

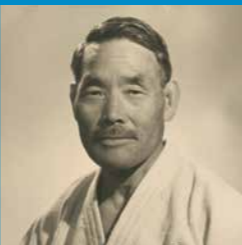
The Japanese method

Between May and October 1910 eight million people visited the Japan-British Exhibition in London. Designed to correct common misconceptions about Japan and foster a better understanding of all aspects of Japanese culture, the scale of the exhibition was huge. Spread over 140 acres in White City it included three reconstructed Japanese villages, 12 'historical tableaux' and two full-size gardens. Visitors viewed displays of Japanese manufactured goods and traditional crafts, and were entertained by acrobats, dancers and jūjutsu wrestlers.

Judo was devised by Jigorō Kanō (1860-1938) in the 1880s derived from more ancient forms of the Japanese martial arts known as jūjutsu. He described judo as 'not a mere sport or game. I regard it as a principle of life, art and science. In fact, it is a means for personal cultural attainment.' Today judo is widely practiced throughout Japan and the Kōdōkan, the school founded by Kanō in Tokyo, continues as a focus and inspiration for jūdoka around the world.



Judo in the UK



Gunji Koizumi (1885-1965) is known as the founding father of British judo. Born in a small village in Ibaraki Prefecture, north east of Tokyo, he trained as a telegrapher, taking up jūjutsu as a teenager. He made several trips to England in the early 1900s, participating in the Japan-British Exhibition as a martial arts demonstrator. After settling permanently in London, he established the Budokwai, the UK's oldest judo club, in 1918. Members

of the Budokwai shared an interest in Japanese culture. They were also enthusiastic jūdoka attending instructional classes and training in the club dojo. For over fifty years the Budokwai put on an annual display of judo and Japanese martial arts.

Koizumi taught judo in its purest form as a discipline of body and mind in balance. When Jigorō Kanō visited London in 1920 he approved of the work Koizumi was doing to popularise judo in the west. For the first half of the 20th century the Budokwai was viewed as the European centre of Kōdōkan judo.

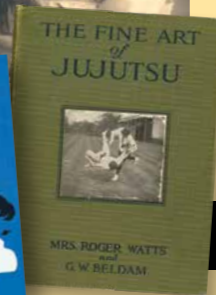


Women in judo

When jūjutsu was introduced to Britain at the turn of the 20th century, it was actively promoted to women. Based on techniques where the opponent's weight is used against them, it was considered an excellent way for women to defend themselves.

Women like Emily Watts and Edith Garrud became pioneers, learning directly from the Japanese masters and teaching other women. In 1906 Watts wrote *The Fine Art of Jujutsu*, one of the earliest books on technique in the English language. Garrud became a jūjutsu instructor to the Women's Social and Political Union, better known as the suffragettes.

During the 1930s Sarah Mayer (1896-1957), who had been training at the Budokwai, travelled to Tokyo and was given unprecedented access to the elite male enclaves of the Kōdōkan, not only practising with the men, but bathing with them too! She became the first Western woman to be awarded the honour of black belt. However, it was not until 1992 that female jūdoka first competed for medals at the Olympic Games.



International judo

Judo is one of Japan's most famous exports, but it remains quintessentially Japanese partly due to the principles on which it was founded. Jigorō Kanō declared that judo should be free from 'external influences, political, national, racial and financial, or any other organised interest. All things connected with it should be directed to its ultimate object, the benefit of humanity'.

Gunji Koizumi maintained strong links between the Budokwai and Japan. He also worked to build friendly relations with judo communities in mainland Europe. In 1951 Koizumi helped to set up the International Judo Federation. Today over 200 countries are members.

As the world's best-loved martial art, judo has a strong international profile with participation at all levels and ages on a global scale. It first became an Olympic sport at the Tokyo Games in 1964 and has been a Paralympic sport since 1988. Jūdoka representing 55 nations across five continents have won Olympic medals. No country has won more, though, than Japan.





The Richard Bowen (judo) collection

Richard 'Dicky' Bowen (1926-2005) trained at the Kōdōkan and represented Great Britain at the first World Judo Championships in 1956. He wanted to document the people, places, techniques, and ideas connected with judo as it had first been imported to the UK from Japan. He felt that the sport's roots might otherwise be forgotten. The collection he built is the only one of its kind in the country, comprising nearly 3,000 archival items and more than 400 published works, some of which have been used to illustrate this booklet.



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Judo glossary

Obi	Belt worn by judo practitioners; its colour indicates the wearer's level of competence.
British Judo Association	National governing body for judo in the UK founded in 1948.
The Budokwai	Oldest existing judo club in Europe; literally translated as 'the way of knighthood society'.
Dan	Judo ranking system associated with the wearing of the black belt; ranging from 1st Dan through to 10th Dan.
Dojo	Venue where judo is taught and practiced; literally translated as 'room to practice the way'.
Gunji Koizumi	Founder of the Budokwai and widely regarded as the father of British judo.
International Judo Federation	International governing body for judo founded in 1951.
Jigoro Kano	Renowned educator and founder of judo; the first Asian member of the International Olympic Committee.
Judogi	Clothing worn by judoka; traditionally white but blue judogi were introduced in international competition in 1988 for the benefit of television audiences.
Judoka	Person who practices judo; originally used to refer to a 4th Dan or above, it is now used for all judo practitioners.
Jūjutsu	The martial art of unarmed combat from which judo was developed; literally translated as 'art of gentleness or yielding'.
Kata	Series of pre-arranged exercises containing important technical principles of judo used to improve and perfect movement. Literally translated as 'form'.
The Kōdōkan	Institute in Tokyo founded by Jigoro Kano for the practice and study of judo; literally translated as 'the place to study the way'.
Kyu	Judo ranking system for beginners before they reach the level of Dan grade; often denoted by coloured belts.
Randori	Free practice or sparring that forms a major part of judo training sessions; literally translated as 'chaos'.

Find out more:

Richard Bowen (Judo) Collection:
www.bath.ac.uk/corporate-information/richard-bowen-judo-collection

The Budokwai:
<http://budokwai.co.uk>

British Judo Association:
www.britishjudo.org.uk

International Judo Federation:
www.ijf.org

The Kodokan:
<http://kodokanjudoinstitute.org/en>

British Society of Sports History:
www.sportinhistory.org

Sporting Heritage:
www.sportingheritage.org.uk



Judo:

A brief introduction

