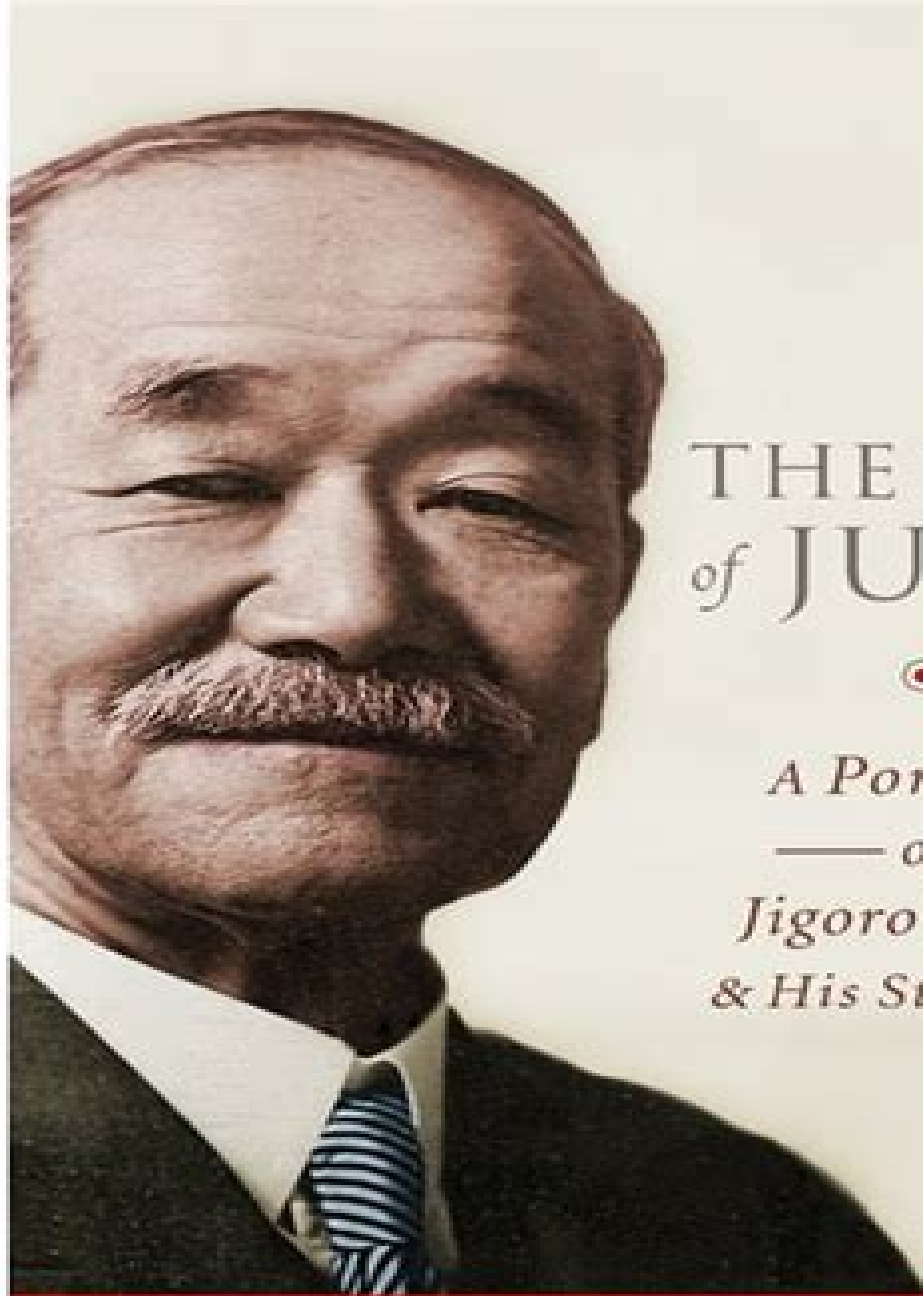




THE WAY of JUDO

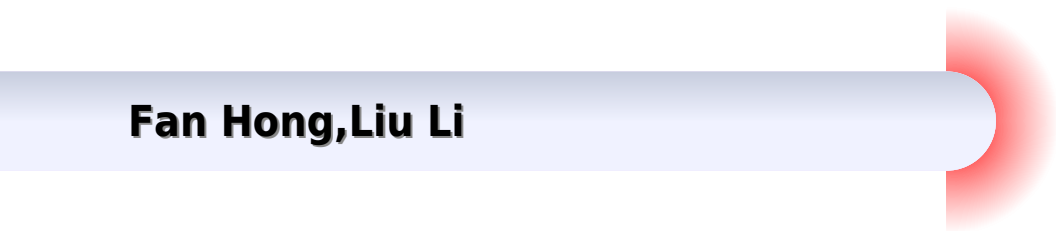


*A Portrait
— of —
Jigoro Kano
& His Students*

JOHN STEVENS

The Way Of Judo A Portrait Of Jigoro Kano And His Students

Fan Hong,Liu Li



The Way Of Judo A Portrait Of Jigoro Kano And His Students:

The Way of Judo John Stevens, 2013-08-13 A martial arts biography of the legendary founder of judo Jigoro Kano and the colorful coterie of disciples who wanted to carry on his legacy Kodokan judo one of the most well known martial arts in the world today was originated by Jigoro Kano 1860 1938 a martial artist and career educator who developed the art after studying several types of jujutsu sumo and Western wrestling Openness and refinement were hallmarks of his personal and professional style and he relentlessly searched for the best way to practice teach and perform techniques This biography shows how Kano saw judo as a vehicle not just for self defense but for physical spiritual and moral development as well His teachings clearly emphasize his ideal of judo as a way of self cultivation that leads to physical health ethical behavior and ultimately a better society Kano was a tireless activist who promoted the practical application of judo s principles in all realms of life in one s personal behavior for education in work for economic benefit and in both the local and international political arenas Kano s students were a colorful sometimes notorious bunch and this book reveals how several went on to become famous or infamous in their own right They include a prime minister of Japan the leader of the Communist party in China a famous novelist a spy high level military leaders and a media mogul among many others **The Science of Judo**

