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New Voices

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**Editor
Dr. Parvez Aslam**

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Japanese Martial Art Judo and Indian Judo History

Nisar Hussain

S.K. Md. Ataullah Md. Khudratullah (Jagirdar)

Abstract

Judo is a Japanese martial art which is taken from the game 'JUJITSU'. It is a game which is used as a defence from any attack by others. It is a game where there is less input but a great output. It not only helps to defend our self but also in developing mental ability and physical body. It makes the person strong. As we do judo it helps in developing our stamina, speed, strength, skills, and more spirit. Judo is more beneficial for woman in this world. The scenario in India is not safe for women. Judo helps them to protect by defending themselves. As we learn judo it helps us to manage our self in any situation we are in. It strengthens the bones and muscles, Improves your mental health & mood, Improves your ability to do daily activities. Improved ability for concentration, Greater capacity for joy. As a person learns judo it helps him in learning great values of perseverance, respect, loyalty, and discipline. Outstanding work ethic, as well as important social manners and etiquette. They learn to overcome their fears, and to show courage under pressure. Through competition and the rigors of daily practice, they learn about justice and fairness. Through their experience, they learn about politeness, modesty, and many other wonderful values that contribute to their development as successful citizens of society. As such, judo facilitates the development of important moral knowledge and values, those that are important to help people to become active and contributing members of their communities, nations, and the world. Judo for students helps in greater way by developing their values, mental ability, decision making power etc.

Introduction

JUDO is tremendous and dynamic combat sports that demands both physical power and great mental discipline. It is a game which starts with standing and then you try to lift him and then throw on this back. In ground there are many techniques which helps us to achieve victory. There are ground techniques like joint lock, chokes, and holds which is done until submission.

What is Judo

Judo is a game which is derived from Japanese game jujitsu. Judo has a meaning (ju) means (gentle) and (do) means (way or path) i.e the way of gentleness. Judo hall is called DOJO. The mats are called as TATAMI and the JUDO Uniform is called Judo GEE. There are various standing throws and ground techniques. We can practice RANDORI (a match played in practice to check the techniques)

History of Judo

The origin of Japan's martial arts is vague, and what we know of it, is more legend than truth. However, the takenouchi-ryu martial art system founded in the year 1532 is considered as the beginning of Japan's jujitsu forms. The system's founder taught jujitsu in a structured and methodical manner.

For the next several hundred years, the martial arts were refined by Samurai who made a lifetime study of some twenty or thirty martial arts. Of these arts only one was based on weaponless self defense-jujitsu Later In 1882, Dr. Jigoro Kano (The Father of Judo) made a comprehensive study of these ancient self defense forms and integrated the best of these forms into a sport which is known as Kodokan Judo.

Dr. Jigoro Kano : (28/10/1860-4/5/1938)

Dr. Jigoro kano was born on 28/10/1860 in japan. Later he and his family moved to Tokyo in 1871. Kano was an undersized, slender, weak, stickly child with one sickness after

another. He then thought of doing something then he joined the game jujitsu at the age of 18 years. It is a game with full of dangerous techniques. He learned jujitsu from Tenjiu Shinyo Ryu.

As years passed by, in 1880 he then started rethinking of the game again and omitted all the dangerous techniques and kept only good techniques. This made that game a good sport.

In 1882, Kano removed all the dangerous techniques and put his own skills and called that game KODOKAN JUDO. KO means (lecture, study, method) DO means (way, path) KAN means (hall, place) i.e. "a place to study the way."

He then introduced it in ESHOJI Temple of Buddhist in Tokyo.

In the later 1880's and earlier in 1900 judo started spreading its wings world wide like in USA EUROPE etc. kano was graded with Doctorate degree and it was equal to its 12th dan in judo. In 1940, in IOC (International Olympic committee) Tokyo was nominated in 1964, judo in Olympics got 16 medals where 3 gold and 1 silver medal got to Japan. It became the good option of sports world wide. In 1992, then came the women's judo in Olympic.

Judo in India

The first written reference in Kodokan refers that Gurudev Ravinder Nath Tagore arranged demonstrations and coaching of Judo at Shantiniketan in 1929 by Mr. Takagaki, a Japanese Judo Coach to India. Although, evidence are available that many Indians learned Judo in Kodokan before 1929 also, and few years later Judo also started in Aurobindo Ashram, Pondicherry. In 1965 when Judo Federation of India was formed, there were three prominent Judo Clubs in India, i.e. Kajau Judo Club, Wallesey St. Culcutta, Bombay Judo Club, and Fargusion College, Pune.

The first National Judo Championship was held at Hyderabad in 1966, and since then almost every year National Judo Championships are being organized by the

Judo Federation of India. By the Seventies, the game of Judo had generated considerable interest among Indians. Certainly, a need for professional Indian Judo

Coaches was being felt, as it was not possible to call foreign experts all the time. To overcome this problem and to train more and more Coaches Mr. Takashi Ogata was invited to India in 1976, to start a Diploma course at NS NIS, Patiala. Mr. Morio Suganami, a Japanese Judo Coach, who visited India in 1979, also helped a lot in promotion of Judo. The efforts made by Mr. Khaniwale, Mr. N.T. Bangera and Dr. Pisolkar in promotion of Judo in India is praiseworthy, and

unforgettable. Indian Judo owes much to the efforts of Mr. Jagdish Tytler, President, Judo Federation of India and Mr. L.K. Daga, former General Secretary for giving tremendous boost to Judo by ensuring entry of Indian Team in International competitions. Judo was included in the Asian Games in 1986 at Seoul. This was the first International competition for Indian Judo Team and they got FOUR BRONZE Medals. Thereafter, India is continuously winning medals in the International arena.

So far the following Indian Judokas has participated in the Olympic Games:

1992 Barcelona Olympics: Mr. Sandeep Byala Mr. Cawas Billimoria

2000 Athens Olympics: Ms. Brojeshwori Devi

2004 Sydney Olympics: Mr. Akram Shah

2008 Beijing Olympics: Ms. Kh. Tombi Devi & Ms. Diviya

The following Judo players has awarded, the ARJUNA AWARD from the Government of India, on their outstanding performance in the International Judo events:

1) Mr. Sandeep Byala

- 2) Mr. Cawas Kersap Billimoria
- 3) Mr. Narender Singh
- 4) Ms. Poonam Chopra
- 5) Mr. Akram Shah
- 6) Ms. Angom Anita Chanu
- 7) Ms. Khumujam Tombi Devi

Conclusion

Judo offers definite psychological and physical benefits to its players. Their mental attitudes and physical preparedness raise them far above the average. Judo has special contributions to make in social reform as advanced procedures in California penal institutions have shown. There force is not the chief weapon; persuasion, restraint, and self-control have replaced it.

Judo greats past and present are all outstanding. Russian President Mr. Vladimir Putin said: Judo is not just a competition sport. It is my philosophy. The moment I stepped on mats my life changed. Remember the ultimate goal to practice judo is to apply the principles of Judo "Maximum efficiency" and "Mutual welfare and benefit" to perfect ourselves and contribute to the world.

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