

13. KODOKAN JUDO AND ITS TECHNICAL DEVELOPMENT WHICH CONTRIBUTED TO THE MODERNIZATION OF BUDO

K. Tomiki (Waseda University)

CONTENTS

- Introduction
- I) Essential Quality of Old Budo
- II) From School Budo to Athletic Budo
- III) Technical Constitutions of Jujutsu and Judo
- IV) Clarification of Old-Style "Technique" Based on Judo Principles
- V) Achievement of "Randori-Method" and Its Future Technical Development.....About Establishment of The Second Randori Method.

Introduction

Professor Jigoro Kano, the founder of Kodokan Judo, is a great man who brought about an epoch to Japanese Budo history. At this modern age, he gave new direction to Budo cultivated in one thousand and several hundred year tradition.

Budo is intangible cultural properties, whose right technique is handed down from person to person only by physical movements. A book telling about Budo is only an assistant existence for endorsing this. It is almost impossible to know this only by a book telling about it. Moreover, the founder of Old Budo established schools by subjective conviction and experience, and objective valuation of the real ability could be made only in "the place for actual fight". And partly because of feudal and political circumstances, techniques were not exchanged. And many schools are opposed to each other as secret methods.

There are many kind of old Budo, but all arose as a killing technique in "the place for actual fight". Ancient man not only trained technique but studied inner human nature deeply with severe life conflict with enemies (opponent) as a momentum. Some experts devised to reach the religious mental situation of nonconflict over impetuous conflicting world such as surprise, terror, fear and hatred.

These facts show Japanese Budo feels pride in its technical subtlety and also an incomparable spiritual culture. But it was difficult for posterity to understand and realize this. Much more, it was difficult to make this a wide, general education and nobody could carry it out. Professor Kano studied Jujutsu which is one subject of old Budo and made it alive as a human-making way from world and educational viewpoint. This brought one great conversion to the step of old Japanese Budo history.

In old Budo actual fight, religion and play are all mingled. And its important points changed from generation to generation. Professor Kano systematized it scientifically and educationally without denying this three natures and advocated it widely for mankind as practical morality.

Namely, this means the modernization of old Budo. Substantially, it came to be practiced as "a game" by arranging and revising techniques of Jujutsu and in this way, mental training, moral training and aesthetic training could be made, not necessary to say of health maintenance and promotion. This is quite the same as the significance expected of modern physical education.

Professor Kano gave old Jujutsu moral and guiding idea which is universal among human beings, fearing it was superstitious because of strong religiousness and inclination of narrow nationalism. Moreover, old Jujutsu stuck to actual fight and secret method, so he clarified it scientifically and prevailed it all over the world as gymnastic culture.

It is 85 years since Kodokan Judo was established and it has developed greatly and prosperously until today. But on the other hand, big change of era brought various problems concerning with the view toward Judo and the future way of it. We should quietly look back upon the real meaning of Kodokan Judo and understand it from modern gymnastic viewpoint and moreover try to develop Judo in the future.

Advance of Judo is parallel to that of Japanese fencing and other Budo. This is shown in Japanese Budo history after Meiji era. Modernization of Judo in the early Meiji era brought about the modernization of Japanese fencing and archery.

In this essay, I first intend to explain Japanese Budo generally and next mention the significance of Kodokan Judo and then consider its future way of development.

I. Essence of Old Budo

Today, Budo passes for general term for Japanese fencing, Judo and other kinds of Budo. This was called Bugei or Bujutsu in old days. As the old saying "18 kinds of Bugei" there are many kinds of subjects. Bugei, required as a samurai education in Edo period, consists of six skills such as a sword, a spear, a bow, a horse, yawara and gun. In "Shinsen-Bujutsu Ryusoroku" in 1843, Bujutsu gives a general term for many kinds. In short, word, "Bugei", or "Bujutsu" was used in the old days. And it is after Meiji era that the name of Budo came to be used.

