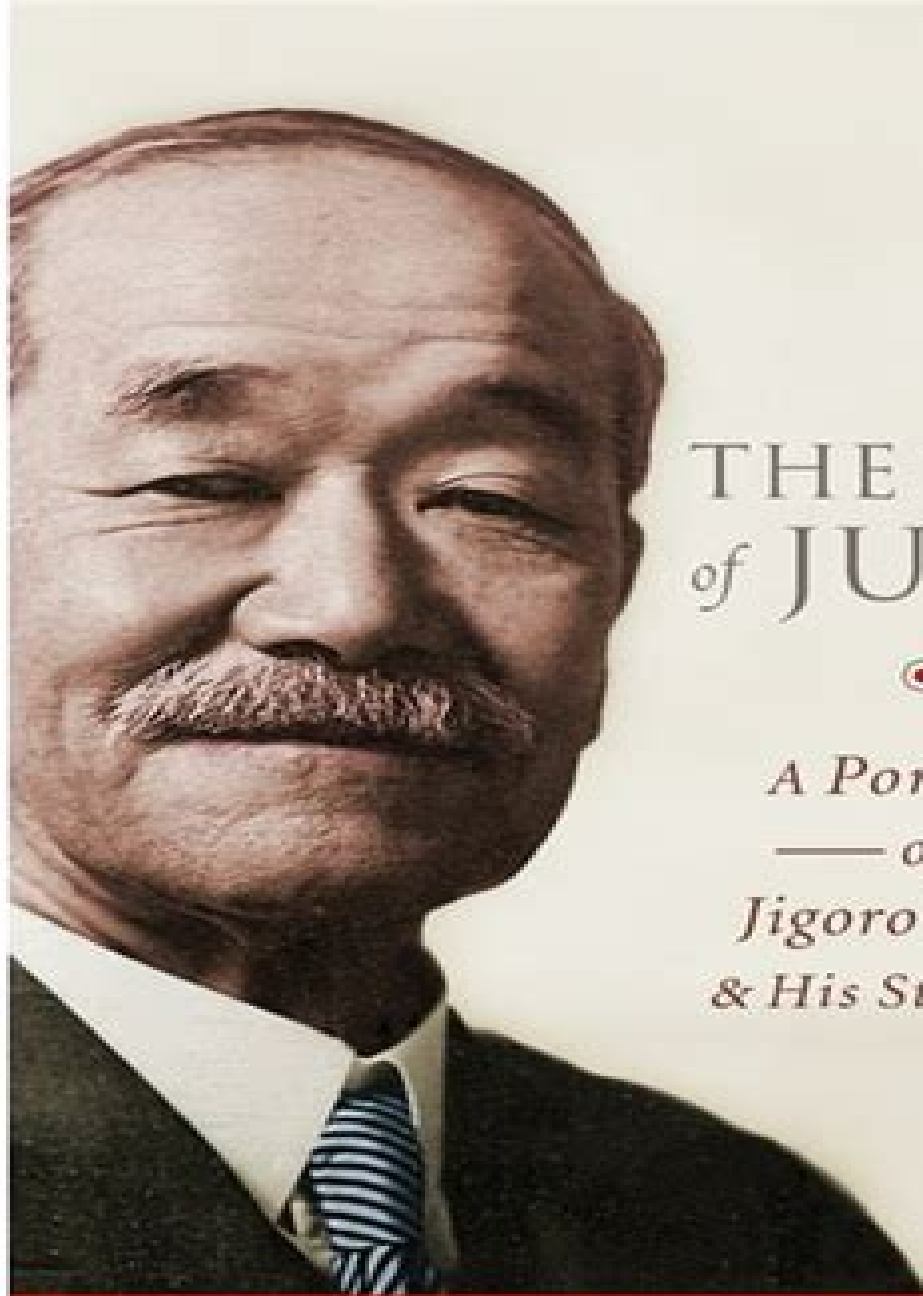




THE WAY of JUDO



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

JOHN STEVENS

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

John Stevens



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 [Skill Acquisition for Judo](#)

