



American Judo

A Journal of the United States Judo Association

Fall/Winter 2005/6



Photo courtesy of the International Judo Federation (IJF)

Outside gate of Eishoji temple where the Kodokan was founded



Photo courtesy of the International Judo Federation (IJF)



Photo courtesy of the International Judo Federation (IJF)

Professor Jigoro Kano in his thirties (above circa 1890) and later in life (left circa 1936).

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On the cover: a photo of a young Jigoro Kano from the archives of the IJF. Photo is courtesy of the IJF.

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United States Judo Association
21 North Union Boulevard
Colorado Springs, Colorado 80909 USA
Telephone: USA +1 719-633-7750
Fax: USA +1 719-633-4041
USJA Web site: <http://www.USJA-Judo.org>

Constance H. Halporn, Director of Publications
American Judo Magazine
Email: americanjudomag@gmail.com

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USJA Director of Publications
halporn@hotmail.com

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AJ - Back when you first started to be a referee, how did you train to become a referee?

Initially, I followed my teacher's instructions. As most people know having played and competed in judo, you are exposed to the rules at tournaments. If observant, you notice how the referees do what they do. So most of us learn a great deal from "modeling" (copying what we observe). Experiencing yourself and watching your teammates you see hundreds if not thousands of throws and called scores at tournaments and begin to develop your own sense of what an Ippon, Waza-ari, Yuko and Koka is. Watching the referee's calls and your sensei or other senior teammates agreeing or disagreeing, you begin to mold your paradigms (models) for each score.

I also started to attend referee clinics and asked question of the more experienced referees.

One thing I found out early was that it is important to expose yourself to different environments offering different expert resources. So being close to New York I started to travel to New York and referee at tournaments there.

It provided a different look at refereeing and more resources and guidance to become a better referee. It is not good to be exposed to only one source for your information on the rules of Judo or receive referee performance evaluation from just one person. New and experienced referees need to expose themselves to as many sources as possible to expand their knowledge and skills and reach their fullest potential as a referee.

AJ - Is there something you did to become a more capable referee, such as watching videos of tournaments, be critiques by other referees, read referee training manuals?

Initially we had no video (consumer), it didn't exist. So I relied on feedback and critique from more senior referees.

I always asked questions. I always asked for feedback from senior referees. Sometimes senior referees are busy refereeing themselves or taking care of other business. Most have learned not to provide unsolicited opinions. So if you want their comments I found I had to constantly ask them to watch me referee.

One thing that I have done is read the rules over and over. Before every tournament I read the rules. There is so much information in the rules if the referee takes the time to study the rules. As I became better I traveled more for critique from higher level referees. I attended National Level Referee Clinic and Seminars. I continued to teach Judo and attend competitive and technique clinics during this period.

As video became available I did use it I had someone videotape my refereeing and then reviewed it at home. This Is a very valuable learning exercise. I even reviewed the videos with senior referees for their

comments. Regional and National referees should use this type of learning exercise also to help improve their referee performance.

As I reached the IJF-B level myself and several other (IJF-B and some IJF-A) up and coming referees formed a friendship and a small club we dubbed the "Killer Bs". After each day of the Senior Nationals or U.S. Open and other big events we would go out to dinner and critically tear apart each of our performances during the day and finals. This was merciless at times, but we were among friends and knew the ultimate goal was to improve and have a lot of fun.

Develop friendships with other Local and Regional referees and work together and support each other as you improve your refereeing skills. After tournaments, go out to dinner as a group and in addition to your regular conversations, critically analyze each others performance. Ask about unusual refereeing situations you were involved with or you saw. Use your regional referee authority (IJF-A, IJF-B, PJU-C or National or even a respected senior Regional Referee) as a resource for interpretation of the rules and to provide critical evaluation of your refereeing performance at each tournament.

If you really want to improve then find someone (qualified) who will provide constructive feedback and seek to be evaluated at every tournament you can. The fastest way to improve performance is to receive quality feedback as much as you can or as much as you can take. Practice helps, but guided practice helps much more.

There were no referee training manuals back in my formative refereeing days. I wrote in 1980 the "Referee's Expected Behaviors- The Psychomotor Domain" which is available through the USJA. This booklet is for the Regional and National Referee. It provides insight into one of three domains of Learning as it pertains to refereeing Judo.. New and local referees may find it useful, but it is beyond the basics.

