

Course Name - Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (5)

Topic Name: Judo

Lecture No.: 39

Lecture Title

JUDO – I

F.A.Qs

Q:1 When does Martial Arts developed its roots?

Ans - In our western culture we can date the development of martial arts such as archery and wrestling to ancient Greece. There is evidence that martial art training dates to Babylonian times. It is generally accepted that the martial arts developed its roots in ancient China among the monks who used weapon less fighting techniques to protect themselves.

Q:2 Which were the most common jujitsu forms?

Ans: The most popular were takenouchi-ryu, jikishin-ryu, kyushinryu, yoshin-ryu, mirua-ryu, sekiguchi-ryu, kito-ryu, and tenshin-shinyo-ryu.

Q:3 What was the name of kano's judo school?

Ans: Kano established his Judo school, called the Kodokan, in the Eishoji Buddhist temple in Tokyo which grew in size and later moved. The first Kodokan had only 12 mats (12 feet by 18 feet), and nine students in the first year. Today the Kodokan has over 500 mats and more than a million visitors a year.

Q:4 What are the main reasons for learning Judo?

Ans - There are many reasons for learning Judo. Judo provides exercise, relaxation, sport, an interesting challenge, balance, coordination, self-protection and self-confidence. It also offers a fellowship unlike other sports, and develops a keen desire to coordinate mind and body. One soon realizes that sheer weight, height, strength, and age are not the governing factors of one's ability.

Q:5 What were the main development in Judo?

Ans - There have been two main developments in Judo over the years. The first was the introduction of weight categories. In the early days, weight differences were not considered important. Everyone fought everyone else, with the result that, if two players were equally matched in skill, the bigger man usually won. The second development was the teaching of Judo to children. In the early days, it was thought much too dangerous to teach children because they would not have the self-discipline to avoid using it outside the club.