

Kodokan Judo The Essential Guide To Judo

By Its Founder Jigoro Kano Paperback

Judo Memoirs of Jigoro Kano The Way of Judo Mind Over Muscle Jigoro Kano,
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(English) KODOKAN JUDO: THROWING TECHNIQUES Black Belt Black Belt Black
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in 1882 kano opened his kodokan dojo in tokyo where he taught jujutsu to his first class of nine students his choice of the name kodokan symbolizes precocity in one so young and is highly significant for it means the institute where one is guided along the road to follow in life that is to say a road that one travels as a means of self cultivation which kano regarded as the optimum way to live ones life this cultivation however can only be attained following long years of training made with vigorous exertion in an effort to reach the ultimate goal self perfection at the age of twenty four kano abruptly gave up the teaching of this ancient and altogether brutal activity and never taught jujutsu again in his attempt to create for the modern age a non violent spiritually inspiring antagonistic art he carried out research on several styles of jujutsu primarily in

the interests of both safety and practicality he altered and added his own devices to the techniques that he was later to incorporate into his newly conceived system of skills which he named kodokan judo in lectures kano often stated the following the ultimate object of studying judo is to train and cultivate body and mind through practice in attack and defense and by thus mastering the essentials of the art to attain perfection of oneself and bring benefits to the world he had sought to create in judo therefore something positive out of something largely negative

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

this book is a collection of the life s work and essential teachings of jigoro kano who founded kodokan judo in tokyo in 1882 kodokan judo was for kano the culmination of a lifelong devotion to the jujutsu of the past which he reorganized along educational lines while taking great care to retain its classical traditions in doing so he opened the path from jutsu skill to do way and broadened the horizons of knowledge until he reached the point at which he began to advocate seiryoku zenyo maximum efficiency and jita kyoei mutual prosperity which represent the universality and ideal of human existence and are the core values of judo

throughout his life jigoro kano worked continuously for the diffusion promotion and improvement of the kodokan judo since its founding in 1882 as a modern and evolved system of ju jitsu kano provided not only an extensive technical curriculum but also a philosophical approach which made kodokan judo somewhat different from the warrior arts of the past there are many documents currently available to the judo enthusiast and it is relatively easy to get a general idea of master kano's thinking but there are old writings phrases tips maxims and proverbs that are hardly known today unknown to most all of them written directly by jigoro kano where we learn through his thoughts the traditional principles of kodokan judo competition techniques of self defense social and family relations proper time use and ultimately how to be useful in society among many other aspects we have had the opportunity to gather all this material and through this work we have put it to the full service for all lovers of martial arts we also include photos of the founding master of kodokan judo some of them unpublished desiring that this work is to your liking we recommend you to carefully read each sentence each line and each paragraph then you will perceive the enormous capacity and richness of the thoughts of a man who was ahead of his time to leave us as a legacy this beautiful art kodokan judo

judo kyohon translation of masterpiece by jigoro kano created in 1931 the master jigoro kano published in september 1931 which would be his only full technical book about kodokan judo in japanese they have passed 85 years without this masterpiece has been translated into other languages and released to the rest of the world today the original version of judo kyohon is almost extinct and it is extremely difficult to obtain a copy for over ten years our hope was to acquire this valuable treasure and now that finally we have achieved it we are making this available to all of you already translated simultaneously in two languages in the same book english and spanish kano shihan shows us the secrets of judo including atemi waza vital points ate dokoro katas forgotten as seiryoku zenyo kokumin taiiku and the part of atemi the tandoku renshu and kime shiki he also talks about the application of judo to everyday life friendship rest respect training and other values anecdotes contains little known and advanced explanation of various techniques not confuse this book with that of judo kyohan of sakujiro yokoyama judo kyohon traducci n de la obra maestra de jigoro kano creada en 1931 espa ol e ingles traducido en espa ol e ingles en el mismo libro de la maravillosa obra maestra de jigoro kano escrita en 1931 solo

en idioma japon s libro de extraordinario valor por ser el nico libro avanzado de judo kodokan escrito por jigoro kano sin duda un libro oculto escasamente difundido incluso en jap n shihan kano nos muestra los secretos del judo incluyendo atemi waza puntos vitales ate dokoro katas olvidados como el seiryoku zenyo kokumin taiiku y la parte de atemi del tandoku renshu y el kime shiki tambi n nos habla de la aplicaci n del judo a la vida cotidiana la amistad el descanso el respeto el entrenamiento y otros valores no confundir este libro de jigoro kano con el de sakujiro yokohoma judo kyohan

