

Legacy Of Jigoro Kano

Judo is best known as an Olympic combat sport whose highlights are spectacular throws, sometimes followed by devastating armbars or strangulations on the ground. But this is only one aspect of judo. Judo is also a system of self-defense, a system of physical education, and a philosophy. This book explores some of the different aspects of the way of gentleness, including its history, purpose, technical foundations, and cultural context.

Verbal Judo is the martial art of the mind and mouth that can show you how to be better prepared in every verbal encounter. Listen and speak more effectively, engage people through empathy (the most powerful word in the English language), avoid the most common conversational disasters, and use proven strategies that allow you to successfully communicate your point of view and take the upper hand in most disputes. Verbal Judo offers a creative look at conflict that will help you defuse confrontations and generate cooperation from your spouse, your boss, and even your teenager. As the author says, "when you react, the event controls you. When you respond, you're in control." This new edition features a fresh new cover and a foreword demonstrating the legacy of Verbal Judo founder and author George Thompson, as well as a never-before-published final chapter presenting Thompson's "Five Universal Truths" of human interaction.

"Discusses the history behind mixed martial arts as well as the sport's dark days and its current popularity"--Provided by publisher. Based on a series of interviews that Jigoro Kano gave in his sixties, the book relates his creation and development of Kodokan judo during the period 1882 to 1928.

Musashi's Book of Five Rings

KOBUDO KENKYUKAI - KODOKAN JUDO (English)

Gracie Jiu-Jitsu

Kodokan Judo

Martial Arts Studies

Step-by-step photographs and illustrations demonstrate more than one hundred maneuvers from the traditional martial art of Brazilian jiu-jitsu, with an overview of the history of jiu-jitsu and its uses.

Linking the time when karate was a strictly Okinawan art of self-defense shrouded in the deepest secrecy and the present day, when it has become a martial art practiced throughout the world, is Gichin Funakoshi, the "Father of Karate-do." Out of modesty, he was reluctant to write this autobiography and did not do so until he was nearly ninety

years of age. Trained in the Confucian classics, he was a schoolteacher early in life, but after decades of study under the foremost masters, he gave up his livelihood to devote the rest of his life to the propagation of the Way of Karate. Under his guidance, techniques and nomenclature were refined and modernized, the spiritual essence was brought to the fore, and karate evolved into a true martial art. Various forms of empty-hand techniques have been practiced in Okinawa for centuries, but due to the lack of historical records, fancy often masquerades as fact. In telling of his own famous teachers--and not only of their mastery of technique but of the way they acted in critical situations--the author reveals what true karate is. The stories he tells about himself are no less instructive: his determination to continue the art, after having started it to improve his health; his perseverance in the face of difficulties, even of poverty; his strict observance of the way of life of the samurai; and the spirit of self-reliance that he carried into an old age kept healthy by his practice of Karate-do.

Journey to the Heart of Aikido presents the teachings of Motomichi Anno Sensei, one of the few remaining direct students of Morihei Ueshiba, the legendary founder of Aikido. After a lifetime of practice and teaching in Japan, the United States, and Europe, Anno Sensei conveys through his teachings Aikido's essential spirit of love, harmony, gratitude, and purification with simple authenticity and eloquence. Author and translator Linda Holiday--herself a senior instructor of Aikido--brings to life the intimacy of this communication through translated discourses on the deep practice of Aikido and candid dialogues between Anno sensei and Western students. Journey to the Heart of Aikido includes Linda Holiday's vivid account of her adventure as a young woman studying Aikido in the mystical region of Kumano, Japan, in the 1970s, and a poignant telling of Anno sensei's life and his first-hand experience of training with Aikido's founder. An essential resource for the global Aikido community, Journey to the Heart of Aikido also offers spiritual teachings relevant to all contemporary seekers, touching a wide range of themes such as the meaning of martial arts, the integration of body and spirit, the truth of interconnectedness, and the practice of peace, offering all readers insight into the profound

spiritual questions at the heart of life. From the Trade Paperback edition.

