

The History of Judo

Talipov Gulomjon Adiljanovich

Teacher of Sports Management Department, Faculty of Taekwondo and Sports Activities, National University of Uzbekistan named after Mirzo Ulugbek

Article Information

Received: April 17, 2023

Accepted: May 18, 2023

Published: June 19, 2023

Keywords: judo, sports, competitions, ippon, federation.

ABSTRACT

This article discusses the essence of the sport of judo, its origin, specificity, the organization of international competitions.

INTRODUCTION

Judo ('the gentle way') originated as an offshoot of jujitsu and was developed by Professor Jigoro Kano (1860–1938) in Japan. It was originally called Kodokan. Kanō Jigorō (1860–1938) collected the knowledge of the old jujitsu schools of the Japanese samurai and in 1882 founded his Kōdōkan School of judo (from the Chinese *jou-tao*, or *roudao*, meaning "gentle way"), the beginning of the sport in its modern form. Kanō eliminated the most dangerous techniques and stressed the practice of *randori* (free practice), although he also preserved the classical techniques of jujitsu (*jūjutsu*) in the *kata* (forms) of judo. By the 1960s judo associations had been established in most countries and affiliated to the International Judo Federation, which is headquartered in Budapest, Hungary.

Judo by Kano and the martial art was always intended to be more than just a sport. The three fundamental tenets of judo are described as: physical education, contest proficiency and mental training with the ultimate goal of making the individual a value to society.¹ The first Olympic judo competition took place in 1964 at the Tokyo Olympic Games and the sport is now recognised in 201 countries worldwide. Very little has changed since judo was invented in 1888, apart from the introduction of weight categories and the extension of the sport to include the participation of children¹.

RESULTS AND DISCUSSION

Judo's direction has changed since its inception. Kanō designed judo to be a safe, cooperative method of physical education. *Jūdōka* spend a great amount of time learning to fall safely. Even in *randori*, the person performing the throw (the *tori*) helps the person receiving (the *uke*) to the ground by holding onto his arm and guiding him to a safe fall. By contrast, in Western wrestling one does not

¹ Volkov DN, Krylov AA, Loviagina AE. On the problem of sport abilities' self assessment. *Teoriia i praktika fizicheskoi kul'tury*, 2008;2:30–33. (in Russian)

help an opponent to fall, and coaches spend little if any time teaching their wrestlers how to fall safely. As judo competitions became more popular, however, *jūdōka* began to exhibit the competitive spirit more usually found in Western wrestlers; they began concentrating on judo as a sport rather than as a drill or a way of life. The inclusion of judo in the Olympic Games marked the turning point in this transformation.

This competitive spirit can be seen in the change in the attitude of many *jūdōka* in regard to scoring. Only clean throws demonstrating superior timing and a knowledge of body mechanics were rewarded with a score in the pre-Olympic period. Currently in judo, the scoring system awards an *ippon* ("one point") for a conclusive technique that wins a match by its successful execution, a *waza-ari* (half point), and minor points (called *yuko*). In a major shift from traditional judo, in a modern match a *jūdōka* will often play conservatively and work for a win based only on partial scores from minor points, rather than risking all in the attempt for an *ippon*. This shift to competitive judo has been aided by the success of European and Russian *jūdōka*, influenced by their strong wrestling traditions and in particular the Russian development of *sambo* (which was itself based upon judo).

Kodokan Judo was founded by Kano Jigoro Shihan, who as a youth began practicing Jujutsu* as a way to strengthen his frail body. Kano studied both the Tenjin Shinyo-ryu and Kito-ryu styles of classical Jujutsu, eventually mastering their deepest teachings, and supplemented this training with an avid interest in other combative forms as well. Integrating what he considered the positive points of these with his own ideas and inspirations, he established a revised body of physical technique, and also transformed the traditional Jujutsu principle of "defeating strength through flexibility" into a new principle of "maximum efficient use of physical and mental energy." The result was a new theoretical and technical system that Kano felt better matched the needs of modern people.

