

## Kano Jigoro Kodokan Judo Institute

"[The author] continues the examination of Ju-no-kata that she began in her first book ... [and] draws upon her exhaustive experience in teaching and understanding Judo to elaborate on the finer points of Ju-no-kata."--Page 4 of cover.

Jigoro Kano (right; in 1870 at age ten) was small as a child, which gave rise to his determination to study jujutsu. In his early twenties, he combined the best of what he had assimilated and founded modern judo. A professor at the age of twenty-five, he played an important educational role in transforming Japan from a country ruled by the samurai into a modern nation.

Judo Formal Techniques is "The most detailed explanation of Judo that has ever been published" (The Japan Times). A comprehensive training manual to the basic "free practice" forms of Kodokan Judo (the Randori no Kata), the book provides essential instruction in the throwing and grappling kata (Nage no Kata and Katame no Kata) that every Judo practitioner needs to master. The authors are two of the world's top instructors—Donn F. Draeger and Tadao Otaki. Both were instructors at the Kodokan Judo Institute in Tokyo—the headquarters of international Judo, which was founded by the creator of the martial art, Jigoro Kano. Draeger, considered by many to be the first non-Japanese Budo master, was an authority on Asian martial culture who held high ranks and teaching licenses in several martial arts. He was a prolific writer and was the first non-Japanese Judo instructor at the Kodokan. Otaki was not only a successful Judo instructor but also a university professor who was widely praised for his research on the role of Judo in education. Draeger and Otaki based their text on Jigoro Kano's published and unpublished personal writings. Recapturing the original spirit and intent of the essential Judo kata, they are presented in the standard Kodokan versions as refined by generations of practitioners. Richly illustrated with over 1,000 photos and drawings, Judo Formal Techniques offers complete step-by-step instructions for the roles of both training partners. In addition to the core techniques of throwing and grappling, it explains the important transitional movements as well as grips, stances, and postures. First introduced as an Olympic sport at the 1964 Tokyo Olympics, Judo is returning to its home city on the world stage at the 2020 Olympics. Practiced by more than 20 million people worldwide, Judo is only expected to continue growing in popularity. A new foreword by Judo instructor Neil Ohlenkamp sheds light on the book's lasting importance as the classic "Kata bible" for Judo students and instructors alike and an indispensable resource for all martial arts practitioners.

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. Traduccin de la obra maestra de Jigoro Kano creada en 1931. (ESPAOL E INGLES) Traducido en Espaol e Ingles en el mismo libro de la maravillosa obra maestra de Jigoro kano, escrita en 1931 solo en idioma japons. 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 Japn. 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. Tambin nos habla de la aplicacin 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.

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.

When Shihan Jigoro Kano developed his new method of jujutsu, Kodokan Judo, he established three major technical groups: nage waza, katame waza and atemi waza. It has been more than 130 years since the founding of Judo and both, techniques and goals have evolved in different ways. Nowadays, judo is practiced mainly as a sport competition, giving priority to nage waza and katame waza, while atemi waza and the study of vital points (kyusho) are hardly practiced. After many years of researching, compiling and translating old writings with Jigoro Kano's opinion about atemi and self-defense, we have performed this study of the official classification of atemi and kyusho, where are included unpublished documents of the founding master of Judo. Color book. Judo is a modern martial art that originated in Japan in 1882 and became an Olympic sport in 1964. This book provides a history of the discipline as well as detailed step-by-step instructions and accompanying photographs to help readers learn the positions and fundamental techniques. Formal exercises encourage students to practice what they have learned, keep track of personal progress, and improve their mastery of the discipline. The book also includes a glossary, a further reading section with books and websites, and an index.

In 1882 Jigoro Kano (1860-1938) founded Kodokan Judo at Eishoji Temple in Tokyo. It was the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized while taking great care to retain its classical traditions. Historically, martial arts were practiced only by the elite in Japan. Kano, a renowned educator as well as a sportsman, is credited with popularizing the martial arts, and in particular, judo, among people in all levels of society. When he was young, Kano studied jujutsu, a martial art practiced in Japan since feudal times, which involved throwing, hitting, kicking, stabbing, slashing, choking, bending and twisting limbs-and defenses against these attacks. After years of studying, he realized that although many different jujutsu techniques were taught, there was no one core value holding them together. Kano identified an all-pervasive principle- to make the most efficient use of mental and physical energy-and combined only those techniques in which this principle was correctly applied into modern judo. "Ju" means gentleness or giving way. "Do" means principle or the way. Judo, therefore is the Way of Gentleness, which implies that first giving way leads to ultimate victory. The Kodokan is literally, "the school for studying the Way." This book is a collection of Kano's essential teachings, selected and compiled from his wealth of writings and lectures spanning a period of fifty-one years. Today the International Judo Federation has 187 member countries and regions. As an official sport of the Olympic Games, judo has inspired young people of all nationalities, and Kodokan is universally recognized as the Mecca of Judo. As first teaching lesson in Judo begins with the fundamentals of Judo, I also thought to write book on Judo after teaching judo for more than 32 years to university level judo players. The Judo fundamentals are to be taught to any beginner for making his base strong, so that he/ she may be able to train himself or herself for international competitions in a better

