

Judo

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Research Paper Requirement

For

Shodan

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Introduction

Of all of the martial arts in practice today, Judo is one of the oldest and most well known branches. Its roots can be traced back to the 16th century, as early as 1532, from the Takenouchi-ryu martial art system. Since that time it has grown to be internationally recognized and practiced by hundreds of thousands in a variety of environments. From Judo dojos, to schools, to police stations and military posts, it has truly made its mark.

Originating from Jujitsu, it was founded by Dr. Jigoro Kano out of a combination of Jujitsu and other forms of martial arts. Dr. Kano took the best of the various martial arts styles and combined them to create Judo. Since his creation of this martial art, it has grown to an international scope, to include status as an official event of the Olympic Games. There have been two main developments in Judo over the years. The first was the introduction of weight categories and the second development was the teaching of Judo to children. Prior to this time Judo was practiced on any size and age student by another student who could be of any size and age. The underlying principle was that size, strength, and age did not matter in Judo, rather the skill and techniques used were what defined the practitioner and ultimately the victor of a Judo match.

Today Judo is enjoyed by more than 400,000 men, women and children (Judoinfo.com). This paper will review the history of Judo, its emergence in the United States, its forms and techniques (kata), and its role as a sport.

History

The origins of Judo can be traced back to the Takenouchi-ryu martial art system which was founded in 1532 during the late Muromachi period (Judoinfo.com, Koryu.com). This system is believed to be the beginning of Japan's jujitsu forms of martial arts. Takenouchi-ryu was founded by Takenouchi Chunagon Daijo Hisamori. One of the main characteristics of its techniques is its simplicity. Takenouchi-ryu has a few principle based, simple basic methods that work repeatedly in various situations, scenarios and positions, using either unarmed combat or weaponry (Judoinfo.com). What further lead to the development of a "weaponless" form was the barring of commoners in 1588 from the ownership of swords. Only Samurai were allowed to own a bladed weapon, so this style became the primary fighting art used by civilians (masters-martial-arts.co.uk).

Takenouchi-ryu continued to have an influence on many martial art forms, and the Takenouchi family continued to develop and extend the forms of this style to the extent that today there are over 500 techniques (Samurai-archives.com). Hisasmori's grandson, Takenouchi Kaganosuke Hisayoshi, is famous for further developing Takenouchi-ryû techniques. Hisayoshi went on musha-shûgyô, visiting other domains and challenging members of other ryûha to shinken-shobu matches which influenced him to develop additional techniques for the ryuha (masters-martial-arts.co.uk).

After this time period the samurai class of warriors continued to develop and perfect various martial arts forms over the next several hundred years. In fact, the samurai spent their entire lifetime studying twenty to thirty different martial arts forms (Judoinfo.com). By the 1800's over 700 different systems of jujitsu existed and two of the most popular systems, kito-ryu, and tenshin-shinyo-ryu were instrumental in the development of Judo. During this time, Japanese politics fell into disarray until 1868 when imperial rule was restored through the Meiji restoration. The Meiji restoration centralized power in the emperor, taking the power away from the feudal lords. During this time the Samurai lost their special privileges and human rights were introduced to all people in Japan during this time (Judoinfo.com, Japan-guide.com).



The fall of the Samurai class led to the rapid decline of all forms of martial arts (Judoinfo.com). This was primarily due to the Meiji focus of the country on the state as more important than the individual. The practice of Jujitsu fell into disuse and many established Jujitsu schools began to close with this cultural shift. In order for martial arts to survive the Meiji Restoration, they would have to change to become a tool to cultivate individuals so that they could become a better person for the benefit of all society (Judoinfo.com). The survival of martial arts during this period can largely be attributed to finding its home in physical education and as a sport. It was permitted as a sport because it provided for teamwork and in education because it was seen as a physical education tool. It was practiced in part as self-defense, but the emphasis was placed on using martial arts in a holistic manner. Dr. Jigoro Kano is credited

with the survival of jujitsu, which he was able to adapt to the times. This new adaptation was called Judo (Judoinfo.com).

