

Judo from Yesterday to Today

Baku, Azerbaijan
June 2022

By the International Judo Federation



Before Judo



- ▶ The settlement of Japan begins 100,000 BC
- ▶ Influenced by continental models, Japan develops its own culture
- ▶ Step by step fighting methods are improved
- ▶ From the Kamakura period (1185-1333) until the Edo period (1603-1867), Japan was ruled by the samurai
- ▶ Samurai (侍) were the hereditary military nobility and officer caste of medieval and early-modern Japan from the late 12th century until their abolition in 1876
- ▶ In addition to fighting with weapons (swords, bows and arrows...), the samurai developed jujutsu to fight enemies in close combat on the battlefield
- ▶ The purpose was to disarm, put out of harm's way or even kill the enemy

Political and Social Context

- ▶ In 1650, Japan counts 400,000 Samurais
- ▶ Between the 17th and 18th century, martial art and jujutsu schools develop
- ▶ The year 1868 is the end of the shogunate that supported an isolated Japan locked in its traditions
- ▶ The Meiji Era starts in 1868 (end: 1912). Japan starts to open to the world
- ▶ February 22, 1877, marks the end of the samurai
- ▶ With the restauration of imperial rule and the decline of the Samurai started a rapid decline in all martial arts. Although martial arts were not formally banned, people were not encouraged to learn or practice them



Jigoro Kano

Early Life (1)

- ▶ Born on 28 October 1860, in Mikage, currently the East district of the city of Kobe
- ▶ Kano's family was connected with the world of sake brewers
- ▶ Kobe was known as one of the Japanese ports open to the world
- ▶ Very early in his life, Western influences were added to Eastern traditions and education
- ▶ One of his grandfathers was a well-known poet and a renowned scholar



Jigoro Kano - Early Life (2)

- ▶ Kano Jigoro's father, Kano Jirosaku, was a high-ranked official, working for the shogun government and held numerous positions in the government and the Navy
- ▶ Jirosaku was a born organiser, with a strong sense of social responsibility. He contributed to the modernisation of Japan and inspired his son
- ▶ After 1870, Kano was introduced to Confucian philosophy as well as to English by Mitsukuri Shuhei, a celebrated scholar who was to belong to a group of influential thinkers, dedicated to educational reforms
- ▶ Kano developed a strong taste for maths and was especially good with languages. It is known that during his study of jujutsu he would note everything in English, probably to secure the confidentiality of his research at a time of intense rivalry among the different schools



Jigoro Kano

Early Life (3)

- ▶ As a boy, Kano was small but extremely physically gifted
- ▶ He studied with boys who were older and bigger than him
- ▶ Early on, he learned how to defend himself, as he was bullied
- ▶ At 14, he entered the Foreign Languages School, where he was one of the first Japanese to play baseball
- ▶ At 17, he entered the Tokyo Imperial University, which was producing many leading figures of the *Meiji* Era
- ▶ Kano decided to learn more about jujutsu, and more about the art that enables the weak to overcome the strong





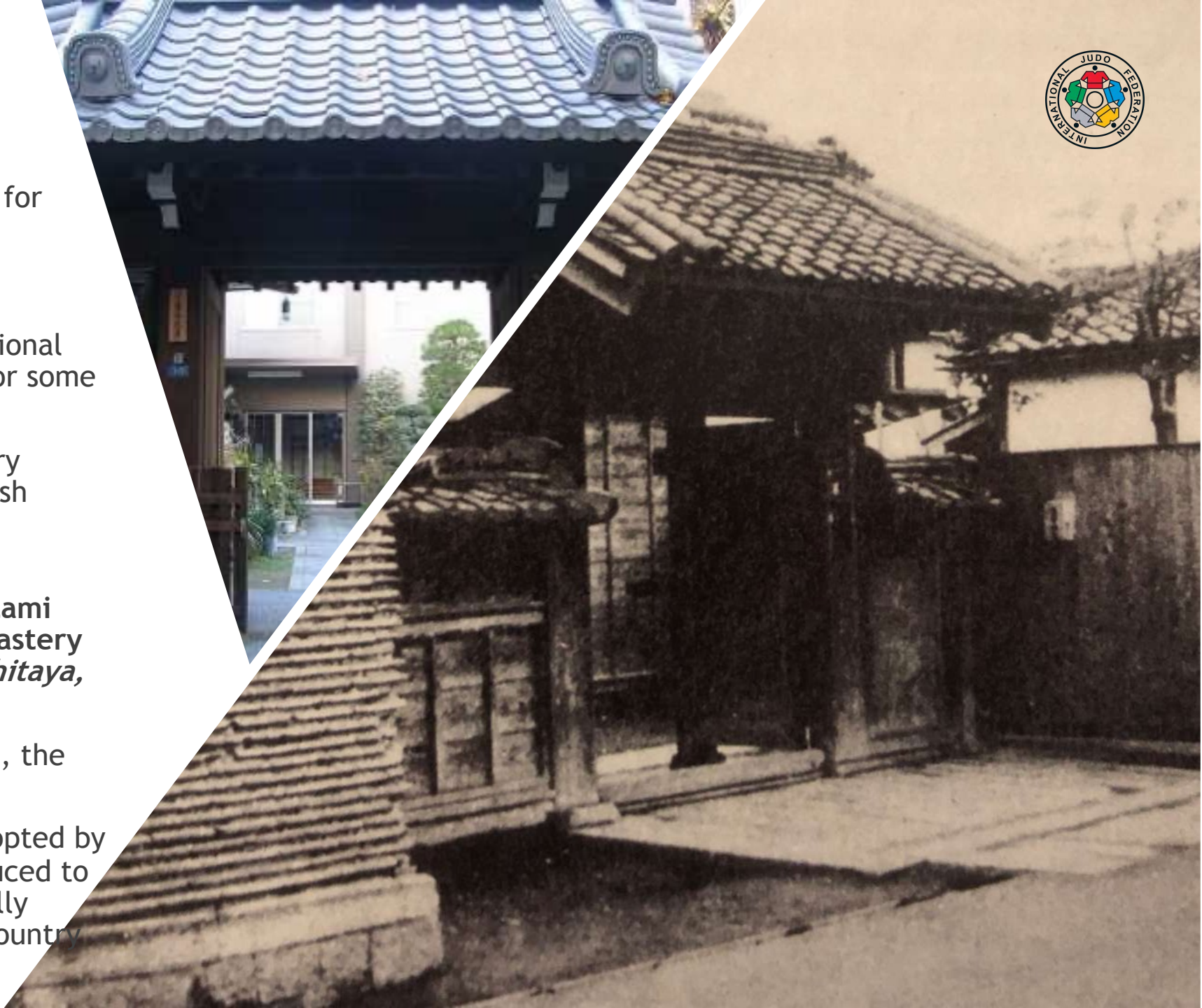
Jigoro Kano Discovers Martial Arts

- ▶ Kano found a former jujutsu master, Fukuda Hachinosuke
- ▶ After 2 years, he knew enough of this *jujutsu* to take part in a *jujutsu* demonstration given to honour the visit of the US President, *General Ulysses Grant* to Tokyo
- ▶ When *Fukuda* passed away, Kano kept on practicing under the leadership of *Iso Masatomo*
- ▶ In 1881, he began to study the jujutsu of the *Kito School* with *Likubo Tsunetoshi*
- ▶ *Likubo* was an expert at throws and put more stress on the spiritual side of the art, that mainly inspired Kano to underline the moral side of his method



Judo Kodokan

- ▶ The year 1882 was a landmark year for Kano Jigoro
- ▶ With only 22 years of age, he was appointed lecturer in politics and economics at *Gakushuin*, an educational institution, where he could teach for some years and then served as a director
- ▶ He also started a private preparatory school, the *Kano Juku*, and an English training school
- ▶ In May 1882, Kano opened a judo academy, the *Kodokan*, in a 12-tatami room rented from a Buddhist monastery in Tokyo (*Eishoji in Inari-machi, Shitaya, Tokyo*)
- ▶ Thank to the success of the method, the *Kodokan* moved several times
- ▶ This is when Kano's method was adopted by the police and the Navy and introduced to schools and universities, that it really started to expand throughout the country





The development of judo As an Educational Method

- ▶ Much more than a science of defence, judo is a **philosophical system** and an **ethical system**. A very large part of its training is purely moral.
- ▶ **Nothing under Heaven is more important than EDUCATION**. The teaching of one virtuous person can influence many. What has been learnt by one generation can be passed on to a hundred.
- ▶ If judo could be seen, from the Coubertinian perspective, as a pure sport, composed of intense exercise, competitive involvement, elitist education and character building, it would also be seen as a **way of life**.
- ▶ The principles of judo worked **inside and outside the dojo**, in the workplace, the school, the political world, in the family... everywhere.