The IJF also has a Referee Manual available for download at their website: www.IJF.org.

The IJF Referee Rules should be downloaded from the IJF web site and then studied thoroughly over and over again.

I am finally working on a Referee Basic Primer for the new referee.

Two questions removed.

AJ - Ok, let's say that I'm a person in an average local Judo club and I'd like to become a referee (and eventually even become certified), how would I get started if there are no certified referees in my club or nearby?

The first step is to get your sensei's support if you are not the sensei of the club. The next step is to download and print out the latest version of the Refereeing (Contest) Rules from the IJF Web Site. Also download the IJF Referee Manual from that site for study and review. Begin to study the rules thoroughly. During the last part of Randori at practices have a couple of contests at the end for competitor training and also for referee training.

Crazy as it may sound when at home in front of a full length mirror practice the referee gestures and commands several times a week. It is like uchikomi for the referee.

Go to the local tournaments and contact the local or regional Referee Chairman, Senior Referee, Chief Referee to ask how you go about getting involved with refereeing. If you have many years in Judo and are a black belt, the Chief Referee may simply ask you if you are comfortable to go onto the mat and referee. If you are, then show up in the proper referee uniform. That is gray slacks (medium shade), white short sleeve dress shirt, black tie, black (two button) blazer and black socks.

If you believe you need more time then come to the tournaments and sit next the Chief Referee so he can provide comments about what is happening on the mat. He may assign you to a National referee or strong regional referee to provide training before getting onto the mat. It is better for the competitors if you are not ready, NOT to referee.

The Chief Referee will generally put you on with a seasoned veteran referee as a tutor and monitor. New referees will be allowed to referee the 6-9 year old divisions to start. If the tutor/referee and Chief Referee feel you are doing well enough they will allow you to continue to referee. If you do not do well they will ask you to sit out the 12-16 year old junior and senior divisions.

If this happens, I recommend you "attach" yourself to a high ranking referee who is willing to help you and watch and listen. There are many times a Local, Regional and National referee has sat next to me and asked to listen to my comments about what is going on during a specific contest. This is a tremendously successful learning tool.

I ask the referee to watch a specific mat and then comment on decisions made and what should be called, the timing and placement of Matte, on time or late osaekomi and toketa calls, missed or good calls on penalties and the referee's position, mobility (movement) and posture. It also provides a learning venue for procedural accuracy and accurate gestures. Sitting in the stands or going home doesn't help you learn to referee.

Attend the morning clinics at the tournaments. Find out when and where any referee seminars may be held. Generally there are only one or two of these a year in most areas. Attend as many tournaments as possible.

You can start refereeing at the club level at any age. For certification one must be 16 years old.

AJ - Ok, now that I have gotten started, what do I do next?

Keep refereeing at more and more tournaments. Seek guidance and feedback to become better. Continue to study the rules. Venture out from your own area and referee in neighboring State's tournaments.

If the area you are in has an organized referee program then you will be made aware of any referee examination that may be available. I recommend you ask the Chief Referee/Referee Chairman if you should try for the examination. Each region gives their examinations according to their own schedule. Most areas only offer a referee exam once a year. When the Chief Referee or you feel you are ready you should try for the examination.

The USJA Referee Certification Program offers four levels of certification. Local is the first level. There is no rank requirement, but you must be 16 years of age. There is a fee, a 50 question multiple choice written examination and a practical examination, which can only be done at a sanctioned tournament. So certification cannot be given at a clinic or camp unless a sanctioned tournament is held in conjunction with that clinic or camp. Candidates must be current members of the USJA. Only National Referees and above can conduct Referee Certification Examinations.

The next level is Regional 1. You must have been a Local Referee for at least one year. There is no rank requirement and a minimum of 16 years of age must be met.

Regional 2 is the next level, then the highest Regional 3. You must spend at least one year at each level and constantly improve your performance, knowledge and skills.

When you reach Regional 3 and have spent a year at that level improving your abilities you can look at taking the National Referee Examination.



