

SURVEY OF ACTUAL CONDITIONS OF JUDO TRAINING IN VARIOUS COUNTRIES

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Since the Kodokan Judo was first established in the latter part of the nineteenth century by Jigoro Kano, it has gradually won popularity throughout the world and has developed into a world-wide sport. As of 1962, there are already forty eight nations participating in the International Judo Federation (I. J. F.), and very soon it is expected that the number will exceed fifty. Judo is the only sport originated in Japan to be selected as an Olympic event, and so far, three World Championship Tournaments have been held. Thus, Judo is no more just a national sport, but has developed into an international sport, and so, when we consider Judo in Japan it must be considered in relation to the Judo practiced all over the world. Recently, the influence of Judoists of other nations has come to have a great bearing upon the world of Judo. Hence, it is a matter of great importance for us in Japan, the mother country of Judo, to make a survey of actual conditions of Judo in other nations.

In a world-wide survey conducted in 1958 on individuals ranging in age from fifteen to twenty-five years, the questionnaire method was used. The main issues of the survey were "the motive for starting training in Judo," and "the effect of training in Judo upon body and personality". As references survey was made on "the degree of insight into the theories governing the various aspects of Judo", and also on "suggestions to make about Judo, and things to be expected of Judo".

The Association for the Scientific Studies on Judo, Kodokan

An internal investigation in the reasons that cause people to start Judo and of the eventual mental and physical effects of Judo practice.

(BLOCK LETTERS PLEASE)

Name:	Date of birth:	Sex:
Address:	Nationality:	
Education:		
Occupation:		
When did you begin Judo:	Your age at that time:	
Present Dan grade:	Height:	Weight:
What other sports do you play:		
What Judo Clubs are you a member of:		

PART I

Which of the following motives caused you to start Judo training.
 (Please put a cross in the appropriate square or squares. Thus:)
 —otherwise leave it empty.

No.	MAIN QUESTIONS	SECONDARY QUESTIONS
1.	My family wanted me to: <input type="checkbox"/>	Which member: Wife <input type="checkbox"/> , Father <input type="checkbox"/> , Mother <input type="checkbox"/> , Brother <input type="checkbox"/> , Sister <input type="checkbox"/> , Are they Judoka <input type="checkbox"/> , Other relatives <input type="checkbox"/> ,
2.	My friends wanted me to: <input type="checkbox"/>	Male friends <input type="checkbox"/> , Female friends <input type="checkbox"/> , Are they Judoka <input type="checkbox"/> ,
3.	I was influenced by Judo books and periodicals, etc. <input type="checkbox"/>	Names of the books, periodicals, etc:— Which of these aspects impressed you most in your reading: Mental <input type="checkbox"/> , Technical <input type="checkbox"/> , Selfdefence <input type="checkbox"/> , Others <input type="checkbox"/> ,
4.	I was influenced by a radio or television programme devoted to Judo <input type="checkbox"/>	Which of these aspects impressed you most in your viewing or listening: Mental <input type="checkbox"/> , Technical <input type="checkbox"/> , Selfdefence <input type="checkbox"/> , Others <input type="checkbox"/> ,
5.	I was influenced by a Judo film <input type="checkbox"/>	What was the name of the film:— or was it a: documentary film <input type="checkbox"/> , non -documen- tary film <input type="checkbox"/> , news reel film <input type="checkbox"/> , And which aspect impressed you most: Mental <input type="checkbox"/> , Technical <input type="checkbox"/> , Selfdefence <input type="checkbox"/> , Others <input type="checkbox"/> ,
6.	I was influenced by a Judo lecture. <input type="checkbox"/>	Which of these aspects impressed you the most: Mental <input type="checkbox"/> , Technical <input type="checkbox"/> , Selfdefence <input type="checkbox"/> , Others <input type="checkbox"/> ,
7.	I was requested to start Judo because I belong to some organization that requires <input type="checkbox"/>	What is the name and nature of the organization. (Police, Armed Forces, etc).
8.	I was present as a spectator at a Judo de- monstration. <input type="checkbox"/>	What is the name and nature of the organization. (Police, Armed Forces, etc.) What kind of demonstration: Local contest <input type="checkbox"/> , Major contest <input type="checkbox"/> , Kata demonstration <input type="checkbox"/> , Randori demonstra- tion <input type="checkbox"/> , Mixed demonstration <input type="checkbox"/> What Kata—Nage no kata <input type="checkbox"/> , Kime no kato <input type="checkbox"/> , Katame no kata <input type="checkbox"/> , Ju no kata <input type="checkbox"/> , Koshiki no kata <input type="checkbox"/>
9.	I thought Judo would make me a physically strong man <input type="checkbox"/>	Additional remarks: (if any).
10.	I thought Judo would make me healthy <input type="checkbox"/>	Additional remarks: (if any).