Dr. Kano, the founder of Judo, was born on October 28, 1860, near Kobe, Japan. Kano was sickly and undersized as a boy. Due to his small stature and sickly demeanor, he was picked on by bullies. Against his doctor's advice he decided to do something to improve his health and learn to defend himself. He continued to learn and grow in his skills and at the age of 18 he enrolled in the Tenjin Shinyo Ryu school of Jujitsu (Judoinfo.com). The Tenjin Shinyo Ryu School was a soft martial arts academy that stressed



harmony rather than combat, but it did include striking and grappling techniques. Later, he transferred to the Kito Ryu School to study under Tsunetoshi Iikubo, which was a much softer form of jujitsu that stressed moderate workouts. It focused on freedom of action, abstract symbolism connected with physical technique, and throwing techniques (Judoinfo.com).

Kano's desire to know more encouraged him to carefully examine and study the various forms of self-defense and took the best of these forms to create Kodokan Judo. His study of these various styles included many forms from Jujitsu, particularly Sekiguchi-ryu and Seigo-ryu, and he studied the manuscripts developed by founders of various schools. Around 1880 Kano started to re-think the Jujitsu forms he had learned, and decided to eliminate the more dangerous techniques he had learned. He believed that through the removal of these more dangerous techniques, that it could be practiced as a competitive sport (Judoinfo.com). At the

age of 22, in 1882, he introduced his new sport which he named Judo. Judo combined the best of Jujitsu's throws and grappling moves, and Kano's own additional created techniques. He named this new sport Kodokan Judo, which means "a place to study the gentle way" (Judoinfo.com). The parts of the word Kodokan can be broken down in the following manner:

- Ko = lecture, study, method
- do = way or path
- kan = hall or place
- Ju = gentle
- do = way or path

Kano established his new school in the Eishoji Buddhist temple (see picture at right) in Tokyo. The first Kodokan had only 12 mats, and 9 students. The Kodokan today has over 500 mats and over a million visitors a year. Kano graduated from Tokyo Imperial



University in 1881 and in 1886 his school was matched against traditional jujitsu schools. His students easily defeated their opponents, winning the competition, which helped to establish Judo as superior to Jujitsu. In 1887, Kodokan Judo was finished and was categorized with three broad aims: physical education; contest proficiency; and mental training. In 1889 Kano traveled to Europe and the US (Judoinfo.com).

In 1892 Judo began to spread throughout the world when Takshima Shidachi spoke to the Japan Society in London, on the history and development of Judo. In 1895 Kano classified the Judo throws into the Go Kyo No Waza. On July 24, 1905, representatives from the leading jujitsu schools met to agree upon the forms of Kodokan Judo and to continue to develop the technical forms of the sport. Gunji Koizumi arrived in the US in 1907 to teach Judo and the Kodokan became an official Japanese foundation in 1909. Kano became the first Japanese member of the International Olympic Committee (IOC) (Judoinfo.com). Once Kano was made a member of the IOC, he attended every Olympic game and meeting starting with the 5th Olympiad in 1912.

Judo was recognized as a sport that could be safely engaged in 1910, and in 1911 it was officially adopted as part of Japan's educational system. The following year, Kano called together the remaining leaders, masters, of JuJitsu to finalize a Kodokan handbook of training and kata. As Judo began to grow outside of Japan, it was still perceived as a "gentle sport" due to the absence of weapons and the removal of the more dangerous moves from Jujitsu. On the top of the next page, is a sequence of moves showing the effectiveness of Judo in combating common street thugs in Europe.



Judo in Europe in 1921 -- osotogari, osotomakikomi, seoinage

The Kodokan Dan Grade Holder's Association was formed in 1922, and in 1930, the first All-Japan Championship was held. In 1932 the Judo Medical Research Society was formed, and the Suidobashi Kodokan opened in 1934 with 510 tatami, and 826 square meters. Most American servicemen stationed in Japan at the end of World War II trained here (Judoinfo.com). Kano died May 4, 1938 at the age of 77 aboard the MV Hikawa Maru of pneumonia.