Park Yong-Sung Sees Great Future for Judo

(The Korea Times - IJF) Park Yong-sung, President of the International Judo Federation (IJF) and member of the International Olympic Committee, has always been a sports enthusiast. In all his years as a part of the top management of Doosan Group, and a lover of sports, Park has contributed significantly to the development of Korea as an important part of the global sports community.



Courtesy of The Korea Times and the IJF

The following are excerpts of an exclusive interview by The Korea Times on Park's insights into his future role in the international sporting arena. _ ED.

The Korea Times (KT): How do you evaluate your performance as president as the International Judo Federation over the past 10 years?

Park Yong-sung: When I was first elected as the President of the International Judo Federation (IJF) in 1995, none of us could have envisioned what the last ten years would bring.

Since 1995, the member National Federations of the IJF have made great progress from a minor, often-overlooked International Federation to a healthy, respected, transparent and financially-strong member of the Olympic Family. Now, because we have faced challenges with resolve, we have historic goals within our reach, and greatness in our future. We will build a greater legacy for the next generation of judokas to continue what we have accomplished today.

In the work that we have done, I have been fortunate to have been supported by my family, my company and a strong Executive Committee. This will be the basis for continuing our vision for the IJF into the next millennium. We will ensure that our sport is always included in the Olympic Programme of the Summer Olympic Games and the legacy of Jigoro Kano immortalized.

KT: What has the IJF done in recent years to promote judo as a global sport?

Park: Financial strength has always been a consistent theme during my Presidency. It has also been the backbone for the creation of Judo solidarity,

developmental and technical programs which have improved the level of Judo throughout the world. Today, we are beginning to realize the value of those investments in our member National Federations. For the second consecutive Olympic Games, Judo had the most number of countries winning medals in one event. Twenty-four member National Federations won medals at the Athens Olympics.

Innovation and technological development have made our sport more popular today than ever in our history. The introduction of the Blue Judogi has clearly been a positive influence in improving the attractiveness of our sport to television viewers and live audiences. The IJF Internet Web Site has also been influential in introducing the day-to-day activities of our sport to a new, sophisticated audience throughout the world. We continue to be one of the most-visited International Federation websites in the Olympic Programme today. New innovations to our regulations and sports organization such as the computerized referee draw system and Golden Score are taking our sport into the next level of sports programmes within the Olympic Family. We have much to look forward to in the future.

KT: Where does judo stand as a sport as far as the Olympic Games are concerned?

Park: The greatest accomplishment over the last ten years has been to solidify our position within the Olympic Programme. Ten years ago, it was clear that Judo was at risk of being removed from the Olympic Programme.

Today, in large part due to the support of the member National Federations, two members of the Executive Committee, Mr. Lassana Palenfo, President of the African Judo Union and I, are members of the International Olympic Committee. We also continue to enjoy the support of judokas in the IOC including Patrick Hickey and Judo Legend, Anton Geesink. A strong Judo presence within the IOC has strengthened our position as a sport within the Olympic Programme. However, our work is far from over. The IOC has announced that it will continue to review the Olympic Programme and five new sports including one combat sport are viable candidates to replace weaker federations and sports in the Olympic Games.

My plan for the future begins with providing financial security and creating opportunity to ensure that we are always included in the Olympic Programme.

KT: What are you and the IJF doing to develop the sport of judo for the younger generation?

Park: As I've traveled the world, I've met many young judokas who told me that their dream was to win a medal at the World Championships or Olympics for their country. The path to our future begins with our

youngest judokas. To build a more hopeful judo world, we must help our children reach their goals as far as their character can take them. Our youngest judokas are our future and we will create the path of promise for them to achieve their highest goals.

Today we have reached a time for hope. The next millennium will be our sport's transformation into the next, great Olympic sport of the Summer Olympic Games. A young visitor from Ireland who was watching the Judo Competition at the Athens Olympics for the first time said to me, "Judo was the only event that I went to where I felt the true Olympic competitive energy."

By promoting our innovations, technological developments and young judokas, we will build a more hopeful, brighter Judo universe where new fans can discover a truly special sport. By continuing to make financial progress we will build a stronger foundation for advancing the development of our National Federations and Continental Unions. This is the dream and vision of our International Federation and I am confident that we will together move forward for the future of our sport.