Darren Warner, 2024-12-05 First introduced as an Olympic sport in Tokyo 1964 judo is a dynamic grappling sport where its competitors win by throwing and pinning their opponents to the floor or forcing submission through armlocks or strangles To become an elite judoka athletes are required to develop a high level of physical literacy before they're able to execute complex throwing techniques delivered within physically intensive combative intervals With over one hundred different throwing techniques with variations of each as well as ground holds armlocks and strangles the importance of motor skill development and decision making is extremely high [Skill Acquisition for Judo Principles into Practice](#) blends theory and application by chronologically establishing the theoretical foundations underpinning skill acquisition before exploring its impact on the developing judoka The book bridges the gap between theory and applied practice exploring insights into the training methods of judo coaches throughout the world providing practical examples of applied ecological dynamics manipulating training constraints to develop their athletes and deliver performance through the talent development pathway Considering the impact that constraints led training has been shown to have on open skill performance sport its application by judo coaches should come as no surprise considering the dynamic open skill nature of the sport This book creates a platform that explores the theoretical foundations of skill acquisition whilst providing insight into the training methods of judo coaches throughout the world utilising and manipulating training constraints to develop their athletes and deliver performance [Skill Acquisition for Judo Principles into Practice](#) is key reading for students coaches and practitioners in the fields of sport science coaching motor learning and skill acquisition as well as judoka themselves **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

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

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 Pirkel, 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 Martial Arts in Asia Fan Hong,Gwang Ok,2019-12-18 The reawakening of Asian martial arts is a distinct example of cultural hybridity in a global setting This book deals with history of Asian martial arts in the contexts of tradition religion philosophy politics and culture It attempts to deepen the study of martial arts studies in their transformation from traditional to modern sports It is also important that this book explores how Asian martial arts including Shaolin martial arts and Taekwondo have worked as tools for national advocate of identities among Asians in order to overcome various national hardships and to promote nationalism in the modern eras The Asian martial arts certainly have been transformed in both nature and content into unique modern sports and they have contributed to establishing cultural homogeneity in Asia This phenomenon can be applied to the global community The chapters in this book were originally published as a special issue in the International Journal of the History of Sport *The Art of Budo* John Stevens,2022-12-06 Explore this stunning collection of spiritual calligraphy by Japan s greatest martial arts masters with commentary from Zen art authority and aikido master John Stevens Beginning with the legendary samurai Miyamoto Musashi nearly all of the great martial arts masters left a legacy of calligraphy and painting Their artwork Zenga and Zensho Zen pictures and Zen calligraphy was not only an extension of their Zen practice but also reflected their deep spiritual commitment to the budo ethos the perfection of self through martial arts training This book presents a concise history of this tradition with works from such samurai as Musashi Takuan Yagyu Motusgai Rengetsu Tesshu Deishu Kano Morihei and others Aikido master John Stevens is an expert on Zen and budo art and he provides a fascinating introduction to the tradition and biographical details on each of the warrior artists and brief illuminating commentary on each piece **Heaven's Wind** Stephen Earle,2017-04-11 For the first time in English Stephen Earle tells the epic story of Nakamura Tempu one of Japan s most inspirational twentieth century thinkers and teachers whose mind body approach to personal transformation influenced

hundreds of thousands including prominent leaders in government industry and the arts Earle chronicles Tempu's origins in the samurai tradition his genius for martial arts and his work in Manchuria as a spy during the Russo Japan War of 1904 1905 He relates how after escaping a Russian firing squad Tempu contracted tuberculosis how he embarked on a search for a cure that led to the halls of Columbia University the salons of Paris and the foothills of the Himalayas where he practiced yoga under the tutelage of an Indian guru and how he not only regained his health but also underwent a spiritual transformation This transformation laid the groundwork for the secular and practical methodology for self realization and the cultivation of will that Tempu developed and disseminated to the sick and socially disenfranchised as well as to princes and prime ministers Over the course of nine decades Tempu's philosophy of mind body unification has charted a clear and accessible path to mastery over hardship and the ability to meet life's challenges head on Yet the man his story his teachings and his legacy remain almost unknown outside of Japan until now In addition to demonstrating how Tempu's teachings were significant to Japan's reconstruction and economic rise following the devastation of World War II Heaven's Wind is also an engaging historical narrative an account of personal transformation and a clear guide to the practical philosophy of mind body unity

