

USA Traditional Judo Times

"Celebrating Over 136 Years of Judo"

The Official USA-TKJ Publication



The USA National Governing Body For Traditional Kodokan Judo

Welcome to USA Traditional Kodokan Judo..

We invite you to take some time to review this publication
and learn more about USA Traditional Kodokan Judo ®.

Our History - United States of America Traditional Kodokan Judo (USA-TKJ) ® was established in 2005. Over the past 13 years, [USA-TKJ](#) has provided multiple national training and certification programs for traditional focused judoka as well as competition training & events at the state, regional, national and international level for Traditional Kodokan Judo.

Who Are We - USA Traditional Kodokan Judo (USA-TKJ) ® is the National Member of the [Martial Arts International Federation \(MAIF\)](#) and also serves as the USA National Governing Body for Traditional Kodokan Judo with [International Traditional Kodokan Judo \(ITKJ\)](#). USA-TKJ is an All-Inclusive National Organization for All traditional focused Judoka. USA-TKJ supports the "Judo For All" mission of [The Association For International Sport For All \(TAFISA\)](#) which is recognized by the [International Olympic Committee \(IOC\)](#). The USA-TKJ is more than a National Governing Body. USA-TKJ is working in cooperation with many judoka with the primary focus of preserving the Art of Kodokan Judo and encouraging mutual cooperation and respect. Traditional and Sport Minded Judoka alike are Welcome to Unite under the USA-TKJ Banner to ensure that Traditional Kodokan Judo remains strong and focused as an art of self-defense and self-improvement.

Our Mission - USA Traditional Kodokan Judo (USA-TKJ) ® is to unify American Judoka with a Foundation of Mutual Respect and Mutual Benefit for All and to provide services / guidance to foster Technical Excellence, Fellowship and Human Character Development. As the USA National Governing Body for Traditional Kodokan Judo with [ITKJ](#), USA-TKJ selects, prepares and sends the Official USA TEAMS to Continental, International & World Level Competitions.

Our Vision - USA Traditional Kodokan Judo (USA-TKJ) ® is a world-class organization comprised of highly skilled and dedicated Judoka rich in tradition of excellence. We will provide our members unparalleled opportunities for personal growth, development and pride. We will always strive to exceed the expectations of our members, the [Martial Arts International Federation \(MAIF\)](#), and the Martial Arts Community.

Our Values - USA Traditional Kodokan Judo (USA-TKJ) ® is committed to effective communication and continuous improvement to foster technical excellence, an environment of trust & teamwork which promotes personal & organizational growth and the achievement of clearly prioritized goals.

Jigoro Kano's Genius - Competition & Objectives..

Prof. Kano's words on competition & objectives - "While it may be an obvious element of pride, competition between schools is not the ultimate goal of studying and practicing Kodokan Judo.

Students should not practice Kodokan Judo just for competition, but rather to be able to use it to achieve a greater effect on their life.

Therefore, competition is not the goal, but a means to achieve a nobler objective.

In this way, as unfortunately happens frequently, in competition between judo schools competitors use several dirty tricks or simply try to escape from the opponent in order to avoid losing, and this is not in accordance with the spirit of Kodokan Judo.

When students compete against other students at school, they must adapt to their opponent to the greatest extent possible, and if they achieve victory as a result of having developed superior skills and better methods, then victory can be considered to be true."



Spring Edition - 2018

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- Definition of Kodokan Judo?

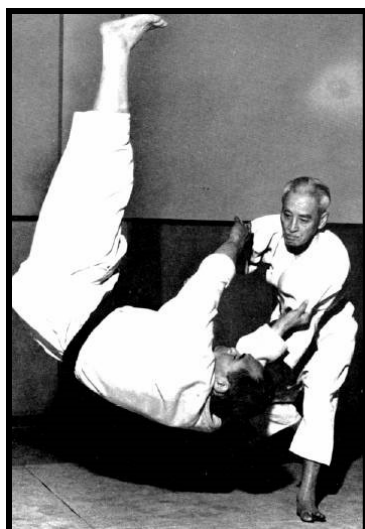
Kodokan Judo is defined by the Kodokan Judo Institute in Tokyo, Japan as, "A Martial Art founded in 1882 by Jigoro Kano himself on his reformation and adaptation of several classical jujutsu systems".