The Philosophy of Judo

- ▶ Judo is **learning by doing**
- ▶ Judo is much better than most of the indoor formal gymnastics because the **mental element is much stronger**.
- ▶ Getting rid of all dangerous techniques, Kano obliges judo players to grapple with one another, 'offering' their mutual equipment (judogi) to help one another to practice.

This made judo totally different from any other activity as your **own judogi is meant to help your opponent** to throw you. This was and still is one of most powerful aspect of judo.

➔ **JUDO IS SAFE and JUDO IS FUN**

JU-DO the Gentle Way

Based on two main philosophical principles

- ▶ **Seiryoku-Zenyo** (maximum efficient use of energy) applies to all types of endeavours, and it is to fully utilise one's spiritual and physical energies to realise an intended purpose.
- ▶ **Jita Kyoei**: As long as we coexist, each member of society and the groups organised within must function in harmony and cooperation with the others. Nothing is more important than living prosperously together. This great principle of harmony and cooperation is, in other words, the concept of Jita-Kyoei, or mutual prosperity for self and others.





- ▶ At the beginning of the 20th century, outside Japan, the spreading of Kano's method was closely linked to the Japanese diaspora.
- ▶ Judo was part of the sports activities practiced by the diaspora, especially in the USA. The Kano method was presented as an efficient way of building bodies and minds.
- ▶ Japanese experts started to travel the world to teach judo.
- ▶ Hawaii, the West coast of the United States, Canada, Brazil and Argentina were among the first nations to discover judo.
- ▶ Kano became a tireless ambassador of judo. He travelled Northern America as well as Europe where he advocated for judo in London, Berlin and Paris.

The Invention of Judo in the West

An Innovative System

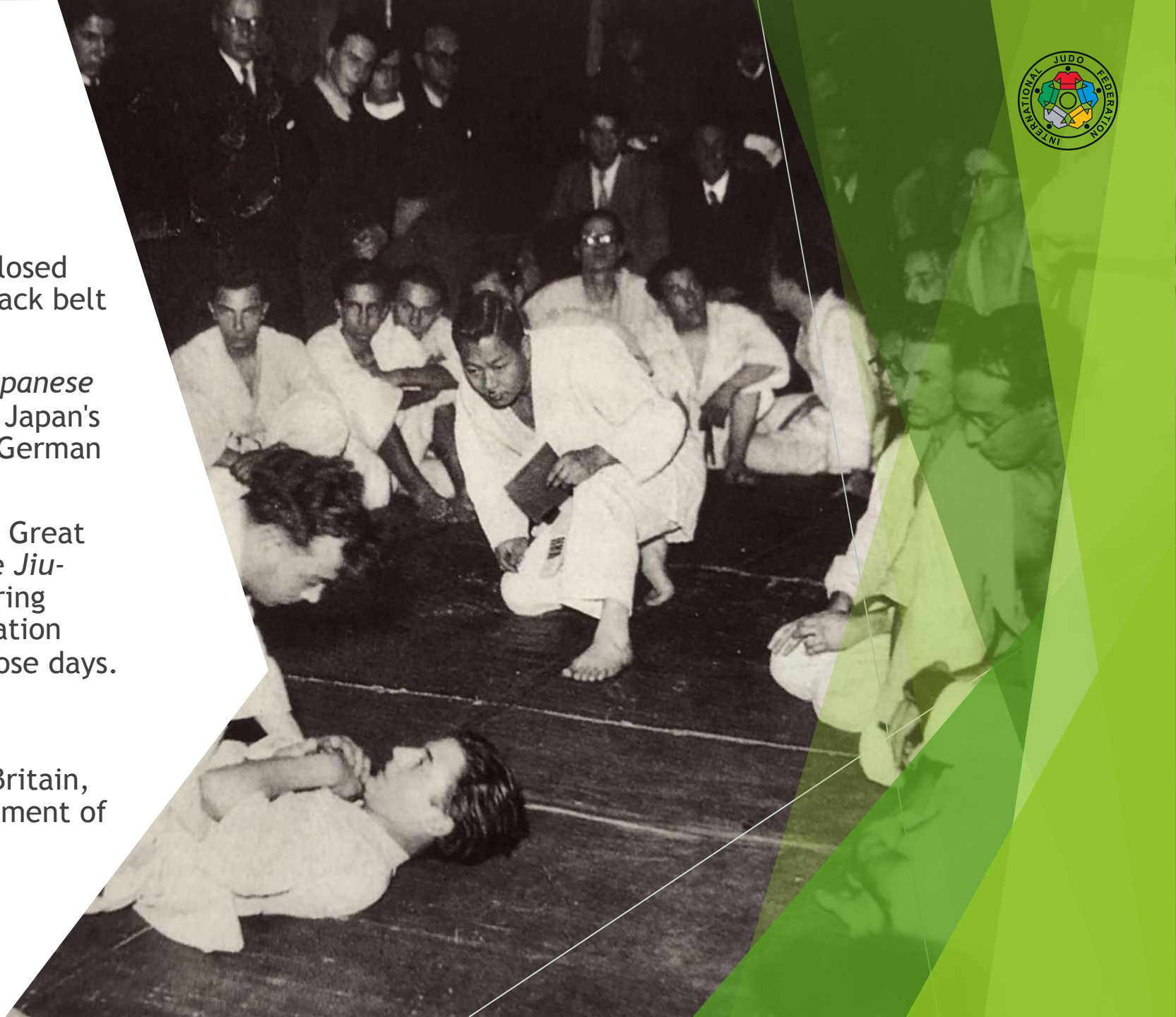
- ▶ British judo holds a special place in the history of world judo and can be related to the expansion of the sport outside Japan.
- ▶ Jujutsu was present in the UK since the late 1890s
- ▶ In January 1918, the Budokwai in London was founded
- ▶ In 1920, as a result of Kano's visit to the UK, the Budokwai adopted the principles of Kodokan Judo.
- ▶ In 1927, the Japanese grading system was improved by using coloured belts for grades under the black belt.
- ▶ This innovation that was later systemised by the French was largely responsible for the success of judo in the world.