KT: Can you explain the details of recent events surrounding the Doosan Group?

It is certainly regretful that the Doosan Group, which I manage, has been the topic of criticism in recent days. However, I am focusing on the fact that Doosan needs to remain strong as the 10th largest conglomerate in Korea and steps shareholders and I have taken thus far are in recognition of this reality. In this, there are no regrets. We will resolve the issues at hand with the highest level of transparency and principle.

Conflicts concerning the operation of companies occur in any country under different circumstances. There is no reason to render more meaning to the ongoing dispute than necessary.

However, what needs to be taken into context is that the dispute arises from the desire of one of the smallest majority shareholders of Doosan to exercise control, seeking to manage one of the most important subsidiaries. In other words, certain members of the Doosan family tried to grasp control of a corporation that is owned jointly by a number of major shareholders.

Whether or not the division of the Doosan corporate network is legitimate, or what value it brings, the reality is that the initiative runs against the corporate principles of a company that has been in existence for 109 years (from 1896). Virtually all majority shareholders of Doosan have opposed such separation of ownership.

These developments at Doosan have had absolutely no effect on my capacity as president of IJF and I am determined to exert my most worthy efforts in the promotion of judo as a global sport.

KT: What are your plans in terms of campaigning for the top job at the IJF?

Park: I have been meeting actively with leaders in the international judo circle and preparing programs for the development of the exciting sport in the global arena. As part of these endeavors, I met with Yoshinori Takeuchi, president of the Judo Union of Asia and Yukimitsu Kano, president of the Japan Judo Federation this week. I am also meeting with Palenfo, president of the African Judo Union in Paris to discuss the advancement of judo in the global arena.

All in all, I believe that I have a strong backing from the international judo community for my reelection as president of IJF. Eight of the 10 members of the IJF Executive Committee are pushing for my reelection as are representatives from the unions of Oceania, Asia and South Africa.

On Sept. 5, national federation representatives will be reflecting on the performance of the candidates for the presidency of the IJF in Cairo. I stand firm behind my belief that one has to make optimal efforts to achieve desirable goals.



A Special Experience: Judging at the Israeli Special Olympics Judo Competition

By Yudit Sidikman

I must admit that as a special education instructor, I have always been able to look at the cup as half full rather than half empty. In my mind, this is a very important trait for all teachers in general and special-ed. teachers in particular. In essence, holding onto this belief turns every accomplishment on the part of your student into drops of water that slowly go beyond the half way point reaching for the top of the cup. It is immensely rewarding watching the cup fill over the years.

This year was different. On a very deep level, even better than previous years. This year, I was able to look at myself and honestly say, I was born for this.

When did this epiphany hit me? It hit as I stood on the mat at the Israeli Judo Nationals as a referee for the Special Olympics Judo Contests. For the first time in my life, I really felt that everything had come together. Twenty some odd years of teaching and advocating for special education, twelve years of martial arts and self-defense training, a deep love of Judo as the best way to fulfill ones potential no matter who you are, 19 years of being a parent just simply melded into one great sense of self purpose. It was an awesome, and humbling experience.

Why Judo? What does Olympic Judo, National Judo, competitive Judo have anything to do with people with disabilities? I mean, really, why should the world of Judo care about these kids? These adults? In my humble opinion for one reason only. This is what Jigoro Kano, the founder of Judo, was all about. Kano's goal, as I understand it, was to develop a system that was good for anyone and everyone who wished to improve their strength, agility and ability to defend themselves. It was a system meant to help

each individual achieve his or her own personal best. It was not a system only for elite athletes but one that was meant to talk to all populations, even women. At that time this stood it apart from other systems of training.

Judo is about learning to use your own body to its best ability. When I stood there on the mat in April and watched the contestants, with varying degrees of cerebral palsy, crawl out onto the mat with huge grins on their faces my world shifted. I saw what determination is. I saw what dedication is. I also saw joy and the greatest sportsmanship I have ever seen on a Judo mat. I look forward to continuing my training as a referee for special populations. If you want to see what Judo is really about, come watch a Special Olympics match one day.

It will change you too.