(from the Kodokan's New Japanese-English Dictionary of Judo)

- What is Traditional Kodokan Judo?

**"Kodokan Judo-
The Knowledge,
Skills and a
Way of Life
based on
Principles
taught by Jigoro
Kano"**

"Traditional Kodokan Judo" is simply the practice of Kodokan Judo as described in the text "Kodokan Judo" by Prof. Jigoro Kano, without the "overwhelming emphasis" on the *Sport of Judo*. Studying the History, Etiquette, Waza and Kata of Kodokan Judo and enjoying them for what they are - "The Knowledge, Skills and a Way of Life" based on Principles taught by its founder, Prof. Kano.



- Self-Development is a Life-Time Effort -

For many of us as we begin our training in Kodokan Judo, it often starts with a vision of learning self-defense, building confidence and strengthening our body. Depending on the direction from your Sensei, often times learning how to succeed in competition or sport judo can become the primary focus... Winning in competition can be attractive and also become a short term goal. But, as the years pass by and the "shine" of competing darkens, judoka often find themselves faced with a decision to be made... Become a "coach" or "referee" or simply drop out of judo... However, for those that have also learned the martial art or traditional side of judo, there is still another option which is - to train & teach All of Judo. By this we mean, Traditional Kodokan Judo - All of Judo with Proper Balance...

- Principles of Service and Leadership -

Learning and then passing that knowledge & skills on to the next generation is Key to preserving the martial arts...!! Understanding and accepting this Responsibility to Serve and Provide Leadership is a Critical Principle of USA-TKJ. Everything we do in USA-TKJ is about Preserving and Passing-On Traditional Kodokan Judo to the future generations...



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- A Balance of Kata, Randori and Shiai -

Now, is your opportunity to attend or schedule a National Certification Training Seminar conducted by the USA-TKJ. “**One Day**” to “**Four Day**” Events are now available and being conducted by Senior USA-TKJ Yudansha. **Training Subjects** include; Intensive Curriculum Courses, Self-Defense Training, Kata Certification Training, Referee Training, and Competitor Orientation are available and being scheduled by contacting the USA-TKJ National Office at natlhq.usatkj@gmail.com.

- The Mission of Kodokan Judo -

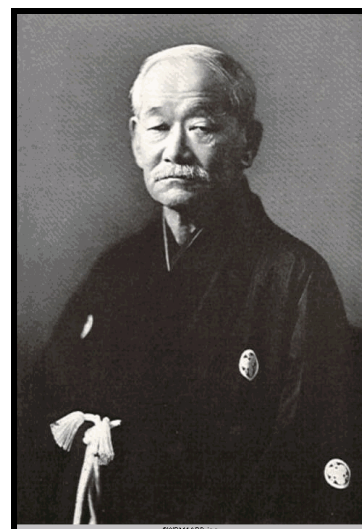
In March of 1926 Prof. Jigoro Kano Announces his Mission for Kodokan Judo and explains it as follows -

Kodokan Judo will establish a Research Institute for Martial Arts.

In this group, we will study traditional Japanese martial arts as basic elements, and we will take into consideration martial arts from other countries, also to be practiced and studied.

- The policy of the Kodokan Institute is that we are going to study and teach *Kenjutsu* (the art of fencing), *Bojutsu* (art of cane), *Sojutsu* (art of spear), *Kyujutsu*, (the art of archery) and *Naginata-jutsu* (the art of Japanese halberd), and all other martial arts as elements of Kodokan Judo.
- We will emphasize the arts with empty hands, but the *Kenjutsu kata* and *Bojutsu* are also added to the list.

(Prof. Kano's Vision of Kodokan Judo was Greater than just Sport..)