This book is a concept we use to explain the invasive and pervasive role of sport in global society and in each country around the world. From the origins of modern sports to today, sports have become more and more commercial, global, and universally understood as important parts of economies, cultures, and political debates. The 2018 thawing of relations on the Korean Peninsula, and between North Korea and the USA, can be attributed in part to the inclusive practices of the Winter Olympics; yet the Russian doping scandal and the ramifications from that suggest that a new Cold War in sport has emerged which is played out in social media as well as in diplomatic circles. Beyond the elite levels, however, sport is key to social identification and cultural capital building, and for social integration. Regardless of how we view sport, it is clear that it is a powerful social technology with the ability to transform society and influence political and economic debates. The chapters in this book were originally published in special issues in *Sport in Society*.

The Father of Judo

Flashing Steel, 25th Anniversary Edition

The Secret Teachings of Yagyu Munenori

Osoto-gari

Global Markets and Global Impact of Sports

Jigoro Kano, Writings of Kodokan Judo Founder

Gichin Funakoshi is a legendary figure and the founder of Shotokan karate, the most popular style of Japanese karate, with millions of practitioners worldwide. In The Essence of Karate, Funakoshi creates, in his own words, a narrative of modern karate. He explains the philosophical and spiritual underpinnings and includes memories of his own training, as well as recollections of other karate masters and the history of the martial art. He also discusses the importance of winning without fighting, and the reason why many great martial artists improve with age. The preface has been contributed by Hirokazu Kanazawa, President of the Shotokan Karate-do International Federation (and Funakoshi's disciple). He fondly writes of his memories of Gichin Funakoshi during his youth and what he learned from the master. In the afterword, the founder's great-nephew, Gisho Funakoshi, shares previously unknown personal anecdotes

about his "Uncle Funakoshi."

The confusion of combat arts with martial sports allowed Jujutsu to be superseded by Judo, Karate, and Tae Kwon Do in the public eye. Ironically, it is the current perception of Jujutsu as a sport that has returned it to the limelight. While many Jujutsu techniques are used in the mixed martial arts tournaments so popular over the last decade, the chokes and joint-locks seen in UFC and similar no-holds-barred fighting merely scratch the surface of traditional Jujutsu's wealth of knowledge.

This is the first book to explore women's judo in all aspects, from the history and governance of the sport to cutting-edge sport science perspectives. The book examines the story of judo for women, and how the history of the sport has paralleled the cultural and social challenges faced by women in both the East and the West. It considers the issues of leadership and governance in contemporary women's judo, and the obstacles to stronger involvement for women in the sport as a whole, as well as the rules and competition structures that shape the sport today. The book also looks at the tactical and technical considerations of coaching women in judo, and the significance of the coach-athlete relationship, as well the physiology of the athlete - including the female athlete triad - and how that relates to training, performance, technique and skill acquisition. A concluding chapter presents short biographies of the pioneering female judoka Rusty Kanokogi, Ingrid Bergmanns, Kaori Yamaguchi, Karen Briggs and Ryoko Tani. This is essential reading for anyone with an interest in martial arts or women's sport and a useful resource for those studying sport history, sociology of sport, gender studies and sport development and coaching.

An in-depth guide to the modern practice of Greek martial arts and their beginnings in ancient Greece and Egypt • Examines the correlation between ancient depictions of one-on-one combat and how martial arts are practiced today • Explores the close relationship between Greek martial arts and spiritual practice • Distinguishes between Pammachon (martial arts) and Pankration (combat sports) The ancient friezes and decorative motifs of ancient Greece contain abundant scenes of combat, one-on-one and hand-to-hand. In *The Martial Arts of Ancient Greece*, the authors offer close inspection of these depictions to reveal that they exactly

correlate to the grappling and combat arts as they are practiced today. They also show that these artifacts document the historical course of the development of both the weaponry of the warrior classes and the martial responses those weapons required when fighting hand-to-hand. The depiction of each ancient technique is accompanied by sequenced step-by-step photos of modern practitioners performing the various stances of one-on-one combat. In addition, the authors explain how the development of Hellenic combat arts was tied at its heart to a spiritual practice. The centeredness, clear mind, and consequent courage that develops from a spiritual practice was considered a martial strength for a warrior, enabling him to be at his best, unobstructed inwardly by conflict or inertia. The Martial Arts of Ancient Greece provides a practical and comprehensive approach to the techniques and philosophy of the martial arts of the ancient Mediterranean that will be welcomed by modern fighters.

