

## PREFACE

Jigoro Kano, the founder of judo, started his own school, the Kanojuku in February 1882 and the Kodokan in May 1882. He worked hard throughout his life since that beginning to establish judo as a moral education, physical education and martial art. By his effort, traditional jujutsu was reorganized into a new culture called judo which means "The Way of Life". He made vigorous efforts to spread judo, not only in Japan but throughout the world which is why many countries today have taken judo into their cultures and judo, since the 1964 Tokyo Olympic Games, has become one of the events of the International Olympiad.

As a direct result of the rapid success of the diffusion of judo worldwide, the Association for the Medical Study on Judo was established in 1932 by Jigoro Kano to provide research into the medical aspects of judo. Since then, judo has become the subject of research activities in the Association. In 1948, ten years after Professor Kano's passing away, the Association changed its name to the Association for the Scientific Study on Judo.

The new Association promotes not only medical research but also a broad range of fundamental and specialized research on judo utilising historical, physiological, biomechanical, educational and psychological perspectives. A study meeting is held bi-annually and the bulletin of their activities is also published every other year.

Today, I am pleased to inform you of the publication of Bulletin No. 10 of the Association for the Scientific Study on Judo and I am taking this opportunity to receive your strict opinions as critiques regarding this edition.

Let me add a few more words in conclusion. I wish to express my deep appreciation to all those who contribute papers to the Bulletin. With best wishes to you all and your lives in judo.

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