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*Softness
overcomes
hardness,
flexibility
overcomes
stiffness,
gentleness
controls strength
or win by
yielding...*



- Re-discovering Kodokan Judo -

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It is well known that the word judo comes from a combination of two words “ju” meaning gentle and “do” meaning path or way. This makes judo literally the gentle way.

At the level of first principles, the essences of Kodokan Judo is the turning an opponent's strength and overcoming by means of skill rather than sheer strength. This theory is captured by the Japanese expression ju yoku go o seisu – usually translated in a number of ways e.g. softness overcomes hardness, flexibility overcomes stiffness, gentleness controls strength or win by yielding.

Watching the seemingly effortless combination of grace, technique and power of a true judo expert in action it would be very easy (but very wrong) to underestimate the intense physical and mental demands that judo makes upon its exponents. Achieving excellence in judo demands considerable single-mindedness, and achieving mastery of all of the throwing, grappling and striking techniques that makes up the discipline demands serious and arduous training over an extended period of time under the guidance of an experienced and knowledgeable teacher.

Judo is now practiced in almost every country in the world. However, the aim of this paper is to question the direction that judo has taken and to challenge whether a significant re-orientation is required?

The State of the Nation -

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As a starting point it is worthwhile stating the definition of judo as provided by the Kodokan New Japanese-English Dictionary of Judo:

Kodokan Judo –

....a martial art formulated by Jigoro Kano based on his reformulation and adaptation of several classical jujutsu systems as well as his own philosophical ideals.

Such a definition may not resonate well with today's concept of judo promoted by the sport orientated governing bodies – the majority of whom seem to be actively encouraging the distancing of judo from its martial arts origins. Indeed, in these early years of the 21st century is difficult to challenge the view that judo is now promoted one dimensionally, as a sport – organized around championships and competitions. The problem is compounded in that the sport judo governing bodies measure the health of their country's judo only in terms of results at major championships.

A direct consequence of this is that the governing bodies focus their investment only on the handful of elite athletes who have the potential to be World or Olympic medalists.

For the majority of judoka, judo is now just about medals and prizes and most focus their attention on only the small subset of judo that is relevant to the sports competition context - thereby ignoring the other elements of judo such as atemi waza (striking techniques).



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***“Contest
Proficiency”
has caused
the true
meaning or
purpose of
Judo to be
unclear...***



- Re-discovering Kodokan Judo, Cont. -

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It is also a matter of concern that most judo governing bodies have biased overwhelming their rank promotion (i.e. grading) structures towards accelerating the advancement in grade of those who are successful in competition, with often only lip service being paid to the breadth and depth of an individual's technical judo knowledge.

This emphasis on “Contest Proficiency” has caused the true meaning or purpose of Judo to be unclear and somewhat out of proportion to what was intended by Professor Jigoro Kano. This problem is surfaced nowhere more clearly than in “notion” that contest victories are rewarded with rapid rank promotions.

Currently there is little prospect of advancement in grade for those who (through age, physical condition or personal preference) wish to practice judo as an art as opposed to a sport. This is of course with the notable exception of the promotions that governing body officials and administrators seem to receive as a matter of course. This risk one runs with such a policy is a resultant judo hierarchy that is both one-dimensional in its knowledge and skewed in its priorities.

It is especially disappointing that those judoka who prefer to focus their study on the more traditional and technical aspects of judo (e.g. kata) have become tagged with the label recreational players - with an implication that they are somehow inferior to contest players and not worthy of attention and recognition.

- Re-discovering Kodokan Judo, Cont. -

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The Turning Tide - There is a significant emerging awareness that sport aspects of judo have overrun what judo is all about. Yasuhiro Yamashita, arguably the greatest judo competitor the world has ever known writes: "Today there is too much of a focus on creating "champions". There is more to learn in Judo than just being a champion. I would like to teach the real meaning and spirit of Judo."

In formulating this view Yamashita recalls the words and influence of his mentor, Dr. Shigeyoshi Matsu-mae: "As an athlete, the goal of becoming champion is not everything in life. There are more important aspects of sport such as the diffusion of the educational aspects of judo, making many friends through judo and making a contribution to world peace through sport and judo."