The essence of this system he expressed in the axiom "maximum efficient use of energy", a concept he considered both a cornerstone of martial arts and a principle useful in many aspects of life. Practical application of this principle, he felt, could contribute much to human and social development, including "mutual prosperity for self and others", which he identified as the proper goal of training. What Kano had created transcended mere technique to embrace a set of principles for perfecting the self. To reflect this, he replaced jutsu (technique) in the word "Ju-jutsu" with the suffix do (path) to create a new name for his art: judo. His training hall he named "Ko-do-kan," or "a place to teach the path."²

Kano has also been lauded as "the father of Japanese physical education." As principal of Tokyo Higher Normal School, he established a general physical education faculty aimed at training teachers capable of bringing quality physical education to Japan's youth. He also helped found the Japan Amateur Sports Association (Japan Sport Association), and in 1909 he became the first Asian member of the International Olympic Committee.

Kano traveled abroad thirteen times, lecturing and demonstrating Judo in order to introduce his art to people around the world.

Judo – Rules on Safety

The rules regarding safety in Judo are as follows

- ✓ Intentionally harming an opponent is abandoned.
- ✓ One cannot punch or kick his opponent.
- ✓ You cannot touch the opponent's face.
- ✓ Attacking the joints other than elbows is not allowed.
- ✓ Head dives are also not permitted.

² Strekalovskaia IN. Sportsmen's self assessment and its correction by means of self-cognition. Cand. Diss. Sankt Petersburg; 2005. (in Russian)

- ✓ Some techniques like **Kawazu gake** and **Kami basami** are not allowed.
- ✓ Neither of the competitors is allowed to wear any hard metallic object during the competition

Before stepping into the mat, the contestant must bow. Before starting and after ending the game the contestant must bow to each other and also to the competition area. If anyone will use bad body gesture or use foul languages, then he/she will be debarred from the tournament³.

Stalling is not permitted in the game. One cannot use defensive posture either. If one disregards the order of the judge, then he/she will be disqualified for the entire tournament.

CONCLUSION

Today, the International Judo Federation includes representatives from about 204 countries and regions (as of 2020), with practitioners from all walks of life donning judo uniforms and stepping onto the mat to forge their minds, bodies, and spirits.

The following is a part of the preamble in the statutes of the International Judo Federation:

Judo was created in 1882 by Kano Jigoro Shihan. As an educational method derived from the martial arts, judo became an official Olympic sport in 1964 (after being named as a demonstration sport at the 1940 Tokyo Olympic Games which were cancelled due to international conflict). Judo is a highly codified sport in which the mind controls the expression of the body and is a sport which contributes to educating individuals.

Beyond competitions and combat, judo involves technical research, practice of katas, self-defense work, physical preparation and sharpening of spirit.

As a discipline derived from ancestral traditions, judo was designed by its Master Founder as an eminently modern and progressive activity.

REFERENCES

1. Tashpulatov F. A., Shermatov G. K. Wrestling–The Honor of Uzbek Nation //Eurasian Scientific Herald. – 2022. – T. 8. – C. 205-208.
2. Alisherovich T. F. Sog'lom turmush tarzini shakillantirishda jismoniy madaniyatning inson hayotidagi roli //BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI. – 2022. – C. 187-190.
3. Ташпулатов Ф. GANDBOLCHILAR O'YIN FAOLIYATI SAMARADORLIGINI HAR TOMONLAMA BAHOLASH METODIKASI //Scienceproblems. uz. – 2023. – T. 3. – №.
4. Khurramovich, K. F. (2022). DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO PHYSICAL PREPARATION. *Academicia Globe: Inderscience Research*, 3(04), 165-169.
5. Alisherovich, T. F., & Toshboyeva, M. B. Innovative Pedagogical Activity: Content and Structure.
6. Tashpulatov Farkhad Alisherovich, METHODOLOGY OF COMPREHENSIVE EVALUATION OF GAME ACTIVITY EFFICIENCY OF HANDBALL PLAYERS, 2023/1, ACTUAL PROBLEMS OF HUMANITIES AND SOCIAL SCIENCES, 96-104, <https://doi.org/10.47390/1342V3I1Y2023N10>
7. Khurramovich, K. F. (2022). DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO PHYSICAL PREPARATION. *Academicia Globe: Inderscience Research*, 3(04), 165-169.

