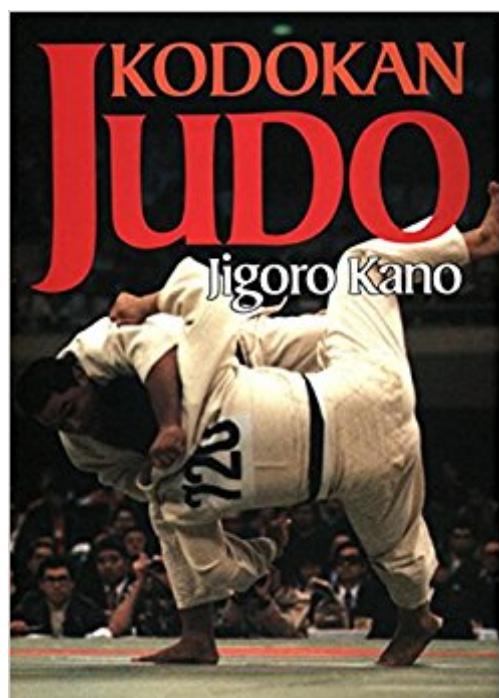


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# Kodokan Judo: The Essential Guide To Judo By Its Founder Jigoro Kano



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

A bible of the sport explaining all of the major techniques in detail. --This text refers to an out of print or unavailable edition of this title.

JIGORO KANO, born in 1860 in Hyogo Prefecture, created Kodokan judo in 1882, the year after he

graduated from Tokyo Imperial University. In 1969 he became the first Japanese member of the International Olympic Committee. Jigoro Kano died at sea in 1938 while returning from an IOC meeting in Cairo.

I'm a fencer myself and fencing, bluntly put, isn't Judo. Fencing is short and explosive. Judo takes a lot of pushing and pulling to establish flaws in your opponent's balance. It takes a different kind of strength and approaches the fitness and use of your muscles in a different way. Still, this book is highly interesting. This book teaches the classical principles of Judo, both in terms of technique, illustrating all of the basic techniques, and philosophy. It also contains minimal guidelines to the arrangement of the Dojo and the behavior within the Dojo, both contributing to the safety and enjoyment of the sport. It teaches you how to regard your opponent, what you can do, what you should do. It teaches you everything Judo. I'm not an expert myself, but it both taught me about me, and gave me insight into Judo and maybe not a higher respect for the sport, but my respect is more clearly defined.

Great work from the master. Excellent show of techniques. Sequential photos of each technique. Clarified a lot of my questions. I use it as a reference against Jiu jitsu books because of similarities.

This is THE book of Judo. It contains everything you need to know for learning Judo from a qualified instructor. It does cover aitimi waza, or striking techniques, but most Judoka ignore that aspect of the art, and concentrate solely on the sport aspect. Too bad. Still, the striking techniques are there, if you are willing to work with a good, knowledgeable instructor, on the katas. The katas are where the really devastating techniques are practiced. For anyone who doubts that, try speeding up Nage No Kata, using a crash mat for Uke! Be warned: speeding up any Kata, is dangerous! The techniques are devastatingly effective, and dangerous, unless they are done slowly. (Sandan Judo, Sandan Ju-Jitsu) Cheers!

...it should be this one. All the basics are here, copiously illustrated (some of the images featuring judo's founder, Jigoro Kano) and explained in a fair amount of detail. Although other books may offer more variations and flashier presentations, herein can be found all the rudiments of Kodokan judo. If the subject interests you at all, you simply must own this book. With judo's popularity on the rise (even professional mixed martial artists, typically reliant on either wrestling or Brazilian jiu-itsu, have begun to reevaluate judo and its usefulness in the combative context), no serious student of

the martial arts can afford to ignore Kano's work, and this book is the gateway to understanding that work.

Original and still best book on Judo. Original purchased this in hardcover back in 1978 or there abouts, and recently needed a new copy. The paperback is not exactly the same physical book, but the content is identical and great.

This is well written, as expected and full of great insight as well as organized information.

This is THE textbook on Judo. Every judoka must have it. Almost every technique is presented here (there are some that were part of the original Judo that latter were banned, so they don't appear here) and is explained and photographed. Some photographs are a bit blurry (particularly those with Kyuzo Mifune on, although I don't recall credit be given to anyone on the photos, but you know it's him because they also appear in his book "The Canon of Judo"), but most of them do show what is supposed to be done. This book was written by the creator of Judo, it is not perfect but definitely a must for every practitioner.

The size of Kodokan Judo only affords space for a general description of each technique. It was a helpful reference once I had seen the techniques performed live. Until then, I could only use it to memorize the name to the action, not how to do the action. Every technique has a summary of what needs to be done (like off-balancing a certain direction) and a step-by-step instruction of how to arrange for execution. There are enough photos to show each step of a technique. Where special notes are included, such as foot placement, more photos have been included. There are sections for standing techniques; ground techniques; kata; continuous attacks (combinations); counters to throws, punches, kicks, knives, guns at close range, and swords; and short sections (4 pages total) for each of resuscitation and vital points.

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