1930s

The Turning Point

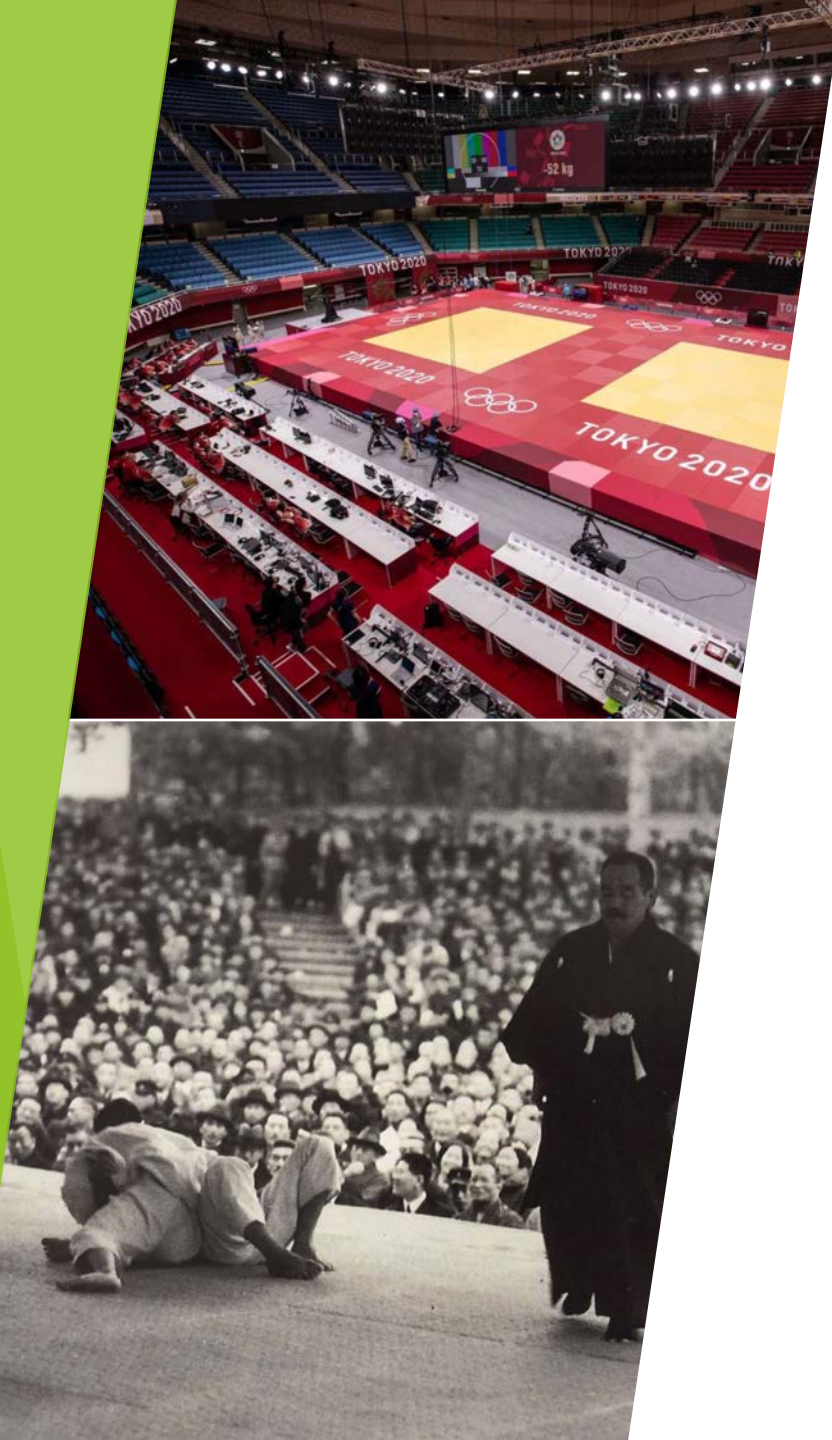
- ▶ In the 1930s, judo had entered the closed world of British top universities. A black belt committee was created in 1934.
 - ▶ In Germany, the apparition of the '*Japanese method*' is linked to the discovery of Japan's culture. In the 1930s, the growth of German judo was unequalled in Europe.
 - ▶ *Jujutsu* was introduced in France via Great Britain. Then in September 1936, the *Jiu-Jitsu Club de France* was created during Kano's new stay in Paris. A westernisation process of judo teaching began in those days. Judo teaching was rethought from a rationalised western perspective
- ➔ The combined contribution of Great Britain, Germany and France led to the establishment of the basis upon which judo will develop throughout the world.





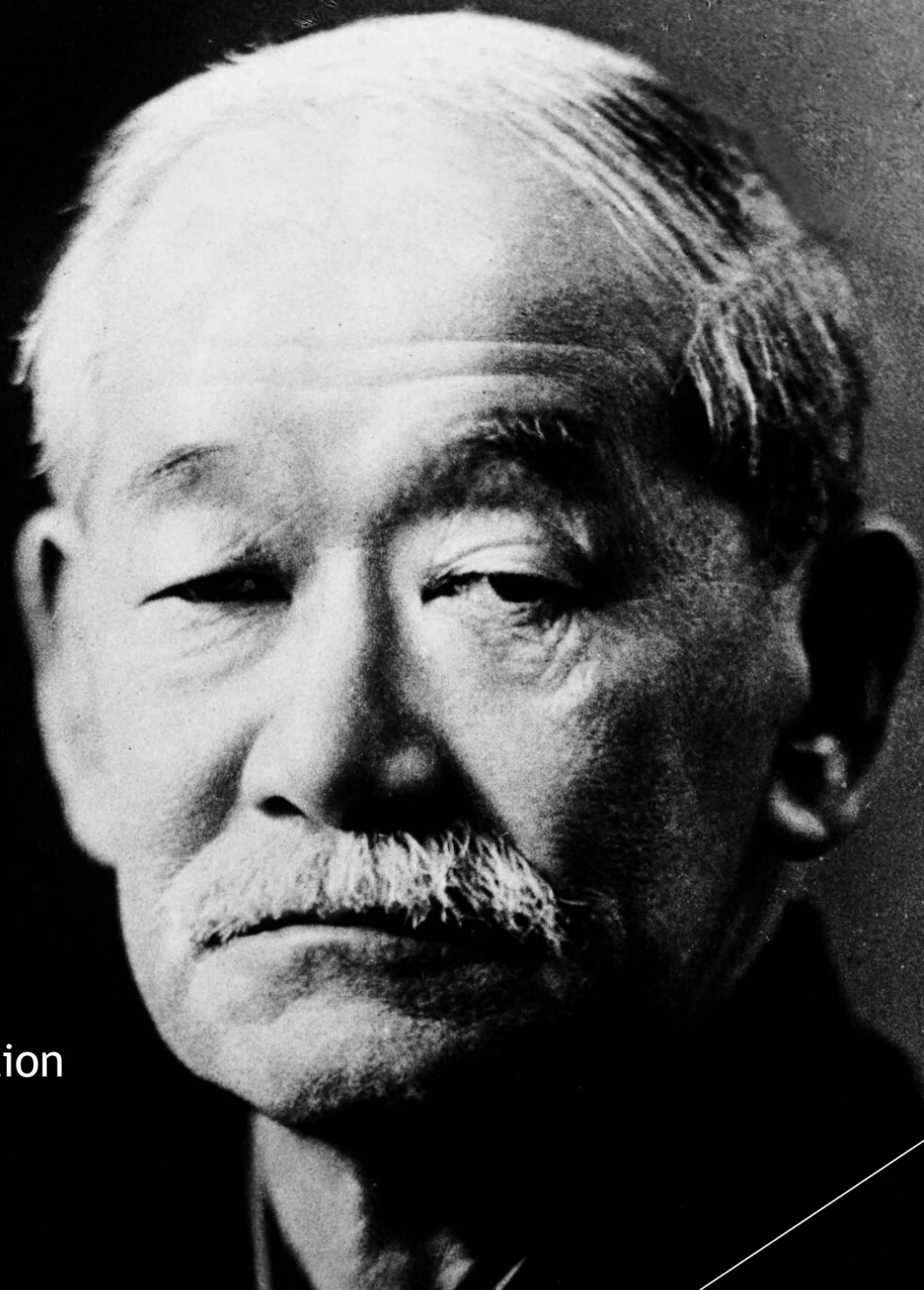
Judo as a Sport

- ▶ The oldest international competition ever recorded: Japan vs Russia in Vladivostok (1917).
- ▶ First Japanese Championships in 1930
- ▶ In August 1932, the origin of the creation of the European Judo Union (EJU) can be found, even if the organisation was officially founded on 28 July 1948.
- ▶ Judo was included in the programme of the 1940 Olympic Games in Tokyo as the decision was taken during the IOC 34th session in Warsaw on 11 June 1937, but the 1940 Tokyo Games never took place as they were cancelled because of World War II.
- ▶ In 1934, the first European Championships were held in Dresden, Germany.
- ▶ International Judo Federation was formed in 1951
- ▶ 1st World Championships in Tokyo (without weight category) in 1956.
- ▶ Judo in the Olympic Games in Tokyo (-68 kg ; -80 kg ; +80 kg ; Open) in 1964.
- ▶ 1st female World Championships in New York in 1980.
- ▶ Female judo in Seoul Olympic Games as a demonstration sport in 1988.
- ▶ Since Barcelona Olympic Games, both male and female competition are part of the Olympic programme.
- ▶ In Tokyo 2020, the mixed team event was introduced to the Olympic programme.





