



MARTIAL ARTS FOR HEALTH & WELLNESS, LLC

May 2025 Newsletter



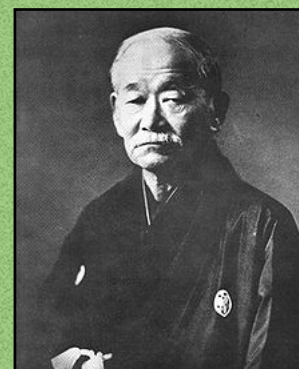
A Brief History of Judo & Its Influence On Other Martial Arts

Kano, Jigoro was the founder of Judo. Kano Sensei, Japanese term for teacher, opened the Kodokan in February 1882. His teachings were based on his experience with Tenjin Shin'yo-ryu Jujutsu and later Kito-ryu Jujutsu. Kano was also influenced by other martial arts instructors and took the good points of each and combined them into what became Judo. Tenjin Shin'yo-ryu provided the basis for the choking, pinning and locking techniques found in Judo while Kito-ryu provided the basis for the throwing techniques Judo is known for.

The name Judo was influenced by the name Jujutsu, gentle or yielding art, which just implies a collection of techniques. Kano viewed the art he created as more than just a collection of techniques and wanted a name that reflected this. He dropped the "jutsu" from Jujutsu and replaced it with "do" which can mean way, road or path. Judo can be translated as "gentle way" which is a bit of a misnomer if you have ever practiced it. Yielding way might be a better translation because of the nature of the techniques where one does not meet force with force but rather gives way to an oncoming force and redirects it while adding one's own force to the throw. This idea is reflected in the principle seiryoku zen'yo which means "maximum efficiency, minimum effort" or as I like to say in class "no extra movement" or "no wasted movement" when executing individual techniques and forms.

柔道

Judo written in Kanji



Kano, Jigoro
Founder of Judo

Kano is credited as the first person to institute a belt ranking system for the martial arts. Initially it was just white and black belts. All of the kyu levels, gup in Korean martial arts, wore a white belt and the black belt was reserved for dan grades. Later more colored belts were added in the kyu levels to differentiate between the various skill levels. My experience in Judo was white, yellow, orange, green brown (3 levels) and then black belt. This use of a belt system has been adopted by many different martial arts styles to distinguish the different ranks that students achieve.

Judo was also the catalyst for Brazilian Jiu-Jitsu. Maeda, Mitsuyo was one of many Kodokan Judo black belts that was sent over seas to spread Judo eventually ending up teaching Judo/Jujutsu in Brazil. In 1917 Carlos Gracie began training under Maeda and later passed his knowledge onto his younger brother Hélio Gracie who modified the Judo he learned from his brother and started its evolution into Brazilian Jiu-Jitsu.

Judo is practiced all over the world and most often under the name Judo although in South Korea it is known as Yudo. There has been some discussion in the past by people on whether Yudo is a different art or the same art as Judo. Yudo is just the Korean pronunciation for Judo. You can find different approaches to how one practices Judo that does lead to some confusion on what martial art is being practiced. Traditional Judo has a good balance of throwing techniques, ground

유도

Yudo written in Korean





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techniques (chokes, joint locks and pins) and kata or forms practice which even include striking techniques. More often one will find schools now that are more focused on competitive Judo which with many different rule changes over the years has started to look less like traditional Judo and more like Greco-Roman wrestling with a jacket and some ground work.

This is just a brief history on Judo and how it has influenced other martial arts. I wanted to share this with you all because it is the basis for the break falls and throwing techniques we work on in our classes. More on Judo can be found in the book Kodokan Judo by Jigoro Kano.

Take care,

Kirby Strissel

Kwan Jang - Martial Arts For Health & Wellness, LLC
Administrator - Korea/USA Simmudo Association

관장
트리
비셀
커스

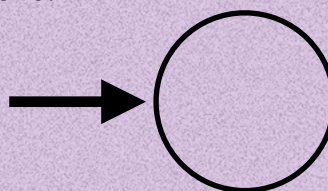
헬스
웰니스
무술
스쿨

Circle

Another component of our logo that I would like to touch on is the circle surrounding the bamboo and the and Chinese character for perseverance. The circle was chosen because a person's journey through the martial arts is not really linear. Sure, there are goals that we will work toward such as a new rank or mastering a new form or technique but the longer one stays on this journey the more one will start to see things coming back around again and again. We may get to the point we we feel like we have a pretty good grasp on something but there are usually ways to improve on it; cut down excess movement, increase speed, increase power, et cetera. In other words "good enough" is not really good

enough. We can still improve our technique and and refine it more and more.

In other parts of our life I hope we are able to apply this idea of continued improvement and not becoming complacent with things being "good enough." We should be proud of any goals or achievement we reach in life but why stop there. Try to use those achievements as stepping off points to improve on what we have done in the past and do even better in the future.



Thursday June 12, 2025 Promotion Test



White Belts

5:00 PM



Yellow Belts

6:00 PM



Green, Blue & Red Belts

7:00PM



There will be no regular class on test night. We will use this evening for those students that are testing. Feel free to attend another class earlier in the week if you normally just attend Thursdays.

If you have any questions contact Kirby Strissel.

