

**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.: 40**

### **Lecture Title**

### **JUDO - II**

### **Summary**

All Judo techniques (wazas) are divided into various groups. Throwing Techniques: Nage-Waza, Standing Techniques (Tachi-Waza), Hand Techniques (Te-Waza), etc. Judo is a relatively modern martial art that was developed in Japan by Professor Jigoro Kano, who was born in Kikage near Kobe in 28th October 1860. As a competitive sport it took a while to make waves until the All-Japan Judo Championships were inaugurated in 1930. There are three types of score athletes can achieve in a judo bout. There should be one or two scoreboards to show the state of play.