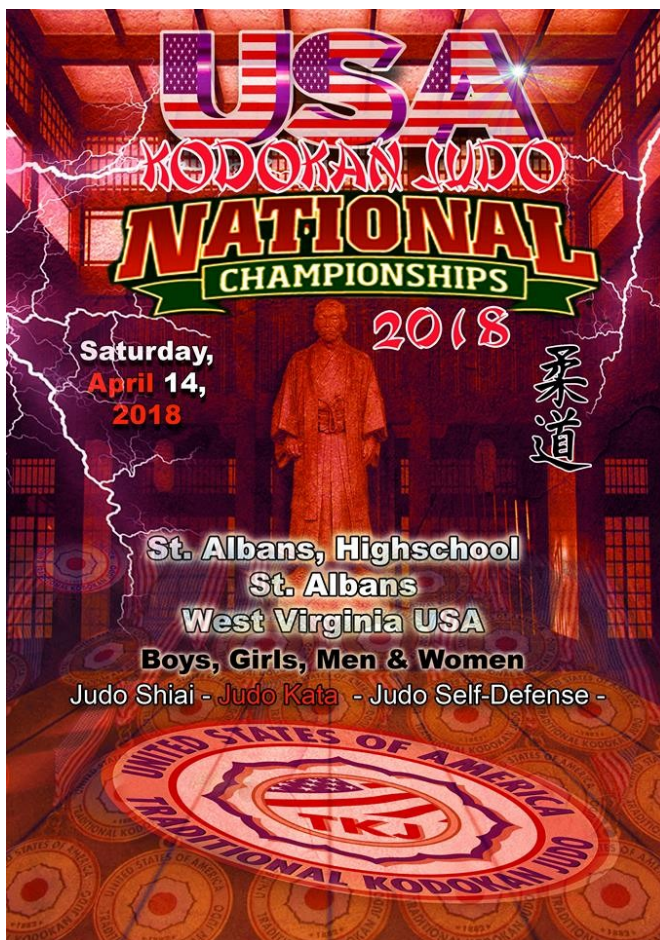
Bruce Bethers writes: "It seems that some modern Judo Leaders have narrowed the objective of Judo to only "Contest Proficiency". For many, worldwide Judo has become equated with contest proficiency. Although this belief is today wide-spread, it is the very thing that Prof. Kano warned against throughout his life." Prof. Kano stated, "Judo should only be a means to the end of skill and principles for higher self-development, and any "drift" toward 'contest' Judo as the 'sole' interpretation of Judo should be carefully regulated."

This "drift" has become a major focus among many well intended judoka, but in the minds of many sensei, technique has suffered and Judo has become (more often than not) a sport in which "win at all costs" is the underlying objective. (To Be Continued...!!)



2018 USA-TKJ NATIONAL & US OPEN CHAMPIONSHIPS

**Both Individual
and Team
Competition
Divisions...!!**



Day: Saturday

Date: April 14, 2018

Location:

Saint Albans High School, 2107 Kanawha Terrace, St Albans, West Virginia USA

Competition:

Venues include: Judo Shiai, Judo Self-Defense & Judo Kata

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2018 USA-TKJ NATIONAL & US OPEN CHAMPIONSHIPS -

Alert -

USA-TKJ will also be conducting -

TEAM COMPETITION as part of the 2018 **USA-TKJ NATIONAL & US OPEN CHAMPIONSHIPS...!!**

The Competition Division will be in "Judo Shiai"...!!

Weight Divisions include -

-69kg / -152lb, -77kg / -170lb, -85kg / -187lb,
-94kg / -206lb, +94kg / +206lb

Registration Fee for Each Team is \$125.00

Teams must register (in person) and weigh in at the Mandatory Check-In on Friday, 13 April 2018..