“For one thing, judo in reality is not a mere sport or game. I regard it as a principle of life, art, and science. Only one of the forms of judo training, so-called randori or free practice can be classed as a form of sport. Judo should be as free as art and science from any external influences. And all things connected with it should be directed to its ultimate object, the ‘benefit of humanity’.” Jigoro Kano



JUDO CULTURE

By the International Judo Federation

柔道

The Essential Principles (1)

JU - Adaptation

- ▶ The first is the principle of non-resistance and adaptation (JU). This principle is so closely linked to the discipline that it gives it its name: to practice judo is to embark on the path (DO) of mastering the principle of adaptation (JU).
- ▶ It invites to rise in practice beyond the opposition of muscular forces, to achieve a real control of the subtle laws of movement, rhythm, balance, forces. Ju is an attitude.

精力善用



The Essential Principles (2) SEIRYOKU ZENYO

- ▶ The second principle is the search for the **best possible use of physical and mental energy**. Encompassing the first principle and going beyond it, it suggests the application to any problem of the most relevant solution: to act at just the right moment, to use the force and the intentions of the partner against himself. It encourages a constant and dynamic search for perfection. Seiryoku Zenyo is an ideal and shall be applied on and off the tatami.

自
他
共
榮



The Essential Principles (3)

JITA YUWA KYOEI

- ▶ The third principle is harmonious understanding, mutual prosperity through the union of our own strength and that of others. Resulting from the sincere practice of the first two principles, it suggests that the presence of the partner and of the group are necessary and beneficial to the progress of each one.
- ▶ In judo, individual progress depends on mutual aid. Jita Yuwa Kyoei is a realisation.

The Foundations (1)

The practice of judo requires a set of essential and inseparable elements.

► THE DOJO

This is the place of practice. Space for study and work, it isolates the practitioners from the external agitation to foster concentration and vigilance and allows the organisation of the judo session.

Beyond its mere physical existence, the dojo is a mental and emotional bond that unites practitioners.





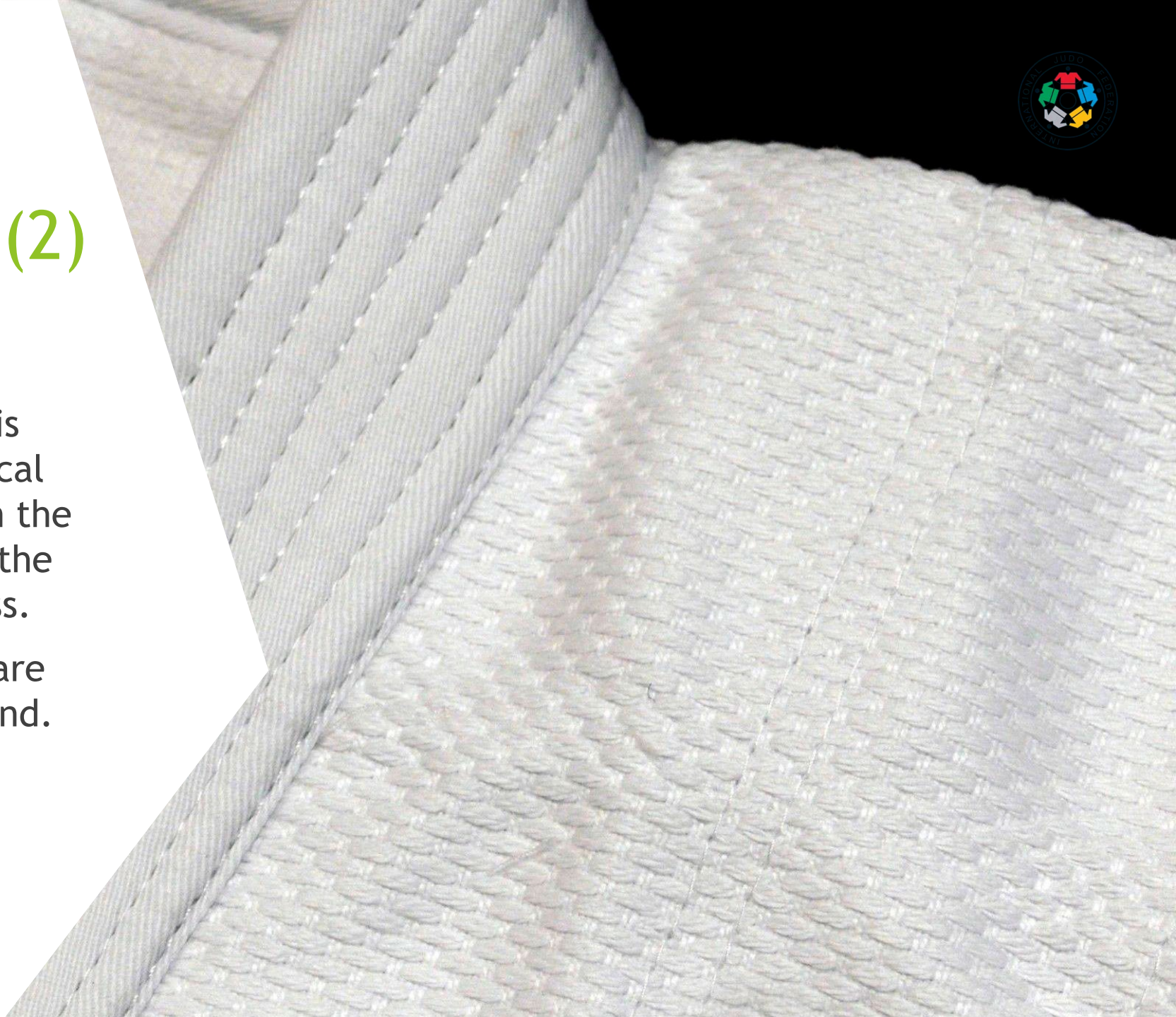
The Foundations (2)

► THE JUDOGI

The judoka's white judogi is sober and resistant. Identical for all, it marks equality in the face of effort and work in the permanent learning process.

With the judogi on, there are no discrimination of any kind.

Blue judogi are used in competition.



The Foundations (3)

► THE TEACHER

He/she is the guarantor of the progression process in which he/she is involved.

He/she is a guide towards technical mastery based on the essential principles and fundamental elements of judo.

The teacher is an example. He/she is often called 'Sensei'.



The Foundations (4)

► THE PARTNER

Judo is practiced with two partners. The judoka takes into account the other and adapts to the diversity of each. He respects the spirit of the exercise.



The Foundations (5)

► THE BOW

The bow is the formal mark of the respect of the practitioner for the teacher, for the partner, for the place of learning, for the space of combat. It opens and closes each essential phase of the practice.



The Foundations (6)



► THE BREAKFALL

No judo throw is possible without a judoka to perform it and another to undergo it.

Acceptance and mastery of the breakfall are necessary for the judoka to guarantee his bodily integrity but also his future progress.

Falling is a mental as well as a physical test.