³ www.judo.com

8. Khurramovich, K. F. (2022). METHODOLOGY OF WEIGHTLIFTING WITH ATHLETES. *Web of Scientist: International Scientific Research Journal*, 3(4), 1228-1233.
9. Karimov, F. X. (2022). Scientific and Methodological Bases of Normalization of Loads in Physical Education and Mass Sports-Health Training. *EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY*, 2(2), 24-28.
10. Karimov, F. X. (2021). Plan Individual Fitness Training Programs for Middle-Aged Men. *European Journal of Life Safety and Stability* (2660-9630), 11, 238-244.
11. Каримов, Ф. Х. (2020). CLASSIFICATION, SYSTEM AND TERMS OF SPORT WRESTLING METHODS. *INTERNATIONAL JOURNAL OF DISCOURSE ON INNOVATION, INTEGRATION AND EDUCATION*, 1(4), 84-88.
12. Каримов, Ф. Х., & Ташпулатов, Ф. А. (2020). РЕСПУБЛИКАМИЗДАГИ ЮНОН-РИМ КУРАШИ БИЛАН ШУҒУЛЛАНУВЧИ ЎСМИРЛАРНИ ҚАРШИ ХУЖУМ УСУЛЛАРИГА ЎРГАТИШ САМАРАДОРЛИГИНИ ОШИРИШ. ИННОВАЦИИ В ПЕДАГОГИКЕ И ПСИХОЛОГИИ, (SI-2.№ 4).
13. Каримов, Ф. Х. (2017). Физическая культура и её связь с общей культурой. *Высшая школа*, (4), 65-66.
14. Каримов, Ф. Х. (2017). Физическая культура и её связь с общей культурой. *Высшая школа*, (4), 65-66.
15. Karimov, F. K. (2022). Developing A Combination of Health Exercises for Middle-Aged Men Aged 45-60. *Eurasian Scientific Herald*, 8, 201-204.
16. Tashbaeva, M. (2022). Pedagogical Opportunities of Wrestling Sports in the Formation of a Sense of National Pride in Students. *Eurasian Scientific Herald*, 8, 213-216.
17. Toshboyeva, M. B. (2022). WELLNESS EXERCISES FOR HUMAN ENDURANCE DEVELOPMENT. *Web of Scientist: International Scientific Research Journal*, 3(4), 1214-1220.
18. Toshboyeva, M. B. (2022). Wrestling is a Kind of Sport with an Example of the First Training jar the Importance of the Formation of FastPaced Power Attributes with the Help of Moving Games. *Texas Journal of Multidisciplinary Studies*, 6, 291-294.
19. Karimov, F. K. (2022). PRIMARY SCHOOL STUDENTS HOLD NATIONAL MOVEMENT GAMES IN PHYSICAL EDUCATION CLASSES. *Journal of Integrated Education and Research*, 1(5), 254-258.
20. Ташпулатов Ф. GANDBOLCHILAR O'YIN FAOLIYATI SAMARADORLIGINI HAR TOMONLAMA VAHOLASH METODIKASI //Scienceproblems. uz. – 2023. – Т. 3. – №. 1. – С. 96-104.
21. THE ROLE OF SPORTS IN THE DEVELOPMENT OF PERSONALITY OF YOUNG ATHLETES Tashpulatov Farkhad Alisherovich, *International Engineering Journal for Research & Development*, <https://doi.org/10.17605/OSF.IO/658DK>, 2023/2,
22. Theoretical and Practical Increase in the Ability to Predict in Physical Education and Sports, Tashpulatov F. A., *Pindus Journal of Culture, Literature, and ELT*, 136-139,