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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.

The Way of Judo: A Portrait of Jigoro Kano and His ...

The way of Judo starts by detailing the personal, political, and professional life of Jigoro Kano, the creator of Judo. The book then goes on to detail, after a thorough examination of Kano's martial training, the development of the curriculum used in the martial art.

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Book Review: The Way of Judo - Martial Journal

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?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...

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Judo is a popular martial arts style and Olympic sport with a rich, though relatively recent history. Breaking the term judo down, ju means "gentle" and do "means the way or path." Thus, judo translates to "the gentle way." A judoka is someone who practices judo.

Martial Arts History: The Facts About Judo

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Judo (柔道, jūdō, Japanese pronunciation: [dʲo̞ːdo̞], lit. "gentle way") is generally categorized as a modern Japanese martial art, which has since evolved into a combat and Olympic sport. The sport was created in 1882 by Jigoro Kano (嘉納治五郎) as a physical, mental, and moral pedagogy in Japan. With its origins coming from jujutsu, judo's most prominent feature is its ...

Judo - Wikipedia

Judo is the perfect sport for children to learn. Empowering your child with confidence, respect and self esteem, Judo will physically and mentally challenge your child in a fun and safe environment. Find out more about how your child can start benefitting from all that Judo has to offer.

The Judo Way of Life

The Way of Judo is one of his newer books. He previously wrote about professor Kano in his 1995 book Three Budo Masters, also reviewed at this site.

The Way of Judo: A Portrait of Jigoro Kano and His ...

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Judo definition, a method of defending oneself or fighting without the use of weapons, based on jujitsu but differing from it in banning dangerous throws and blows and stressing the athletic or sport element. See more.

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Judo | Definition of Judo at Dictionary.com

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Practiced by millions around the world and deemed an official Olympic sport since 1964, Judo is a martial arts form developed in Japan hundreds of years ago. First practiced by the samurai and feudal warrior classes, Judo means “the gentle way,” referring to techniques which involve giving way to the force of one’s opponent.

Judo Techniques, Skills, Benefits, and History

About The Way of Judo. Kodokan judo, one of the most well-known martial arts in the world today, was originated by Jigoro Kano (1860–1938). Kano was a martial artist and career educator who developed the art after studying several types of jujutsu, sumo, and Western wrestling.

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The founder of judo tells how to apply the principles of judo to everyday life with the goal of self-perfection for the benefit of society. Kano is a martial artist, philosopher, and an esteemed

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educator. This is his legacy and one of the most important books I have read.

Mind Over Muscle: Writings from the Founder of Judo: Kano ...

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