way after understanding the basic fundamentals. The teaching of fundamentals of Judo should receive great attention and importance by the Indian coaches. I have made sincere effort to enrich its content incorporating the latest information available with print and electronic media on various aspects of the fundamentals of Judo. The language being used is simple for better understanding of beginners and students of Physical Education undergoing professional courses of physical education in India.

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"The original work in the Japanese language, Shiba Ryotaro."

The best guide to learning jiu-jitsu ever written in English, this is the most comprehensive study available. It describes the authentic form of judo developed in the late 19th century by Professor Jigoro Kano — not the many imitations often called by this name. Officially recognized by the Japanese government as the preeminent school of jiu-jitsu, the Kano system was the method in which Japanese armed forces and police were trained. The complete system of 160 holds and throws is clearly explained, with 487 photographs and four charts providing further clarification. Pressure points, balance, falling,

and every other important aspect receives full and complete treatment. The first section presents 60 "tricks" of combat in strict sequence that prepare for part two, in which readers learn how to apply the advantages of the tricks they've learned. The third section deals with highly scientific tricks of combat, by which an opponent may be incapacitated — and the methods of kuatsu, or resuscitation, by which a fallen opponent may be revived. Martial arts students at every level of experience will find this classic guide a source of valuable information and instruction.

This judo text is written in easy-to-follow language and illustrated with action photographs. It describes all basic and intermediate level techniques.

Based on a series of interviews that Jigoro Kano gave in his sixties, the book relates his creation and development of Kodokan judo during the period 1882 to 1928.

Details virtually everything the judoka needs to know--from the art's throws, chokes and grappling techniques to the mental preparation it takes to be a champion. Originally published in 1979, this seminal work is still considered one of the best and most comprehensive books written on the subject of judo, and it continues to provide readers with a deeper understanding and appreciation of the "gentle way."

In April 1927 the master Jigoro Kano created an institute within the Kodokan to preserve the traditional martial arts of Japan. He set up a room for the study and research of Koryu Bujutsu and invited different masters of these ancient arts to put them at the service of Judo. Jigoro Kano fought tirelessly for Naginata, Bo, Yari, Katana and Aikijujutsu to be integrated into the usual practice of Judo Kodokan. Advantageous students of Jigoro Kano learned together with the best representatives of Katori Shinyo Ryu, Daito ryu Aikijujutsu, Shinto Muso ryu, etc. Several times a month they met with Kano to show him their progress. After the Meiji restoration, Japanese society largely rejected traditional military arts, this situation worsened in the Taisho period with the increase in trade with the West and the assimilation of its customs. Given the rapid expansion of Judo as heir to Jujutsu, Kano realized the need to maintain and preserve other koryu as well. In this work we carry out the study of the creation of the Kobudo Kenkyukai and the most relevant members who belonged to this special section of the Kodokan, contributing ancient documents of Jigoro Kano. We also summarize the techniques of Kenjutsu, Bojutsu, Naginatajutsu, Sojutsu and Aikijujutsu that were practiced at the Kobudo Kenkyukai. We continue working so that the traditional judo and the legacy of Jigoro Kano become part of the current Judo.

Baseball has been called America's true melting pot, a game that unites us as a people. Issei Baseball is the story of the pioneers of Japanese American baseball, Harry Saisho, Ken Kitsuse, Tom Uyeda, Tozan Masko, Kiichi Suzuki, and others--young men who came to the United States to start a new life but found bigotry and discrimination. In 1905 they formed a baseball club in Los Angeles and began playing local amateur teams. Inspired by the Waseda University

baseball team's 1905 visit to the West Coast, they became the first Japanese professional baseball club on either side of the Pacific and barnstormed across the American Midwest in 1906 and 1911. Tens of thousands came to see "how the minions of the Mikado played the national pastime." As they played, the Japanese earned the respect of their opponents and fans, breaking down racial stereotypes. Baseball became a bridge between the two cultures, bringing Japanese and Americans together through the shared love of the game. *Issei Baseball* focuses on the small group of men who formed the first professional and semiprofessional Japanese baseball clubs. These players' story tells the history of early Japanese American baseball, including the placement of Saisho, Kitsuse, and their families in relocation camps during World War II and the Japanese immigrant experience.