The reason why Budo was considered to be the spiritual training from old days was that in "the place for actual fight", "technique" was studied completely in order to "win" and moreover through the "technique" the training was recommended to the every day attitude of mind and even to the important things in living. Therefore, spiritual training in Budo cannot be the training of "mind" separated from "technique".

Now, this "mind" means the "mind" which is not agitated by victory and defeat. And the victory and defeat lead to life and death, so it means the "mind" which is not agitated by facing the terror of death.

However skillful the technique is, it is relative, so players cannot be dependent merely on it. They should get some religious belief in order to get "mind" which is not defeated by any force. Thus, there is an old saying that in the training of Budo, "mind" should be learned by all means.

As for the "mind", masters and experts mentioned their subjective belief according to their respective experience from old days. Thus their expressions of the "mind" were much varied.

In a book telling about old Budo, many Buddhistic expressions such as "immobility of mind" "uninhabiting mind" and "empty mind" can be found and especially in ancient documents in Jujutsu, many Confucian expressions such as "spirit" "harmony" "gentleness" and "cosmic dual forces".

Thus Budo was begun with the "technique" of brutal conflicts. And the study of "mind" which tries to get over the victory and defeat world at last led to Buddhistic view of death and life and Confucian way of great nature union.

Essence of Budo includes, as mentioned before, the "mind" facing "actual fight". Now, I intend to analyze it from the point of "technique".

(1) Fundamentals of Budo are right "posture" and its "body handling".

"Upright standing" and "upright sitting" should be provided when attacked limitlessly by the opponent. These are "Sizentai" (natural posture) of Judo and "Muno-Kamae" (empty posture) of Kendo.

"Upright standing" (seiritsu) and "upright sitting" (seiza) are true of fundamentals of etiquette which teaches right living attitude of human beings. As "etiquette is namely preparation" ("Bukyo Zensho Koroku" Yoshida Shoin) it is why the etiquette was strictly taught in the training of Budo.

By assuming this right "posture", "body handling" is possible, dealing with hit, push and kick from the opponent and attacks by another weapons. This light and free use is developed as the technique of "metsuke" (fixation of the eye), "maai" (pause) "principle of gentleness" and "principle of breaking".

(2) The nature of "technique" of Budo is dangerous.

After dodging an opponent's attacks by "posture" and "body handling", active method is taken for controlling the opponent. This method is classified into various kinds of weapons. The general classification is as follows.

(A) those whose attacks are made by using various weapons

Kenjutsu, Sojutsu, Naginatajutsu, Bojutsu, and etc.

(B) those whose attacks are made by empty-hands

(a) hit, push and kick at a distance

(b) throwing, pressing down, tightening and crushing by grappling

Those using weapons are trained as so-called one attack and certain killing "technique". In the case of attack method by empty hands, the purpose of hit, push and kick is one attack and certain killing as that of weapons. On the other hand, "techniques" such as throwing, pressing, tightening and mastering do not always aim at killing and wounding. The meaning is "Violence only is controlled and its life is not wounded" (Volume of Yoshin school resolution), but even in this case, the using method is dangerous.

In short, the nature of "technique" of Budo was dangerous one which had the killing and wounding power to human life.

Moreover, these various "techniques" were contained indefinitely in each ancient Bujutsu. In the case of Kenjutsu, "technique" of empty hands was also trained. As Jujutsu had the nature of comprehensive Bujutsu "technique" of fencing, lance and club was necessarily practiced on the basis of being empty-handed. (Shibukawa School Jujutsu Taiseiroku)

II. From Class-Judo to Athletic Judo

It has been discussed from old times how this "technique" of Bujutsu—dangerous and indefinite—should be practiced. Fortunately, the ancients left results of the pain as a "form". This can be learned by repetitive practice. The "form" is accumulation of techniques and mind methods which ancients learned in the actual fight at the risk of their lives. This is inevitable for the right learning of "technique".

But, practice cannot be completed only by the "form" because its practice is done by limiting the activity of free will of both or one side. Difficulty of training "technique" of Budo is caused by the competition of "technique" by both free will activities, the discipline of mind and the study of reason of defense changes. Therefore, in practicing "form" an application place for acquiring the living activity of the "technique" becomes necessary.