After World War II, American servicemen stationed in Japan were encouraged by Generals Powers and LeMay to go to the Kodokan to study Judo. At this time, Judo was again flowing out of Japan to the rest of the world through the servicemen who were returning home, or who were sent to another location outside of Japan. In 1949, the All-Japan Championship co-champion was sent to meet with Helio Gracie, the founder of Brazilian Jujitsu in Brazil. Takahiko Ishikawa also attended to help promote Judo in South America. In 1951 the International Judo Federation was organized, and in 1952 Japan formally joined the federation

and Kano's son Risei (pictured at right) was elected president (Judoinfo.com) and served from 1952-1965 (USAdojo.com).



The decades of the 1950's and 1960's would see Judo's full realization as a universal sport, and in 1956, the first World Championships were held in Tokyo. The event featured 31 contestants from 21 different countries. In 1958 the Bunkyo-ku Kodokan was built. It was large enough to hold 986 mats, and contained sleeping facilities for those wishing to come and train at the Kodokan (see picture to right).



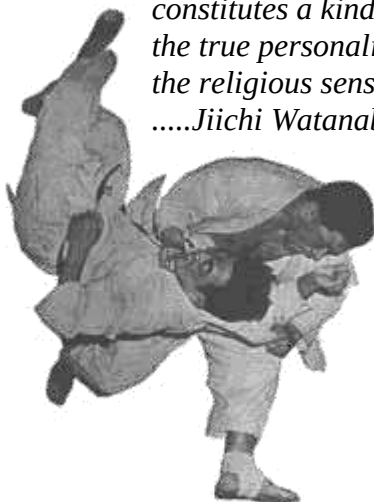
At the 1960 meeting of the International Olympic Committee, Judo was accepted as a demonstration sport for the 1964 Tokyo Summer Olympic Games, however it was not included in the 1968 games. In 1972 it was selected as a full medal sport for the Olympic Games held in Munich, Germany. Judo was the first martial art to be recognized and made part of the Olympic Games (Judoinfo.com). Judo celebrated its 100th anniversary at the Kodokan in 1982, and Go Kyo No Waza was revised by the Kodokan by reintroducing the 8 techniques that were discarded in 1920 and by adding 17 new techniques. These sixty-five techniques became known as "The 65 Techniques of Kodokan Judo" (Judoinfo.com). During this time many Judo practitioners outside of Japan were trying to add weight classes to Judo (up until this time, weight classes were seen as counter to the precepts of Judo, where size and age should not matter). However, at the 1988 Seoul Olympic Games, the "open" division was dropped from the program and weight classes were introduced. By 1995, the World Championships, held in Japan, were attended by 625 competitors' from 100 nations, with medalists from Japan, Korea,

France, Cuba, Russia, and Germany, showing that expertise in Judo was no longer limited to Japan.

Today, the International Judo Federation is a member of the International Olympic Committee, and although the IJF claims that Judo ranks second only to soccer as the most popular sport in the world, it is surely one of the most widely practiced sports in the world. With 175 member nations, the IJF is the largest international sport federation in the IOC. Today Judo is enjoyed by more than 400,000 men, women and children. There are many reasons for learning Judo. Some of these reasons are that Judo provides exercise, relaxation, sport, an interesting challenge, balance, coordination, self-protection and self-confidence (Judoinfo.com). Whatever the Judo practitioner's (called the Judoka) reasons for studying Judo, there is a long history and plenty of dojos located throughout the world where it can be studied and perfected.

"We can say that Judo is an art because it is a method of arriving at self-realization and true self-expression. We can further say that Judo is a science because it implies mastery of various laws of nature: gravity, friction, momentum, velocity, weight transmission, and unison of forces. In its most important phase, it constitutes a kind of higher logic developed through practice and the ascension of the true personality: a realization of the spiritual self in the philosophic rather than the religious sense of the word".

