a demonstration sport at the 1940 Tokyo Olympic Games which were cancelled due to international conflict). Judo is a highly codified sport in which the mind controls the expression of the body and is a sport which contributes to educating individuals.

Beyond competitions and combat, judo involves technical research, practice of katas, self-defense work, physical preparation and sharpening of spirit.

As a discipline derived from ancestral traditions, judo was designed by its Master Founder as an eminently modern and progressive activity.

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