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modern martial art, which has since evolved into a combat and Olympic sport. The sport was created in 1882 by Jigoro Kano (?????) as a physical, mental, and moral pedagogy in Japan.

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beginner with Sportif when I was seven years old, in a small village hall club. Little did I know 10 years later I would become a fulltime judo athlete representing Scotland and Great ...

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generally categorized as a modern Japanese martial art, which has since evolved into a combat and Olympic sport. The sport was created in 1882 by Jigoro Kano (嘉納治五郎) as a physical, mental, and moral pedagogy in Japan.

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With its origins coming from jujutsu, judo's most prominent feature is its ...

*Judo - Wikipedia*

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country of Japan, but at the Games in general and the fact that the great Olympic event takes place in the cradle of our sport makes Tokyo 2021 a truly special goal for all judoka.

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Judo is an Olympic sport since 1964, which has been created by its founder, Master Jigoro Kano, as an educational tool. Today more than 20 millions people

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around the world are  
practicing judo

*What is Judo - World Judo  
Day*

Judo was established in 1882  
by combining jujitsu, a form  
of wrestling, with mental

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discipline. The roots of jujitsu lie in sumo , which has a long, long history; sumo is mentioned in the Nihon shoki (Chronicle of Japan), a document from 720 that describes the history of Japan from the mythical

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age of the gods until the time of Empress Jito, who reigned from 686 to 697.

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Starting Judo. If you are

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interested in doing Judo, why not join a FREE taster session at Southend Judo Club. We will provide a Judo jacket and a belt. All you need to do is come to the club on a Wednesday evening to the appropriate session

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for your age in loose comfortable clothing (no shorts!) (see About Us - Classes ).

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Judo is a traditional

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Japanese wrestling sport developed in the 1880s. It was Dr Jigoro Kano (1860-1938) who combined the features of the various schools of the sport and codified the rules. Kano stressed the philosophical



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principles of judo, adding methods of physical, intellectual and moral education, eliminating many of the dangerous parts of jujitsu, and opening his first school, or dojo, in 1882.

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