

Judo history and concept

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jūjutsu

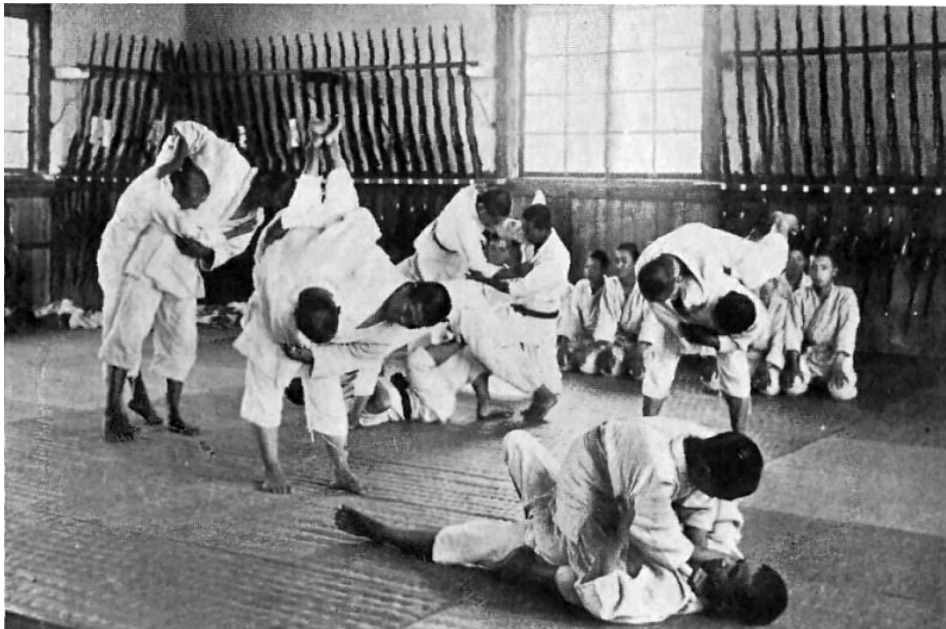
ju (柔): soft, gentle, yielding
jutsu (術): "art or technique"

From the Kamakura period (1185–1333) until the Edo period (1603–1867), Japan was ruled by the samurai, a class of professional warriors.

The term Jujutsu has been employed since then together with Kenjutsu (fencing), Sojutsu (spear exercise) and Kyujutsu (archery). As "jutsu" means "art or skill," this word meant respectively the study of how to kill the opponent or how to let the opponent lose his attacking force or how to defend oneself and win the fight.

These studies advanced during the time when military arts prevailed and in Jujutsu, too, there were many branches originated.

The era of samurai rule came to an end with the Meiji Restoration of 1868, when Japan modernized from the Edo period to the Meiji period (1868–1912) and Western culture began working its way into Japanese society.



Jujutsu training at an agricultural school in Japan around 1920

Kanō Jigorō



Kanō Jigorō, 1860 - 1938, Founder of judo

Kanō Jigorō, the founder of judo as we know it today, excelled in schoolwork but had an inferiority complex about his small physique, so he became an apprentice of Fukuda Hachinosuke, a master of the Tenjin Shinyo-ryu style of jujutsu, when he was 17 and worked to become stronger. In May 1882, he took the best elements of each jujutsu style and combined them into a single new school. He was only 21 years old at the time.

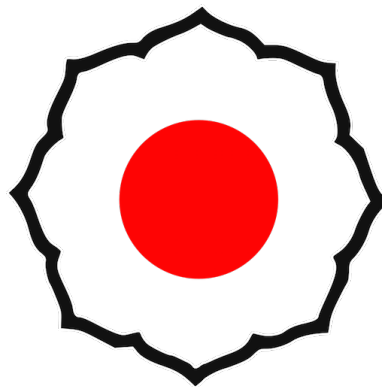
In his view, judo training is to teach physical and mental discipline through the practice of attack and defence, leading to an understanding of the essence of the way. One thus attains completion of self, and contributes to the wellbeing of society at large.

kōdōkan

kō (講): to lecture, explain, or teach

dō (道): way, path, or philosophy

kan (館): building, hall, or institute



"Institute of Martial Way" or "Place for the Study of the Way."