.....Jiichi Watanabe and Lindy Avakian



Principles of Judo Techniques & Forms (Kata)

Judo's focus is on the teaching of the principle of flexibility in the application of technique. This means that Judo focuses on the flexible or efficient use of balance, leverage, and movement in the performance techniques and skills. In Judo, brute strength does not necessarily provide an advantage, and may be used by a skilled Judoka against the attacker. Skill, technique and timing, are more important for success in Judo. A practical application of this would be to use the oncoming energy against the attacker by moving with them or leveraging their movement to execute a throw.

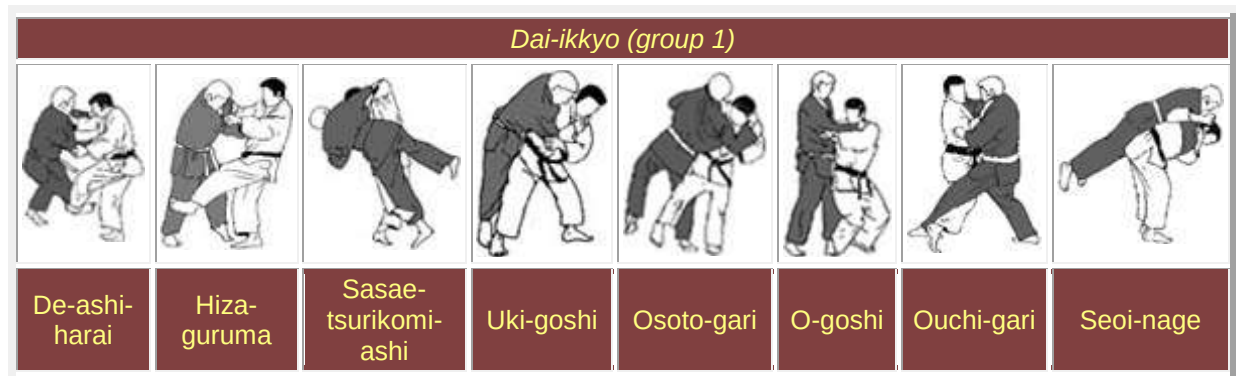
Judo is based on a strict set of rules that governs competition and insures safety. Judo offers the opportunity for competition at all levels of ability for those who want to test their skills. From club to national tournaments, to the Olympic Games, there are plenty of opportunities for those wishing to advance their skills. In Judo there are separate weight divisions for men and women, and boys and girls (Judoinfo.com).

Throwing techniques are the trademark of Judo. Judo does involve a number of other techniques and moves beyond throwing. A considerable amount of ground grappling using specialized pins, holds, arm locks and choking techniques are part of Judo. Even though there are numerous techniques in Judo that can cause pain and injury, it emphasizes safety. The use of mats reinforces this focus on safety as practitioners are thrown on a mat not the ground. Judo is also a very physical activity that provides excellent conditioning (Judoinfo.com).



Like most martial arts, Judo develops self-discipline and respect for oneself and others. It provides a means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility (Judoinfo.com). Judo provides the practitioner with a skill set that includes excellent self-control, coordination, power, flexibility, fine balance, and above all else it develops a sharp reacting mind.

There are currently 67 throwing techniques, 29 grappling techniques, and 4 forbidden techniques (from competition) used in Kodokan Judo. As can be seen, 99 different techniques can take a significant amount of time and practice to master. The following two pages (14-15) list the basic Judo techniques and the hierarchy of techniques used and their names in Japanese and English. The image below is an example of one of the groups of throws employed in Judo. There are 5 groups defined and each group has a different set of throws.



Judo Techniques

Basic Judo Techniques

Tewaza (hand techniques):

Seoi nage	shoulder throw
Morote seoi nage	2-arm shoulder throw
Tai otoshi	body drop
Sukui nage	scooping throw
Kata guruma	shoulder wheel

Koshiwaza (hip techniques):

O goshi	major hip throw
Koshi guruma	hip wheel
Harai goshi	sweeping hip throw
Tsurikomi goshi	lifting pulling hip throw
Hane goshi	spring hip throw

Ashiwaza (foot and leg techniques):