The Foundations (7)

► THE TECHNICAL BASICS

The effectiveness of the judoka is built on the in-depth learning and the progressive mastery of postures, movements, actions and creation and mastery of imbalance of the partner, of fundamental technical forms, of dynamic factors of execution.

This common base of knowledge and skill allows everyone to subsequently develop their own expression of judo.



The Foundations (8)

► THE RANDORI and THE SHIAI

The **randori** organises the meeting of 2 judoka in a confrontation in which victory or defeat is not at stake. It is practiced with a view to progression.

The **shiai** organises the meeting of two judoka in a confrontation in which victory or defeat is at stake. It is practiced against a usual partner or against an unknown judoka, according to predefined rules which make it possible to judge who wins. It is not the culmination of the practice of judoka. The repeated experience of shiai allows access to the tactical and psychological dimension of combat. Shiai is a test of truth, a mutual technical, physical and mental test.

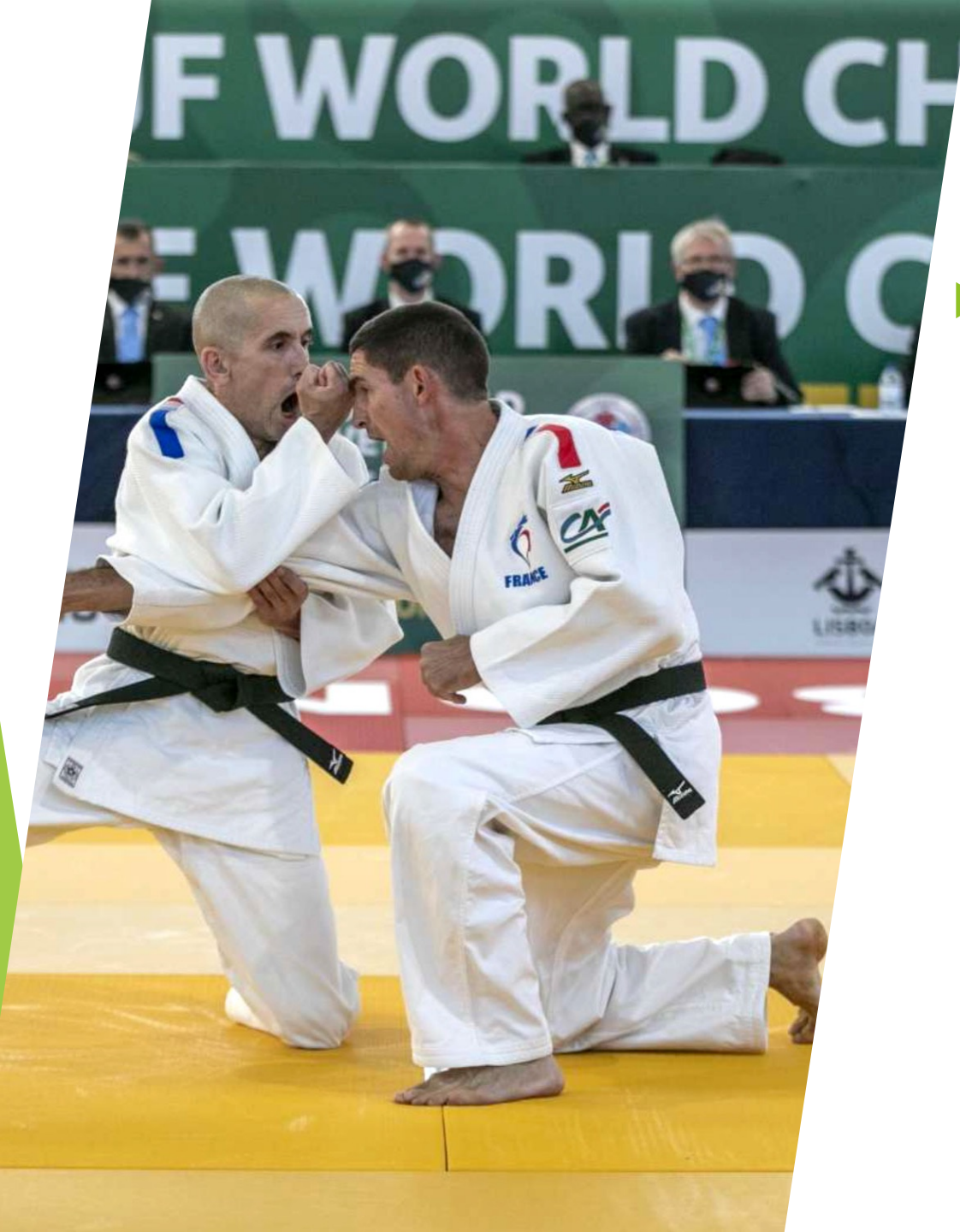


The Foundations (9)

► THE KATA

The kata is a traditional method of transmitting the essential principles of judo. It consists of memorising a historically fixed set of techniques and performing this set precisely in harmony with the partner.

A tool of stability and permanence, the kata is a link between all practitioners today and with those who preceded them.



The Foundations (10)

► THE RANK

The rank is the symbol of a global progression of the judoka on the mental, technical and physical level, of which the belt is the apparent mark.

The black belt manifests the accession to a first significant level in this progression. The rank is also the symbol of the unity of the judoka, formed by a common work, by common tests.

The rank is a recognition and a responsibility.



The Judo Moral Code



- ▶ **POLITENESS** (rei-gi) • It is respect for others
- ▶ **COURAGE** (yû-ki) • It is doing what is right
- ▶ **SINCERITY** (Sei-Jitsu) • This is to speak truthfully
- ▶ **HONOUR** (mei-yo) • This is to be true to your word
- ▶ **MODESTY** (ken-kyo) • This is to talk about yourself without arrogance or impatience
- ▶ **RESPECT** (son-kei) • Without respect there is no trust
- ▶ **CONTROL OF ONESELF** (ji-sei) • This is to remain silent when negative feelings rise
- ▶ **FRIENDSHIP** (yû-jô) • This is the purest human feeling

➔ The judo moral code is aligned with the Olympic values of respect, fairplay, friendship and excellence



IJF EVENTS

By the International Judo Federation



The Sport Commission of the International Judo Federation is in charge of the **development and organisation of judo as an Olympic sport on a global scale.**

This covers, among other things, the implementation of the sporting and organizational rules of the World Judo Tour events, the preparation of the annual calendar of events, the organization of competitions, the monitoring of the World Ranking List and the coordination with the other departments of the IJF (refereeing, education...) involved in the promotion of judo.





World Judo Tour

The IJF World Judo Tour is the epitome of competition circuit where the best of the best judoka from around the world represent their countries, show their talent, and earn ranking list points for the Olympic qualification and for the global ranking.