A Portrait of Jigoro Kano and His Students

The Way of the Living Sword

Kobudo Kenkyukai - Kodokan Judo (English)

Journey to the Heart of Aikido

Mind Over Muscle

Fundamentals of Judo

The legendary 20 guiding principles of karate penned by Funakoshi have been circulating for years but have never been published until now. Accompanied by rare photos and original calligraphy, this long-awaited treatise is a provocative and long overdue read for martial arts enthusiasts and followers of karate.

This book disrupts disciplinary boundaries to make a case for the future direction and growth of martial arts studies as a unique field

The Way of the Living Sword is the final installment in D.E. Tarver's popular Warrior Series. It stands beside The Book of Five Rings by Miyamoto Musashi as one of the greatest writings of the warrior mind. In The Way of the Living Sword, Munenori gives an in-depth explanation of the connection between physical martial arts and the mental process of Zen. While Munenori and Musashi were both avid students of Zen, Munenori was more fascinated by the academic aspects of the philosophy. Munenori stretches the consciousness of even the most enlightened martial artist. Martial arts devotees will experience many flashes of revelation as Tarver explores the various aspects of Munenori's approach. Read and grow!

JUDO KYOHON. Translation of masterpiece by Jigoro Kano created in 1931. The Master Jigoro Kano published, in September 1931, which would

be his only full technical book about Kodokan Judo in Japanese. They have passed 85 years without this masterpiece has been translated into other languages and released to the rest of the world. Today the original version of Judo Kyohon is almost extinct and it is extremely difficult to obtain a copy. For over ten years our hope was to acquire this valuable treasure and now that finally we have achieved it, we are making this available to all of you already translated, simultaneously in two languages, in the same book: English and Spanish. Kano Shihan shows us the secrets of Judo, including atemi waza, vital points, Ate dokoro, katas forgotten as Seiryoku zenyo kokumin Taiiku and the part of atemi the Tandoku renshu and kime shiki. He also talks about the application of judo to everyday life, friendship, rest, respect, training and other values. Anecdotes contains little known and advanced explanation of various techniques. NOT CONFUSE THIS BOOK WITH THAT OF "JUDO KYOHAN OF SAKUJIRO YOKOYAMA. JUDO

KYOHON. Traduccin de la obra maestra de Jigoro Kano creada en 1931. (ESPAOL E INGLES) Traducido en Espaol e Ingles en el mismo libro de la maravillosa obra maestra de Jigoro kano, escrita en 1931 solo en idioma japons. Libro de extraordinario valor por ser el nico libro avanzado de Judo kodokan escrito por Jigoro Kano .Sin duda un libro oculto, escasamente difundido incluso en Japn. Shihan Kano nos muestra los secretos del Judo, incluyendo Atemi waza, puntos vitales, Ate dokoro, katas olvidados como el Seiryoku zenyo kokumin taiiku y la parte de atemi del Tandoku renshu y el kime shiki. Tambin nos habla de la aplicacin del judo a la vida cotidiana, la amistad, el descanso, el respeto, el entrenamiento y otros valores. NO CONFUNDIR ESTE LIBRO DE JIGORO KANO CON EL DE SAKUJIRO YOKOHOMA: " JUDO KYOHAN"

Disrupting Disciplinary Boundaries

The Essence of Karate

Judo Kata

The Teachings of Motomichi Anno Sensei

The Spiritual Legacy of the Master

Judo A Samurai Legacy

This book is a collection of the life's work and essential teachings of Jigoro Kano, who founded Kodokan Judo in Tokyo in 1882. Kodokan Judo was for Kano the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized along educational lines while taking great care to retain its classical traditions. In doing so, he opened the path from jutsu (skill) to do (way), and broadened the horizons of knowledge until he reached the point at which he began to advocate seiryoku zenyo (maximum efficiency) and jita kyoei (mutual prosperity), which represent the universality and ideal of human existence, and are the core values of judo.

