

Judo is a modern martial art created in Japan in 1882 by Jigoro Kano. Judo is based on the principles of Jujutsu and has three basic categories of techniques; throwing techniques, grappling techniques, and striking techniques. The history of judo is the history of the shift from a martial art to a modern sport. It tells first how a man, Jigoro Kano, devoted himself to the education of the youth of his country, blending traditions and modernity, using individual prowess for collective benefits.

As a boy Kano was frail but quick-tempered. Because he had to deal with well-built young men at school, he decided to learn more about the art of jujutsu, which enabled the weak to overcome the strong. In 1877, he found a jujutsu master, Fukuda Hachinosuke, who became his first teacher. Kano took over Fukuda's school when he died and kept on studying with Fukuda's teacher, Iso Masamoto.

In 1881, he began to study the jujutsu of the Kito school, the spiritual side of jujutsu, with another teacher, Iikubo Tsunetoshi, who replaced Iso after his death. This time the stress was put on the spiritual side of judo. Iikubo, an expert at throws, gave less importance to kata, but the main kata originally performed with armour, koshiki no kata, was kept. It was one of Kano's favourites; he performed it before the Emperor in 1929. The Kito school is also at the origin of the name judo. Kano deliberately chose it to underline the moral side of his system.

Kano officially founded his judo academy, the Kodokan, in 1882. What came to be known as Kodokan judo was a synthesis of several schools of jujutsu to which he added ideas taken from interviews, readings, and forgotten techniques. Kano's method was adopted by the police and the navy, introduced to schools and universities and rapidly spread overseas.

Kano was an exceptional and brilliant educator. He occupied several positions as headmaster of various schools and Tokyo Teachers Training college. Kano's genius essentially lies in the fact he saw judo as closely linked with education and adapted it accordingly. He saw and developed the guiding principle behind jujutsu where others had just seen a collection of techniques. The ultimate goal was to make the most efficient use of mental and physical energy. Each combination of movements represented a set of ideas. He paid attention to every single aspect of judo and to its potentialities: judo etiquette, the aesthetic side of judo were as much part of this mental and physical discipline as the methods of defense and attack.

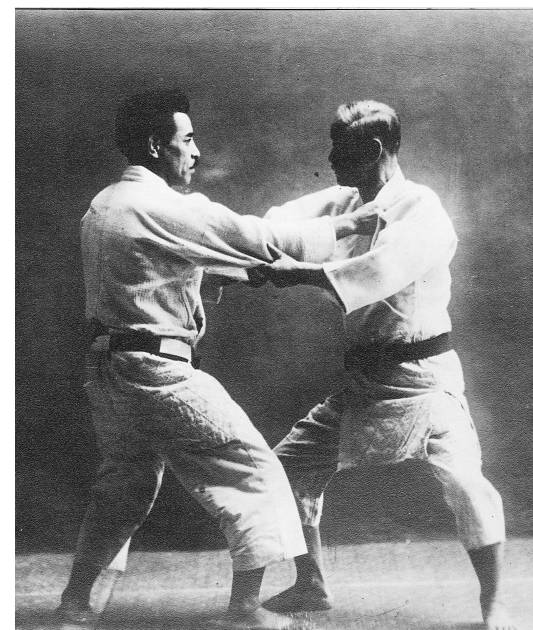
As an educator, Kano advocated the "three culture principle". He made this point clear when he wrote: "a healthy body is a condition not only necessary for existence but as a foundation for mental and spiritual activities." He insisted on the purpose of physical exercises, "no matter how healthy a person may be if he does not profit society his existence is vain." Taiiku, physical education, was an important factor of Kodokan judo. In the Kodokan magazines, Kokushi (1888-1903) and Judo (1915 to the present), articles about physical education were numerous. Kano saw the training of physical education instructors as essential. When Kano was in charge of the Teachers Training college he established a physical education department there, with a wide range of sports.

Kano designed judo as a way to develop harmoniously the intellectual, moral and physical aspects of the education of young people. Central to Kano's vision for judo were the principles of seiryoku zenyo (maximum efficiency, minimum effort) and jita kyoei (mutual welfare and benefit), two mottoes launched by the Kodokan Cultural society in 1922. He was convinced that the practice of judo techniques that conformed to these ideals was a route to self-improvement and the betterment of society in general.

In 1911, the Japan Amateur Athletic Association was founded and Jigoro Kano was installed as the first president. At this meeting, it was decided that Japan would participate in its first Olympics at the 5th Olympic Games to be held in Stockholm, Sweden, in 1912. This served as the basis for the development of all varieties of sports in Japan. After that time, Jigoro Kano continued his work as an IOC member, and for that purpose he travelled relentlessly within Japan and abroad. As a boy, Kano was one of the first Japanese to play baseball and he loved the spirit of the sport, a new concept in Meiji Japan. After becoming President of the Japan Amateur Athletic Association, he turned all his energies into the internationalization of sports in Japan.

In 1938, in Cairo, the International Olympic Committee accepted his proposal, Tokyo was to be the site of the 12th Olympic Games. However, on May 4th, 1938, Kano died of pneumonia aboard the S. S. Hikawa Maru on his way home. He was 79 years old. Because of the war the intended Games were cancelled and was not to be before 1964 that Kano's dream became a reality when judo was accepted as an olympic discipline for the 18th Olympic Games in the capital of Japan.

In Judo, developing one's technique through contest is a hallmark of each student's journey. In a judo contest, the object is to either throw or takedown one's opponent, immobilize or otherwise subdue one's opponent. While Kano was not opposed to Judo being taught as a sport, Kano was primarily interested in the physical development of students as it related to their ability to translate these physical lessons to all aspects of their life. As such, the vast majority of Kano's time spent teaching judo and in his writings were on society at large, the development of moral character and the benefit of judo study to both of them.



## History of Judo\*