In warlike ages "place for actual fight" as its application existed. But in peace time of Edo era, it was lost.

Practice method sticking only to "form" inclines to lose reality and falls into complacency by losing objective "strength" indulged in form. This was called "Kaho" technique at that time and was looked down upon. Then practice method of Shinai (Bamboo-sword) Kenjutsu was invented by Fukuro-shinai of Yagyū school, Shirozaemon Naganuma (Shotoku period), Chuzo Nakanishi

of Itto-ryu school (Horeki periods) to correct this and "technique" made great progress. This is the beginning of athletic Kendo today.

In the case of Jujutsu, the invention of practice method by both free will activities, so-called "Randori method" was late. In Meiji era, Randori method of throwing techniques and grasping techniques was made for the first time by Kodokan Judo.

But even after this new practice method was begun, the idea of training in "the place for actual fight" could not be lost. And method of making athletic was not complete, so practice of Budo was considered to be dangerous.

In ancient Budo, an attitude facing with "death" was necessarily required as that in "the place for actual fight", so its "technique" was dealt with as religious one meaning absolute invincibility. And Budo defending one's own life changed to that in defense of a group to which he belongs. And, it was taught only among those whose ideologies were the same. This was taught as a secret method. And it was strictly prohibited to tell it to others which could be known from many old books telling about Budo. These circumstances brought about many classes and developed the system of the original-house.

At the survey of developing process of Budo above, it could be found that religious Budo, secret-method Budo, and class Budo had their respective historic meanings, while they had the nature of exclusiveness, complacency and superstition at the same time. Therefore, there existed something which cannot be adapted to modern thought and social circumstances.

In the first place, the origin of the word "Bu" is "to stop a halberd, which means the appeasement of evil by capable subjugation in order to realize the social "peace". Namely it means "Katsu-jin-ken" which kills one and make many alive. But nowadays, Budo is made public as excellent gymnastic culture. And those loving it are called for. Budo plays the part of uniting people's mind all over the world beyond nations and frontier.

Now, what are the main points for the development from ancient Budo to modern Budo? I can point out the following problems.

- (1) The former narrow-minded ideology should be revised and high moral ideas be given in order to guide the people throughout the world.
- (2) Positions among various kinds of Budo should be made clear, and technical merits of each one should be kept and technical confusion be avoided.
- (3) Rational and educational practice system should be regulated by the scientific clarification of each technical nature.

Japan has many old-styled Judo. According to the record, Kenjutsu has 718 schools which is the most, Jujutsu 179 schools and spear exercise 148. ("Documentation of History of Physical Education" Yoshio Imamura) Therefore many remain even today. Useless repetition and friction cannot be avoided when content and style of the "technique" prevail without its arrangement in modern ways.

Kodokan Judo, when founded, took the merits of each school and arranged itself in the system of modern exercise. Namely, "place for actual fight" is changed to "place for athletic sports". And its real ability is made objective, self-reflection and self-improvement are made. Moreover, it is applied for the modern education as training of "mind" which is moved by victory and defeat. This is the beginning of modernization of old Budo.

III. Technical Constitutions of Jujutsu and Judo

Old-style Jujutsu in any school has the principle of defending himself from enemy in an emergency. So the investigation was made even into daily attitude of mind and posture. Professor Kano made this the fundamental attitude true of each Jujutsu and induced "natural posture". And he taught "the use of natural posture" as its function. Besides he defined Jujutsu as follows. "It is the technique of attack and defense based on being empty-handed. But it is not only the facing of opponent's empty hands but of their sword, spear and club. And at times he himself uses the weapons.

The art of defense, though influenced by living conditions, has the nature of total Bujutsu as the original form. Therefore, not only the "technique" of empty-hands against empty-hands but that of empty-hands against weapons are required. It was necessary to be well informed about the art of sword and spear for responding opponent's weapons.