Mike Callan, 2018-06-14 The Science of Judo is the first book to set out and discuss the science coaching and history behind judo performance Evidence based and informed by the latest research the book offers practical guidance on preparing athletes for high performance and understanding the core tenets of sport science underpinning it Featuring contributions from world leading experts the book consists of chapters on all aspects of judo performance including The historical development of judo and its physical intellectual and moral role Physical preparation for competition coaching and training strategies Skill acquisition talent identification and development Nutrition and lifestyle of judoka Performance analysis and biomechanics Injury epidemiology and prevention Special considerations for female and young judoka Clearly written and accessible The Science of Judo provides upper level students and researchers and coaches and sport science staff working with judoka with the most thorough and authoritative reference on sport science applied to judo currently available When Fitness Went Global Conor Heffernan, 2025-10-16 Fitness exercise and physical culture is a key part of our modern lives but has this always been the case In this book Conor Heffernan shows how the 19th century was critical for the development of the modern fitness industry and how the globalization of physical culture was entangled in and spread by concepts of nationalism gender race empire and medicine From yoga and gymnastics to Indian club swinging and Jiu-jitsu When Fitness Went Global follows some of the most popular fitness practices from around the world as they were exported on a global scale during the long 19th century Showing how this came about through imperial networks military education new print culture faster trade networks and changing ideas about the body it shows how beautiful bodies were linked to notions of national strength and imperial might Exploring how both local and international understandings of exercise were negotiated

it asks why some practices became global while others did not and shows how fitness was revolutionised during the 19th century

