

# 柔道

## JŪDŌ



### ABOUT JŪDŌ

Judo is practised around the world by men and women of all ages. The founder, Kanō Jigorō, created judo in 1882 from various styles of traditional *jūjutsu*. He incorporated the most useful techniques from each style and developed a new art with a curriculum, educational theory, and safe techniques appropriate for modern times. His new system included competition, physical and mental training, and a cornerstone philosophy for self-improvement. The art was originally called ‘Nihon-den Kōdōkan Jūdō’ but it is now commonly referred to simply as judo.

Kanō taught that the ultimate goal of training in judo is to maximise the power of the body and mind so that one may contribute to the betterment of the world. Correspondingly, his mottos were “maximum efficiency” and “mutual prosperity”. The techniques of judo include grappling and throwing. Striking is not permitted in free sparring and competition, but is

found in some of the *kata* developed by the founder.

Judo became an official Olympic sport and made its first appearance in the 1964 Games in Tokyo. There are currently 200 countries and regions affiliated to the International Judo Federation.

