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Attacking Judo A Guide To Sources. The IJF rules are the official published reference for the rules of judo competition (see External links, below). However, rules can be changed by committee decision between official releases of the published rules, and these are not published on the IJF site. Top 10 Martial Arts: Full Names and Descriptions

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The author, a world champion in judo competition, demonstrates throws, holds, pins, turnovers, grabs, and entanglements, and discusses the finer points of mat work

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.

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

Written over sixty years ago, Trevor Leggett and Kisaburo Watanabe, drew on their great experience of Judo, both in Japan and the West, to offer a step by step guide to Taiotoshi and Ouchigari in great detail which will be invaluable for students to develop their Judo skills. As the authors say in their introduction, the aim is to introduce the reader to 'general attacking movement', the sub-title of this book, using these two techniques, with an approach that can be applied with some minor adaptation to most other throws. Since this book first appeared in 1964 British Judo has gone from strength to strength and there have since been many books written on these techniques but it is firmly believed that this book, written by two such great names in Judo, still has much to offer students in the modern Judo world. Trevor Pryce Leggett lived for a number of years in Japan where he learnt the Japanese language and studied Judo and Zen. He was the first foreigner to hold the sixth dan in Judo from the Kodokan in Japan. And he was 9th Dan from the BJA. A Senior Instructor at the Budokwai and founder of the Renshuden in London he was one of the leading teachers of Judo in the United Kingdom. He was the author of Kata Judo (with Dr Jigoro Kano) which was the authorised text of the British Judo Association. He was head of the Japanese Service of the BBC from 1946 to 1970 and was the author of books on Yoga and Zen including 'Zen and the Ways, 'Samurai Zen', 'The Spirit of Budo, and 'The Complete Commentary by Sankara on the Yoga Sutras'. He died on 2nd August 2000 at the age of 85. Kisaburo Watanabe was 7th Dan from the Kodokan. He was famous as a Judo stylist and for his attacking Judo. He captained his University team and the Japanese National team that defeated the USA in 1957. He was a gold medallist at the Asian Games in 1958 and a bronze medallist at the All Japan Championship in 1959. From 1962 to 1967 he was based in London where he was a senior instructor at the Budokwai and Renshuden and for three years was a National Judo Coach. In 1967 he returned to Japan to join the Nippon Budokan until his retirement in 2001. His last visit to London was in February 2018 to attend the Centenary of the Budokwai. He died on 25th September 2019 at the age of 83.

This book is the totally revised edition of Canon of Judo. It is said that the original book played a big role in founding the International Judo Association and in helping Judo become an Olympic sport in 1964. Kyuzo Mifune (1883-1965) began Judo as a child, and in 1920 was awarded the highest possible rank of 10th dan - the only man ever to reach this height. Called the god of judo', he was so famous that '10th-Dan' replaced his name! Legend has it that in his sixty years of practice he never lost a match and was never thrown. This book is a totally revised edition. 'The original'

Written by the founder of Kodokan judo, Jigoro Kano, this text explains theriginal concepts and techniques of judo in detail.

This is a new release of the original 1942 edition.

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