Hidden in Plain Sight Ellis Amdur, 2018-08-09 Ellis Amdur's writing on martial arts has been groundbreaking In *Dueling with O sensei* he challenged practitioners that the moral dimension of martial arts is expressed in acts of integrity not spiritual platitudes and the deification of fantasized warrior sages In *Old School* he applied both academic rigor and keen observation towards some of the classical martial arts of Japan leavening his writing with vivid descriptions of many of the actual practitioners of these wonderful traditions His first edition of *Hidden in Plain Sight* was a discussion of esoteric training methods once common but now all but lost within Japanese martial arts These methodologies encompassed mental imagery breath work and a variety of physical techniques offering the potential to develop skills and power sometimes viewed as nearly superhuman Usually believed to be the provenance of Chinese martial arts Amdur asserted that elements of such training still remain within a few martial traditions literally hidden in plain sight Two thirds larger this second edition is so much more Amdur digs deep into the past showing the complexity of human strength its adaptation to varying lifestyles and the nature of physical culture pursued for martial ends Amdur goes into detail concerning varieties of esoteric power training within martial arts culminating in a specific methodology known as six connections or internal strength With this discussion as a baseline he then discusses the transfer of esoteric power training from China to various Japanese jAAjutsu systems as well as Japanese swordsmanship emanating from the Kurama traditions Finally he delves into the innovative martial tradition of DaitAAryAA and its most important offshoot aikidAA showing how the mercurial complicated figures of Takeda Sokaku and Morihei Ueshiba were less the embodiment of something new than a reimagining of their past

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 JiuJitsu 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

A Brief History of the Martial Arts Jonathan Clements, 2016-10-13 If I had to pick a single general martial arts history book in English I would recommend *A Brief History of the Martial Arts* by Dr Jonathan Clements

RICHARD BEITLICH Martial History Team blog From Shaolin warrior monks to the movies of Bruce Lee a new history of the evolution of East Asian styles of unarmed combat from Kung Fu to Ninjutsu Folk tales of the Shaolin Temple depict warrior monks with superhuman abilities Today dozens of East Asian fighting styles trace their roots back to the Buddhist brawlers of Shaolin although any quest for the true story soon wanders into a labyrinth of forgeries secret texts and modern retellings This new study approaches the martial arts from their origins in military exercises and callisthenics It examines a rich folklore from old wuxia tales of crime fighting heroes to modern kung fu movies Centre stage is given to the stories that martial artists tell themselves about themselves with accounts both factual and fictional of famous practitioners including China's Yim Wing chun Wong Fei hong and Ip Man as well as Japanese counterparts such as Kano Jigoro Itosu Anko and So Doshin The history of martial arts encompasses secret societies and religious rebels with intimate glimpses of the histories of China Korea and Japan their conflicts and transformations The book also charts the migration of martial arts to the United States and beyond Special attention is paid to the turmoil of the twentieth century the cross cultural influence of Japanese colonies in Asia and the post war rise of martial arts in sport and entertainment including the legacy of Bruce Lee the dilemma of the ninja and the global audience for martial arts in fiction

Aikido as Transformative and Embodied Pedagogy Michael A. Gordon, 2019-07-16 Drawing on the author's lifelong practice in the non competitive and defensive Japanese art of Aikido this book examines education as self cultivation from a Japanese philosophy e.g Buddhist perspective Contemplative practices such as secular mindfulness meditation are being increasingly integrated into pedagogical settings to enhance social and emotional learning and well being and to address stress induced overwhelm due to increased pressures on the education system and its constituents The chapters in this book explore the various ways through the lens of this non violent relational art of Aikido that pedagogy is always something being practiced on the level of psychological somatic and emotional registers and thus holding potential for transformation into being more relational ecological minded and reflecting more embodied attunement Positioning education as a practice one of self discovery the author argues that one can approach

personal development as engaging in a spiritual process of integrating mind and body towards full presence of being and existence