The red circle expresses an iron-core that is fired, and the white outward means the floss silk that wraps the core. The floss silk is pure white and has toughness although it is soft. The more one forges iron, the more it becomes strong. The symbol expresses the idea that Kodokan members should always have the following spirit: Soft-outward and hard-inward. That is to say, they should have a mighty heart and strengthened physical ability while they behave softly, calmly and rightly to others. The symbol was made in 1940 improving a symbol that was set by Kano Shihan in the early days of Kodokan. It expresses the spirit of soft-outward and hard-inward. The flower-shaped outward expresses a flower shaped mirror that means trainees should have always Shihan's words in their mind.

jūdo

jū (柔): soft, gentle, yielding
do (道): way, path, or philosophy



"the gentle way"
or "the way of yielding."

The idea of a martial art that emphasizes using an opponent's force against them, rather than directly opposing it.

Judo principles



In traditional Kodokan Judo there are no "specific Judo values" beside of the three principles.

jita kyoei

Mutual welfare and benefit

Protecting your partner

Giving and receiving feedback

Respecting your partner

Maintaining composure and sportsmanship

seiryoku zenyo

Principle of the soft, flexible, adaptable

Using throws that require less strength

Capitalizing on an opponent's mistakes

Maintaining proper posture and balance

Breathing correctly

ju no ri

Best use of energy, maximum efficiency

Using throws that utilize the opponent's momentum

Maintaining relaxed posture and body control

Adapting to different opponents
Using kuzushi (off-balancing) to create opportunities

Judo the sport



The International Judo Federation is composed of National Judo Federations and Continental Unions. Each National Federation must be recognised as the sole federation authorised to represent its country in international sporting bodies by its Olympic Committee, which itself is duly recognized by the International Olympic Committee.

VISION

Making Judo a leading Olympic sport accessible in all regions of the world, for all categories of the population and contribute to a better global society.

MISSION

To spread the values of Judo throughout the world and inspire generations for a healthy life based on solid moral principles, to offer guidance and leadership for its stakeholders while preserving the integrity of the sport and of the athletes, as well as all its members and to organize entertaining events for fans and public for a better dissemination of the Judo principles.

GOALS

The IJF has the following aims, without this constituting an exhaustive list:

- To promote cordial and friendly relations between its members, to uphold proper operating procedures of the member Federations and Unions to lead and organize judo activities throughout the world.
- To protect the interests of judo throughout the world.
- To organize IJF events, to supervise events organized by its members and to participate in the organization of Olympic events.
- To develop the practice of judo throughout the world for all categories of the population.
- To establish rules for practicing judo and the rules applicable to International competitions organized or recognized by the IJF.
- To improve the quality of judo training.
- To supervise the awarding of grades, including “dan” ranks, and their compliance with IJF rules.
- To promote the ideals and objectives behind the Olympic movement.

Judo Code of Ethics

Also, Judo Code of Conduct or Judo Moral Code

POLITENESS	(rei-gi)	It is respect for others
COURAGE	(yû-ki)	It is doing what is right
SINCERITY	(Sei-Jitsu)	This is to speak truthfully
HONOUR	(mei-yo)	This is to be true to your word
MODESTY	(ken-kyo)	This is to talk about yourself without arrogance or impatience
RESPECT	(son-kei)	Without respect there is no trust
SELF-CONTROL	(ji-sei)	This is to remain silent when negative feelings rise
FRIENDSHIP	(yû-jô)	This is the purest human feeling

Self control is a form of courage.
Politeness, sincerity and modesty are forms of respect for others.
Honour is a form of self-respect.

The Judo Code of Ethics was created in 1985 by Bernard Midan and adapted by Shozo Awazu. The Code was based on the code of honor and ethics of the National College of Black Belts, which was proposed by Jean-Lucien Jazarin, and on the text of Nitobe, "Bushido The Soul of Japan".

Later the Judo Code of Ethics was adopted by the IJF as the Judo Moral Code.

When Jigoro Kano created judo, he wanted to create a way of physical and spiritual education that was "adapted to the education of an entire nation." Since its creation, the teaching of judo has been accompanied by the inculcation of strong moral values in judoka. Some of the values of judo are therefore directly derived from bushido.

The best-known of these is perhaps the fact that young judoka are taught that it is "wrong" to flee from a fight. In fact, in a judo class, when another judoka comes to ask you to be his partner for a randori, you have no right to refuse, even if you know that he is much stronger than you.