Now I have no space to mention the history of Jujutsu development in detail but whatever it is called, the beginning of empty-hand struggles was essentially old and it is difficult to tell it from Japanese wrestling. Especially Japanese wrestling of a military family after Kamakura era was recommended as the fundamental of empty-hand struggles made in battle field. Jujutsu and Japanese wrestling were clearly distinguished for the first time when the wrestling ring of Japanese wrestling was invented in the last stage of Muromachi era.

In Japan, the last decision in battle field consisted in "a grapple" since ancient times. This influenced the victory and defeat of total army. An established theory is that the oldest old-style Jujutsu is Takenouchi school in 1532. It was called "Kogusoku" (small armor) and also "Koshi-mawari." Besides in another old-style schools, those which can be included in Jujutsu are Hoshu (catch), "Hojo", (arrest), "wa" (harmony), "wa-jutsu", "Jitte-jutsu," "Yawara", "Taijutsu", "Kenpo". Kumiuchi (a, grapple) in the battle field of the Middle Ages had main aims of twisting-down and capture as they were dressed in armor and "techniques" of hit, push and kick were seldom used. But in the peace time of Edo era, they were lightly dressed. And the interchange with Min brought Ken-po from the land. Above all, life wearing a sword developed greatly "body movement" and "hand movement" moreover "Kansetsu-waza" (joint technique) to control weapons by empty hands. And it made "technique" of Jujutsu abundant many-sidedly. This is proved by still remaining records, illustration and "form" of old-style Jujutsu.

Besides, Jujutsu players at that time seem to have learned "Ken-po" and "Iai" technique actively just as Ryoishinto school Jujutsu players studied under Yagyu school Kenjutsu players, and this influenced the content of "technique" of Jujutsu very greatly.

We can conclude as follows historical facts above.

Old-style Jujutsu all had the technical constitution of defending technique even if various schools have their respective characteristics.

- (1) Various kinds of "techniques" intermingled in order to deal with various attacks and defense.
- (2) The various "techniques" were constituted subjectively by school founders' experience and imagination of "place".

Therefore, school Jujutsu brought about many branches and in practicing them, only the repetition of established "form" was made. And it was not "competition of techniques" with all one's power by mutual free will just as modern athletic Judo, and, "competition of techniques" meant actual fight by which one of the two was wounded.

As many of school Jujutsu had the "technique" defensively constituted, the form and practice-method were that sitting, standing, from behind, from left and right, a short sword or a sword, a spear and a club and moreover "technique" against many enemies were practiced over and over again as a "form". This means in the case of Kenjutsu the technical constitution of Iai technique.

But "techniques" complicated, intermingled should be analyzed and arranged, and revise them by types in order to develop these school Jujutsu into athletic Judo.

In the case of Kendo, its technical contents are confined to "technique" of a sword, so its revision is rather easy. Namely, "competition of techniques" could be made by the invention of a bamboo sword and defending instruments. Then, in the middle of Edo era, Shinai Kenjutsu was already done. But "technique" of Jujutsu was so various and complicated that it was not easy to do so. It was planned for the first time in early Meiji era by Professor Kano.

It is difficult to study the fencing principle and master fencing technique only by the sword method and "form" of Iai technique. Strict training of "Shinai Kenjutsu" is required. At the same time, only practicing the "form" of school Jujutsu is not enough for the practice of "technique",

and "Randori" is by all means necessary. This was proved by a game between Kodokan and Totsuka Yoshin school held in the Metropolitan Police Board in 18th of Meiji (1855). This means the victory of practice-method of modern "Randori" in Kodokan over that of old-style school "form". The characteristic of practice-method of "Randori" consists in demonstrating "technique" actively by mutual free will. Namely in the reason of technique, the practice of "Sen" (farsight) or "Sen-Sen-no-Sen" (extensive farsight), is possible. But in the practice-method of defensive "technique" the "technique" seems to have many kinds and varieties. But the practice-method is passive, so it is inclined to become negative, that is to say, it is the practice of "Go-no-Sen."

When emphasis is put on the instructive significance of Budo spirit, it is important to get the active spirit. And for that it is meaningless if technique principle of "Sen" (farsight) is not mastered. Therefore in Budo education, training of "technique" itself should be done first, and too many "techniques" be learned in vain.