O soto gari	major outer reaping
O uchi gari	major inner reaping
Ko uchi gari	minor inner reaping
De ashi barai	advancing ankle sweep
Okuri ashi harai	double ankle sweep

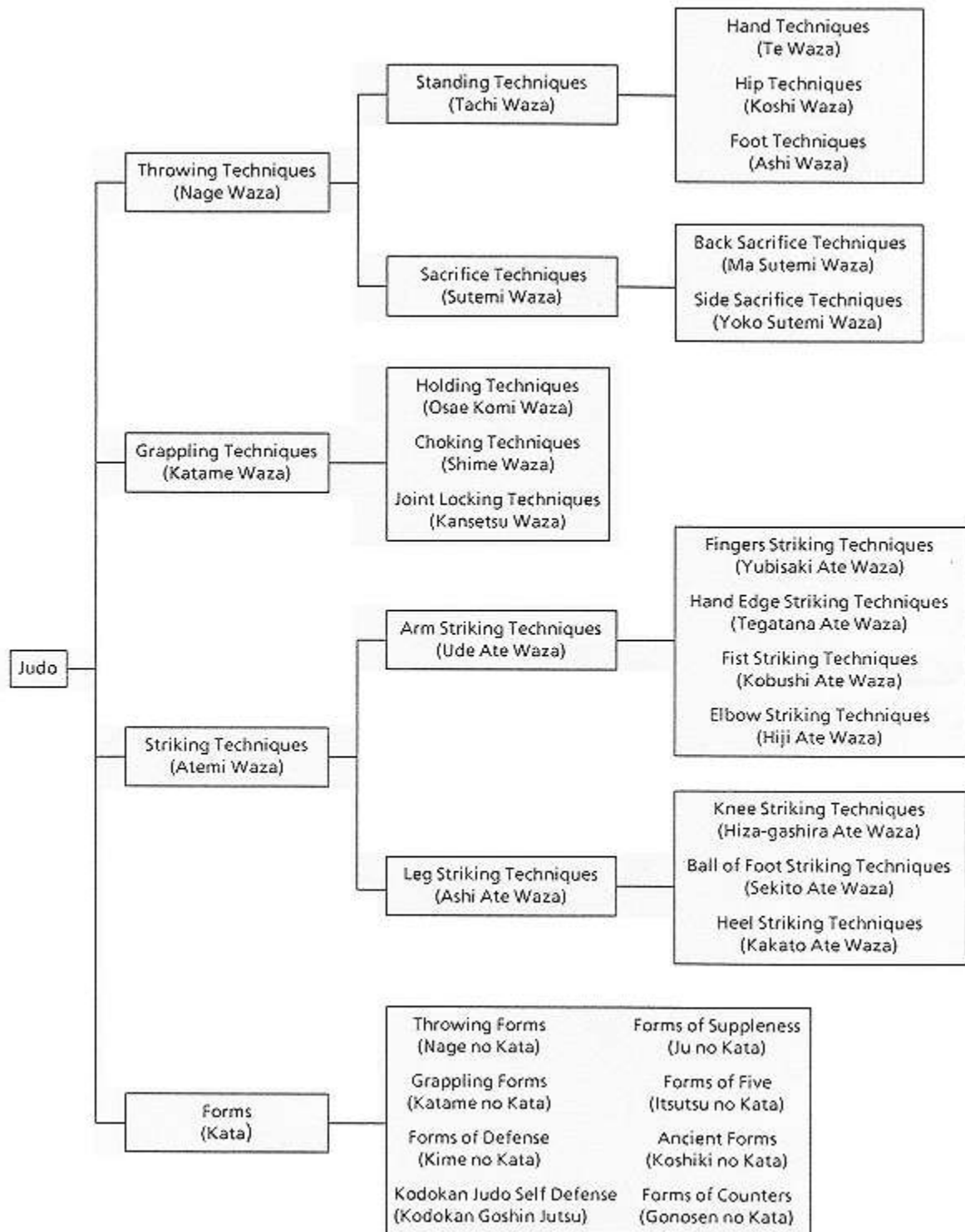
Sutemiwaza (sacrifice techniques):