For many years now, we have established a firm commitment to

spread the authentic legacy of Kodokan Judo founder, Jigoro Kano. Through conferences, interviews, seminars in several countries and several books published in 4 languages ??we have managed to reach thousands of people around the world who have known principles, katas and techniques that are forgotten or disused today. As we all know, Kodokan Judo has been redirected solely towards the sporting side, turning its back on many aspects that made Kodokan Judo a precious and complete art. A situation that the current international Judo leaders are not interested in reversing. Our work of research, translation and verification has been hard, but thanks to our passion for the work of Jigoro Kano we have exposed much of what many teachers of Kodokan Judo and Jujutsu know and practice daily following the authentic legacy of Prof. Kano. This is not only limited to randori or shiai. In this book we made the study about the method of personal defense (Goshin Jutsu) of the teacher Kazuo Ito, who was undoubtedly the best student of Kyuzo Mifune. Both were exceptional Judokas, defenders of tradition, of the highest values ??of Budo and to protect the legacy of Jigoro Kano. ?Kyuzo Mifune and Kazuo Ito followed the teachings and advice of Jigoro Kano and years after his death they continued to teach the world a Judo complete, including in their works and videos various types of techniques that are not used today in sports Judo, as for example dislocations of dolls, knees, ankles, atemi waza and different forms of self-defense. FOR ORDERS IN NORTH AMERICA VISIT KIAIBUDOSHOP AUTHORS: BRUCE R. BETHERS, JOSE A. CARACENA AND GABRIEL GARCÍA BOOK COLOR.

In April 1927 the master Jigoro Kano created an institute within the Kodokan to preserve the traditional martial arts of Japan. He set up a room for the study and research of Koryu Bujutsu and invited different masters of these ancient arts to put them at the service of Judo. Jigoro Kano fought tirelessly for Naginata, Bo, Yari, Katana and Aikijujutsu to be integrated into the usual practice of Judo Kodokan. Advantageous students of Jigoro Kano learned together with the best representatives of Katori Shinyo Ryu, Daito ryu Aikijujutsu, Shinto Muso ryu, etc. Several times a month they met with Kano to show him their progress. After the Meiji restoration, Japanese society largely rejected traditional military arts, this situation worsened in the Taisho period with the increase in trade with the West and the assimilation of its customs. Given the rapid expansion of Judo as heir to Jujutsu, Kano realized the need to maintain and preserve other koryu as well. In this work we carry out the study of the creation of the Kobudo Kenkyukai and the most relevant members who belonged to this special section of the Kodokan, contributing ancient documents of Jigoro Kano. We also summarize the techniques of

Kenjutsu, Bojutsu, Naginatajutsu, Sojutsu and Aikijujutsu that were practiced at the Kobudo Kenkyukai. We continue working so that the traditional judo and the legacy of Jigoro Kano become part of the current Judo.

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The Contact Combat System of the Israel Defense Forces

The Essence of Brazilian Jiu-Jitsu

The Twenty Guiding Principles of Karate

A History of Judo

Theory & Technique

The Toughest Man Who Ever Lived

As first teaching lesson in Judo begins with the fundamentals of Judo, I also thought to write book on Judo after teaching judo for more than 32 years to university level judo players. The Judo fundamentals are to be taught to any beginner for making his base strong, so that he/ she may be able to train himself or herself for international competitions in a better way after understanding the basic fundamentals. The teaching of fundamentals of Judo should receive great attention and importance by the Indian coaches. I have made sincere effort to enrich its content incorporating the latest information available with print and electronic media on various aspects of the fundamentals of Judo. The language being used is simple for better understanding of beginners and students of Physical Education undergoing professional courses of physical education in India. Presents a training guide to krav maga weapon defenses, and includes information on weapon awareness training, control holds, defense against continuous attacks, and hostage situations. The effectiveness of Jiu-Jitsu in real fights came into prominence in the early 90's when jiu-jitsu expert Royce Gracie won the "Ultimate Fighting Championships fighting" against much larger opponents. This book is a must for all martial artists regardless of their style. With more than

1,000 photos and a clear and descriptive narrative, *The Essence of Brazilian Jiu-Jitsu* is one of the classic books about this martial art system.

