



# Judo and Japanese Culture



## My Interest

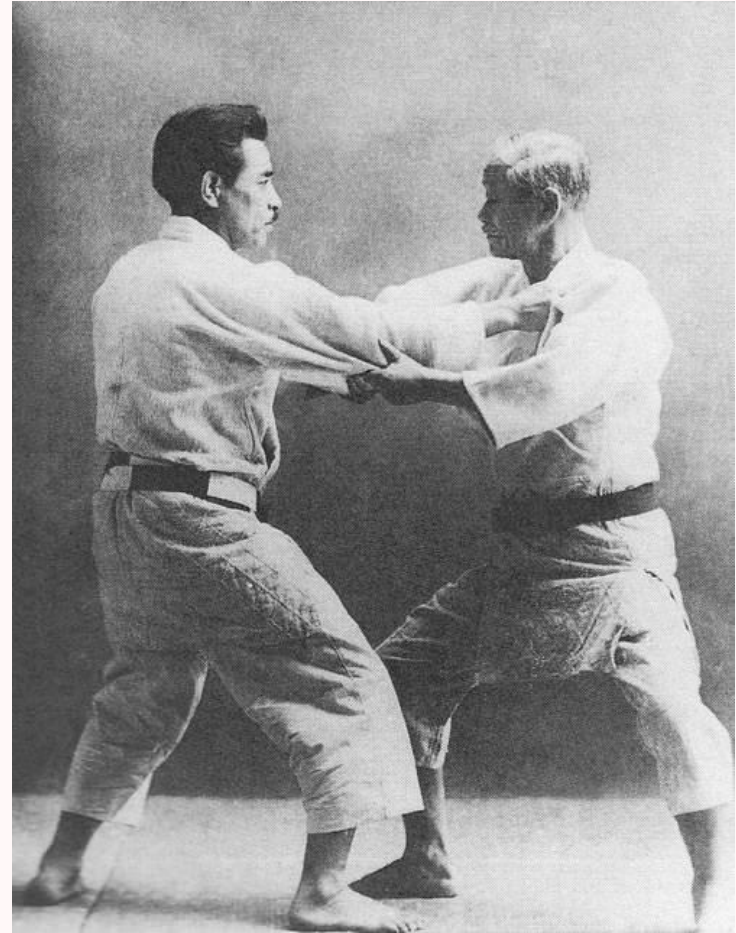
I have done Judo for around 6 years, starting at the end of 2014. Since then, it has remained a pretty big part of my life as I not only learned self defense, but also grew as a person.



To be promoted from one rank to the next, you have to know some of the history of Judo, so I wanted to take a closer look at that history.

## Research Question

How did Judo affect Japanese  
Culture?



# The Decline of the Samurai and Jujutsu



- The Edo or Tokugawa period from 1603-1867.
- Samurai were one of four recognized social classes
- Jujutsu was widely practiced



Due to the Meiji Restoration the popularity of the samurai and Jujutsu declined.

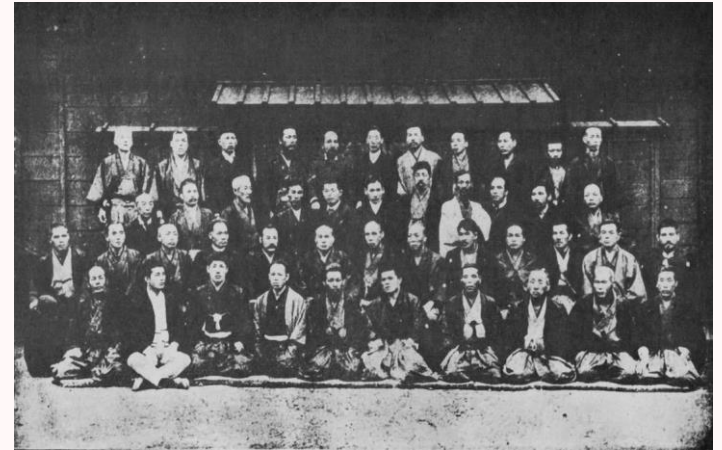
Cites: History.com, Encyclopædia Britannica, Encyclopedia Japan

# The Creation of Judo



Judo was created by Jigoro Kano in 1882. Kano used techniques from traditional Jujutsu, and mixed it with his own ideas saying it was better for modern people.

The first Judo dojo is still open today and is called the Kodokan, translating literally to "A place to study the way," Judo meaning "The gentle way."

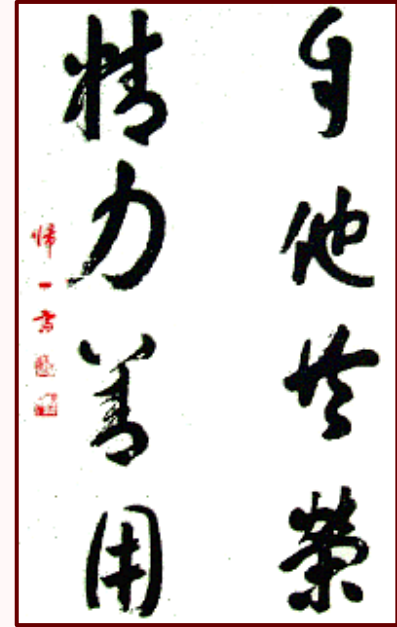


# what is Judo?

on the surface, Judo is a way of combat and self defence

"Judo is a way to effectively use both your physical and spiritual strength. By training you in attacks and defenses, it refines your body and your soul, and helps you make the spiritual essence of judo a part of your very being. In this way you are able to strive towards self perfection and contribute something of value back to society."

Cites: [goltzjudo.com](http://goltzjudo.com)



Seiryoku zenyo, "Maximum efficiency, minimum effort," and jita kyoei, "Mutual welfare and benefit."

# How Did Judo Affect Japan?



Kano is named "the father of Japanese physical education."

Cites: Kodokan Judo Institute

Kano helped found the Japan Amateur Sports Association, and in 1909 became the first Asian member of the International Olympic Committee



## How did Japanese Culture Affect Judo?

Judo was created as a more refined and modernized version of Jujutsu, it took out many of the dangerous techniques and made it into something more similar to the life of a samurai.

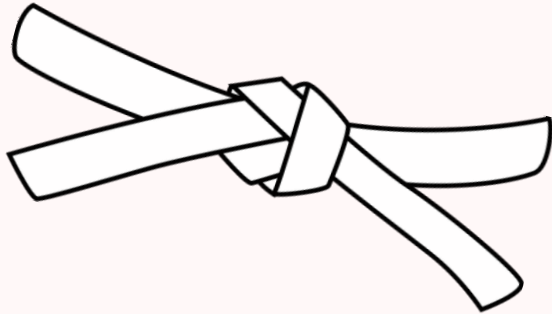
This reflected the time in Japan, the Meiji Period was a time of modernization and imperialization for Japan, as they just became recognized as one of the 5 great powers. This was to avoid western imperialization that was happening to many places including China during the time, the Japanese had to modernize their way of life, and the evolution of the traditional Jujutsu techniques into Judo greatly reflects the ideas of the time.



## Conclusion



Japanese culture of the time had more of an effect on judo than judo did on it. At the time, Japan was modernizing to avoid western imperialism, and there was a natural progression for jujutsu to modernize into judo, just as many other aspects of the Japanese lifestyle had changed and modernized following the Meiji Restoration.



*Thank*

*You*

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## More Information on Cassidy

- [Photos at My Judo Dojo](#)
- [Interview on Judo's Meaning to My Life](#)
- [Her Mom's Comments on LinkedIn](#)