On April 18, 1888, a fascinating document entitled "Jujutsu, the ancient samurai art of fighting without weapons" was held inside the British embassy in Japan. The material author was Professor Jigoro Kano, founder of Kodokan Judo. The Rev. Thomas Lindsay assisted Kano in the translation and described the Kano school in the last pages of the text. This document is of great interest to all researchers in the life of Jigoro Kano and especially to the analysts of the transition between the ancient bujutsu and the current budo. Given the date of the document (only 5 or 6 years after creating the Kodokan) we can clearly see the great work he did to thoroughly study the ancient schools of Jujutsu, including in the text some references to ancient books from China and Japan. Kano analyzes, among other issues, the origin and meaning of Jujutsu, names, describes and provides information about the most important schools at that time, resolves the possible conflict over the date and place of origin of Jujutsu and gives us some stories and anecdotes of famous masters of the koryu Jujutsu. AUTHORS: BRUCE R. BETHERS, JOSE CARACENA AND GABRIEL GARCÍA COLOR BOOK

At present, Kodokan Judo is generally practiced with an emphasis on sports development (renshin ho), mainly based on the practice of the randori and the preparation of sports matches (sport judo). It is very rare to find teachers who focus on the study of Kodokan Judo in the Shobuho or self-defense method. That said, we have observed in recent years a remarkable interest on the part of many teachers to deepen in all aspects of traditional Kodokan Judo, self-defense and katas (both those used today by the Kodokan Institute and Those that are in disuse). In the present work we treat a multitude of documents and accompany them with unpublished photos that show Kodokan Judo as an authentic and effective method of self-defense and not only as a sport. Many of these documents are translations of the first documents that are known in the Kodokan Judo sphere, some of them are over 120 years old. To understand Kodokan Judo from an integral perspective it is necessary to deepen the knowledge of Atemi Waza, Kyusho, Kappo and techniques of dislocation in all joints and be able to use all these resources to repel an aggression. The self- defense within the Kodokan Judo can be studied within all the kata but it also has to be practiced outside the kata, developing a multitude of

situations that can be solved with the techniques, principles and foundations of the Kodokan Judo. This is precisely the objective of this book; make a historical journey of the methods of self-defense historically used within Kodokan Judo, showing ancient and unpublished publications and images, written by Professor Jigoro Kano and his direct students and translations that provide valuable and extremely useful information. We accompany him with technical series of self-defense against different situations of aggression. Color book. 204 pages in English.

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'

Immerse yourself in the art and sport of judo like never before in *Mastering Judo*. Gain a rich understanding of the philosophy, history, and practices that distinguish judo from other martial arts. Become more proficient in the techniques, tactics, and training necessary to rise through the ranks. *Mastering Judo* will add to your appreciation of the principles that distinguish the art in formal exercises (kata) and to your toughness and spontaneity in both freestyle fighting (randori) and competitive matches (shiai). Firmer grounding in the roots and wisdom of traditional judo practices will enhance your ability to use your body and your mind to the ultimate advantage when facing an opponent. Written by the Takahashi family, with more than 200 years of experience teaching, coaching, and competing in judo throughout the world, this resource crosses both generation and national boundaries in its approach and application.

Judo is best known as an Olympic combat sport whose highlights are spectacular throws, sometimes followed by devastating armbars or strangulations on the ground. But this is only one aspect of judo. Judo is also a system of self-defense, a system of physical education, and a philosophy. This book explores some of the different aspects of the way of gentleness, including its history, purpose, technical foundations, and cultural context.

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.