This classic interpretation of Miyamoto Musashi's famous *Book of Five Rings* is intended specifically for the martial artist—as Miyamoto Musashi originally intended. It explains the underlying truths necessary for a full understanding of Musashi's message for warriors. The result is an enthralling book on martial strategy that combines the instincts of the warrior with the philosophies of Zen Buddhism, Shintoism, Confucianism and Taoism. It is a crucial book for every martial artist to read and understand. Like the original, this classic book of strategy is divided into five sections. The *Book of Earth* lays the groundwork for anyone wishing to understand Musashi's teachings; the *Book of Water* explains the warrior's approach to strategy; the *Book of Fire* teaches fundamental fighting techniques based on the Earth and Water principles; the *Book of Wind* describes differences between Musashi's own martial style and the styles of other fighting schools; while the *Book of No-thing* describes the "way of nature" as understood through an "unthinking" existing preconception. Famed martial artist and bestselling author Stephen Kaufman has translated this classic without the usual academic or commercial bias, driving straight into the heart of Musashi's martial teachings and interpreting them for his fellow martial artists. The result is an enthralling combination of warrior wisdom and philosophical truths that Musashi offered to other warriors who wished to master the martial way of bushido.

Practice, Competition, Purpose

Legacy of the Samurai

Kazuo Ito Goshin Jutsu - Traditional Judo (English)

The Way of Judo

The Martial Arts of Ancient Greece

A Biography of Jigoro Kano

In a clear and easy-to-follow format, Grand Master Helio Gracie addresses different aspects of the Brazilian jiu-jitsu method that bears his name. Learn how to systematically progress and technically improve mat game, regardless of background or grappling ability.

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. Jigoro Kano (right; in 1870 at age ten) was small as a child, which gave rise to his determination to study jujutsu. In his early twenties, he combined the best of what he had assimilated and founded modern judo. A professor at the age of twenty-five, he played an important educational role in transforming Japan from a country ruled by the samurai into a modern nation. Revised and updated, the classic guide to the techniques, philosophy, and applications of iaijutsu--the art of self-defense with the Japanese sword. The 25th anniversary edition of the best-selling, highly acclaimed classic *Flashing Steel* introduces updated techniques, drills, and practices for students and practitioners of iaijutsu (or iaido). This complete essential resource on the Japanese sword arts expands on the two previous editions with additional practices, deep attention to foundational elements, and practical techniques--including 55 ways of deploying a samurai sword in self-defense. Expanded and revised, the memorial edition of *Flashing Steel* includes updates on promotion guidelines, tournaments, extended series of solo quick-draw exercises, and more, plus two added sets of solo techniques and three added sets of partner exercises to develop timing, distance control, angles of attack and defense, mental focus, and attitude. It provides a deep survey of fundamentals like training progression, preparation, etiquette, and proper sword nomenclature. Students will learn realistic defense and attack scenarios with wider applications to martial arts like kendo and aikido, while absorbing the philosophical tenets that inform and infuse the warrior's life with meaning and fulfillment. Organized into 23 chapters with black and white photographs throughout, this anniversary edition also includes an expanded history of iaijutsu, and an updated biography and tribute to the late Masayuki Shimabukuro, with personal anecdotes from the making of *Flashing Steel* that reveal his life and character.

Modern Fighting Techniques from the Age of Alexander

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The Gentle Art of Persuasion

The Complete Kano Jiu-Jitsu (Judo)

