

Judo



Judo (Japanese 柔道 ju: to: literally - “The Soft Way”; the Russian translation is often used as the “Flexible Way”) - Japanese martial art, philosophy and combat sports without weapons, created at the end of the 19th century on the basis of Japanese jujutsu martial artist Jigoro Kano



The birthday of judo is considered the day Kano founded the first Kodokan judo school (講道 (ko: do: kan, Institute for the Study of the Way) in 1882.

Judo in Russia and the USSR

In Russia, until 1914, judo was practically unknown, although individual judo techniques taken from self-defense books by the American officer Gankok have been studied at the St. Petersburg Police School since 1902 [9]. The development of judo in Russia and the USSR is primarily due to Vasily Sergeyevich Oshchepkov.



Judo in the world

As of June 2010, the IJF includes 198 national judo federations [21]. In total, about 28 million people practice judo in the world, 8 million of them in Japan [17] and about 200 thousand in Russia [22]. According to the International Federation of Amateur Wrestling (English) (FILA), judo, along with Greco-Roman wrestling, freestyle wrestling and sambo, is one of the four most popular types of wrestling in the world [23].



Class for classes

Judo classes are held on the tatami, judokas practice barefoot. As training clothes, a variety of training suit (keikogi) is used - judogi. Judogi consists of a jacket, pants and a belt. The classic judogi is white, but in international competitions held by the IJF, participants are dressed in white



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