The practice of judo katas has changed over time as a result of perceived purpose. The chapters in this anthology were written by seven authorities in judo history and practice. Their writings clarify the purpose of kata and thus its mode of practice and their place in competition. In 1926, a contest occurred in which thirty-seven of the finest judoka in Japan competed before the Emperor Hirohito. The first chapter by Robert W. Smith details the techniques utilized by each master and also compares their skills with today's judo practitioners. The next two chapters by Dr. Llyr Jones and Biron Ebell deal with the transmutation of judo over the decades. Both authors give ample support that the original guidelines have evolved into competitive sport resulting in a substantial decline in the number of adults practicing judo. Where does kata stand in judo practice today? Dr. Lance Gatling reports on The First Kodokan Judo International Competition (2007). He outlines the background of the competition, the competitors, the motivations for this competition, the historical development of judo katas, and their importance to the correct study of judo. Dr. Llyr Jones' next chapter has two objectives: to explain the purpose of kata in judo, and to critically evaluate the concept of kata championships. To achieve these objectives, Jones offers personal comments, observations from rare Japanese source material, as well as insight into the thinking of world-renowned judo experts. Linda Yiannakis provides two insightful chapters. Her first chapter presents a conceptual framework for examining principles of judo throwing techniques. The principles are classified as primarily structural, operational, or contextual in nature. In her second chapter, she points out that martial artists are acutely aware of the need to develop a sense of timing for the best possible moment to apply techniques in free play or contest. This chapter examines some critical features of patterns and rhythms in a variety of contexts and provides a few basic exercises for the development of awareness and use of rhythm, patterns, and timing in judo. Jones, Savage, and Gatling present an in-depth study into Kodokan Goshin-jutsu-a Kodokan judo exercise formally established in 1956 to teach the principles and techniques of self-defense against unarmed and armed attacks, and to meet modern lifestyle needs. Their chapter reviews the place of Goshin-jutsu among the Kodokan katas, and then summarizes the history its creation. A description of the exercise's structure and technical contents follows, along with an in-depth explanation of its principles and associated teaching and learning challenges. This also includes a review of the most reliable learning texts in Japanese, English and selected other Western languages. Kodokan Goshin-jutsu's performance aspects are considered next. An objective assessment of its practical self-defense effectiveness follows,

before finally conclusions are drawn. The short final chapter by Dr. Jones is on Kodokan judo's Nage-no-kata (forms of throwing) and Katame-no-kata (forms of control). Their study helps facilitate the development of free practice (randori) skills. Many look at judo studies as including three dimensions: free-practice, competition, and forms. Kata practice is vital to the other two. If you are involved with judo, this anthology will deepen your purpose and inspiring your practice.

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. Hundreds of full-color throws and grabs make this the black belt of instructional judo books In *Judo Unleashed*, master coach Neil Ohlenkamp brings together the form, practice, and grace of this venerable sport in an all-inclusive handbook. From philosophical and technical foundations through advanced grappling and self-defense techniques, this authoritative guide, with 350 color photos, covers all the bases you need to refine your technique and gain a deeper understanding of this increasingly popular martial art. *The Secrets of Judo* is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in judo. It offers clear-cut explanations of the numerous techniques involved in throwing and grappling. In addition to the precise detailing of judo's physical aspects, this book provides insights into the psychological factors related to judo's underlying philosophy. *The Secrets of Judo*, a fascinating and valuable work since its original publication in 1959, sets out a comprehensive course to achieve maximum efficient use of mental and physical energy that remains as vital and fresh as when first recommended by Risei Kano, president of the Kodokan, on its original publication. This Judo guide features sections on: The Art and Science of Judo How Can Dynamics Be Applied to Judo? Three Principles for Practicing Judo Three Laws of Motion Kinds of Force Acting State of Force How to Practice Throwing How to Practice Grappling

- Twenty-four women martial artists discuss the physical and spiritual challenges of martial arts training and how it helps bring meaning and purpose to their lives
- Women aged 12 to 83 are interviewed on the importance and meaning of martial arts in their lives.
- Explores in-depth why many women are dedicating themselves to the martial arts.
- An inspiration for anyone concerned with enhancing the physical, spiritual, and social dimensions of life, and for those interested in women's self-defense and safety.

Sharp Spear, Crystal Mirror explores in depth how, why, and to what

effect considerable numbers of women are dedicating themselves to the martial arts. The twenty-four women interviewed here discuss the physical and spiritual challenges of martial arts training and how it helps to bring meaning and purpose to their lives. Their disciplines include T'ai Chi Ch'uan, Aikido, Capoeira, Wing Chun, Judo, Kajukenbo, Jujutsu, Tae Kwon Do, Karate, and Kung Fu, and their backgrounds are equally diverse. Some were accomplished athletes before beginning, while others had never been comfortable with their physical bodies until discovering the martial arts. All have received deep spiritual nourishment through their practice, integrating and healing their bodies and minds as well as enriching community bonds. Those interested in women's studies will find a wonderful sample of contemporary American women who speak articulately about the forces that have shaped their lives.