No.	MAIN QUESTION	SECONDARY QUESTIONS
11.	I thought Judo would be useful in molding my character <input type="checkbox"/>	Additional remarks: (if any).
12.	I started Judo because I was <input type="checkbox"/>	Very strong <input type="checkbox"/> , Very weak <input type="checkbox"/> , Very short <input type="checkbox"/> Very tall <input type="checkbox"/> , Very heavy <input type="checkbox"/>
13.	Because Judo is a strenuous hand to hand struggle between two people <input type="checkbox"/>	Additional remarks: (if any)
14.	Because a small person can throw a much bigger person <input type="checkbox"/>	Additional remarks: (if any)
15.	Because when a person is thrown violently he can land without harming himself <input type="checkbox"/>	Additional remarks: (if any)
16.	Because you need only one other person to practice with (as opposed to a game like football where many persons are needed) <input type="checkbox"/>	
17.	I was influenced by the fact that Judo originated in the Orient. <input type="checkbox"/>	
18.	Because the Judo uniform is attractive <input type="checkbox"/>	
19.	Because the Judo "Black Belt" looks impressive. <input type="checkbox"/>	
20.	The sport of Judo is not limited by seasonal variation <input type="checkbox"/>	
21.	Because the Judo Dojo was near to my home	
22.	The atmosphere of the Dojo impressed me as being unique <input type="checkbox"/>	
23.	Because Judo is not a costly sport <input type="checkbox"/>	
24.	Because I am successful in all I do I thought I could be equally so in Judo <input type="checkbox"/>	
25.	I thought Judo looked very interesting <input type="checkbox"/>	
26.	I thought Judo would be a good recreation <input type="checkbox"/>	
27.	I had no reason that I can recollect for starting Judo: I just started! <input type="checkbox"/>	
28.	My reason for starting Judo is not listed here <input type="checkbox"/>	Please state your reason:

PART II

Judo training has had one or more of the following effects on my body or personality.
(Please put a cross in the square or squares. Thus:)

No.	MAIN QUESTION	SECONDARY QUESTIONS (OR ANY REMARKS YOU WANT TO MAKE)
1.	My body has become strong and healthy <input type="checkbox"/>	To what degree: Slightly: <input type="checkbox"/> Very much so: <input type="checkbox"/>
2.	I have become physically agile <input type="checkbox"/>	To what degree: Slightly: <input type="checkbox"/> Very much so: <input type="checkbox"/>
3.	I have become physically and mentally alert <input type="checkbox"/>	To what degree: Slightly: <input type="checkbox"/> Very much so: <input type="checkbox"/>
	I have become a more:— 4. fearless person: <input type="checkbox"/> 5. timid person: <input type="checkbox"/> 6. polite person: <input type="checkbox"/> 7. generous person: <input type="checkbox"/> 8. patient person: <input type="checkbox"/> 9. kind person: <input type="checkbox"/> 10. co-operative person: <input type="checkbox"/> 11. morally good person: <input type="checkbox"/>	To what degree: Slightly: Very much so: a) <input type="checkbox"/> <input type="checkbox"/> b) <input type="checkbox"/> <input type="checkbox"/> c) <input type="checkbox"/> <input type="checkbox"/> d) <input type="checkbox"/> <input type="checkbox"/> e) <input type="checkbox"/> <input type="checkbox"/> f) <input type="checkbox"/> <input type="checkbox"/> g) <input type="checkbox"/> <input type="checkbox"/> h) <input type="checkbox"/> <input type="checkbox"/>
12.	I take care of people weaker than myself <input type="checkbox"/>	
13.	I can concentrate easily <input type="checkbox"/>	To what degree:— Slightly: <input type="checkbox"/> Very much so: <input type="checkbox"/>
	I have become more:— 14. analytically minded: <input type="checkbox"/> 15. methodical in my ways: <input type="checkbox"/>	To what degree:— Slightly: Very much so: a) <input type="checkbox"/> <input type="checkbox"/> b) <input type="checkbox"/> <input type="checkbox"/>
	I have become fond:— 16. of a social life: <input type="checkbox"/> 17. of a calm life: <input type="checkbox"/>	To what degree:— Slightly: Very much so: a) <input type="checkbox"/> <input type="checkbox"/> b) <input type="checkbox"/> <input type="checkbox"/>
18.	I have acquired the ability, when I desire solitude, to "retreat within my own mind": <input type="checkbox"/>	To what degree:— Slightly: <input type="checkbox"/> Very much so: <input type="checkbox"/>
19.	I have acquired some ability or virtue not listed here: <input type="checkbox"/>	What is it:

