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## **The Way Of Judo A**

## Where To Download The Way Of Judo A Portrait Of Jigoro Kano And His Students

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.

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## **Amazon.com: The Way of Judo: A Portrait of Jigoro Kano and ...**

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

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curriculum used in the martial art.

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

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.

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

The Way of Judo: A Portrait of Jigoro Kano and His Students by John Stevens, Paperback | Barnes & Noble® 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 Our Stores Are

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Budo Masters, also reviewed at this site.

## **Book Review: The Way of Judo - Martial Journal**

The martial art style Judo can mean a lot of things to different people. In reality, it is a fun and exciting sport, an art, a discipline, an activity, a way to protect yourself, and quite simply a way of life.

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Although you may hear many different meanings, the word Judo actually means all of the above and several more.

## **The Basics Of Judo**

3. Learning Judo Principles. Two key principles of judo are maximum efficiency with minimal effort (Seiryoku-Zenyo) and mutual benefit (Jita-Kyoei),

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which is used in combination with safety, strategy, and situational risk awareness. This means using other people's movements to solve their attacks, and in that way preserve your energy.

### **How to Get Better at Judo: The Complete Guide - Way of ...**

Judo (柔道, jūdō, Japanese pronunciation:

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[dʒuˈdoː], lit. "gentle way") is generally categorized as a modern 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.

## **Judo - Wikipedia**

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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**

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## **About Judo**

Judo, Japanese jūdō, system of unarmed combat, now primarily a sport. The rules of the sport of judo are complex. The objective is to cleanly throw, to pin, or to master the opponent, the latter being done by applying pressure to arm joints or to the neck to cause the opponent to yield.

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## **judo | Definition, History, & Facts | Britannica**

Judo is one of the most wonderful sports you could ever hope to enjoy. Kano Jigoro's life is worth studying because of his ability to keep the baby and throw out the bath water. There is also a danger that he is not placed in his

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cultural and historical context and that what he taught is not approached in the same spirit he approached jiu jitsu.

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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.

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

Judo is a dichotomy because it is both

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gentle and dynamic in activity. The sport uses the same concept borrowed from the ancient Japanese jujitsu where ju also meant gentle. In both systems it meant to not resist, to give way, to be compliant. It referred to conditions where someone imposes their will upon you.

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## **The Philosophy of Judo | Judo Info**

The word judo consists of two Japanese characters, ju, which means "gentle", and do, which means "the way". Judo, therefore, literally means the way of gentleness.

## **What is Judo - World Judo Day**

About The Way of Judo Kodokan judo,

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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.

**The Way of Judo by John Stevens:**

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**9781590309162 ...**

6 Judo Takedowns Bjj'er's Should Know. If you plan to become a takedoens judokagood technique is a must — no matter how strong you are. You need to get to know Judo basics properly, starting from the basic throws. Judo is a combination of power, technique, and strength.

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## **JUDO TAKEDOWNS PDF - [noema.info](http://noema.info)**

In creating judo (a system that reminds us of many of the teachings of Zen), Kano created not only a martial art but also a way of life that makes sense even 120 years later. It's a path which seeks peace and teaches us not to respond violently to violence (for example, upon

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the receipt of some aggressive  
communication).

**Judo, or the path of kindness (sage  
advice for navigating ...**

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

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