Tomoe nage	circle throw
Tani otoshi	valley drop
Sumi gaeshi	corner throw
Yoko gake	side hook
Uki waza	floating technique

Katamewaza (grappling techniques):

Osaewaza(pins)	Shimewaza(chokes)	Kansetsuwaza(armbars)
Kesa gatame	Nami juji jime	Ude garami
Kata gatame	Kata juji jime	Juji gatame
Yoko shiho gatame	Gyaku juji jime	Waki gatame
Kami shiho gatame	Okuri eri jime	Hiza gatame
Kuzure kami shiho gatame	Kataha jime	Ude gatame
Tate shiho gatame	Hadaka jime	Hara gatame
Mune gatame	Sankaku jime	Ashi gatame
Makura kesa gatame	Tsukkomi jime	
Ushiro kesa gatame		

Hierarchy of Judo Techniques



Forms (Kata)

Forms (Kata), or pre-arranged patterns of attack and defense, are practiced with a partner with the purpose of achieving greater levels of skill with Judo techniques. They are designed to illustrate the basic principles of Judo, practicing correct technique and execution of that technique (Judoinfo.com). Also, it promotes the philosophical tenets upon which Judo is based, which allows practice of techniques that are not permitted in competition. Lastly, it helps preserve ancient techniques that are not longer part of modern day Judo. The previous two pages (14-15) list the techniques used in kata and the bottom of page 15 lists the form.

The following elements are essential for the correct execution of Kata (maintlfed.org).

- Understanding of the basics of the kata being demonstrated
- Composure - proper mental concentration, decorum, and character
- Correct etiquette
- Correct breathing
- Correct posture
- Movement and transition between techniques
- Power and Strength
- Tempo
- Balance and body control
- Focus of technique
- Fluid body movement and gracefulness

All kata must be seen to flow. This is particularly important as the kata will break down if there is any hesitation in its execution or application. Furthermore it is always necessary to

keep in mind the fundamental principles being demonstrated and the reason for the application of any particular technique (maintlfd.org).

Knowledge of different kata is a requirement for achievement of a higher Judo rank.

There are seven *kata* that are recognized by the Kodokan today (Judoinfo.com):

- Free practice forms (*Randori no Kata*), comprising two *kata*:
 - Throwing forms (*Nage no Kata*)
 - Grappling forms (*Katame no Kata*)
- Old style self-defense forms (*Kime no Kata*)
- Modern self-defense forms (*Kodokan Goshin Jutsu*)
- Forms of "gentleness" (*Ju no Kata*)
- The five forms (*Itsutsu no Kata*)
- Ancient forms (*Koshiki no Kata*)
- Maximum-efficiency national physical education kata (*Seiryoku Zen'yō Kokumin Taiiku no Kata*)

Other kata exist that are not officially recognized by the Kodokan but continue to be practiced. For example, a prominent kata is the Go no sen no kata, a kata that focuses on counter-attacks to attempted throws (Judoinfo.com).

The Nage-no-Kata was developed to help with the understanding of the theoretical basis of Judo, and how to assume the correct position for executing a throwing technique once the opponents balance has been broken.

Katame-no-Kata stands for Kata of Control. These katas were developed in 1884 and 1885 and consists of five techniques each from holds (Osae-komi waza), chokes (Shime Waza),

and locks (Kansetsu Waza). The aim is to learn to execute and avoid the various techniques. These katas help in the understanding and mastery of randori techniques or free practice forms.

Kime-no-Kata/Shinken-Shobu-no-Kata stands for the Kata of Decision, was established in 1888. It consists of twenty techniques used for both attack and defense. The techniques consist of sitting techniques (8) and standing techniques (12). The overarching goal of these katas is to move quickly and apply the most appropriate technique to control the opponent.

Kodokan Goshin Jutsu stands for Modern Self Defense Kata and was also developed in 1956 as an update to Kime-no-Kata. It consists of twenty-one techniques divided into two categories: Toshu (against unarmed attack, and Buki (against armed attack).