IJF Hall of Fame in Paris

PARIS (IJF) - In 2004, nearly five years after the IJF Congress approved the creation of the IJF Hall of Fame, the opening of the IJF Hall of Fame took



place in Paris, France within the Judo Institute of the French Judo Federation during the weekend of the Paris Open International Judo Tournament. For the last five years, the Hall of Fame had been hosted at

the IJF Internet Web Site at www.ijf.org featuring the profile of the first inductee into the IJF Hall of Fame, the founder of Judo, Professor Jigoro Kano of Japan. Last year at the Osaka Congress, the late Honorary President, Charles Palmer, OBE and Judo Legend and IOC member, Anton Geesink became the next two inductees into the Hall of Fame.

The idea behind the IJF Hall Of Fame was to celebrate and commemorate the best sportsmen and women in Judo. In Judo, anybody can send a nomination to the IJF and this nomination is reviewed and voted upon by the IJF Hall of Fame Selection Committee composed of the IJF Executive Committee, the IJF Commission Members and the IJF Commissioners.

The history of modern judo spans well over fifty years. In that time it has gone through many manifestations and changes in style, but most importantly whatever athlete or country you support it's also produced some exhilarating moments and some magical athletes -- and continues to foster exciting legends for the future.

That's why honoring our heroes, officials and benefactors in the "International Judo Federation Hall of Fame" is so necessary at present through the magnificent new location within the Judo Institute in Paris that will become a shrine for fans and an exciting new leisure complex in its own right.

The permanent site, celebrating the spirit and enjoyment of the game itself is showcase for the chosen few who can truly be called legends.

Inductee - Jigoro Kano



Jigoro Kano was born on 28 October 1860, in what is currently the East Nada district of the city of Kobe. These were the last days of the Tokugawa military government, and it was a period of many distrust and anti-government

activities. In comparison, it was also the year that Lincoln became President of the United States. Kano's birthplace was well known for sake brewing, and the Kano family was affluent as sake brewers. His mother died when he was ten years old. In the new age, his father became an officer of the Meiji government, and for that reason they moved to Tokyo when he was 11. In his schooling, Kano showed a particular affinity toward languages. At the age of 15, he entered a foreign language school, and in 1877, he entered

Toyo Teikoku (Imperial) University, which is currently Tokyo University. Today, Tokyo University is the premier university in Japan, and his entrance to this university was a tribute to his academic



abilities and commitment to education. Although he was the founder of Judo, Kano's superior academic record is also notable, and his language abilities were exceptional. In fact, it is a widely known fact that many of Kano's original notes written during his study of Jujitsu and during its transformation to Judo were written in English instead of his native Japanese. While one of the reasons for this practice was not only to keep his ideas to himself during these years of intense rivalries among Jujitsu schools, it also served the purpose of allowing for the blending of old with new, of forcing new ways of thinking, and of forging new methods and techniques of training.

As the Founder of Kodokan Judo

As started earlier, after Kano developed an interest and studied it earnestly along with his academic subjects. When he entered Tokyo Teikoku University, his earnestness toward study became particularly strong. In 1879 while he was in school, Kano participated in a Jujitsu demonstration with his instructors in honor of General Grant, former President of the United States. At the university, Kano studied subjects such as political science, economics, moral education, and aesthetics, and during this time, he began to hold especially strongly the value of education - learning from others, and then teaching others. In 1882, he established Kodokan and worked to spread Judo as its master. This was because he found in judo something very spectacular, and decided to dedicate his life to the spread of Judo as its teacher. Turning His Passion to the Spread of Physical Education Jigoro Kano considered education to be base on three components - the education of knowledge, the education of morality, and physical education. The education of knowledge involves the improvement of one's knowledge; the education of morality involves the fostering of one's moral awareness; and physical education involves the training of one's body. Despite the fact that, within Kodokan Judo, physical education is an important factor, Kano also placed a lot of effort into the training of physical education instructors at the Secondary Teacher's School.