The respect and trust that one shows to one's opponent in a judo match are essential. In fact, when a judoka throws his opponent, he must keep control of his grip, and most grips require holding the opponent so that he falls "correctly." Otherwise, the opponent could be seriously injured. Arm locks could easily dislocate or sprain the opponent's joints. Chokes, if executed incorrectly or poorly controlled, could also be very dangerous. But the respect and trust of the judoka towards another judoka during a match are absolute.

In judo, moral values are more important than the technique itself. The many bows are the most visible sign of the respect that governs judo.



Politeness

It is respect for others

Politeness is a core value in judo because it is essential for creating a safe and respectful environment. It manifests itself in both words and actions.

The practice of politeness

Embrace respect for all. Treat all everyone, regardless of skill level, experience, or age, with respect.

Mind appropriate behaviour in a given context. This includes being quiet when others are talking, lining up for practice, and following the instructions.

Use polite language. Speak respectfully to everyone, avoiding vulgarity or disrespectful remarks. This means using polite words and phrases.

Express gratitude to your instructors, coaches, and fellow practitioners for their guidance and support. Also acknowledge and express gratitude to polite behaviour or respectful actions toward self.

Be respectful of our opponents, both during and after practice. This means avoiding unnecessary contact, not using excessive force, and congratulating opponents on their victories.

Express mutual respect. by welcoming open communication, active listening, and constructive feedback.

Be punctual and reliable.

The practice of politeness in the dojo

Follow the instructions of the instructor and wait for the given opportunity to ask questions.

Line up for practice in a neat, orderly and quiet manner.

Avoid making unnecessary noise or distractions in the dojo.

Show respectful behaviour towards each others and the dojo. Practice proper bowing, attentive listening, and helpfulness, demonstrating humility, respect, and consideration for others.

Be punctual and reliable. Show up regularly and punctually for training sessions, demonstrating responsibility and respect for your fellow judokas and instructors.

Congratulate our opponents on their victories and accept defeat gracefully as a way for self growth.

Show courtesy in competition. Maintain composure and sportsmanship. Avoid excessive celebrations after victories or displays of disappointment after defeats. Respect your opponents and officials, demonstrating fair play and integrity.

Say please and thank you when asking for help or receiving help.

Say "how are you?" when greeting their instructors and other judokas.

Developing politeness

Creating a situation or an environment to encourage sincerity from others helps us to seek for truthfulness.

Environment to develop politeness

Encourage judoka to be respectful of their opponents, both during and after practice. This means avoiding unnecessary contact, not using excessive force, and congratulating opponents on their victories.

Encourage students to greet each other and their instructors with a bow. This is a traditional Japanese greeting that shows respect and deference.

Promote appropriate behavior in the dojo. This includes being quiet when others are talking, lining up for practice, and following the instructions of the instructor.

Use positive reinforcement to encourage polite behavior, such as praising students for their respectful actions.

Environment building politeness in the dojo

Encourage students to say thank you when asking for help or receiving help.

Encourage students to line up for practice in a neat and orderly and quiet.

Encourage students to congratulate their opponents on their victories and accept defeat gracefully.

Encourage students to say "how are you?" when greeting their instructors and other students.

Encourage students to follow the instructions of the instructor without question.

Encourage students to avoid making unnecessary noise or distractions in the dojo.

Tips applicable to teach politeness

Create a positive and respectful learning environment. This will help judoka feel comfortable expressing themselves and interacting with others in a polite manner.

Celebrate acts of politeness. This will help to reinforce the importance of politeness and encourage students to continue to act in a polite manner.

Incorporate politeness into the curriculum. This can be done by discussing the importance of politeness in judo and by incorporating etiquette exercises into practice sessions.

Courage

It is doing what is right

Courage is fundamental in judo as encompassing both physical and mental bravery. It is the ability to face challenges and overcome obstacles with determination and resilience. True courage is not about being fearless; it is about having the strength of character to confront fear, self-control, wisdom, and a deep understanding of one's limitations and abilities.

The practice of courage

Face self fears head-on and don't let them dictate actions.

Practice honesty with self and others, even when it is difficult to do so.

Stand up for what is right, even when it is unpopular.

Embrace a growth mindset. View challenges as opportunities for learning and improvement. Be willing to step outside of your comfort zone and try new things.

Show selflessness and compassion by helping.

The practice of courage in the dojo

Train diligently and consistently, even when it is challenging.

Face our opponents with respect and determination.

Never give up or surrender during randori or shiai (competition) with modesty.