In short, from modern educational viewpoint, athletic Judo with modern technical constitution should stand first and class Jujutsu with old defensive technical constitution be the second.

IV. Clarification of Old-Style "Technique" Based on Judo Principles

Instructive idea of Kodokan Judo is "making a good use of energy, prosperity of all." A general plan of Kodokan cultural meeting (1922) which prevailed this said as follows.

- (1) Making the best use of energy is the most important in perfection of self.
- (2) Perfection of self can be accomplished by helping that of others.
- (3) Perfection of self is the basis of prosperity of all human beings. Many of the leading ideas of school Budo, as I mentioned before, were subjective experiencing convictions of school founder, and some of them emphasized narrow ideology. But it induced this to philosophical moral idea, and modernized the spirit of traditional Budo from universal viewpoint.

The idea of "making a good use of energy" was induced from the experience of "technique" of old Jujutsu. Moreover, the idea of "prosperity of all" was mastered by respecting mutual characters and practicing by the attachment of each mind. Old Jujutsu stuck to so-called "the place for actual fight" in order to strike out others and to complete the existence of his own life. But it changed this greatly, and it came to exist for perfection of self by mutual growth and development. Therefore there are great difference and similarity between the significance of games in old Jujutsu and that in Judo nowadays.

Professor Kano taught Judo principles by inducing the technique principle from Tenshinshinyo school, Kito school and another old-style Jujutsu. Namely, they are "principle of natural posture" "principle of gentleness" and "principle of breaking".

On the other hand, he also taught these Judo principles, made it possible to understand all "techniques" of old-style Jujutsu. Even the "techniques" of a sword and a spear could be explained by Judo principles, he said. Once Professor taught the using of a sword based on Judo principles was Kendo, which was misunderstood by those lacking in understanding.

Now, we can understand "technique" of old-style Jujutsu by Judo principles in the following way.

(1) "Principle of Natural Posture"

This is the posture of standing quietly by keeping all the changes and functions of attack and defense inside. Namely, this is the position of standing expressively quietly, having infinite motion inside.

At the investigation of concrete movement or "technique" as the functions of "natural posture", they can be divided into defense and attack. "Principle of gentleness" was mainly that of defense and "principle of breaking" was the fundamental of the technique principle in changing the attacks. "Natural posture" is the original posture keeping inside these two as functions.

(2) "Principle of Gentleness"

This means abating an opponent's attacking power without resisting it and by following it.

Namely, he handles his body by foreseeing the direction and quickness of an opponent's power and by following this, and tries to catch the winning chance in the delicate situation. "Retreat if pushed, push if an opponent retreats." is the teaching showing this principle. Cases to which "principle of gentleness" is applied are divided into main two groups according to attacking "technique" of an opponent.

(1) This is applied when players approach each other and fold their necks band or sleeves, or when they are about to change to attacking movements of throwing, suppressing or twisting by using legs or waists gripping each other's waistband with both hands.

- (2) Cases in which they face each other in the distance, and they are moreover divided into two.
- (a) When an opponent shows the attacking attitude by hitting, pushing and kicking
 - (b) When an opponent shows the attacking attitude by such weapons as a short sword, a sword, a spear and a club

