

PREFACE

Jigoro Kano, the founder of judo, started the school he called the Kanojuku in February 1882, and founded the Kodokan in May 1882. He worked hard throughout his life to establish judo not only as a martial art but also as a method for physical and moral education. As a result of his efforts traditional jujutsu was transformed into a new culture or way of life called judo, "the way of softness" . He made vigorous efforts to spread judo not only in Japan but throughout the world. Many countries today have embraced judo and since the 1964 Tokyo Olympic games it is one of the events of the International Olympiad.

As a direct result of the rapid success of the diffusion of judo worldwide, the Association for Medical Studies on Judo was established in 1932 by Jigoro Kano to provide research into medical aspects of judo. In 1948, ten years after the death of Professor Kano, the Association changed its name to the Association for the Scientific Studies on judo.

The Association promotes not only medical research but also a broad range of fundamental and specialized research into judo from historical, physiological, bio-mechanical, educational and psychological perspectives. A study meeting is held bi-annually and the bulletin of the activities of the Association is also published every other year.

Today, I am pleased to inform you of the publication of Bulletin No. 11 of the Association for the Scientific Studies on Judo and I would like to take this opportunity to invite your critical comments about the contents.

Let me add a few more words in conclusion. I wish to express my deep appreciation to all those who have contributed articles to the Bulletin. My best wishes to you all for your lives in judo.

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