



# MY FAVOURITE SPORT IS JUDO

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R-11.



# History of judo

- The origin of Japan's martial arts
- The takenouchi-ryu martial art system founded in 1532 is considered the beginning of Japan's Jujitsu forms. Judo was derived from Jujitsu, the art for either attacking others or defending oneself with nothing but one's own body.

# Judo



My favourite sport is Judo.

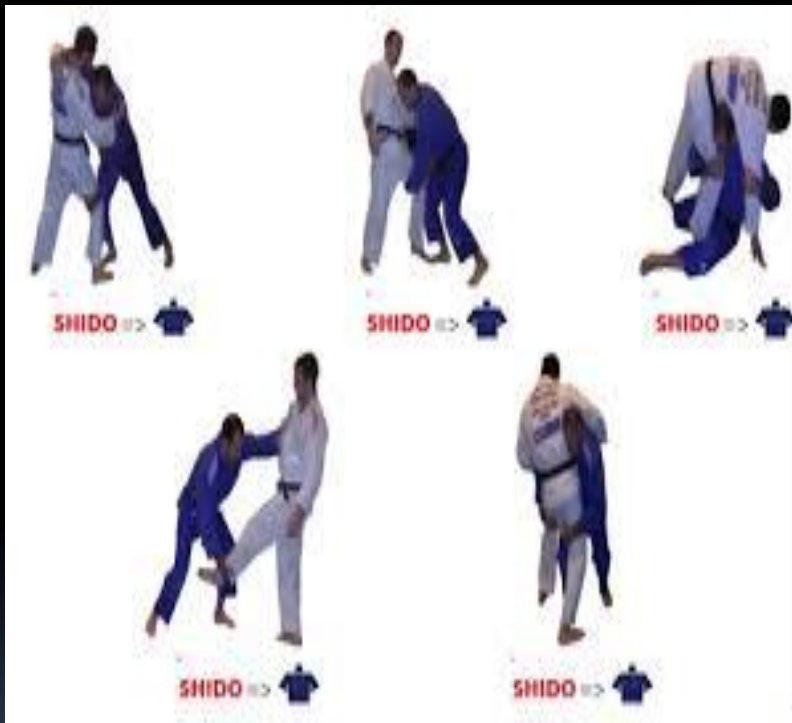
Judo, meaning "gentle way" is a modern martial art, an Olympic sport, created in Japan in 1882 by Jigoro Kano.

A judo practitioner is called a judoka. I like this sport very much.

As an exercise, it is very healthy for the body.



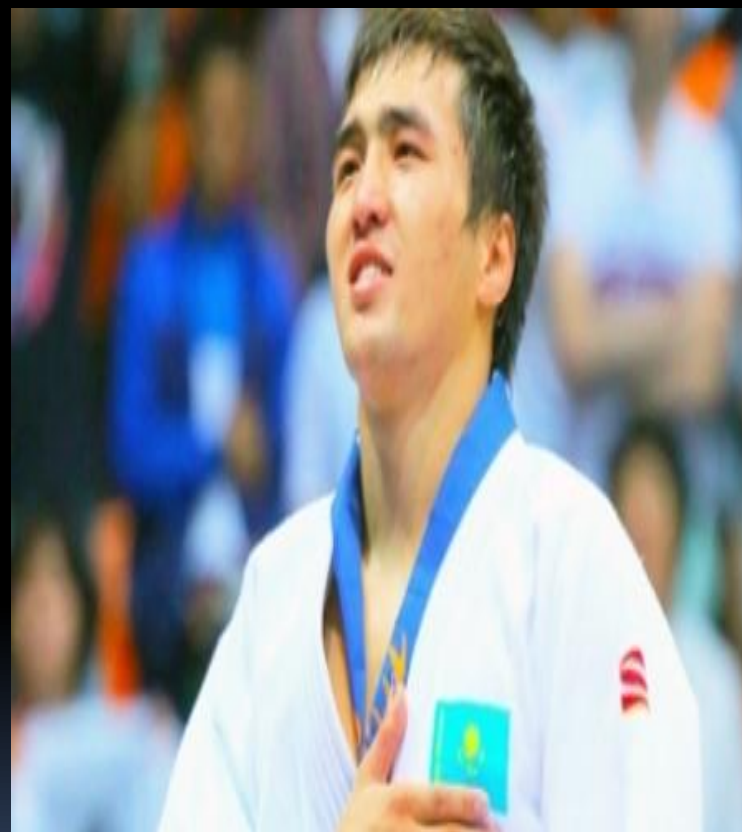
# Judo tactics



# Our judokas



**Smagulov Zhansai**



**Smetov Yeldos**



- Ashat Zhitkeev



- Ibraev Rustam