Ju-no-Kata stands for the Kata of Suppleness which was developed in 1887, and is designed with gentle movements to condition the body of the Judoka. It incorporates various movements such as bending, stretching, and twisting. Lastly, it can be practiced without wearing the judogi.

Itsutsu-no-Kata stands for Kata of Five Principles and was developed in 1887 by Jigoro Kano. This kata forms the basis of Kodokan Judo. Kano developed these kata through inspiration through nature. There are no specific names for these forms, but they are the fundamental principles of Kodokan Judo. The five forms are listed on the next page (maintlfed.org).

The 5 forms of Itsutsu-no-Kata

- **Form 1:** Demonstrates the principle that rationalized, continuous attack will bring defeat, even against a strong power. This technique represents the impeccable strength of justice. A small power applied continuously, in a rational manner, can control a huge power.
- **Form 2:** Demonstrates the principle of using the energy of the opponent's attack to defeat them, or victory through yielding.
- **Form 3:** Demonstrates the principle of the whirlpool, wherein the inner circle controls the outer circle. Two objects revolving in giant circles, inevitably they close in on each other, and then part without damage.
- **Form 4:** Demonstrates the power of the ocean's tide. The tide will draw everything on the shore into the ocean, no matter how large, as a giant wave sweeping the beach clean of all debris and impurity.
- **Form 5:** Demonstrates the principle of yielding. When unlimited energies collide with each other, one yields to avoid destroying both. This technique shows that a clash between two strong forces can only result in mutual doom, but if you step aside and give way there will be peace and coexistence.

Koshiki-no-Kata is the ancient or antique kata which was studied by Kano prior to the creation of Judo. The kata is based on throwing techniques used by armor clad warriors on the battle field. They are broken into two categories, omote (front), and ura (rear). Omote consists of 14 forms and should be executed in a slow and deliberate pace, with a pause between each throw. Ura should be executed more rapidly without any wasted time (maintlfed.org).

Lastly, there is the Go-no-Kata or Kata of Hardness, which is believed to be the oldest of all of the Judo katas. It is the complement of Ju-no-Kata since go means hard, and ju means soft. It consists of ten techniques. Go-no-Kata has been lost to some degree, since it was never written down properly and is seldom taught or practiced today. In recent years

others have developed and demonstrated their own version of *Go-no-Kata* to illustrate the principles of hardness. However, there is little commonality between these katas and the original Kodokan form (maintlfed.org). Below are images of a few forms of self-defense.



Ryote dori – two hand hold



Hidari eri dori - left lapel hold



Choku zuki - straight thrust



Morote zuke - two hand thrust

Ranking System

Judo created the ranking system, which is used by most martial arts systems. Prior to belts, certificates or scrolls were presented to recognize achievement. The ranking system is based on a series of colored belts. Kano started the rank system when he awarded two of his senior students the rank of shodan in 1883 (Judoinfo.com). The belt color, like karate, shows the level of skill of the Judoka. In 1886 Kano had his senior students wear black obi – which were just belts worn with a kimono. In 1907 he introduced the modern judogi and the obi, but kept to only white and black ranks.

Since Kano was an educator, he used the hierarchy to set learning objectives for Judo students. The rank system in Judo represents a progression of learning, just like a student in school passes from grade to grade. Earning the black belt is equivalent from graduating from high school or college. However, the black belt does not mean that the student has mastered the tenants of Judo, but rather that they have achieved a basic level of proficiency and are now ready to pursue Judo on a more advanced and serious level.

About 1930, a new belt was created by the Kodokan to recognize special achievements of high ranking black belts. Kano chose the sixth, seventh, and eighth degree black belts with a special obi with alternating red and white panels, and in 1943 they recognized the ninth and tenth degree with an optional red belt. The other colored belts emerged when Judo was taught outside of Japan. In 1935 Mikonosuke Kawaishi was teaching in Paris and determined that the western Judoka would respond more favorably to a series of colored belts to show progression towards the black belts. This system included white, yellow, orange, green, blue, and purple

belts before the traditional brown and black belts. The colored belt system and uniform spread to other martial arts and were adapted for their specific purpose (like aikido and karate). In karate, Funakoshi adopted this system to encourage acceptance of karate by the Japanese (Judoinfo.com).

