

# Judo: past and present

Little did Jigoro Kano know that when he created Judo it would become both a worldwide activity with millions of participants and a well respected international sport. Initially, he set out to do no more than synthesize a new martial art form, based on Asian combat skills, which were not dangerous and, as the English translation of the word Judo illustrates, would provide a "gentle way" to physical fitness, recreation and sport. In addition, he envisioned a discipline that emphasized a moral message based on humility, self-control and respect for other people.

At the same time, realizing that self-defense was important, he originally separated his sport into two categories. For sport and recreation, he utilized throws and grappling techniques. For self-defense, he selected hand and foot blows, holds, and trips. Novices were permitted only to learn the sport; advanced students learned self-defense.

Today, the word Judo serves to describe a sport based on these two categories bereft of hand and foot blows. In 1924

it was introduced to Canada by Mr. Shigetaka (Steve) Sasaki, a student of Kano's. Now the country boasts and estimated 50,000 regular participants. In 1964 it was included as an Olympic sport, dropped, and re-introduced as a permanent part of the games in 1972.

Physically, regular Judo training can improve aerobic capacity, strength and flexibility. One hour of practice burns about the same amount of calories as one hour of jogging. Additionally, because Judo uses almost every muscle in the body, the sport is an excellent overall conditioner.

The most spectacular aspect of Judo, its sometimes high arching throws, consists of three major elements: positioning, breaking balance, and the throw. The thrower, a Tori, uses subtle hand, foot and body movements to put his opponent off-balance. The throw is then applied in order to exploit the latter's weak points. The whole process can occur in a split second.

Grappling techniques include both standing chokes, as well as matwork holds, locks, and

chokes. In competition, once a throw has been executed, Tori may move in to apply a hold or choke to either force his opponent to submit or pin him on his back.

To be able to utilize any of the above, however, students first learn to fall without being hurt. They are taught to spread the force of impact over a maximum body area, slapping the mat with a fully extended arm and hand to help absorb impact.

At UNB, the Red Lion Judo Club has produced both national and world class practitioners of the sport. At the same time, the club also encourages people to participate at all levels - for fitness, recreation and competitive play.

With the assistance of two other black belts, Jim Stith, head instructor, directs the training of Club members. Practises are held Monday, Wednesday and Friday from 6:00 p.m. - 8:00 p.m. at the University's South Gym, and people interested in finding out more about Judo are encouraged to bring along some sweats and give it a try.



## Calendar of Events

### Field Hockey

U de M at U.N.B.

Saturday 2:00 p.m., Chapman Field

Red Stick's vs Alumni

Sunday 2:00 p.m., Chapman Field

### NFL

Sunday

Denver at Green Bay

Houston at Buffalo

Miami at Indianapolis

New Orleans at Philadelphia

Pittsburgh at Cleveland

San Francisco at Cincinnati

Tampa Bay at Chicago

Washington at Atlanta

Dallas at New York Giants

Detroit at L.A. Raiders

Minnesota at L.A. Rams

St. Louis at San Diego

Monday

New England at New York Jets

### Intramural Entry Deadlines

#### Men's & Women's

Softball

Touch Football

Soccer

Tuesday, Sept. 22

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Tuesday, Sept. 22

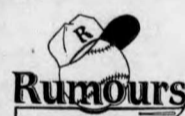
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Th, F 9 - 9  
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## RUMORS



### Welcome Back UNB Students

Tues - Thurs

5 p.m. - 8 p.m.

49¢ Food Specials

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Tues - Fri

6 p.m. - Closing

Happy Hour

### Saturday

Market Breakfast Special

Red Brand Steak & Eggs,

Home Fries, Toast

\$2.99

Bacon and Eggs, Home Fries, Toast

¢.99

Rumors Super Happy Hour!!

6 p.m. - closing