

# JUDO THE GENTLE WAY



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**LECTURE-15: B.A. I, II & III (Course code: 785; 885; 985)**

# OVERVIEW

- Brief Introduction of what Judo is
- History and Culture Impact
- Olympics and Foreign Impact
- How the sport is played & techniques



# JUDO

- Translates to “The Gentle Way”
- Motto: Maximum efficiency, minimum effort for the mutual welfare and benefit for all
  - Confucian/Buddhist influence
- Resembles wrestling
- More of a way of life than a sport



# KANO JIGORO (1860-1938)

- Born to an affluent family
- Sent to study the four confusion texts
- Experienced bullying at a boarding school in Tokyo
- Sought out a Ju-Jutsu instructor
  - Took 2 years to find





# Prof : Jigaro Kano (Father of Judo)

- ▶ The great educationalist and sports promoter. He has the distinction of being the first person from the Asian continent become the member of I.O.C. in 1909.
- ▶ He was a close associate of the founder of modern Olympic Games, Piere De Coubertin and worked for about three decades to promote the Olympic Movement.



# Prof : Jigaro Kano's years

- ▶ Born : 28<sup>th</sup> Oct 1860
- ▶ (28<sup>th</sup> Oct is considered as **World Judo Day** )
- ▶ 1877 : he learned Jujutsu                      he was very lean and weak so he  
want become strong, so he decided to learn martial arts .
- ▶ 1881 : he started taking Jujutsu classes in Tokyo  
University.
- ▶ 1882 : made Judo, he started taking classes on Judo in Esho Temple .
- ▶ 1902 : started **KODOKAN** University for teaching Judo and  
he tried to get Judo as an Olympic sport.

## Prof : Jigaro Kano's years continues...

- ▶ 1934 : Judo started for woman
- ▶ 1938 : Keiro held a general meeting of Olympics, He raise his voice for getting affiliation in Olympics .
- ▶ He demonstrated Judo in Canada.
- ▶ 1948 : organized All Japan Judo Championship.

# Prof : Jigaro Kano's years continue...

- ▶ 1949 : All Japan Judo Federation
- ▶ 1951 : International Judo Federation formed
- ▶ 1964 : in Tokyo Olympics included Judo
- ▶ 1978 : he expired at his 70<sup>th</sup> age.



# INFLUENCES

- Fukude Hachinosuke (1828-1880)
  - Teacher of **Tenjin Shinyo-ryu** Ju-jutsu
  - Fukude placed an emphasis on Randori(technique)
- Iso Masatomo (1820–1881)
  - More emphasis on Kata (formal training)
  - Entrusted Randori practice to assistants (especially Kano)
- Iikubo Tsunetoshi (1835–1889)
  - *Teacher of **Kitō-ryū** Ju-jutsu*
  - Emphasized Randori



# KODOKAN

- Founded by Kano in February 1882
- Taught Judo
- Means “Place for studying the way”
- At the *Eisho-ji* Buddhist temple in Tokyo
- Small beginning
- Used “ranks” or grades for the first time in any martial art



Eisho-ji – The birthplace of Judo



# JUDO'S PHILOSOPHY

- Maximum efficiency, minimum effort (*seiryoku zen'yo*)
  - Concept of softness controls hardness (*ju yoku go o seisu*)
  - Initially a jujutsu idea
- Coupled with Confucian philosophy
  - Wider application to life
  - Changed jutsu (technique) to do (way)
- Mutual welfare and benefit (*jita kyōei*)
  - Kano rejected any Jujutsu practice that did not conform to these beliefs