When Kano became the principal of the Secondary Teacher's School, he established a physical education department there, and started using a variety of sports as subject matters. A grand sports festival was held, and within the school, a number of sports sections including new sports from abroad were born, including tennis, baseball, football, and boating. Because of these activities that spread sports and physical education both inside and outside the school, Kano gradually became famous in the public's eye.

photo courtesy of the IJF

Inductee - Charles Palmer



The late Charles Palmer of Great Britain served as IJF President for fourteen years from 1965 through 1979 during which time he was appointed OBE by the Queen of England. Mr. Palmer was an active member of the international sports community having served

as the GAISF General Secretary and in various other international sports organization posts. After Mr. Palmer stepped down as the IJF President in 1979, he was honored with the IJF Honorary President title and along with fellow IJF Hall of Fame inductee Anton Geesink, was awarded the IJF 10th Dan at the 1999 Ordinary Congress in Birmingham, Great Britain.

The new inductees to the IJF Hall of Fame were confirmed at the IJF Ordinary Congress on the 8th of September 2003.

Inductee - Anton Geesink



photo courtesy of the IJF

Anton Geesink of Holland was a three-time World Champion having emerged victorious in 1961, 1964 and 1965. However, he is most remembered for his victory that shocked the world when he won the

Olympic Gold Medal at the Tokyo Olympic Games in 1964 in front of the Japanese faithful. Mr. Geesink served the IJF as its Education Director from 1985 through 1989 and has also served as a member of the IOC from 1987. His election as a Judoka marked the second time in the history of the IJF that a judoka was elected as a member of the IOC. Anton Geesink holds the IJF 10th Dan and is still heavily active in the IJF and IOC.



Rules of the Dojo

by Kyuzo Mifune (1883-1965), 10th Dan



Kyuzo

Mifune with Jigoro Kano

To master an actual technique, mental culture should come first. Acquiring a technique requires a careful, modest, non-mean, free and attentive mind. In other words a player should do his utmost and nothing less.

.....Kyuzo Mifune

Have no falsehood in mind.

Ruluctance or deceit are not conducive to the inner harmony required by Judo practice.

Do not lose self-confidence.

Learn to act wholeheartedly, without hesitation. Show reverance toward the practice of Judo, by keeping your mind in it.

Keep your balance.

The center of gravity follows the movement of the body. The center of gravity is the most important element in maintaining stability. If it is lost, the body is naturally unbalanced. Thus, fix your mind so that your body is always in balance.

Utilize your strength efficiently.

Minimize the use of strength with the quickest movement of body. Acknowledge that what is



called stillness and motion is nothing but an endlessly repeated process.

Don't discontinue training.

Mastery of Judo cannot be accomplished in a short time. Since skills depend on mental and physical application, constant training is essential.

Keep yourself humble.

If you become self-centered, you will build a wall around yourself and lose your freedom. If you can humble yourself in preparation for an event you will surely be better able to judge and understand it. In a match, you will be able to detect the weak point of your opponent and easily put him/her under control.

Kyuzo Mifune (1883-1965)

Kyuzo Mifune began Judo at age 13 and joined the Kodokan in 1903. By 1912, he was already a Rokudan (6th Degree black belt) and a Kodokan instructor. He was unbelievably energetic and eventually stood at the head of the Kodokan's instructors. The speed with which he mastered the techniques of Judo can only be matched by the rapidity of his promotion. He received the grade of 10th dan on May 25, 1945, was the second youngest man to be promoted to 10th Dan, and he held his rank nearly 20 years, the longest of any 10th Dan. He was a permanent member of the Kodokan Dojo Consultative Group. He is the author of the "Canon of Judo". In 1964 the Japanese Government awarded him the honor of the Order of the Rising Sun. He was the first person ever to be honored this way during his lifetime. Before his death on January 27, 1965 he was the only tenth dan alive in the world.



Photo courtesy of the IJF

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Historical Judo Photos



Above: 1933 photo of Jigoro Kano (center) with 10th dans Kunisaburo Iizuka (front row second from left), Hajime Isogai (rear left), Hidekazu Nagaoka (rear row second from left), and Yoshiaki Yamashita (rear row second from right). Photo courtesy of Neil Ohlenkamp <http://www.judoinfo.com>

Below right: US President Theodore Roosevelt (1800-1910) send this autographed photo to President Theodore Roosevelt, for instance, was a practitioner of judo, having learned it from



Jigoro Kano's student,



Yoshiaki Yamashita. Photo courtesy of the IJF. Above 15. Kodokan's main training hall circa 1900. Photo courtesy of David S. Hofhine www.swordpolish.com