The Routledge Handbook of Sport in Asia Fan Hong, Lu Zhouxiang, 2020-05-20 This is the first book to offer a comprehensive overview of the history development and contemporary significance of sport in Asia It addresses a wide range of issues central to sport in the context of Asian culture politics economy and society The book explores diverse topics including the history of traditional Asian sport the rise of modern sport in Asia the Olympic Movement in Asia mega sport events in Asia sport governance and policy gender class and ethnicity in Asian sport and Asia's sporting heroes and heroines With contributions from 74 leading international scholars it offers a new perspective on understanding Asian sport and society telling the story of how sport in this mega region is coming together and reshaping the world in the process It also provides readers with a wide lens through which to better contextualise the relationships between Asia and the world within the global sport community The Routledge Handbook of Sport in Asia is a vital resource for students and scholars studying the history politics sociology culture and policy of sport in Asia as well as sport management sport history sport sociology and sport policy and politics It is also valuable reading for those working in international sport organisations

Handbook of Sport and Japan Helen Macnaughtan, Verity Postlethwaite, 2025-10-01 The Handbook of Sport and Japan presents a fascinating collection of established and new scholarship a valuable text for readers who want to use sport as lens to look more closely into a nation The handbook draws on a diversity of perspectives disciplines and experiences all of which respond to the challenge of including sport in the study of Japan The chapters in the handbook convey what taking part in sport feels and looks like highlighting the sporting accomplishments of Japanese athletes and teams while also reflecting how the sporting experience interacts with economics diplomacy media culture demographics gender ethnicity and identity Contributions pose key questions about what conclusions can be made when sport is placed in the foreground of key events in Japanese history including pre war industrialisation and empire building to the post war economic boom the 2011 Tohoku Disaster and the recent COVID 19 pandemic

Transforming Trauma with Jiu-Jitsu Jamie Marich, PHD, Anna Pirk, LMFT, 2022-03-15 Heal from trauma and PTSD with the martial art of jiu jitsu written for survivors mental health therapists and trauma informed martial arts instructors This groundbreaking book introduces jiu jitsu as a powerful embodied modality for trauma survivors in recovery and includes 10 grounding practices self defense techniques and 30 instructional photos Unhealed trauma from little t traumas to complex PTSD leaves a lasting imprint on the bodies and minds of survivors And in the aftermath of trauma many people experience shifts in how they feel connect with others and interact with the world at large This embodied whole person approach will help you heal the wounds of traumatic stress and how it shows up within yourself and your relationships from disembodiment and numbness to anger fear anxiety confusion and dissociation As part of a martial arts trauma recovery program you'll learn about Trauma embodiment and the transformative power of jiu jitsu Self defense skills that can help survivors of violence define boundaries and feel safe secure powerful and at home in their

bodies Creating a welcoming responsive practice space as a studio owner Integrating jiu jitsu practice into a safe accessible recovery protocol for survivors and how therapists can recommend them to clients or build them into a treatment plan Written for trauma survivors mental health clinicians and martial arts practitioners and studio owners who want to create a safe empowering and trauma sensitive space Transforming Trauma with Jiu Jitsu is a unique and vital guide to healing trauma s invisible wounds

Indigenous Sports History and Culture in Asia Fan Hong,Liu Li,2021-09-30 This is the first book in English that adopts a critical socio historical perspective to examine the important themes and challenges of Asian indigenous culture and sport Written by leading sport historians and scholars the chapters in the book contain real life case studies and comparative studies in Asian sport The book examines the history contemporary governance and management gender and ethnic issues embedded in folk sports and physical culture and the challenges faced by Asian indigenous sports and their evolution Based on cutting edge research from China Japan Korea Israel and beyond this book will be a valuable addition to any course in sport history sport culture sport development and sport sociology It will stimulate those who are seeking ways to promote and develop indigenous sports from intangible cultural heritage protection to global sport partnership It will also be of interest to students researchers and practitioners who wish to understand the changing face of Asian society and Asian indigenous sport The chapters in this book were originally published as a special issue of The International Journal of the History of Sport