PART III

Have you attained, through training, any insight into the following aspects of Judo.

1. The mechanics of Judo technique:	I understand:	<input type="checkbox"/>
	I understand a little:	<input type="checkbox"/>
	I do not understand:	<input type="checkbox"/>
2. The philosophy of Judo as expressed in J. Kano's words "Best use of energy and common wellbeing":	I understand:	<input type="checkbox"/>
	I understand a little:	<input type="checkbox"/>
	I do not understand:	<input type="checkbox"/>
And if you do understand, completely or slightly, do you attempt to apply this philosophy in your daily life:	<input type="checkbox"/>	
3. Have you accomplished the original purpose or purposes that caused you to start Judo.		
I have <i>completely accomplished what I set out to do.</i> :	<input type="checkbox"/>	
I have <i>partially</i> accomplished what I set out to do:	<input type="checkbox"/>	
I have <i>not</i> accomplished what I set out to do:		
And, if you have failed or partially failed to realize your Judo ambition, what do you think is the reason for your failure:		
OR have your Judo ambitions changed since you gained some experience in Judo <input type="checkbox"/>		
If your ambitions have altered how and why have they altered:		

PART IV

Have you any suggestion to make about any of the subjects listed below, or indeed any suggestion about Judo. (No matter how trivial a remark may seem to you please make it as it may be of great value to the future of Judo both in Jaapn and overseas)

Books:	Judo organizations:	Kyu grades:	Contest rules:	Association fees:
Magazines:	Judo instruction:	Dan grades:	Special courses:	Internation fees:
Films:	Judo instructors:	Mon grades:	Club fees:	Displays:
Organization of matches etc.:				
The rules on amateur and professional status:				

The Association for the Scientific Studies on Judo, Kodokan wishes to thank you for your cooperation in this vital investigation.

Date. _____

Three thousand copies of the questionnaire were sent to the following countries:

Asiatic region: Korea, China, Philippines, Cambodia, and Japan.

European region: United Kingdom, Belgium, France, West Germany, Switzerland, and

Italy.

Pan-American region: United States, Brazil, and Dominica.

Countries that sent back replies, and the number of replies were as follows:

Asiatic region: Korea (50), Philippines (10), Cambodia (34), and Japan (151).

European region: United Kingdom (84), Belgium (128), Switzerland (42), and West Germany (46).

Pan-American region: United States (49).

Replies were classified according to countries, and the number of replies, the order and percentage of the number of replies of each question were computed. The following tables show the actual number, order and percentage of five questions with the highest percentage of replies and two questions with the lowest percentage of replies.

