Martial Arts；Judo（柔道）
Theory and Practice

Tsukuba Summer Institute
9:00 to 10:00  Sunday, 29th July

Martial Arts；Judo
Theory and Practice

Shusaku KIRYU
- Faculty of Health and Sport Sciences
  Junior Assistant Professor
  Kodokan Judo 5th dan
Theme : Feel Judo !!

Program

1 Let’s survey!  “Jigoro KANO” and “Jujutsu”
2 Let’s try!    “Reiho” (Bowing) and Techniques of “Jujutsu”
3 Let’s survey! Techniques and Historical of “Kodokan Judo”
4 Let’s see!    “Kuzushi”(Balance-breaking) and “Nage-waza”
5 Let’s try!    “Nage-waza”(Throwing techniques)
6 Let’s survey! KANO’s thought “What is his hope for Judo?”
7                          Question and answer
Musashi OGURA

- Kodokan Judo 3rd dan
- 66kg category
- Ryotokuji gakuen
- All Japan Judo Federation-Certified Athlete
  (Selected 7 person in 66kg category)

Result
- All Japan University Judo weight class championship (66kg, 1st, 2008, 2009, 2011) etc...
Staff

- Jotaro TAKEDA
  - Faculty of Health and Sport Sciences
  - Junior Assistant Professor
  - Photographer
1 Let’s survey!
“Jigoro KANO” and “Jujutsu”

Jigoro KANO (1860 – 1938)
- Height: 158 cm
- Weight: 58 kg
KANO’s diary
Jujutsu
- With armour -
Jujutsu
- Ordinary clothes 1-
Jujutsu
- Ordinary clothes 2-
Keikogi
2 Let’s try!
“Reiho” (Bowing) and Techniques of “Jujutsu”
3 Let’s survey!
Techniques and Historical of “Kodokan Judo”

The Eishoji Temple, founding site of the Kodokan
Kuzushi
Ukemi
Kata
4 Let’s see! “Kuzushi” (Balance-breaking) and “Nage-waza”
5 Let’s try!
“Nage-waza” (Throwing techniques)

Hiza-guruma
Let’s survey!

KANO’s thought “What is his hope for Judo?”

Don’t forget respect for opponent
Consideration for others
Do my best!  Get over own weakness!!
Ju-no-ri
Seiryoku-zenyo

Jita-kyoei