Judo Memoirs of Jigoro Kano Brian N. Watson,2008-10-03 In 1882 Kano opened his Kodokan dojo in Tokyo where he taught jujutsu to his first class of nine students His choice of the name Kodokan symbolizes precocity in one so young and is highly significant for it means the institute where one is guided along the road to follow in life that is to say a road that one travels as a means of self cultivation which Kano regarded as the optimum way to live ones life This cultivation however can only be attained following long years of training made with vigorous exertion in an effort to reach the ultimate goal self perfection At the age of twenty four Kano abruptly gave up the teaching of this ancient and altogether brutal activity and never taught jujutsu again In his attempt to create for the modern age a non violent spiritually inspiring antagonistic art he carried out research on several styles of jujutsu Primarily in the interests of both safety and practicality he altered and added his own devices to the techniques that he was later to incorporate into his newly conceived system of skills which he named Kodokan judo In lectures Kano often stated the following The ultimate object of studying judo is to train and cultivate body and mind through practice in attack and defense and by thus mastering the essentials of the art to attain perfection of oneself and bring benefits to the world He had sought to create in judo therefore something positive out of something largely negative

Asia Scene ,1958 Mind Over Muscle JIGORO. KANO,2025-05-21 Discover the Origins of Judo The Legacy of Jigoro Kano In 1882 Jigoro Kano 1860 1938 a visionary educator and martial artist founded Kodokan Judo at the Eishoji Temple in Tokyo His creation marked the transformation of traditional jujutsu into a new martial art that preserved classical techniques while introducing a modern structured philosophy Historically practiced by

Japan's elite martial arts were not widely accessible until Kano revolutionized their reach. He introduced judo as a discipline for all levels of society, blending physical skill with moral and intellectual development. Kano began studying jujutsu in his youth, mastering an art that had been practiced since Japan's feudal era. This ancient system included techniques such as throwing, striking, joint locks, and chokeholds, along with counters to these moves. After extensive study, Kano recognized that many styles lacked a unifying philosophy. He identified one core principle that would define judo: maximum efficiency in the use of mind and body. From this principle, modern judo was born. Kano selected and refined techniques that embodied this idea, giving rise to a discipline where *Ju* means gentleness or yielding and *Do* means the way or principle. Together, Judo means The Way of Gentleness, a path where giving way can lead to ultimate victory. Kodokan, meaning the school for studying the Way, became the foundation of judo as we know it: a martial art, a philosophy, and a way of life. **Kodokan Judo** Jigoro Kano, 1994. Written by the founder of Kodokan judo, Jigoro Kano, this text explains the original concepts and techniques of judo in detail. Judo, or the Way of Gentleness, an ideal form of physical exercise and a reliable system of self-defense, was specially created from traditional Japanese martial arts. This book by the creator of Kodokan judo is uniquely comprehensive and the most authoritative guide to this martial art ever published. **The Japan Daily Mail**, 1908 **Japan Weekly Mail**, 1908

Mind Over Muscle 〆〆〆〆, 2005-11-21. This book is a collection of the life's work and essential teachings of Jigoro Kano, who founded Kodokan Judo in Tokyo in 1882. Kodokan Judo was for Kano the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized along educational lines while taking great care to retain its classical traditions. In doing so, he opened the path from jutsu skill to *do* way and broadened the horizons of knowledge until he reached the point at which he began to advocate *seiryoku zenyo* (maximum efficiency) and *jita kyoei* (mutual prosperity), which represent the universality and ideal of human existence and are the core values of judo. *Kodokan Judo* Jigoro Kano, 2013-08-30. Judo, or the Way of Gentleness, an ideal form of physical exercise and a reliable system of self-defense, was specially created from traditional Japanese martial arts. This book by the creator of Kodokan judo is uniquely comprehensive and the most authoritative guide to this martial art ever published. Over a hundred years ago, Jigoro Kano mastered swordsmanship and hand-to-hand combat. Failing to discover any underlying principle, he set about designing a new martial art to reflect the concept of maximum efficiency in the use of physical and mental energy. Today, the concepts and techniques of judo taught at the Kodokan are the ones originally devised by their creator and collected together in this book. Covering everything from the fundamental techniques to prearranged formal exercises for both men and women, the book offers detailed explanations of how techniques are combined in two types of practice: *randori* (free practice) and *kata* (the practice of forms). In addition to a discussion of traditional methods of resuscitation, the book concludes with a useful appendix of information on the founder and the Kodokan International Judo Center and a glossary of judo terminology. Fully illustrated throughout, *Kodokan Judo* will help students and instructors everywhere to discover the principles, techniques, and spirit of this popular martial art. **The Judo**