Accept defeat gracefully and learn from its teaching.

Be willing to learn from your mistakes and improve our skills.

Support our fellow judoka and help them to succeed.

Developing courage

Creating a situation or an environment to develop courage helps us to be resilient.

Environment to develop courage

Foster a supportive and encouraging atmosphere where people feel comfortable taking risks and trying new things.

Encourage people to push their limits and challenge themselves to improve.

Celebrate successes and provide constructive feedback on mistakes.

Role-model courage in our own behavior and interactions with people.

Create opportunities for judoka to practice courage in and out of the dojo.

Environment building courage in the dojo

Let judokas know that we are welcome to make mistakes and that we are here to support each others.

Encourage judokas to push their limits by providing a tailored path.

Everyone feels nervous before sparring. Physical and mental preparation are keys.

Tips applicable to teach courage

Emphasize the importance of courage in judo and its role in personal growth.

Share stories of courageous judokas, both past and present.

Create scenarios that challenge judokas to overcome their fears.

Provide opportunities for judokas to reflect on their experiences and identify ways they have demonstrated courage.

Sincerity

This is to speak truthfully

Sincerity is a core value in judo that is essential for building trust and respect. It is the quality of being truthful and genuine.

The practice of sincerity

Embrace self-reflection. Take time to reflect on thoughts, feelings, and motivations. Understand what we truly believe and value, and identify any gap between our inner self and our outward expression.

Value integrity. Strive to maintain consistency between our words and actions. Be true to our commitments and follow through on our promises. Integrity builds credibility and respect.

Challenge insincerity. Recognize and challenge insincerity in our own thoughts and actions. When we notice ourselves being manipulative, deceptive, or withholding, we should make a conscious effort to be more genuine.

Be honest and truthful in our communication, both with ourselves and others. Avoid making excuses, hiding our true intentions, or telling white lies. Honesty builds trust and strengthens relationships.

Embrace vulnerability: Be open and honest about our imperfections and vulnerabilities. Sharing our authentic self with others fosters deeper connections and builds trust.

Be authentic in our expressions. We should express our thoughts, feelings, and opinions genuinely, without fear of judgment or criticism. Authenticity allows us to connect with each other on a deeper level.

Listen actively. Pay attention to what others are saying, without interrupting or forming counterarguments. Active listening demonstrates respect and encourages open communication.

The practice of sincerity in the dojo

Lead by example. As a judoka, we all set an example for others. Be sincere in our own behaviour and encourage others to be sincere as well.

Be honest in our interactions with others. This includes being truthful about our thoughts, feelings, and abilities. There is no need to exaggerate our accomplishments or hide our weaknesses. Be honest in our feedback to others, and be open to receiving feedback ourselves.

Avoid making excuses. When one makes a mistake, he or she takes responsibility for it and learns from it. Don't try to blame others or make excuses for our actions.

Incorporate the principles of judo into our daily life. Be sincere in your interactions with others, both inside and outside of the dojo.

Be authentic in our expression of judo. Don't try to imitate others or copy techniques that we don't understand. Developing our own style and approach to judo is to be true to our own strengths and abilities.

Seek feedback from sensei and fellow judokas. Be open to constructive criticism and use it to improve our judo.

Focus on effort over perfection. Judo is a journey of continuous improvement, not a destination. Don't get discouraged by setbacks or imperfections. Focus on giving our best effort in each training session.

Developing sincerity

Creating a situation or an environment to encourage sincerity from other helps us to seek for truthfulness.

Environment to develop sincerity

Encourage accuracy and meaning about what one say by improving language and communication skills. That will help seeking and acquiring truthfulness.

Focus on effort over perfection. Emphasize the importance of putting forth sincere effort in judo training, rather than obsessing over perfection. Encourage to embrace challenges and strive for continuous improvement, recognizing that progress stems from genuine effort.

Encourage to take responsibility for self actions including about admitting mistakes. This creates an environment where sincerity is valued and supported.

Celebrate authenticity and originality. Encourage self-expression in an authentically manner in judo practice, rather than copying techniques or imitating others. This is to promotes originality and creativity, nurturing a genuine connection to the art.

Encourage and welcome honesty in self-assessments. This will help one to accurately gauge self progress and make adjustments as needed.

Encourage honesty with instructors about injuries and limitations. This will help focusing on tailored instructions and steps while keeping initial goals.