Part I. The motive for starting training in Judo,

Korea (50)

Quest. No.	12	2	19	1	8	4	16	27	28
Actual No.	33	23	23	18	16	0	0	0	0
Order	1	2	2	4	5	24	24	24	24
%	66	46	46	36	32	0	0	0	0

First in order of the number of replies was No. 12 (Reasons of physical strength and physique); second, No. 2 (Recommended by friends); third, No. 19 (Aspiration to obtain a black belt); fourth, No. 1 (Recommended by family members); and fifth, No. 8 (Became interested after watching Judo demonstration). The lowest in order were No. 27 (No special reason), and No. 28 (Reason not listed in the questionnaire).

Philippines (10)

Quest. No.	8	9	11	14	2	10	4	5	16	17	18	19	21
Actual No.	7	5	5	5	4	4	1	1	1	1	1	1	1
Order	1	2	2	2	5	5	21	21	21	21	21	21	21
%	70	50	50	50	40	40	10	10	10	10	10	10	10

First in order of the number of replies was No. 8 (Became interested after watching Judo demonstration); second, No. 9 (For body build); third, No. 11 (For molding character); fourth, No. 14 (Because it is possible for a small person to overpower a much bigger individual); fifth, No. 2 (Recommended by friends), and No. 10 (Improvement of health). The lowest in order were No. 4 (Influenced by radio and television broadcast), No. 16 (Because only one other person is necessary to practice with), No. 17 (Judo originated in the Orient), No. 18 (Attracted by Judo costume), No. 19 (Black belt looked impressive), and No. 21 (House situated near a Judo Dojo).

Cambodia and Vietnam (34)

Quest. No.	10	25	9	11	20	4	28
Actual No.	30	30	29	27	25	0	0
Order	1	1	3	4	5	27	27
%	88	88	85	79	74	0	0

First in order was No. 10 (Improvement of health); second, No. 25. (Seemed interesting); third, No. 9 (For physical strength); fourth, No. 11 (Molding character); fifth, No. 20 (Judo may be practiced regardless of season). The lowest two in order were No. 4 (Influenced by

radio and television broadcast), and No. 28 (Reason not listed in questionnaire).

United Kingdom (84)

Quest. No.	25	8	26	3	13	6	24
Actual No.	29	23	23	20	17	0	0
Order	1	2	2	4	5	27	27
%	35	27	27	24	20	0	0

First in order was No. 25 (Seemed interesting); second, No. 8 (Interest was aroused after watching a Judo demonstration), and No. 26 (Good recreation); fourth, No. 3 (Influenced by books and periodicals); fifth, No. 13 (Because Judo is a strenuous hand-to-hand performance). The lowest in order were No. 6 (Influenced by lecture on Judo), and No. 24 (Because of proficiency in many other things).

Belgium (including a few from France) (128)

Quest. No.	2	25	26	11	10	22	4	28
Actual No.	66	62	60	50	46	46	2	0
Order	1	2	3	4	5	5	27	28
%	52	48	47	39	36	36	2	0

First in order was No. 2 (Recommended by friends); second, No. 25 (Seemed interesting); third, No. 26 (Good recreation); fourth, No. 11 (Molding character); fifth, No. 10 (Improvement of health), and No. 22 (Impressed by the unique atmosphere of the Dojo). The lowest in order was No. 4 (Influenced by radio and television broadcast).

Switzerland (42)

Quest. No.	26	25	9	20	10	11	4	24
Actual No.	20	18	17	16	15	15	0	0
Order	1	2	3	4	5	5	27	27
%	48	43	40	38	36	36	0	0

First in order was No. 26 (Good recreation); second, No. 25 (Seemed interesting); third, No. 9 (For physical strength); fourth, No. 20 (Judo may be practiced regardless of season); fifth, No. 10 (Improvement of health), and No. 11 (Molding character). The lowest two were No. 4 (Influenced by radio and television broadcast), and No. 24 (Because of proficiency in many other things).

West Germany (46)

Quest. No.	26	25	16	2	19	5	21	22	24
Actual No.	44	39	26	20	20	1	1	1	0
Order	1	2	3	4	4	25	25	25	28
%	96	85	57	43	43	2	2	2	0

First in order was No. 26 (Good recreation); second, No. 25 (Seemed interesting); third, No. 16 (Because only one other person is necessary to practice Judo); fourth, No. 2 (Recommended by friends), and No. 19 (Black belt looked impressive). The lowest in order were No. 5 (Influenced by Judo film), No. 21 (Lived near a Dojo), No. 22 (Impressed by the unique atmosphere of the Dojo), and No. 24 (Because of proficiency in other things).

