

# JUDO INFORMATION/INTRODUCTION SHEET FOR SCHOOLS AND PARENTS

## FROM GLEESON JUDO

### Brief History of Judo

Judo is a physical education activity started in Japan in the late nineteenth century by a leading Physical Educationist of the time, Professor J. Kano. Who, being steeped in the 'Self Help' philosophy of English philosophers of that period, such as J.S. Mill and Bentham intended using judo through its physical training to turn its participants into useful and worthwhile members of Japanese post Restoration society. From his own experience in "martial arts" Kano took the best from disciplines including Jujitsu as a basis for the skills of judo. Since those early days Judo has progressed into popular international sport featured in the Olympics since 1964. Judo's objectives are still as relevant today as they were in 1882.

### Benefits from Judo

The physical attributes of judo training for the individual tackle all of the following issues: core strength/stability, both fine and gross motor skill development, increased cardiovascular strength, coordination, physical confidence, balance, general fitness and social interaction. Self discipline with a moral perspective on fair play and cooperation with peers in working towards a mutual goal. Judo is a combat sport where all the skills are fully tested by the individual in a controlled fashion in accordance with their level, unlike other "martial arts". These skills can then be turn to self-defence if so required.

### Training session information.

All students must have a judo suit. Gleeson Judo can offer the rental or sale of one (prices provided on request). We recommend rental as with the growth of students suits can be easily exchanged with us. Gleeson Judo also provide high standard mats for training on. No jewellery should be worn. Girls would benefit from T-shirts under their judo jackets. Shoes should always be worn while off the mat. While suits are being arranged P.E. kit can be worn temporally. Any further information will be happily answered via our web site or by phone.

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