Environment building sincerity in the dojo

Establish clear expectations for honesty and integrity. Judokas should understand that honesty is valued in judo and that there are consequences for being dishonest.

Provide opportunities for judokas to practice being sincere. This can be done by discussing honest topics in class, role-playing situations that require honesty, or giving students opportunities to be honest with each other.

Celebrate acts of sincerity. Recognizing and appreciating judokas for their sincerity can reinforce the importance of honesty and encourage them to continue to be truthful.

Encourage judokas to extend the principles of judo etiquette to their daily life. This promotes sincerity and respect in all aspects of one's life.

Address instances of dishonesty promptly and effectively. When judokas are dishonest, it is important to address the situation in a firm but fair manner.

Create a safe and supportive learning environment. Judokas should feel comfortable being honest without fear of ridicule or criticism.

Tips applicable to teach sincerity

Praise for sincere behaviour. Most people don't want to lie, they want to be recognised. When one demonstrate sincerity, it is important to show acknowledgement and appreciation of one's honesty.

Create a positive and encouraging environment. Foster a supportive and encouraging environment in the judo dojo, where practitioners feel safe to express their sincerity. This supportive atmosphere promotes emotional resilience and encourages students to embrace challenges with courage.

Celebrate acts of courage. Publicly praising for a courageous behavior can reinforce the importance of courage and encourage to continue to step outside of one's comfort zones.

Encourage to focus on one's own personal growth rather than on comparing to others. This will help develop a healthy sense of self-esteem.

Honour

This is to be true to your word

Honour is a central value in judo that nurture a sense of integrity, fairness, and respect for others.

The practice of honour

Value humility by resisting the temptation of excessive self-satisfaction. Honour comes with modesty in recognising self strengths and weaknesses while maintaining a humble attitude.

Be honest and truthful. Honour requires to be genuine and truthful in all interactions. Avoid dishonesty, deception, or misleading others.

Prefer a consistent commitment, ethical and honourable behaviour to temporary actions.

Be responsible and accountable by taking responsibility for self actions and decisions. Acknowledge mistakes and accept the consequences.

Be fair and just by treating others fairly and impartially, regardless of their background or status.

Strive for excellence and continuous improvement in all life aspects.

Uphold integrity in maintaining ethical principles and acting with integrity in every situation. Avoid taking shortcuts or engaging in unethical behaviour.

Build on mutual respect by treating others with dignity, consideration, and empathy, regardless of their differences.

Be mindful of the impact of words and actions on others.

The practice of honour in the dojo

Embrace the concept of "Rei" (Etiquette) that encompasses respectful behaviour towards self, fellow judokas, and the dojo environment. Practice proper bowing, attentive listening, and helpfulness to demonstrate humility, respect, and consideration for others.

Uphold the spirit of mutual benefit and cooperation among practitioners (Jita Kyoei). Focus on helping your fellow judokas improve, rather than seeking personal glory or recognition. The first step is being a good uke.

Practice self-discipline and self-control. Refrain from impulsive actions or disrespectful behaviour, upholding the values of integrity and respect.

Maintain respect and treat your fellow judokas with courtesy, regardless of skill level or experience. Avoid making disparaging remarks or comparisons, and strive to foster a harmonious and supportive training environment.

If you witness or experience disrespectful or dishonorable behavior, address it respectfully and responsibly. This helps maintain the integrity of the dojo community and upholds the values of judo.

Judo has a rich history and tradition that emphasises honour and respect. Learn about the history of the martial art and strive to uphold its values in your own practice.

During competitions, maintain composure and sportsmanship. Avoid excessive celebrations after victories or displays of disappointment after defeats. Respect your opponents and officials, demonstrating fair play and integrity.

Honor the Sensei by respect him as the custodian of judo knowledge and guidance. Follow instructions, show gratitude for the teachings, and treat him with deference and respect.

Developing honour

Nurturing honour in a dojo fosters a positive and harmonious learning environment that promotes personal growth and character development.

Environment to develop honour

Address dishonourable behaviour promptly when they arise. Address them respectfully but promptly. This helps maintain the integrity of the dojo and upholds the values of judo.

Foster a culture of open communication and respectful dialogue. Encourage people to share their thoughts, ask questions, and provide feedback on how to improve the environment.

Environment building honour in the dojo

Role-Model honour in everyday interactions
Instructors and senior practitioners should set an example of honourable behaviour by demonstrating respect, humility, and fairness in their interactions with others. Their actions will influence and inspire the behaviour of other judokas.

