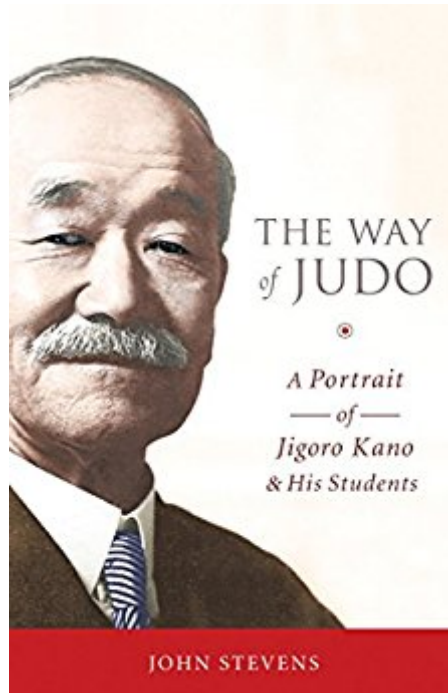




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# The Way Of Judo: A Portrait Of Jigoro Kano And His Students



## Synopsis

Kodokan judo, one of the most well-known martial arts in the world today, was originated by Jigoro Kano (1860–1938), a martial artist and career educator who developed the art after studying several types of jujutsu, sumo, and Western wrestling. Openness and refinement were hallmarks of his personal and professional style, and he relentlessly searched for the best way to practice, teach, and perform techniques. This biography shows how Kano saw judo as a vehicle not just for self-defense, but for physical, spiritual, and moral development as well. His teachings clearly emphasize his ideal of judo as a way of self-cultivation that leads to physical health, ethical behavior, and ultimately a better society. Kano was a tireless activist who promoted the practical application of judo's principles in all realms of life—in one's personal behavior, for education, in work, for economic benefit, and in both the local and international political arenas. Kano's students were a colorful, sometimes notorious bunch, and this book reveals how several went on to become famous—or infamous—in their own right. They include a prime minister of Japan, the leader of the Communist party in China, a famous novelist, a spy, high-level military leaders, and a media mogul, among many others.

## Book Information

File Size: 2249 KB

Print Length: 241 pages

Page Numbers Source ISBN: 1590309162

Publisher: Shambhala (August 13, 2013)

Publication Date: August 13, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00ET924M0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #192,894 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

in Kindle Store > Kindle eBooks > Biographies & Memoirs > Sports & Outdoor > Boxing #39

inÃ   Â Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts   #83 inÃ   Â Books > Biographies & Memoirs > Ethnic & National > Japanese

## Customer Reviews

Well researched and a must for any judokas library. In fact I would suggest that any martial artist read it. Not an instructional book at all but does clearly show the jujitsu-judo relationship. Myths that we judokas love are challenged. For example, the underlying fact that cannot be dismissed or swept under the "tatami" is that judo at its technical heart is a method of studying forms of jujitsu--however Kano created the systematic method of study and grouped it under Kodokan Judo. The beauty of Kano's eclectic system was its ability to absorb contents from different martial systems, and the thoughts that detractors offer up as to judo's combat effectiveness are similarly disposed of especially the sporting aspect which is very detailed. Plus, understanding the beginning of the "black-belt" mentality (Kano created the ranking system) is certainly one of them. It took me about thirty years of study and advancement into higher levels to appreciate this genius of thought.. Realizing that Kano was an educator, a thought and probably an atheist, or most certainly agnostic versus a mystic or a warrior (although a descendant of such stock) is critical. It is honest and well worth the read that incorporates the politics and thoughts of Japan in the 1870s.

a good overview of Kano's life with insight to his many roles. Book explained his philosophies and his accomplishments, and those of his students. However it was written in textbook fashion, a bit hard for easy reading. And some information was a little irrelevant, maybe due to translation. I did like the added pictures, short stories, and overall organization of the book. If you know little to nothing on Kano, look no further this book has your answers... :)

Should be mandatory reading for those about to take their first degree black belt test in Kodokan Judo.

I have written four books concerning taekwondo and have delved deeply into the art's technical aspects, history and culture. Yet, I realize to truly comprehend the martial arts, one needs to read further afield. I decided to read *The Way of Judo* for one. It is a completely enjoyable book, so revealing of Jigoro Kano, his history and philosophies. I strongly urge anyone interested in the martial arts to engage with this book. Stevens did a wonderful job!

Not a casual read for someone not interested in historical judo. As a practitioner, found it quite interesting and insightful...humanizes Jigoro Kano and explains how he developed his social theory of judo. Surprises... highly influenced by American social theory; also, Kano knew Uyeshiba and Funakosi.

A decent biography. Interesting read, even for those who practice arts other than Judo. Usually well-structured and non-biased. Provides much more of the personal story than the technical essence of the art.

If you want insight about Jigoro Kano, then look no further, this is a must read book. Highly recommended.

Great book to start or to expand on your study of the history of Judo, the Kodokan, and specially on Kano Shihan. The reference table alone would be worth the investment. A must-have for the serious students of Judo.

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