judo kyohon translation of masterpiece by jigoro kano created in 1931 the master jigoro kano published in september 1931 which would be his only full technical book about kodokan judo in japanese they have passed 85 years without this masterpiece has been translated into other languages and released to the rest of the world today the original version of judo kyohon is almost extinct and it is extremely difficult to obtain a copy for over ten years our hope was to acquire this valuable treasure and now that finally we have achieved it we are making this available to all of you already translated simultaneously in two languages in the same book english and spanish kano shihan shows us the secrets of judo including atemi waza vital points ate dokoro katas forgotten as seiryoku zenyo kokumin taiiku and the part of atemi the tandoku renshu and kime shiki he also talks about the application of judo to everyday life friendship rest respect training and other values anecdotes contains little known and advanced explanation of various techniques not confuse this book with that of judo kyohan of sakujiro yokoyama judo kyohon traduccion de la obra maestra de jigoro kano creada en 1931 espanol e ingles traducido en espanol e ingles en el mismo libro de la maravillosa obra maestra de jigoro kano escrita en 1931 solo en idioma japo nes libro de extraordinario valor por ser el unico libro avanzado de judo kodokan escrito por jigoro kano sin duda un libro oculto escasamente difundido incluso en japon shihan kano nos muestra los secretos del judo incluyendo atemi waza puntos vitales ate dokoro katas olvidados como el seiryoku zenyo kokumin taiiku y la parte de atemi del tandoku renshu y el kime shiki tambien nos habla de la aplicacion del judo a la vida cotidiana la amistad el descanso el respeto el entrenamiento y otros valores no confundir este libro de jigoro kano con el de sakujiro yokohoma judo kyohan

judo or the way of gentleness an ideal form of physical exercise and a reliable system of self defense was specially created from traditional japanese martial arts this book by the creator of kodokan judo is uniquely comprehensive and the

most authoritative guide to this martial art ever published over a hundred years ago jigoro kano mastered swordsmanship and hand to hand combat failing to discover any underlying principle he set about designing a new martial art to reflect the concept of maximum efficiency in the use of physical and mental energy today the concepts and techniques of judo taught at the kodokan are the ones originally devised by their creator and collected together in this book covering everything from the fundamental techniques to prearranged formal exercises for both men and women the book offers detailed explanations of how techniques are combined in two types of practice randori free practice and kata the practice of forms in addition to a discussion of traditional methods of resuscitation the book concludes with a useful appendix of information on the founder and the kodokan international judo center and a glossary of judo terminology fully illustrated throughout kodokan judo will help students and instructors everywhere to discover the principles techniques and spirit of this popular martial art

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 marital arts figure in the world

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have you ever thought about the day to day life of jigoro kano what was daily life like in the first years since the founding of the kodokan we are sure that you as a lover of judo and martial arts at some point have had the curiosity to know intimately the events of those years that forged the legend that of the newly created jujutsu school of jigoro kano and later renamed as judo and the extraordinary expansion on all continents jigoro kano shihan was an extraordinary man a visionary an exceptional educator who knew how to reform jujutsu to adapt it to the new times preventing it from becoming extinct as happened with other japanese arts in this novel the authors have the romantic intention of transporting the reader to those difficult times full of uncertainty and social instability we encourage you to put yourself in the shoes of jigoro kano and his disciples we share with you his joys and achievements and also his fears and failures dojoyaburi referred to a type of challenge that ancient martial arts schools use to set up their difference and often had fatal consequences surviving those days standing out as a new jujutsu school and creating a network of instructors and students who spread the art all over the world was an extremely difficult and complex task that only a great human being like jigoro kano could make possible with the incomparable help of his trusted disciples the events take place from 1881 before creating the kodokan until 1884 where the first challenge between the totsuka yoshin ryu school and the kodokan takes place to give it the form of a novel we have carried out an exhaustive work with documentation and research we have united our perspective of the facts dressing the events with a magical realism so the reader can feel them just as we feel them open the book and travel through time to experience those events that were recorded for eternity happy reading

focusing on kodokan judo this book contains full descriptions of all 67 throws with variations and practice guides in addition it details the origins of some techniques using old and rare photos of kano in action it is suitable for all judo practitioners the author was a 3 times olympic judo champion in his youth and became the chief instructor of kodokan the official judo headquarters this book is the successor to the perennial bestseller kodokan judo by the founder jigoro kano and contains full descriptions of all 67 throws with variations and

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the three body mind relationship goals that jigoro kano advised his judo students to aspire to namely to perfect themselves physically intellectually and morally are

all aimed at the same objective self improvement the first goal is perhaps the easiest and the one that many judokas achieve by gaining a dan grade after a few years training and perhaps by winning a few medals along the way the next two goals are psychological in nature and usually take longer to attain the intellectual goal is focused on educating oneself for what one wishes to become in life whether it be an engineer a teacher an accountant or whatever one s desire these goals however often require much book learning because time and tide wait for no man one must read read and read some more in order to expand one s vocabulary and acquire the necessary knowledge the third goal is mainly focused on the moral lessons that one should have learnt after completion of the previous two these teachings should prove useful in helping one to succeed in one s endeavors and enable one to impart proper moral guidance to others especially the young when teaching judo

this biography offers an in depth look at the life of jigoro kano 1860 1938 he founder of judo and the driving force behind the olympic event practisedy millions worldwide

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