IJF world judo tour (WJT)

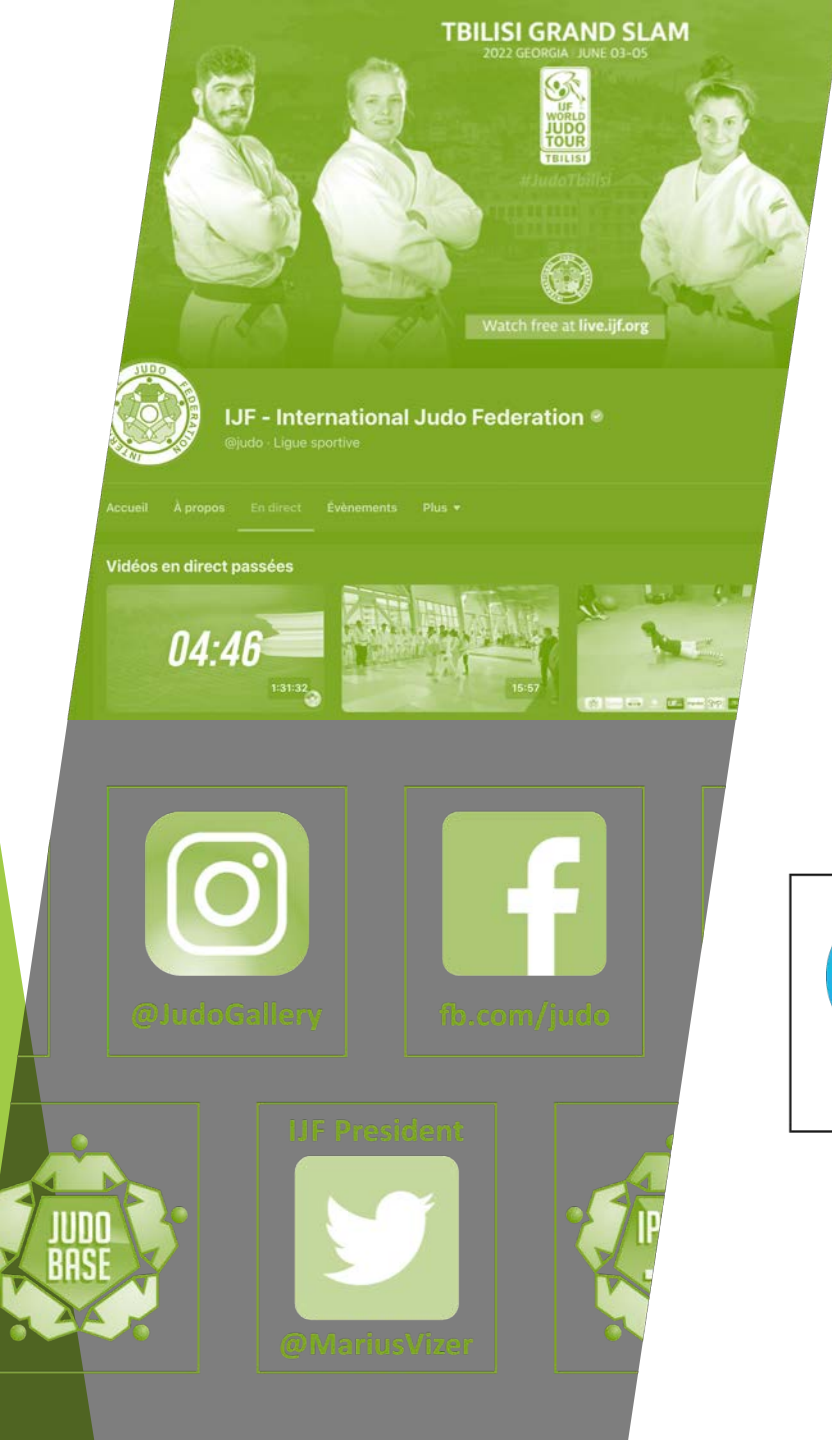
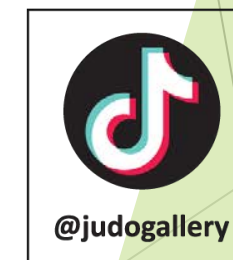
- ▶ Series of annual events
- ▶ 3-5 continents
- ▶ 18-25 events including:
 - ▶ world championships, masters, grand slam and grand prix
 - ▶ multisport games e.g., Olympics, Youth Olympics, Commonwealth, Islamic, Solidarity and Mediterranean Games etc.
- ▶ Spectators in-venue
- ▶ Broadcast in approximately 100 countries worldwide
- ▶ News with IJF partners, CNN International, Eurosport, Euronews, European Broadcasting Union and the Asia-Pacific Broadcasting Union is visible in more than 428 million households in 156 countries worldwide
- ▶ The digital coverage on live.ijf.org reaches over 204 territories





Social Media

The world judo tour events can be followed on all our social media sites.



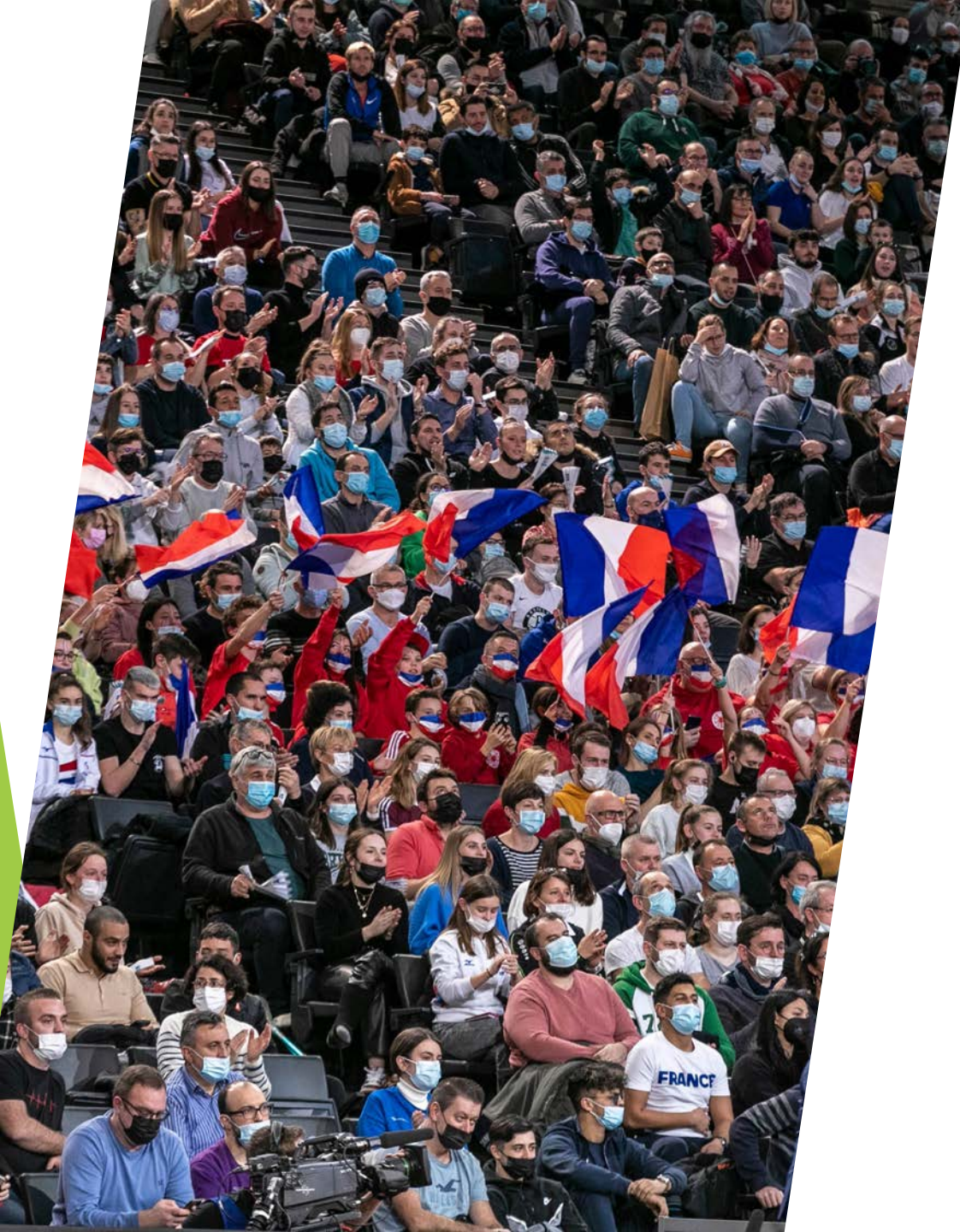
Partnership Working

Events are a partnership between IJF and a local organising committee (LOC)