**“Making
the Judo
Path a
Life Long
Adventure!”**

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- A “Comprehensive” View of Judo -
Traditional Kodokan Judo - consists
of all three categories of techniques -
Atemi Waza, Nage Waza and Katame
Waza as created by Prof Jigoro Kano
With **Self-Defense, Kata, Randori &**
Shiai included...!!

- Ultimate Goal of Kodokan Judo -

The ultimate goal of studying Kodokan Judo is to train and cultivate body and mind through practice in attack and defense, and thus mastering the essentials of the art, to attain perfection of oneself and to benefit the world. This quest is the purpose behind the practice of Traditional Kodokan Judo, in contrast to sport judo which focuses primarily on competition. While practitioners of Traditional Kodokan Judo participate in shiai to test their skills, and sport judo players reap the benefits of character strengthening from a dedication to sport, each of these approaches retains its distinct objectives and methods of instruction and training. All of Judo with Proper Balance...!!



Kodokan Judo training in the 1900s

- USA-TKJ Life-Time Members -

Seems the “word has gotten out”..!! In the last few years and particularly during the first part of 2018, we have seen the Biggest Jump in USA-TKJ LIFE MEMBERSHIPS Ever! While this is very gratifying to the Membership Committee, what this really tells us is that the “word has gotten out” - that the USJJF is Great Organization to be a Permanent Member of as it promotes and further develops both the “Traditional Side” and the “Sport Venue” of Kodokan Judo. We have also noticed that several Schools are making the “Commitment” to become a USA-TKJ LIFE MEMBER a part of the “path” to becoming a Judo Black Belt! This is most gratifying to see this high level of Leadership and Commitment from so many of our supporting members. In summary, Kodokan Judo has come a “Long Ways” down the path of Martial Arts, originating with the Ancient Samurai of Japan. Perhaps the word, Samurai, meaning “To Serve” still has Great Purpose in our National Organization - USA-TKJ.



***“Belonging to
a National
Organization
that focuses
on Serving its
members..!!”***



Kodokan Judo training in the 2000s



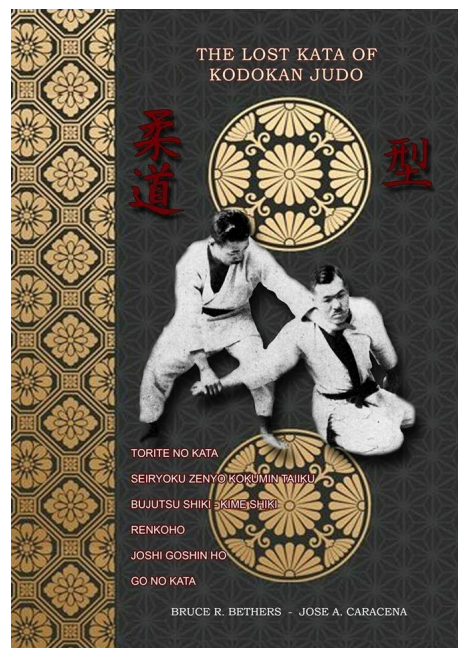
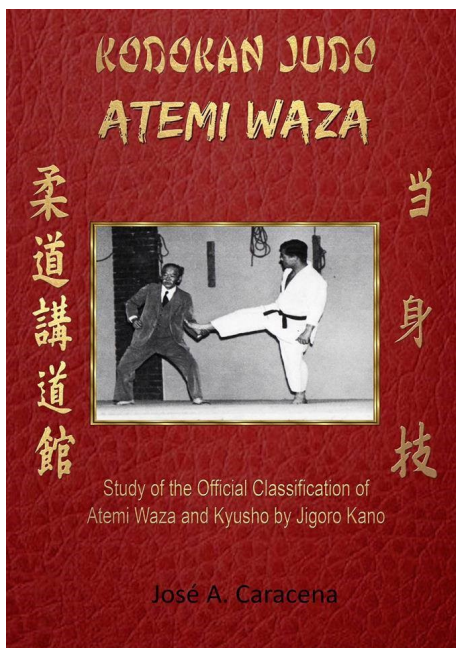


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**“Quality
Resources to
For Learning
ALL of
JUDO..!!”**