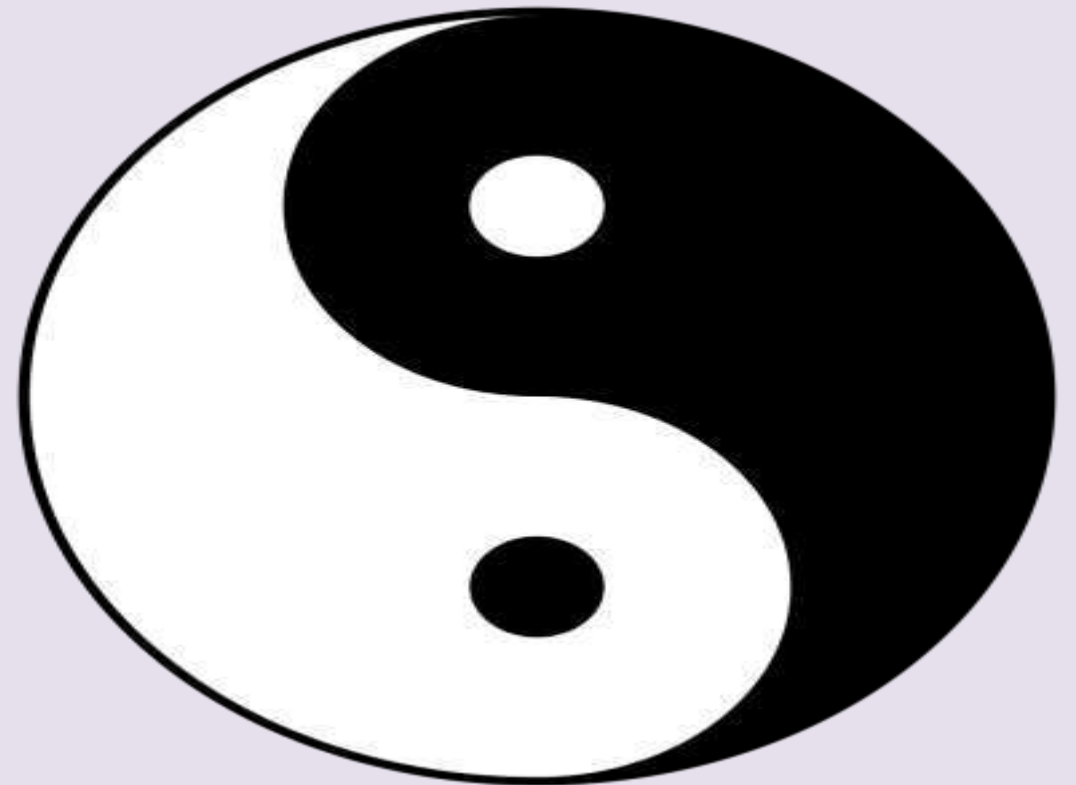


# The “**yin–yang**” philosophy

There are two underlying strategic methodologies to the application of force in Japanese martial arts.

**Goho** and **Juho** .

The **HARD** method and **SOFT** method



# Goho – The HARD METHOD

- ▶ The HARD method is characterized by the direct application of counter force to an opposing force.
  - This may be a **direct attack**, strike towards the opponent or a movement directly towards the opponent etc



# Juho – The SOFT METHOD

- ▶ The SOFT method is characterized by the indirect application of force, which either avoids or redirects the opposing force.
  - This may be receiving an attack by slipping past it, followed by adding force to the attackers limb to **unbalance** him.





# The roots of Judo

- ▶ **Jujitsu** : the japanese martial art form also called taijutsu and yawara,
- ▶ it was a system of attack that involved throwing , hitting, kicking, stabling , slashing , chocking, bending and twisting limbs, pinning an opponent and defense against these attacks.
- ▶ Although jujitsu's techniques were known from the earliest times, it was not until the latter half of the sixteenth century that jujitsu was practiced and taught systematically .

# The roots of Judo continue...

- ▶ During 1603–1868 it developed into a complex art taught by the masters of a number of schools .
- ▶ Later this martial arts **gained hatred from the publics** or banned because of its dangerousness/harmfulness of its techniques.
- ▶ The publics were eager to have an another martial arts forms having more .

**gentleness**

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# SPREAD TO THE WORLD

- Kano traveled across the world spreading Judo
- Showed how in his small stature he could easily throw much larger westerners.
- Now 199 countries/regions practice Judo
- Estimated 8 million Judoka
- 1964 became Olympic sport



# JUDO OUTSIDE OF JAPAN

- Nowadays in 184 countries
- France
  - 58,000 Judokas
- Vladimir Putin has black belt
- International Judo Federation
  - AJU
  - PJC
  - JUA
  - EJU
  - OJU





# WOMEN AND JUDO

- Originally for health, safety, and looks
- 1893- Miss Sueko Ashiya
- 1949- Ruth Gardner (Kodokan Institute)
- 1992- Barcelona Olympics
  - 2008- First US female olympic medalist
    - Ronda Rousey
- 2011- First female to received 10<sup>th</sup> dan
  - Keiko Fukudan
- 2012- First US gold medalist
  - Kayla Harrison



Kayla Harrison – 1<sup>st</sup> US Gold in Judo



# FOREIGN IMPACT OF JUDO

- Lead to the creation of two new martial arts
  - Brazilian jiu-jitsu
  - Russian Sambo
- Thousands travel to practice at Kodokan
  - Do not need to know Japanese
  - \$15 per night to stay in dormitory
- Buddhist Shinto custom have spread due to Judo
  - Bowing
  - Standing order
  - Wearing white to represent purity
  - Respect to opponent