Clouds above the Hill is one of the best-selling novels ever in Japan, and is now translated into English for the first time. An epic portrait of Japan in crisis, it combines graphic military history and highly readable fiction to depict an aspiring nation modernizing at breakneck speed. Best-selling author Shiba Ry?tar? devoted an entire decade of his life to this extraordinary blockbuster, which features Japan's emerging onto the world stage by the early years of the twentieth century. Volume I describes the growth of Japan's fledgling Meiji state, a major "character" in the novel. We are also introduced to our three heroes, born into obscurity, the brothers Akiyama Yoshifuru and Akiyama Saneyuki, who will go on to play important roles in the Japanese Army and Navy, and the poet Masaoka Shiki, who will spend much of his short life trying to establish the haiku as a respected poetic form. Anyone curious as to how the "tiny, rising nation of Japan" was able to fight so fiercely for its survival should look no further. Clouds above the Hill is an exciting, human portrait of a modernizing nation that goes to war and thereby stakes its very existence on a desperate bid for glory in East Asia.

Master the sport of Judo with this illustrated martial arts manual. The Techniques of Judo is a fully illustrated and authoritative manual, providing step-by-step explanations, practical pointers, and thorough analyses of all the most commonly used judo techniques, or "wazas." Illustrated with over 550 black and white photographs, this martial arts book is an invaluable introduction to judo for beginners as well as a complete repertory for the advanced practitioner, or "judoka." The Techniques of Judo offers incisive descriptions of more than 70 hand throws, hip throws, leg throws, back and side throws, holding techniques, strangling techniques, armlock techniques, together with their variations and appropriate counter-techniques. The introduction contains an outline description of the sport, its history and objectives, the contests and the grappling system, with a penetrating discussion of the principle of balance and minimum effort that is basic to a scientific understanding of the sport.

Jigoro Kano and the KodokanAn Innovative Response to ModernisationKodokan JudoKodansha USA Incorporated  
"This biography of the founder of judo shows how Jigoro Kano (1860–1938) 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. He established the Kodokan, the world center for judo, and systematically turned judo into a sport with widespread popularity. Because of his efforts, judo was the first martial art to become an Olympic sport. Kano was a martial artist and career educator who developed the art of judo 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. 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

At present, Kodokan Judo is generally practiced with an emphasis on sports development (renshin ho), mainly based on the practice of the randori and the preparation of sports matches (sport judo). It is very rare to find teachers who focus on the study of Kodokan Judo in the Shobuho or self-defense method. That said, we have observed in recent years a remarkable interest on the part of many teachers to deepen in all aspects of traditional Kodokan Judo, self-defense and katas (both those used today by the Kodokan Institute and Those that are in disuse). In the present work we treat a multitude of documents and accompany them with unpublished photos that show Kodokan Judo as an authentic and effective method of self-defense and not only as a sport. Many of these documents are translations of the first documents that are known in the Kodokan Judo sphere, some of them are over 120 years old. To understand Kodokan Judo from an integral perspective it is necessary to deepen the knowledge of Atemi Waza, Kyusho, Kappo and techniques of dislocation in all joints and be able to use all these resources to repel an aggression. The self- defense within the Kodokan Judo can be studied within all the kata but it also has to be practiced outside the kata, developing a multitude of situations that can be solved with the techniques, principles and foundations of the Kodokan Judo. This is precisely the objective of this book; make a historical journey of the methods of self-defense historically used within Kodokan Judo, showing ancient and unpublished publications and images, written by Professor Jigoro Kano and his direct students and translations that provide valuable and extremely useful information. We accompany him with technical series of self-defense against different situations of aggression. Color book. 204 pages in English.

In April 1927 the master Jigoro Kano created an institute within the Kodokan to preserve the traditional martial arts of Japan. He set up a room for the study and research of Koryu Bujutsu and invited different masters of these ancient arts to put them at the service of Judo. Jigoro Kano fought tirelessly for Naginata, Bo, Yari, Katana and Aikijujutsu to be integrated into the usual practice of Judo Kodokan. Advantageous students of Jigoro Kano learned together with the best

representatives of Katori Shinyo Ryu, Daito ryu Aikijujutsu, Shinto Muso ryu, etc. Several times a month they met with Kano to show him their progress. After the Meiji restoration, Japanese society largely rejected traditional military arts, this situation worsened in the Taisho period with the increase in trade with the West and the assimilation of its customs. Given the rapid expansion of Judo as heir to Jujutsu, Kano realized the need to maintain and preserve other koryu as well. In this work we carry out the study of the creation of the Kobudo Kenkyukai and the most relevant members who belonged to this special section of the Kodokan, contributing ancient documents of Jigoro Kano. We also summarize the techniques of Kenjutsu, Bojutsu, Naginatajutsu, Sojutsu and Aikijujutsu that were practiced at the Kobudo Kenkyukai. We continue working so that the traditional judo and the legacy of Jigoro Kano become part of the current Judo.

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