Promotion requirements for each one of the Judo ranks varies according to the sensei and the national organization. There is currently no worldwide standard for each rank, although it is generally accepted that a black belt has had many years of practice and can perform at least the *nage-no-kata*, the *gokyo-no-waza* and the *newaza* techniques (Judoinfo.com).

The next page shows the ranks for both junior and senior level participants in Judo as specified by the United States Judo Federation (USJF) and by the United States Judo Association (USJA). Below, is the progression of ranks in Judo from a school in Canada (www.deltajudo.com/).



Judo kyū belt colors in the United States					
Japanese <i>kyū</i> names	USJF Senior	USJF Junior	USJA Senior	USJA Junior	USJA Junior level names
<i>Jūnikyū</i>				 White	Junior 12th Class
<i>Jūichikyū</i>		 White		 Yellow	Junior 11th Class
<i>Jūkyū</i>		 White- yellow		 Orange	Junior 10th Class
<i>Kūkyū</i>		 Yellow		 Orange	Junior 9th Class
<i>Hachikyū</i>		 Yellow- orange		 Green	Junior 8th Class
<i>Nanakyū</i>		 Orange		 Green	Junior 7th Class
<i>Rokkyū</i>	 White	 Orange- green	 White	 Blue	Junior 6th Class
<i>Gokyū</i>	 Green	 Green	 Orange	 Blue	Junior 5th Class
<i>Yonkyū</i>	 Blue	 Green- blue	 Green	 Purple	Junior 4th Class
<i>Sankyū</i>	 Brown	 Blue	 Brown	 Purple	Junior 3rd Class
<i>Nikyū</i>	 Brown	 Blue- purple	 Brown	 Brown	Junior 2nd Class
<i>Ikkyū</i>	 Brown	 Purple	 Brown	 Brown	Junior 1st Class

USJF – United States Judo Federation

USJA – United States Judo Association

Conclusion

Judo has had a tremendous influence on many of today's modern day martial arts forms. When Jigoro Kano developed Judo from Jujitsu in the late 19th century it is highly unlikely that he could have imagined the international scope of Judo in the world today. Judo has grown to become one of the most popular sports in the world and continues to gain new adherents on a regular basis. As previously mentioned, over 400,000 men, women and children, around the world are actively involved in Judo.

Its rich history and extensive development reveal the thought and creativity that has been utilized in its current form. Judo was able to survive the cultural changes in Japan and the downfall of the Samurai class, and has become integrated in schools, the military, and in Judo schools around the world. Its "gentle way" and complete physical fitness regime, make it popular among all ages, and among both men and women. Even though there are 99 forms in Judo, its simplicity and focus on the five main forms make it a desirable pursuit.

The study and practice of Judo will continue to be popular and will continue to grow as more and more people see its benefits, and practical uses. Its weaponless technique and focus and effective methods of self-defense will ensure its survival.

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Appendix

Pictures of Dr. Jigoro Kano



Kano Teaching



Jigoro Kano and Kyuzo
Mifune



Jigor Kano teaching uki goshi.

List of Judo Organizations

US Judo Federation	The USJF is our national organization. The national site includes information about the USJF, a yudanshakai listing, referee news, events, and other information.
US Judo Inc.	The USJI is the "umbrella" organization for Judo in the United States, responsible for the development of Olympic athletes, coaches, and officials. This site contains information on the USJI, certification programs, refereeing, kata, player rosters, and other information.
US Judo Association	The USJA site provides information about the USJA, events, news and other information.
International Judo Federation	The IJF is the governing body for Judo competition worldwide. Their site contains international tournament results, complete rules and updates, and other information.
Pan American Judo Union	The Pan-American Judo Union is an association of the national Judo organizations in North and South America. The site includes information on international competition, rules and other international news.
Kodokan Judo Institute	The Kodokan Judo Institute site includes information about visiting and training at the Kodokan, history, and some Kodokan merchandise.