Legacy - Prof. Jigoro Kano

Writings from the Founder of Judo

The practice of judo katas has changed over time as a result of perceived purpose. The chapters in this anthology were written by seven authorities in judo history and practice. Their writings clarify the purpose of kata and thus its mode of practice and their place in competition. In 1926, a contest occurred in which thirty-seven of the finest judoka in Japan competed before the Emperor Hirohito. The first chapter by Robert W. Smith details the techniques utilized by each master and also compares their skills with today's judo practitioners. The next two chapters by Dr. Llyr Jones and Biron Ebell deal with the transmutation of judo over the decades. Both authors give ample support that the original guidelines have evolved into competitive sport resulting in a substantial decline in the number of adults practicing judo. Where does kata stand in judo practice today? Dr. Lance Gatling reports on The First Kodokan Judo International Competition (2007). He outlines the background of the competition, the competitors, the motivations for this competition, the historical development of judo katas, and their importance to the correct study of judo. Dr. Llyr Jones' next chapter has two objectives: to explain the purpose of kata in judo, and to critically evaluate the concept of kata championships. To achieve these objectives, Jones offers personal comments, observations from rare Japanese source material, as well as insight into the thinking of world-renowned judo experts. Linda Yiannakis provides two insightful chapters. Her first chapter presents a conceptual framework for examining principles of judo throwing techniques. The principles are classified as primarily structural, operational, or contextual in nature. In her second chapter, she points out that martial artists are acutely aware of the need to develop a sense of timing for the best possible moment to apply techniques in free play or contest. This chapter examines some critical features of patterns and rhythms in a variety of contexts and provides a few basic exercises for the development of awareness and use of rhythm, patterns, and timing in judo. Jones, Savage, and Gatling present an in-depth study into Kodokan Goshin-jutsu—a Kodokan judo exercise formally established in 1956 to teach the principles and techniques of self-defense against unarmed and armed attacks, and to meet modern lifestyle needs. Their chapter reviews the place of Goshin-jutsu among the Kodokan katas, and then summarizes the history its creation. A description of the exercise's structure and technical contents follows, along with an in-depth explanation of its principles and associated teaching and learning challenges. This also includes a review of the most reliable learning texts in Japanese, English and selected other Western languages. Kodokan Goshin-jutsu's

performance aspects are considered next. An objective assessment of its practical self-defense effectiveness follows, before finally conclusions are drawn. The short final chapter by Dr. Jones is on Kodokan judo's Nage-no-kata (forms of throwing) and Katame-no-kata (forms of control). Their study helps facilitate the development of free practice (randori) skills. Many look at judo studies as including three dimensions: free-practice, competition, and forms. Kata practice is vital to the other two. If you are involved with judo, this anthology will deepen your purpose and inspiring your practice.

????????????????????Judo A Samurai LegacyLulu.com

The best guide to learning jiu-jitsu ever written in English, this is the most comprehensive study available. It describes the authentic form of judo developed in the late 19th century by Professor Jigoro Kano - not the many imitations often called by this name. Officially recognized by the Japanese government as the preeminent school of jiu-jitsu, the Kano system was the method in which Japanese armed forces and police were trained. The complete system of 160 holds and throws is clearly explained, with 487 photographs and four charts providing further clarification. Pressure points, balance, falling, and every other important aspect receives full and complete treatment. The first section presents 60 "tricks" of combat in strict sequence that prepare for part two, in which readers learn how to apply the advantages of the tricks they've learned. The third section deals with highly scientific tricks of combat, by which an opponent may be incapacitated - and the methods of kuatsu, or resuscitation, by which a fallen opponent may be revived. Martial arts students at every level of experience will find this classic guide a source of valuable information and instruction.

Throughout his life, Jigoro Kano worked continuously for the diffusion, promotion and improvement of the ?Kodokan Judo ?. Since its founding in 1882 as a modern and evolved system of Ju-Jitsu, Kano provided not only an extensive technical curriculum, but also a philosophical approach, which made Kodokan Judo somewhat different from the warrior arts of the past. There are many documents currently available to the judo enthusiast, and it is relatively easy to get a general idea of Master Kano's thinking. But there are old writings, phrases, tips, maxims and proverbs that are hardly known today, unknown to most, all of them written directly by Jigoro Kano, where we learn through his thoughts the traditional principles of Kodokan Judo, competition, techniques of self-defense, social and family relations, proper time use and ultimately how to be useful in society among many other aspects. We have had the opportunity to

gather all this material and through this work we have put it to the full service for all lovers of martial arts. We also include photos of the founding master of Kodokan Judo, some of them unpublished. Desiring that this work is to your liking, we recommend you to carefully read each sentence, each line and each paragraph, then you will perceive the enormous capacity and richness of the thoughts of a man who was ahead of his time to leave us as a legacy this beautiful art: Kodokan Judo.

Karate-Do

Redirecting Behavior with Words

Uchimata

SportsWorld

A New Generation of Warriors

Mastering Eishin-Ryu Swordsmanship