Instill honor in the Judo Code of Ethics.
Emphasize these values in the dojo and encourage judokas to internalize them in their daily lives.

Tips applicable to teach honour

We learn by observing the actions of others.
Authority figures should set an example of honourable behaviour in their everyday interactions. Be respectful, responsible, and fair, and encourage judokas to do the same.

When facing conflicts or challenges, guiding to find solutions that align with honourable values help understand that honourable behaviour can lead to positive outcomes, even in difficult situations.

Children begin to develop their sense of morality and values from an early age. Early exposure to concepts of honor can shape their understanding of right and wrong, leading to more honorable behavior in the future.

Encourage self-reflection to think about self actions and decisions, and how our behaviours affects others

Modesty

This is to talk about yourself without arrogance or impatience

Modesty is a core value in judo, which teaches respect for oneself and others.

The practice of modesty

Be humble by avoiding to think being better than anyone else. Self confidence does not lower the importance of humility. One should recognize that there are many people just as good or even better.

Avoid self devaluation. It's important to be able to recognize and appreciate self strengths, but one should not dwell on them or make it seem like they're the only thing that matters.

Recognize self limitations and strengths. Focusing on personal improvement rather than comparing oneself to others.

Focus on the process of learning and improving rather than the achievement only.

Seek guidance from experienced individuals.

The practice of modesty in the dojo

Adapt our judo to the context in term of self capabilities, weaknesses and strengths. Respect and protect each others.

Be accountable to the loss of capabilities when lacking the discipline of regular practice, wether mental or physical. Challenging ourself requires courage.

Seek feedback from sensei and fellow judokas. Be open to constructive criticism and use it to improve our judo.

Embrace the concept of "Jita Kyozei" (Mutual Benefit). Seek for mutual benefit and cooperation among practitioners. Focus on helping our fellow judokas improve, rather than seeking personal glory or recognition.

Be curious about what we feel uneasy to achieve.

Developing modesty

Cultivating modesty in judo involves embracing humility, acknowledging your limitations, and focusing on self-improvement rather than self-aggrandizement.

Environment to develop modesty

Acknowledge and celebrate individual and team achievements, but avoid excessive fanfare or gloating. Focus on the journey of continuous learning and improvement, rather than solely on results.

Encourage open communication, active listening, and constructive feedback among practitioners, while discouraging egotism and boasting.

Foster a culture of mutual respect and humility.

Environment building modesty in the dojo

Reinforce the importance of "rei" (etiquette), which encompasses respectful behavior towards oneself, fellow judokas, and the dojo environment. Encourage bowing, attentive listening, and helpfulness to promote humility and consideration for others.

Encourage self-reflection and humility during training sessions. Ask judokas to identify areas for improvement and focus on personal growth rather than comparing themselves to others.

Cultivate an attitude of gratitude and appreciation among judokas. Recognize the contributions of fellow practitioners, instructors, and the dojo environment in their personal growth and development.

Encourage judokas to bow to each other and to the kamiza before and after practice. This is a gesture of respect that reflects the values of humility and respect for others.

Encourage judokas to listen attentively and to practice with focus and dedication. This shows that they are taking their training seriously and are committed to improvement.

Encourage judokas to focus on their own personal growth rather than on comparing themselves to others. This will help them develop a healthy sense of self-esteem.

Create a positive and supportive learning environment. This will help judokas feel comfortable taking risks and making mistakes.

Celebrate small victories and milestones. This will help students stay motivated and proud of their accomplishments.

Tips applicable to teach modesty

Extend the principles of modesty beyond the dojo, applying them to daily interactions with others in personal and professional lives. This promotes harmony and respect in all life aspects.

Address any instances of immodest or disrespectful behavior promptly and respectfully. This demonstrates the importance of modesty and upholds the values of the group.

Respect

Without respect there is no trust

Respect is the quality of showing deference and esteem to others. It is the basis for all other virtues in judo, as it helps us to build relationships, foster cooperation, and avoid conflict.

The practice of respect

Being polite in speech and actions. This means using respectful language, avoiding making rude or offensive comments, and being considerate of others.

Listen one attentively. This shows value to one's perspectives and opinions.

Appreciate one's contributions by acknowledging one work and giving credit when deserved.

Be helpful and supportive. This means offering assistance when need it and being a good teammate.

