



## PREFACE

It gives me a great pleasure to know that the number of those practicing Judo is on the increase in every country of the world, with recognition being internationally given to its intrinsic value.

The origin of the Judo, in its incipient form, can theoretically be traced back to the life of the primitive men. It can be said that, even among them, a prototype of the Judo existed, like those of boxing or wrestling, as a pattern of physical combat between men and men, prior they came to take the form of sports. The present-day Judo, born of the Japanese Ju-Jitsu, however, was consummated by the late Professor Jigoro Kano, in quite later days.

The Ju-Jitsu had formed a part of the Japanese military arts. It was specially studied and elaborated as a technique to control one's opponents or to protect one's self, without bearing any hardware about himself. It became a form of military arts in Japan during the latter part of the 16th century. It may be perhaps from the 17th century to the beginning of the 19th century that it was systematized and ramified into various schools.

Although some scholars assert that the Ju-Jitsu originated from the Kem-po of China, historical evidence abundantly shows that the theory is wrong. On the other hand, it is true, and evidence sustains, that the Japanese Ju-Jitsu was influenced by the Chinese Kem-po during the age-long traffic between Japan and China.

Succinctly speaking, the difference between the present-day Judo and the old-time Ju-Jitsu lies in that, whereas the Ju-Jitsu mainly aimed at the mastering of a technique to protect one's self or to put the opponent under control, the Judo, while preserving the self-protective facet of the art, adapted itself as a means for physical training from a new standpoint of sport, and added to it the moral ideal as the goal of spiritual training.

The Judo in its present form came into existence when the late Professor Jigoro Kano founded the Kodokan in 1882. Many an improvement have been added since then.

Professor Kano first learned the Ju-Jitsu when he was eighteen years of age. Having taken cognizance of the real value of it, he intended to readjust the techniques on the basis of sports, eliminating the defective points in it, but retaining the good ones. He permeated the new art of Judo thus reorganized with a high moral ideal, and finally laid down the foundation of the Kodokan Judo of the present-days.

Professor Kano further attempted to perfect the Judo even from the scientific point of views. Record tells that, in the year of 1891, he referred to western books of anatomy to make the study of Judo more scientific. It was in order to continue the study of Judo in this line that the Association for the Medical Study of Judo was established in the Kodokan in 1932. For years since, continuous efforts were exerted on the study.

In the year 1948, the Association for the Medical Study of Judo was replaced by the Association for the Scientific Study of Judo, thereby the scope of the study was widened to

psychological and educational aspects, which hitherto had been limited to medical side. Through cooperation of scholars in various fields, precious results have been reaped since.

It is the purpose of this volume to collect and publish a part of the latest results of the study above-mentioned, and submit them for perusal and criticism of those interested in this field of study. It is earnestly hoped that further cooperation be given us by the scholastic circles for our achieving the original goal of the study.

In making this bulletin public, I sincerely express my heartfelt gratitude to the members of the Association whose wholehearted devotion and collaboration to the study enabled us to obtain this valuable result printed in this volume.

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