America (49)

Quest. No.	25	26	10	2	11	4	18	24
Actual No.	24	21	18	12	12	0	0	0

Order	1	2	3	4	4	26	26	26
%	49	43	37	24	24	0	0	0

First in order was No. 25 (Seemed interesting); second, No. 26 (Good recreation); third, No. 10 (Improvement of health); fourth, No. 2 (Recommended by friends), and No. 11 (Molding character). The lowest in order were No. 4 (Influenced by radio and television broadcast), No. 18 (Judo costume seemed attractive), and No. 24 (Because of proficiency in other things).

Par II. The effect of Judo on the Body and Personality.

Korea (50)

Quest. No.	4	11	7	16	1	12	5	19
Actual No.	29	29	21	21	20	20	0	0
Order	1	1	3	3	5	5	18	18
%	58	58	42	42	40	40	0	0

First in the order of replies were No. 4 (Became more fearless), and No. 11 (Improved morally); third, No. 7 (Became more tolerant), and No. 16 (Became more sociable); fifth in order was No. 1 (Became physically stronger and improved in health). The lowest in order were No. 5 (Became more timid), and No. 19 (Acquired some ability not listed in the questionnaire).

Philippines (10)

Quest. No.	1	3	8	17	10	5	16	19
Actual No.	7	7	7	7	6	1	1	0
Order	1	1	1	1	5	17	17	19
%	70	70	70	70	60	10	10	0

First in order were No. 1 (Became physically stronger and improved in health), No. 3 (Became physically and mentally alert), No. 8 (Became more patient), and No. 17 (Became fond of a quiet life); fifth, No. 10 (Became more co-operative). The lowest in order were No. 5 (Became more timid), No. 10 (Became more sociable), and No. 19 (Acquired some ability not listed in the questionnaire).

Cambodia and Vietnam (34).

Quest. No.	2	8	1	11	13	5	19
Actual No.	30	29	27	27	26	4	1
Order	1	2	3	3	5	18	19
%	88	85	79	79	76	12	3

First in order was No. 2 (Became agile); second, No. 8 (Became more patient); third, No. 1 (Became physically stronger, and improved in health), and No. 11 (Improved morally); fifth, No. 13 (Acquired ability to concentrate). The lowest in order were No. 5 (Became more timid), and No. 19 (Acquired some ability not listed in the questionnaire).

United Kingdom (84)

Quest. No.	3	8	1	17	2	11	5
Actual No.	59	56	54	51	47	11	3
Order	1	2	3	4	5	18	19
%	70	67	64	61	56	13	4

First in order was No. 3 (Physically and mentally alert); second, No. 8 (Became more patient); third, No. 1 (Became physically stronger, and improved in health); fourth, No. 17 (Became fond of a quiet life); fifth, No. 2 (Became agile). The lowest in order were No. 11 (Improved morally),

and No. 5 (Became more timid).

Belgium (including a few from France) (128).

Quest. No.	2	3	1	8	12	19	5
Actual No.	84	82	76	72	70	8	2
Order	1	2	3	4	5	18	19
%	66	64	59	56	55	6	2

First in order was No. 2 (Became more agile); second, No. 3 (Became physically and mentally alert); third, No. 1 (Became physically stronger, and improved in health); fourth, No. 8 (Became more patient); fifth, No. 12 (Became kind to people weaker than self). The lowest in order were No. 19 (Acquired some ability not listed in the questionnaire), and No. 5 (Became more timid).

Switzerland (42)

Quest. No.	17	7	3	1	8	11	16	5	19
Actual No.	20	12	9	8	7	7	7	0	0
Order	1	2	3	4	5	5	5	18	18
%	43	26	20	17	15	15	15	0	0

First in order was No. 17 (Became fond of a quiet life); second, No. 7 (Became more tolerant); third, No. 3 (Became mentally and physically more alert); fourth, No. 1 (Became physically stronger, and improved in health); fifth, No. 8 (Became more patient), No. 11 (Improved morally), and No. 16 (Became more sociable). The lowest in order were No. 5 (Became more timid), and No. 19 (Acquired some ability not listed in this questionnaire).