Objective

- ▶ To run the best judo event possible



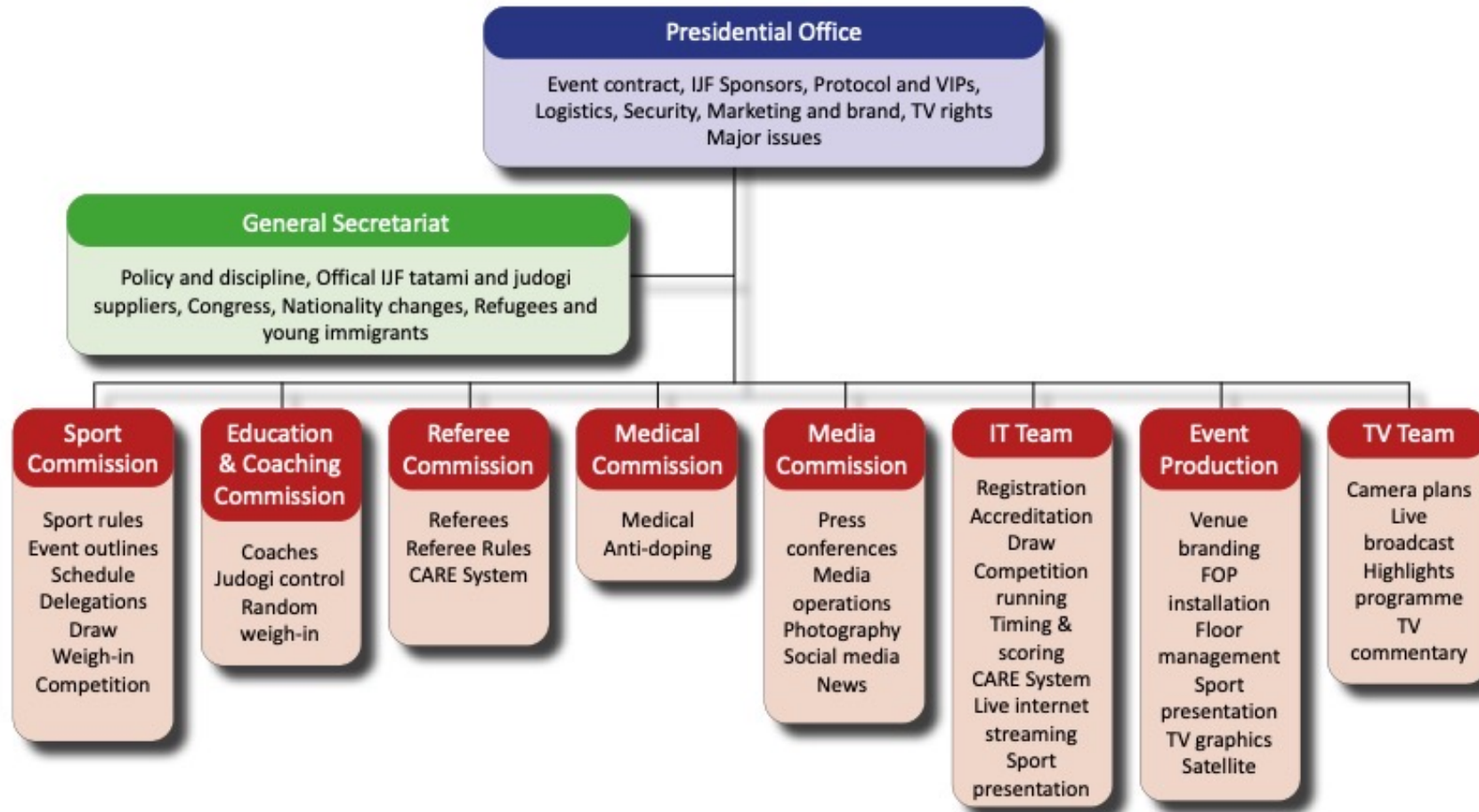


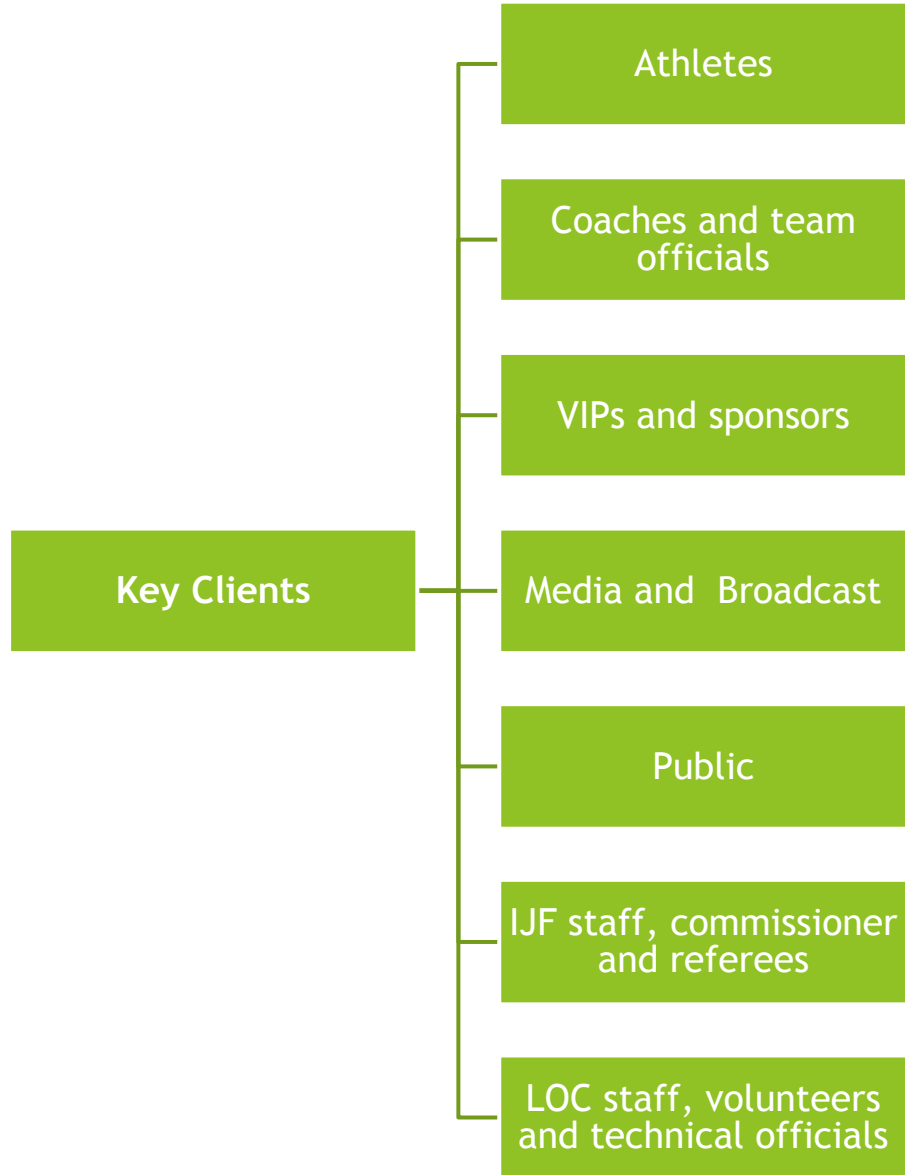
IJF events team is responsible for

- ▶ Planning, organisation, management and delivery of the event in partnership with the LOC
- ▶ IJF rules and event contract
- ▶ Achieving main objective
- ▶ Ensuring each client group's service level is achieved