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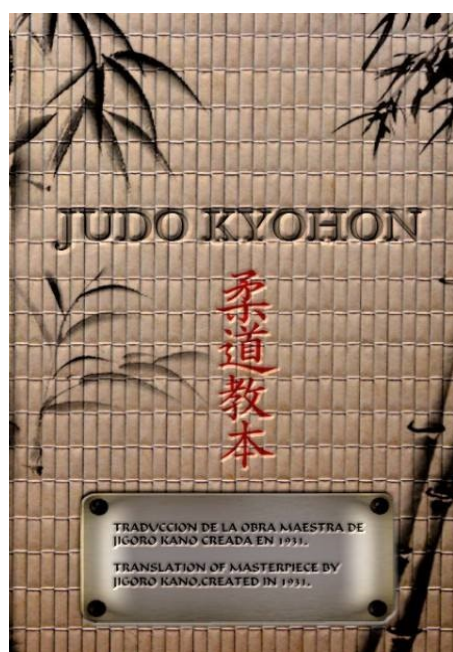
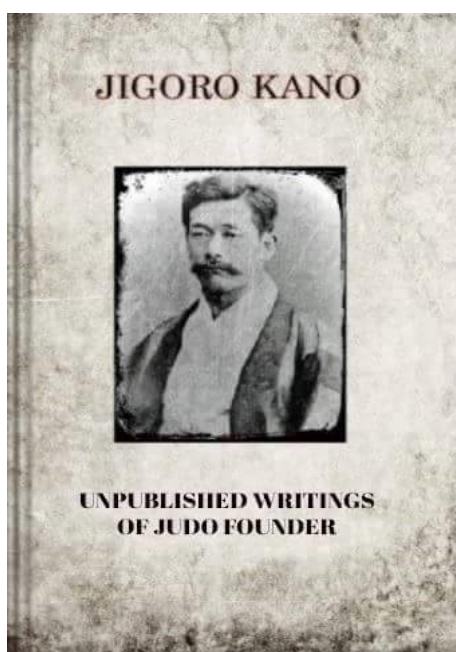
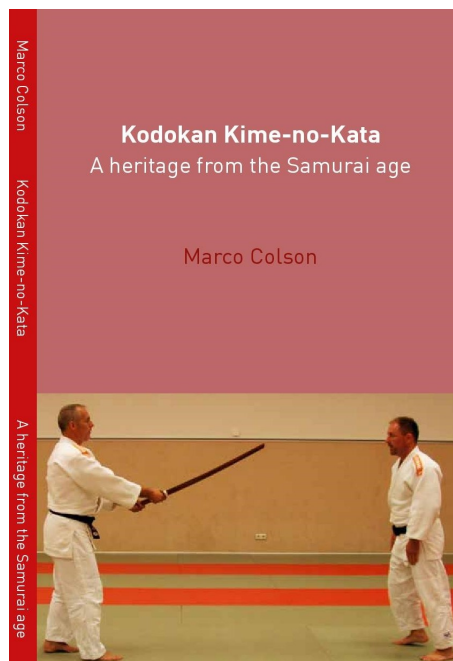
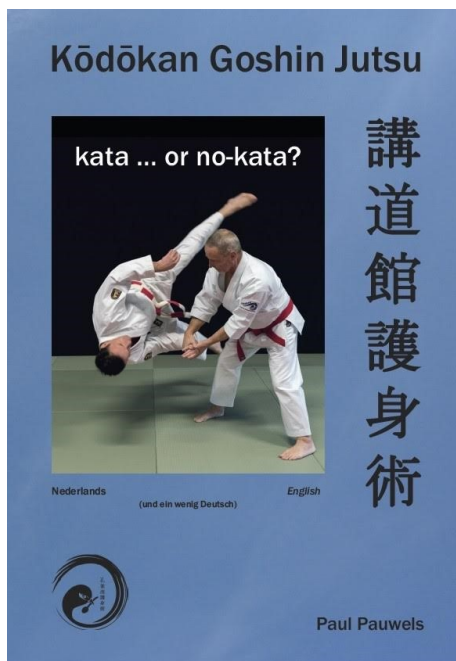
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What is "Seiryoku-Zenyo"?