Practice at the Kodokan



# SPORT

- Materials needed
  - Judo Gi (thick kimono)
  - Tatami (mat for falling on)
  - Belt
  - Opponent
- 4 ways to win
  - Throw your opponent so they land on their back (Ippon)
  - Pin your opponent for 20 seconds
  - Submit or choke out opponent
  - Higher total of points at end





# WAYS TO WIN CONT.

- Ippon vs Wazari vs Yuko
  - Speed, force, control, accuracy



Pin



Ippon



Bow & Arrow Choke



# HOW DO YOU PLAY?

- Game Play (Randori and Shiai)
  - Matches are 5 minutes long
  - Start on feet
  - Consist of trying to throw opponent onto back
    - No Striking
  - No grabbing below the waste (hansoku make)
  - No stalling (shido)
- Video of match and I'll explain what happened





Etiquette & Grip Fighting



Uchi Mata throw for Ippon





# TECHNIQUES

- Techniques can be broken into 3 major aspects
  - Nage-waza (Throwing Techniques)
    - Tachi-waza (standing techniques)
    - Sutemi-waza (sacrifice techniques)
  - Katame-waza (Grappling Techniques)
    - Osaekomi-waza (pinning techniques)
    - Shime-waza (strangulation techniques)
    - Kansetsu-waza (joint locks)
  - Atemi-waza (Striking Techniques)
    - Illegal in competition



Sutemi-waza – Ura Nage (Suplex)



# NAGE-WAZA (THROWING)

- All throws consist of 3 parts
  - Kuzushi – Breaking of the balance
  - Tuskuri – Act of throwing
  - Kake – Finishing of the throw
- Tachi-waza (Standing)
  - Te waza (hand techniques)
  - Koshi-waza (hip techniques)
  - Ashi-waza (foot and leg techniques)
- Sutemi-waza (Sacrifice)
  - Ma-sutemi-waza (rear sacrifice techniques)
  - Yoko-sutemi-waza (side sacrifice techniques)



# KATAME-WAZA (GRAPPLING)

- Osaekomi-waza (Pinning)
  - Trapping opponents back on the ground while being past his legs
- Shime-waza (Strangulation)
  - Blood chokes – Cut off blood to the brain (Feels like you are going to sleep)
  - Wind Pipe Chokes – Block the windpipe (Much more painful!!)
- Kansetsu-waza (Joint locks)
  - Juji-gatame (arm bar) is most common
  - Sankaku jime (triangle choke)



# The meaning of JUDO

- ▶ The Japanese word judo is a combination of two words “Ju” and “Do”
  - ‘JU’ means – Gentle
  - ‘Do’ means – Way
- Judo is a grappling based martial art, practiced primarily as a sport .
- Judo follows the juho method that is the soft method in the Nage waza



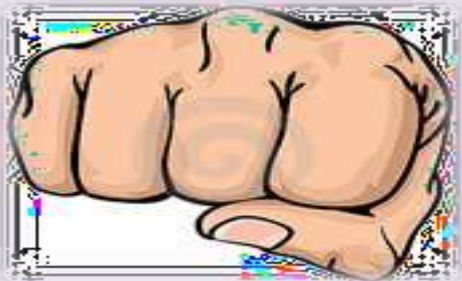


# The Techniques Classification



Nage Waza

Ne Waza



Atemi Waza

# Nage Waza – Throwing Techniques

- ▶ Thachi waza ( Standing Techniques)
  - Tewaza Waza (Hand Techniques)
  - Koszhi Waza (Hip Techniques)
  - Ashi Waza (Leg Techniques)
- ▶ Sutemiwaza ( Sacrificing Techniques )
  - Mayo Sutemi Waza
  - Yoko Sutemi Waza



# New Waza ( Ground Techniques)

- ▶ Oseikomi waza (Pinning )
- ▶ Shime waza ( Chocking)
- ▶ Kansetsu Waza ( Locking)

# Judo : Gentle way of life

- ▶ Judo is more than an art of attack and defense . It is a way of life .
- ▶ what is meant by ?  
gentleness
- ▶ Let us say a man is standing before me whose strength is ten and my own strength is but seven. If he pushes me hard as he can I am sure to be pushed back or knocked down even if I resist with all my might.
- ▶ This is opposing strength with strength
- ▶ But if instead of opposing balance, my, withdrawing my body and maintaining my opponent will lose his balance. him I give a way to the extent he has pushed



# Judo : Gentle way of life continue..

- ▶ Suppose a man is standing before me and trying to attacking.