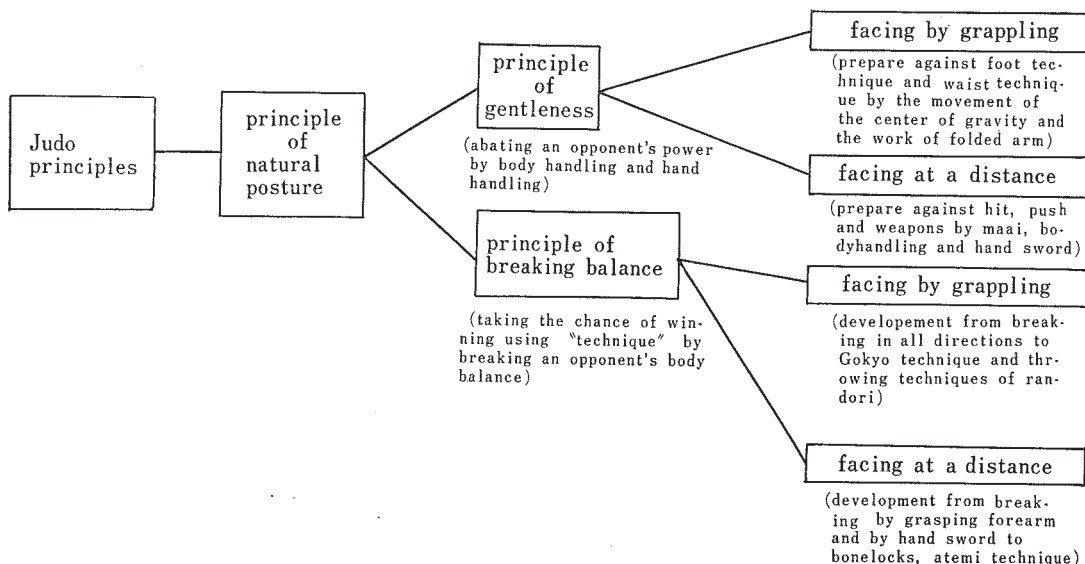
The ideal of "principle of gentleness" abating an opponent's attacking power is standing without being touched even by one finger of an opponent, and this is called "maai" and was thought much of in fencing. But this principle is also true of Jujutsu. "maai" is the relation of distance and position between a player and his opponent. And the skill of "Maai" is a key to victory and defeat.

The method of abating an opponent's power by "maai" is first turning aside an opponent's better dynamic point by body movement forward, backward, right and left and is secondly washing away, removing or closing up the better dynamic point by hands and arms.

The former is called "body handling" and the latter "hand handling". "principle of gentleness" is made practical by "body handling" and "hand handling".

(3) "Principle of balance"

Standing man's body is broken the balance in the direction of forward, backward, right and left and in its middle. Above all, it is apt to break forward and backward directions in which both legs stamp firmly. Attacking power of hands and legs is lost the moment the body breaks and the center of gravity is lost. And at the moment, a player is rather inclined to be caught by "technique" of an opponent. Therefore, not only in the technique of throwing, but also of twisting, "Kansetsu-waza" (joint technique) and atemi techniques, moreover "technique" of a sword or a spear, a player takes the attacking attitude thinking the moment of an opponent's body crumbling a good chance of winning.



At the investigation of excellent old-style "form", the order of "technique" is arranged by making this winning chance the starting point.

In all Bujutsu, which of the two makes the opponent break, takes the winning chance and grips the leading right decides the victory and defeat. Namely, the victory and defeat are decided by the skill of "breaking".

Now, in the concrete application of "principle of breaking" to "technique", the methods vary by the kinds and nature of the "technique". They are mainly divided into two groups.

(1) when players approach each other and grapples with an opponent's neck and sleeve. In this kind of form, "breaking balance" is for "throwing techniques" and respective "technique" is developed by the method of breaking in all direction. "Throwing technique" is the central "technique" of Kodokan Judo and 40 "Gokyo techniques" are established and practiced fully in randori games.

(2) when they face each at a distance being watchful of an opponent's hitting, pushing and kicking, or attacks by weapons. This is moreover divided into two.

(a) in the case of "breaking" an opponent's posture by grasping an opponent's wrist of forearm, especially by twisting the caught arm

(b) in the case of (a), "breaking" leads to the winning chance of "bonelocks" and in (b), it leads to the winning chance of "atemi technique". These bonelocks and "atemi technique" are powerful as the method of defending an opponent's hitting, pushing and kicking or such weapons as a short sword, a sword and a spear by empty hands from the original and historical effect of "technique". I analysed above the old-style "technique" by Judo principles. I intend to illustrate this for helping the understanding.