Seiryoku-Zenyo (maximum efficient use of energy) applies to all types of endeavors, and it is to fully utilise one's spiritual and physical energies to realize an intended purpose.

***"The Most
Effective
Use of the
Power of
Mind &
Body"...***

Seiryoku-Zenyo is the most effective use of the power of the mind and body. In the case of Judo, this is the principle upon which attack and defense are based, and what guides the process of teaching as well. Simply, the most effective use of mind and body may be described as the maximum efficient utilization of energy. In summary, this can be described as "maximum efficiency".



This idea of the best use of energy is one of the central tenets in Judo, but it is also important for achieving various aims in one's life. This concept of the best use of energy is the fundamental teaching of Judo. In other words, it is most effectively using one's energy for a good purpose. So, what is 'good'? Assisting in the continued development of one's community can be classified as good, but counteracting such advancement is bad... Ongoing advancement of community and society is achieved through the concepts of 'Sojo-Sojo' (help one another; yield to one another) or 'Jita-Kyoei' (mutual benefit). In this sense, Sojo-Sojo and Jita-Kyoei are also part of the greater good. This is the fundamental wisdom of Judo.



Atemi-waza (当て身技): body-striking techniques.

Although taught within self defense, [kata](#) (型 or 形) and sometimes used within informal [randori](#) (乱取), striking techniques are forbidden in sport judo competition rules.

Yet, these Skills are Critical for Learning Self-Defense in Traditional Kodokan Judo...

Ude-Ate-waza: arm striking techniques -

1. **Empi-uchi:** [Elbow blow](#) 2. **Kami-ate:** Upward blow
3. **Kirioroshi:** Downward [knife hand](#) blow 4. **Naname-ate:** [Front crossing blow](#) 5. **Naname-uchi:** Slanting [knife hand](#) blow
6. **Ryogan-tsuki:** throat strike - Strike both eyes with fingertips
7. **Shimo-tsuki:** Downward blow 8. **Tsukiage:** [Uppercut](#)
9. **Tsukidashi:** Stomach punch with fingertips 10. **Tsukake:** [Straight punch](#) 11. **Uchioroshi:** Downward strike
12. **Ushiro-ate:** Rear elbow strike 13. **Ushiro-sumi-tsuki:** Rear corner blow 14. **Ushiro-tsuki:** Rear blow 15. **Ushiro-uchi:** Rear blow
16. **Yoko-ate:** Side blow 17. **Yoko-uchi:** Side blow

Ashi-Ate-waza: Leg striking techniques -

1. **Mae-ate:** [Front knee](#) 2. **Mae-geri:** [Front kick](#) 3. **Naname-geri:** [Roundhouse kick](#) 4. **Taka-geri:** [High Front kick](#) 5. **Ushiro-geri:** [Backward kick](#) 6. **Yoko-geri:** [Side kick](#)



- USA-TKJ Photo Memories -



- USA-TKJ Photo Memories -





**"The Ultimate Goal of
Kodokan Judo is the
Perfection of
Human Character
and to
Benefit the World."**

**Visit us on the Web
at www.usatkj.org**



- Preserving Traditional Kodokan Judo for the Future -

The Objective of
"USA Traditional Kodokan Judo"
(USA-TKJ) is to unify American Traditional
Judoka with a foundation of mutual respect
and to provide services and guidance to
foster Technical Excellence, Fellowship
and Human Character Development.

The **UUSA-TKJ** is *Committed* to **Ensuring Integrity**
and **Maintaining the Highest Standards** in the
USA Traditional Kodokan Judo Community.



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- National Office -

Attn: Mr. Bruce R. Bethers

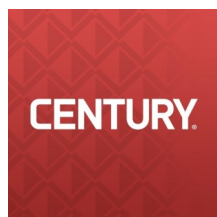
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