America (49)

Quest. No.	2	3	1	8	4	19	5
Actual No.	33	32	30	25	20	4	0
Order	1	2	3	4	5	18	19
%	67	65	61	51	41	8	0

First in order was No. 2 (Became more agile); second, No. 3 (Became physically and mentally alert); third, No. 1 (Became physically stronger, and improved in health); fourth, No. 8 (Became more patient); fifth, No. 4 (Became more fearless). The lowest were No. 19 (Acquired some ability not listed in this questionnaire), and No. 5 (Became more timid).

The averages of the number of replies to each question of Part I in the different regions indicate that in Europe Nos. 25, 26, 2, 10, and 8 had high rates of replies, whereas Nos. 4, 23, and 24 had low rates of replies. In Asia Nos. 12, 2, 9, 10, and 25 had high rates of replies, whereas Nos. 4, 5, and 28 had low rates of replies. In America Nos. 25, 26, 10, 2, and 11 had high rates of replies, whereas Nos. 4, 18, and 24 had low rates of replies.

The averages of Part II indicate that in Europe Nos. 2, 1, 3, 8, and 17 had high rates of replies, whereas Nos. 5, 7, and 9 had low rates of replies. In Asia Nos. 1, 2, 8, 11, and 12 had high rates of replies, whereas Nos. 5, 17, and 19 had low rates of replies.

The averages of the number of replies to each question of Part I in the different regions compared to those of Japan are shown in the following table.

From the above table it is evident that in America and in Europe, Judo is practiced mainly because it is interesting, and also because it is good recreation. In Asia, Judo is practiced mainly, because of bodily reasons, such as improvement of physique and health, and also, because of

Japan	Order	1	2	3	4	5	26	26	26	
	%	40	36	34	31	30	1	1	1	
	Quest. No.	10	9	11	1	2	4	18	28	
Asia	Order	1	2	2	4	5	27	28		
	%	56	45	45	44	40	3	1		
	Quest. No.	12	2	9	10	25	28	4		
America	Order	1	2	3	4	4	4	26	26	26
	%	49	43	37	24	24	24	0	0	0
	Quest. No.	25	26	10	2	8	11	4	18	24
Europe	Order	1	1	3	4	5	27	28		
	%	49	49	34	27	26	3	1		
	Quest. No.	25	26	2	10	8	4	24		

recommendations from friends. In Japan, Judo is mainly practiced in order to improve physique and health, and also for molding character; recommendations from friends or members of the family, also are incentives for starting Judo.

The averages of the number of replies to each question of Part II in the different regions compared to those of Japan are shown in the following table.

Japan	Order	1	2	3	4	4	18	19
	%	66	42	39	31	31	3	1
	Quest. No.	1	8	3	2	6	19	5
Asia	Order	1	2	3	4	5	18	19
	%	64	56	55	54	53	8	1
	Quest. No.	11	1	8	2	12	19	19
America	Order	1	2	3	4	5	18	19
	%	67	65	61	51	41	8	0
	Quest. No.	2	3	1	8	4	19	5
Europe	Order	1	2	2	4	5	18	19
	%	51	50	50	49	47	9	2
	Quest. No.	2	1	3	8	17	9	5

From the above table it is evident that in America and in Europe, as effects of Judo practice, the following were mainly noted: Became physically stronger, and improved in health; became more agile and alert physically and mentally. In Asia, the following effects were mainly noted: Improved morally; also improved in health, and became more alert and more patient. In Japan, the following effects were noted: Became physically stronger, and improved in health; also became more patient and alert.

From replies to Part III, it has been possible to obtain from various countries useful information in regard to the degree of understanding of the theories governing the various techniques of Judo, and also the degree of insight into the motto Seiryoku-Zen'yo (Maximum efficiency), and Jita-kyoei (Mutual Welfare and Benefit).