

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

Summary

The English term “martial arts” is derived from Latin for “arts of Mars” - Mars being the Roman God of war. There is evidence that martial art training dates to Babylonian times. 1532 is considered the beginning of Japan's jujitsu forms.