Appreciate seniority, higher experience and hierarchy by acknowledging priority.

The practice of respect in the dojo

Bow to judokas before and after practice. This shows respect for the knowledge, the experience or the given opportunity to practice.

Be attentive to our instructor's instructions. This shows that we value their guidance and are willing to learn.

Celebrate the successes of our fellow judokas. This shows that we are supportive members.

Conduct ourselves in a dignified manner. This means avoiding excessive noise or distractions, and being respectful of the atmosphere of the dojo.

Be mindful of our own safety and the safety of others. This means avoiding dangerous techniques and being respectful of our opponent's space and personal boundaries.

Developing respect

Practicing respect helps self-discipline, foster a sense of community and guide through modesty.

Environment to develop respect

Creating a positive and supportive atmosphere. This means fostering a sense of community among students, and encouraging them to help each other learn and improve.

While resolving conflicts, be respectful of the other person's perspective, and try to find a solution that is mutually beneficial

Avoid making disrespectful comments or gestures.

Address instances of disrespect promptly and effectively.

Environment building respect in the dojo

Enforce the rules of respect in the dojo. This means addressing disrespectful behaviour promptly and effectively, and creating clear consequences for violations of the rules.

Be respectful of your partner's space and personal boundaries, and avoid using excessive force.

Cultivate knowledge and curiosity, acknowledge heritage and efforts made by others.

Tips applicable to teach respect

Address any instances of immodest or disrespectful behaviour promptly and respectfully. This demonstrates the importance of modesty and upholds the values of the group.

Use positive reinforcement to encourage respectful behavior

Explain the importance of respect.

Self-control

This is to remain silent when negative feelings rise

Self-control is the ability to manage one's emotions and actions. It is a key trait for success in judo, as it allows us to stay calm under pressure, make rational decisions, and avoid impulsive behavior.

The practice of self-control

Manage anger and frustration to remain calm and think clearly by observing thoughts without judgment.

Resist temptations and make healthy choices by setting and focusing of self goals.

Follow through on self commitments, even when they are difficult.

Set boundaries to respect values and self commitments. Saying no to temptations is also saying yes to self commitments.

Prioritise tasks and focus on what is most important.

The practice of self-control in the dojo

Remaining calm during randori, even when we are facing a difficult opponent.

Accept defeat gracefully and learn from our mistakes.

Remain respectful even in the heat of competition.

Maintain composure when we are injured and focus on getting medical attention.

Developing self-control

Self-control improves focus and concentration by increasing emotional resilience. It contributes to self-discipline efforts by resisting to temptations.

Environment to develop self-control

Addressing instances of impulsive or disrespectful behaviour promptly and effectively.

Set clear expectations to help understanding what need to be done and avoid behaving impulsively

Celebrating self-controlled behaviour when it is seen.

Create stressful situation to practice self-control.

Environment building self-control in the dojo

Enforce the rules of respect in the dojo. This means addressing disrespectful behaviour promptly and effectively, and creating clear consequences for violations of the rules.

Be respectful of your partner's space and personal boundaries, and avoid using excessive force.

Cultivate knowledge and curiosity, acknowledge heritage and efforts made by others.

Tips applicable to teach self-control

Be patient. It takes time to develop self-control, even with guidance.

Friendship

This is the purest human feeling

Friendship is a strong bond between judokas who share a mutual affection and respect. It can also help us to learn and grow as judoka.

The practice of self-control

Be kind and helpful to others. Friendship is about giving and receiving support.

Be sincere and respectful. Trust is the foundation of any good friendship.

Being forgiving of one's mistakes.

Appreciate friends for you they are. Make efforts to get to know them.

Appreciate friends' qualities and quirks.

The practice of self-control in the dojo

Support our training partners during randori by protecting them and help to improve too.

Respect and protect each other's privacy and boundaries.

Developing friendship

Learning friendship improves social interactions, motivation and resilience.

Environment to develop friendship

Create opportunities to get to know each others.

Encourage welcoming and respect.

Address instances of low friendship spirit or bullying promptly.

Celebrating friendships, there is no small occasion.

Environment building friendship in the dojo

Foster a sense of belonging and support even after practice or competition.

Create copying exercises.

Judo in Malta



Malta Judo Federation & Associated Disciplines

Since 1969

<https://www.maltajudo.com/who/history>



Malta Judo Academy



Judo Club Mellieha

History of judo