Greats Jae Brown-Jobb,2023-04-30 Portraits by Dr Paposi Jobb Andor and biographies by Jae Ann Brown Jobb that celebrate outstanding judoka throughout the world Dr Jobb s honors the judoka he revered while at the same time giving homage to his greatest hero Dr Kano Jigoro founder of judo in 1882 All of the oil paintings featured in the book were gifted to each individual featured in the book The portrait series featured judoka from eighteen countries **Secrets of Judo** Jiichi

Watanabe,Lindy Avakian,2011-12-20 The Secrets of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in judo It offers clear cut explanations of the numerous techniques involved in throwing and grappling In addition to the precise detailing of judo s physical aspects this book provides insights into the psychological factors related to judo s underlying philosophy The Secrets of Judo a fascinating and valuable work since its original publication in 1959 sets out a comprehensive course to achieve maximum efficient use of mental and physical energy that remains as vital and fresh as when first recommended by Risei Kano president of the Kodokan on its original publication This Judo guide features sections on The Art and Science of Judo How Can Dynamics Be Applied to Judo Three Principles for Practicing Judo Three Laws of Motion Kinds of Force Acting State of Force How to Practice Throwing How to Practice Grappling *Judo & Life* Brian N. Watson,2019-01-22 The three body mind relationship goals that Jigoro Kano advised his judo students to aspire to namely to perfect themselves physically intellectually and morally are all aimed at the same objective self improvement The first goal is perhaps the easiest and the one that many judokas achieve by gaining a dan grade after a few years training and perhaps by winning a few medals along the way The next two goals are psychological in nature and usually take longer to attain The intellectual goal is focused on educating oneself for what one wishes to become in life whether it be an engineer a teacher an accountant or whatever one s desire These goals however often require much book learning Because time and tide wait for no man one must read read and read some more in order to expand one s vocabulary and acquire the necessary knowledge The third goal is mainly focused on the moral lessons that one should have learnt after completion of the previous two These teachings should prove useful in helping one to succeed in one s endeavors and enable one to impart proper moral guidance to others especially the young when teaching judo **The Publishers Weekly** ,2004 Jigoro Kano, Writings of Kodokan Judo Founder Jigoro Kano,2018-02-02 Throughout his life Jigoro Kano worked continuously for the diffusion promotion and improvement of the Kodokan Judo Since its founding in 1882 as a modern and evolved system of Ju Jitsu Kano provided not only an extensive technical curriculum but also a philosophical approach which made Kodokan Judo somewhat different from the warrior arts of the past There are many documents currently available to the judo enthusiast and it is relatively easy to get a general idea of Master Kano s thinking But there are old writings phrases tips maxims and proverbs that are hardly known today unknown to most all of them written directly by Jigoro Kano where we learn through his thoughts the traditional principles of Kodokan Judo competition techniques of self defense social and family relations proper time use and ultimately how to be useful in society among many other aspects We

have had the opportunity to gather all this material and through this work we have put it to the full service for all lovers of martial arts We also include photos of the founding master of Kodokan Judo some of them unpublished Desiring that this work is to your liking we recommend you to carefully read each sentence each line and each paragraph then you will perceive the enormous capacity and richness of the thoughts of a man who was ahead of his time to leave us as a legacy this beautiful art Kodokan Judo

Immerse yourself in the artistry of words with Crafted by is expressive creation, Discover the Artistry of **The Way Of Judo A Portrait Of Jigoro Kano And His Students** . This ebook, presented in a PDF format (PDF Size: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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The Way Of Judo A Portrait Of Jigoro Kano And His Students Introduction

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