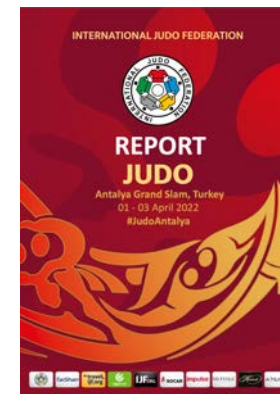


Structure of the IJF events team



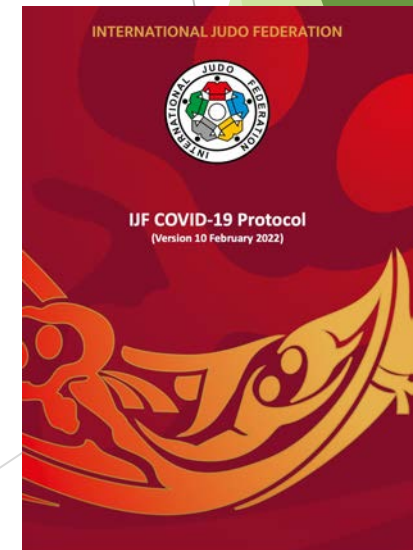
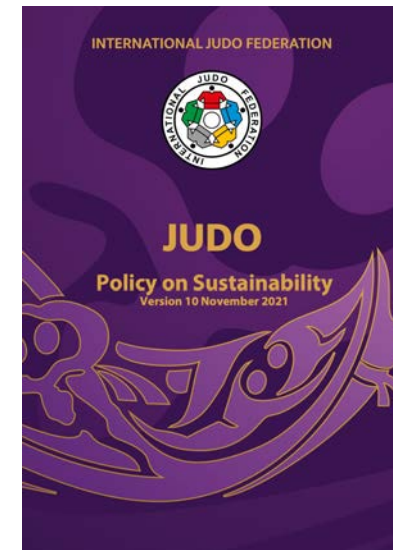
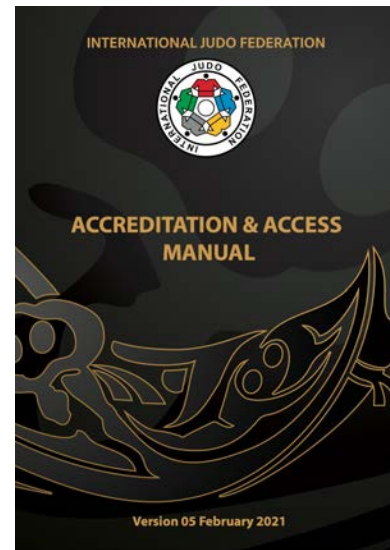
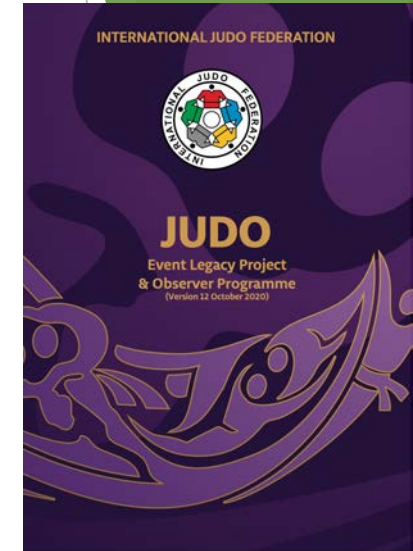
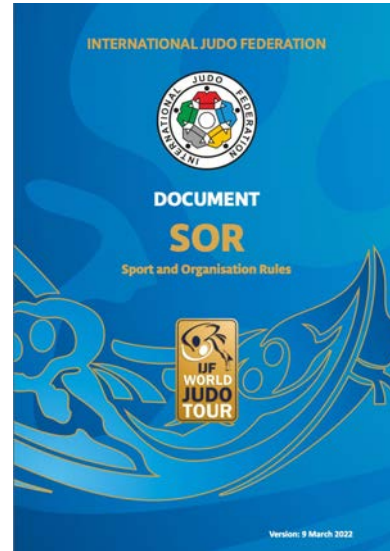


Planning, preparation, delivery and post-event



Documents

- ▶ All documents and policies are available on the IJF website
- ▶ Updated regularly



DOCUMENTS

Event and Media Outlines

The Event Outlines are created to guide all stakeholders to navigate the WJT

→ **EXAMPLE**



Calendar

The official calendar (WJT, Seniors, Juniors, Cadets, All categories) is updated on a regular basis and accessible at any time in the IJF website

➔ <https://www.ijf.org/calendar>



Official Draw

During all events, the IJF, led by the sport department operates an elimination system with repechage starting at the quarter-final stage (last eight). The draw is conducted by a computerised system with the eight top players seeded. The competitors defeated in the quarterfinal will compete in two repechage contests.

- ▶ **Masters**
- ▶ **Grand Slams**
- ▶ **Grand Prix**
- ▶ **World Judo Championships**
- ▶ **World Mixed teams' events**

All competitions can be followed live

→ <https://live.ijf.org/>

World Ranking List

The World Ranking Lists (WRL) display the position of each athlete in the three age categories (Seniors, Juniors and Cadets). They determine the top 8 athletes to be seeded in each competition and is a support to determine the Olympic qualifications (Seniors).

SENIORS

JUNIORS

CADETS



National Federations & Continental Unions

The International Judo Federation is composed of national judo federations and continental unions. Each national federation must be recognised as the sole federation authorised to represent its country in international sporting bodies by its Olympic committee, which itself is duly recognised by the International Olympic Committee. Federations and Unions are responsible of implementing the policy of the International Judo Federation and the International Olympic Committee.

Continental Unions

- ▶ European Judo Union (EJU) - [website](#), [EJU calendar](#)
- ▶ Pan-American Judo Confederation (PJC) - [website](#), [PJC calendar](#)
- ▶ African Judo Union (AJU) - [website](#), [AJU calendar](#)
- ▶ Judo Union of Asia (JUA) - [website](#), [JUA calendar](#)
- ▶ Oceania Judo Union (OJU) - [website](#) , [OJU calendar](#)



DEVELOPMENT

By the International Judo Federation

JUDO FOR CHILDREN/IN SCHOOLS



Be inspired



- ▶ More than 60 countries
- ▶ Judo as part of the school curriculum
- ▶ Develop mental and physical health
- ▶ social-emotional development, improves social safety at schools
- ▶ Erasmus+ programme (EU)
- ▶ New pedagogical approach
- ▶ 'Entertrainer'

JUDO FOR PEACE



- ▶ Conflict and post-conflict areas, zone with social disorders
- ▶ Judo for Refugees
 - ▶ Zambia (2 camps)
 - ▶ Malawi (1 camp)
 - ▶ Zimbabwe (1 Camp)
 - ▶ Turkey/Syria
 - ▶ South Africa
 - ▶ Ukraine (Romania - Hungary)
- ▶ IJF Refugee Team
 - ▶ Rio and Tokyo Olympics
 - ▶ WJT





OTHER DEVELOPMENT ACTIVITIES

- ▶ BUILDING DOJO
- ▶ SUPPORT TO NATIONAL FEDERATIONS
- ▶ SUPPORT TO ATHLETES
- ▶ WORLD JUDO DAY - OCT.28
 - ▶ 2022 theme: Inclusion
- ▶ CLIMATE ACTION
- ▶ IJF ACADEMY
- ▶ APRIL 6, WORLD REFUGEE DAY, WOMEN'S DAY...



USEFUL LINKS

- <https://www.ijf.org> → <https://www.ijf.org/news/list>
- <http://ijfmedia.datastat.si>
- <https://live.ijf.org>
- <https://judobase.ijf.org>
- <http://worldjudoday.com>
- <https://schools.ijf.org>
- <https://veterans.ijf.org>
- <https://academy.ijf.org>
- <https://noborders.ijf.org>
- <https://tashkent.ijf.org>
- <https://fit.ijf.org>
- <https://www.youtube.com/c/judo>
- <https://www.facebook.com/judo>
- <https://www.instagram.com/judogallery>
- <https://www.instagram.com/judogallerykids>
- <https://twitter.com/Judo>
- <https://www.tiktok.com/@judogallery>

Judo From Then to Now

Baku, Azerbaijan
June 2022



By the International Judo Federation