V Meritorious Deeds of "Randori Method" and Its Technical Development in The Future

—About The Establishment of The Second Randori Method—

It is 86 years since Kodokan was founded, and Judo has prevailed and developed greatly all over the world. What causes the great development? Moreover, what is the characteristics of Kodokan Judo different from old-style Jujutsu? The answer is very simple. In the "technique" of old-style Jujutsu, only the practice of "form" was done, but in the case of Kodokan Judo, practice-method mainly of "randori" was established. It is no exaggeration to say that meritorious deed of Kodokan Judo is truly "Randori method".

Professor Kano, at the foundation of Kodokan, put aims of Judo on three points—Shushin method (training of knowledge and virtue, and application of Judo principles to everyday life), Rentai method (gymnastics) and Shobu method (Bujutsu). Old-style Jujutsu put emphasis only on victory and defeat and neglected Rentai method (training of body), so the practice of Jujutsu became out-of-date at that time as dangerous and unscientific. But "Randori method" was made as doing both at the same time. Professor Kano mentions as follows, "Kodokan Judo has taken the method of training both victory and defeat and body at the same time. This is because it is necessary not to be wounded and at the same time it is desirable to make a body strong in the case of training victory and defeat. And in training body, such meaningless movement as gymnastics is soon tried of and is apt to be neglected, but if attack and defense are practiced at the same time, it is both fun and profitable. Thus, I have arranged so that this may contain both as much as possible." ("New Japan History" from the department of Judo)

It is "Randori method" that kept well the Bujutsu techniques of old-style Jujutsu and at the same time removed its danger. Here lies the reason why Judo prevailed throughout world with another kinds of sports and was much valued educationally as the modern gymnastics material. But after that, "Randori method" changed in the process of Judo development and reflection towards it came to be required.

About this, Professor Takeshi Sakuraba mentioned as follows in "Judo Shi-kū (1953) (study on Judo History)".

"But, in the method itself there existed some elements which should be changed in its way

of training. First is having removed the danger. Secondly, if it remains still according to the maxim by the art of war that advance and retreat movement without stopping attack and defense is unmoved just as woods and the way of invading is just like fire, there is something unfurnished from the point of victory and defeat chances. Third is not to have thought much of grasping techniques. These three, by intermingling, changed the first practice-method of Kodokan.”

And he is pointing out the fact that Judo became Buai geiko (practice between persons equal in rank) and lost its free variety which is the essential character. He concludes in the following way. “Thus the result is a little different from the serious practice, so today Jujutsu putting emphasis only on the point on the other hand has arisen. This is a very recent event. But when considered, these techniques of Jujutsu are those thrown away as dangerous in Judo. Judo got rid of the technique, but it was taken as a kind of practice-method because of the effect of serious practice (of course, as gymnastics) and it drove to the different direction the founder did not expect, so these which were first thrown away came back to one part.—omitted—So, disciplinants of Kodokan Judo should bear this in mind and reflect the theory when Professor Kano founded it. And from now on, we should decide the practice-method considering serious practical use is really required in technical part of Judo. After doing so, Judo will become the fundamental of all gymnastic methods and all physical training methods, and at the same time it will prosper as a kind of useful weapon.

Professor Sakuraba’s opinion about “Randori method” above is still living even now. There are two ways of answering this subject.

- (1) In “Randori method” which is now practiced, content of “technique” or rules as its frame are to be studied.
- (2) New “Randori method” is to be established about “technique” thrown away as dangerous.

It goes without saying that it is important to study the former. But the latter should also be studied. Dangerous “techniques” such as atemi techniques or bonelocks (including wrist techniques) are removed from the present “Randori method”, but it is the duty of Kodokan Judo to make this a method and to keep alive the technical excellence in gymnastic way. Ate mi techniques or bonelocks require a separate “Randori method” from the process of technical development, the character and effectiveness. I intend to mention this in another article.

In this article, I suggested the establishment of “the second Randori method” of atemi technique and bonelocks for the future development, according to the significance of Kodokan Judo, and mentioned moreover technical subject of Judo will be solved by this. The illustration of the “Randori method” position is as follows.