The Historical Sociology of Japanese Martial Arts Raul Sanchez Garcia, 2018-10-03 Winner of the Norbert Elias Book Prize 2020 This is the first long term analysis of the development of Japanese martial arts connecting ancient martial traditions with the martial arts practised today The Historical Sociology of Japanese Martial Arts captures the complexity of the emergence and development of martial traditions within the broader Japanese Civilising Process The book traces the structured process in which warriors practices became systematised and expanded to the Japanese population and the world Using the theoretical framework of Norbert Elias s process sociology and drawing on rich empirical data the book also compares the development of combat practices in Japan England France and Germany making a new contribution to our understanding of the socio cultural dynamics of state formation Throughout this analysis light is shed onto a gender blind spot taking into account the neglected role of women in martial arts The Historical Sociology of Japanese Martial Arts is important reading for students of Socio Cultural Perspectives in Sport Sociology of Physical Activity Historical Development of Sport in Society Asian Studies Sociology and Philosophy of Sport and Sports History and Culture It is also a fascinating resource for scholars researchers and practitioners interested in the historical and socio cultural aspects of combat sport and martial arts

Sports Mega-Events in Asia Koji Kobayashi, John Horne, Younghun Cho, Jung Woo Lee, 2023-06-20 This book is the first comprehensive collection focusing on the hosting of sports mega events within Asia and their impact on the politics economics and culture that shape and are shaped by the local idiosyncrasies of host cities and countries across this most culturally diverse continent From the Olympic Games and single sport World Cups to the Asian Games and their sub regional variations an increasing number of Asian countries have rapidly developed their capacity to host and mobilize large scale sports events as a cornerstone of their economic growth national identity formation and international prestige This book sets out to fill a gap in the literature and will be of particular relevance to those who are interested in globalization sports studies political economy cultural studies event management and policy sociology media studies and Asian studies

Contemplative Pedagogies for Transformative Teaching, Learning, and Being Jing Lin, Tom E. Culham, Sachi Edwards, 2019-11-01 In our current systems of education there is a trend toward compartmentalizing knowledge standardizing assessments of learning and focusing primarily on quantifiable and positivist forms of inquiry Contemplative inquiry on the other hand takes us on a transformative pathway toward wisdom morality integrity equanimity and joy Zajonc 2009 These holistic learning practices are needed as a counterbalance to the over emphasis on positivism that we see today In addition to learning quantifiable information we also need to learn to be calmer wiser kinder and happier This book aims to find and share various pathways leading to these ends This book will describe educational endeavors in various settings that use contemplative pedagogies to enable students to achieve deep learning peace tranquility equanimity and wisdom to gain new understanding about self and life and to grow holistically Embodiment is a central concept in this book We hope to highlight strategies for exploring

internal wisdoms through engaging ourselves beyond simply the rational mind. Contemplative pedagogies such as meditation, yoga, tai chi, dance, arts, poetry, reflective writing, and movements can help students embody what they learn by integrating their body, heart, mind, and spirit.

Japanese Environmental Philosophy J. Baird Callicott, James McRae, 2017. Japanese Environmental Philosophy is an anthology that responds to the environmental problems of the 21st century by drawing from Japanese philosophical traditions to investigate our relationships with other humans, nonhuman animals, and the environment. It contains chapters from fifteen top scholars from Japan, the United States, and Europe. The essays cover a broad range of Japanese thought, including Zen Buddhism, Shintoism, the Kyoto School, Japanese art and aesthetics, and traditional Japanese culture.

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*.

Black Belt, 1970-02. The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world, including techniques and strategies. In addition, *Black Belt* produces and markets over 75 martial arts-oriented books and videos, including many about the works of Bruce Lee, the best-known martial arts figure in the world.

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