

Judo History and Philosophy



Judo was developed in 1882 by Professor Jigoro Kano from the Martial art of Jujitsu.

His objective was to create a method of training which made

the most effective use of mental and physical energy while building character through both mental and moral discipline.

Judo, or the "Gentle Way" was the result of his efforts. In 1964, Judo became an official Olympic event.



Judo has become a sport for all ages and both sexes throughout the world.

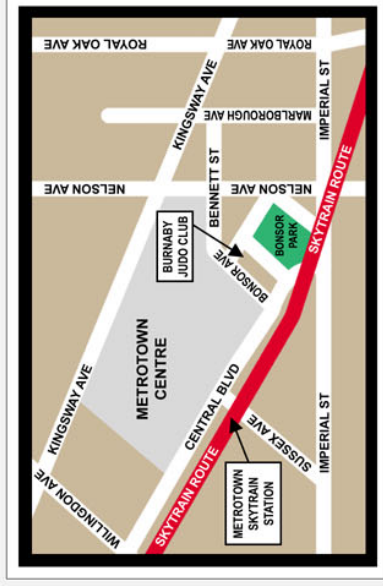


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