If at the **moment he leans forward**, I apply my arm to his back and quickly slip my hip in front of his , my hip becomes a fulcrum to throw the man to the ground .



# Judo : Gentle way of life continue..

- ▶ If he is trying to step forward . do **De Ashi barai**
- ▶ which is good example for the efficient use of energy



# Judo : Gentle way of life continue..

- ▶ O-Goshi, Tomoe Nage , Seoi Nage
- ▶ As these examples show , for the purpose of throwing an opponent the principle of leverage is sometimes more important than giving a way



# Principles of Judo

- Gentleness : Rei, Giving respect. Fight begin and end with bowing each other, which is not seen in other games.  
( Principles of Gentleness)

(Principles of Maximum Efficiency with minimal effort)

- Use of force of Opponent, Lever applications,

► **Selryoku –Zenyo –no–ri**

(Principles of Mutual welfare and Benefits )

- Uke and Tori support each other ,social, moral qualities empowerment .

► **Jita – Kyoel – no–ri**

# Aims of Judo

- ▶ Moral Ethical and Spiritual Development
- ▶ Physical Development
- ▶ Mental Development
- ▶ Contest efficiency Development

# The Art of Judo Training

- ▶ There are two methods of training in Judo
  - KATA and RANDORI
- ▶ **Kata** : which means “form”, is a system of prearranged movements that teach the fundamentals of attack and defense.
- ▶ **Randori** : means “free practice” partners pair off vie with each other as they would in an actual match.
  - They may throw , pin , choke and apply joint locks , but they may not kick, hit or else

# The Art of Judo Training continue...

- ▶ participants take care not to injure each other and that they follow Judo etiquette, which is mandatory if one is to derive the maximum benefits from Randori.
- ▶ All movements are made in conformity with the **principle of maximum efficiency**.
- ▶ Training in attack and defense concentration on proper execution of techniques is required
- ▶ But beyond that Randori is ideal for **Physical Culture** since it involves all parts of the body and unlike Gymnastics, its all movements are purposeful and execute with a spirit.
- ▶ The objective of this systematic physical training is to **perfect control over mind and body** and to prepare a person to meet any emergency or attack, accidental or intentional .

# Training the Mind

- ▶ Both **kata** and **Randori** are forms of mental training, but Randori is more effective.
- ▶ In Randori, one must search out the **weaknesses and be ready to attack with all the resources at his disposal** **opponents** the moment the opportunity presents itself, without violating the rules of Judo.  

This tends to make the student earnest, sincere, thoughtful, cautious and deliberate in action.
- ▶ There is no place in Randori for indecisiveness. So it learns to value and make quick decisions and to act promptly



# Training the Mind continue...

- ▶ The powers of attention , observation , imagination of reasoning and judgment are naturally enhanced and these are useful attributes in daily life.
- ▶ In Randori we learn to employ the principle of maximum efficiency. It is much more impressive to beat an opponent with proper technique than with **brute force**.
- ▶ This lesson is equally applicable in daily life : the student realizes that persuasion backed up by sound logic is ultimately more effective than coercion.

# Training the Mind continue...

- ▶ In Randori we occasionally come up against an opponent who is frantic in his desire to win.
- ▶ We are trained not to resist directly with force but to play with the opponent until his fury and power exhausted , then attack.
- ▶ This lesson comes in handy when we encounter such a person in daily life. Since no amount of reasoning will have any effect on him,

all we can  
do is wait for him to calm down

# Ethical Training

- ▶ There are people who are excitable by nature and allow themselves to become angry for the most trivial of reasons.
- ▶ Judo can help such people  
    . Through training, they quickly realize that anger is a waste of energy, that his only negative effects on the self and others.
- ▶ Training in judo is also extremely beneficial to those who lack confidence in themselves due to past failures.

# Ethical Training continue...

- ▶ Judo teaches us to look for the best possible course of action, whatever the individual circumstances, and helps to understand that worry is a waste of energy.
- ▶ The man who has failed and one who is at peak of success are in exactly the same position.– each must decide what he will do next, choose the course that will lead him to the future.
- ▶ Guiding a man out of  
lethargy and disappointment to  
a state of vigorous activity.

# Aesthetics

- ▶ Practicing Judo brings many pleasures : the pleasant feeling exercise imparts to muscles and nerves ,  
**the satisfaction of mastering a movements, and the joy of winning in competition**
- ▶ Not the least of these is the beauty and delight of performing graceful,

This is the essence of the aesthetic side of Judo.  
**meaningful techniques and seeing others perform them**



# Judo as a SPORT

- ▶ The Dojo
- ▶ The Judoggi
- ▶ Scoring
- ▶ Techniques

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