

ISTORIJAT I PRINCIPI DŽUDOJA

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柔道

DŽUDO

Deo reči “**Džu**” označava fleksibilnost tehnike (blagost, popuštanje).

Deo sloga “**do**” znači put i označava primenu principa “Džu” u izvođenju tehnike, ne samo u fizičkoj aktivnosti, već i u mentalnom stavu u odnosu na okolinu.

Džudo je osmišljen tako da istakne spoj finih tehnika džudžicu kroz naglašen oblik mentalnog treninga, kao njegovog pokretačkog dela. Kao sistem psihofizičkog vaspitanja džudo ima za cilj da dovede čoveka putem svojih vežbi i metoda u stanje potpune emocionalne, psihičke i fizičke stabilnosti i zrelosti.

Džudo danas

- **205 članova ima Svetska džudo federacija**
- **1964. Olimpijske igre, 1988. Paraolimpijske igre, 2000. Evropska specijalna Olimpijada**
- **20 000 000 registrovanih vežbača (podatak iz 2000.godine)**

Poreklo veštine

- Prve borbe samuraja sredinom 9. veka
- 1532. Džu džutsu (Ju jutsu) škola nastala od tehnika koje su koristili samuraji (baza za nastanak mnogih drugih škola)
- Škole su specijalizovale određene segmente nage, katame, atemi

柔道



Jigoro Kano

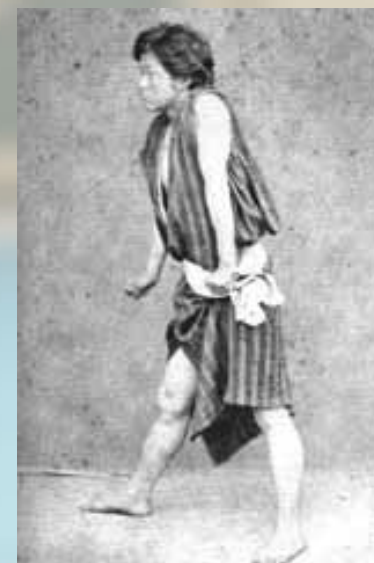
NASTANAK I RAZVOJ MODERNOG DŽUDO-A

Osnivač modernog džudoa je **Dr Dzigoro Kano**.

Rođen je 28. oktobra 1860. godine u gradu Mikage, regija Hjogo. Dr Džigoro Kano nikada nije posmatrao borilačke veštine kao način prikazivanja fizičke snage ili superiornosti. Kao pacifist, proučavao ih je kako bi živeo u miru sa svim živim bićima.

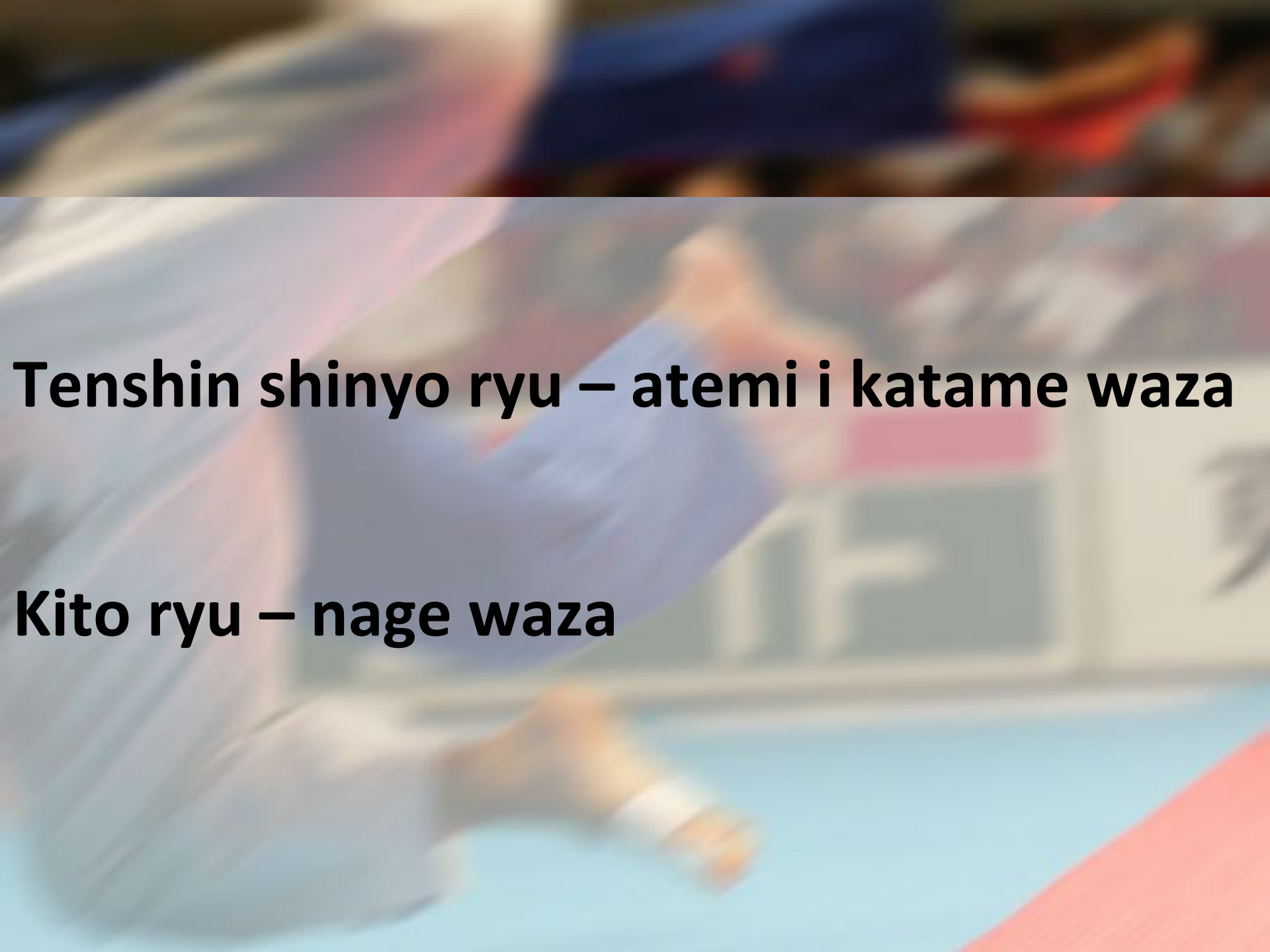


Jigoro Kano sa
10 godina.



Jigoro Kano sa 17
godina na treningu
jujice.

- **Diplomirao političke nauke i ekonomiju 1882. godine, kada postaje profesor u školi za plemiće.**
- **Član Olimpijskog komiteta od 1909. godine (prvi član iz Azije).**
- **1912. Igrao veliku ulogu u osnivanju Japanske asocijacije amaterskih sportova (Japan Amateur Athletic Association)**



Tenshin shinyo ryu – atemi i katame waza

Kito ryu – nage waza

Re-invention of martial arts as method
of physical, moral and intellectual
education.

1882.

Kodokan

KODOKAN

Da bi propagirao svoju veštinu, Kano je osnovao Kodokan ("škola da se nauči način") u Eishoi Temple 1882.godine.

Sistem rada u Kodokanu

- tehnike bacanja (*nage waza*),
- tehnike kontrole (*katame waza*)
- tehnike udarca (*atemi waza*).

Da bi završio prelaz od ratničke veštine (*jutsu*) ka načinu života (*do*), Kano je svom novostvorenom sistemu dodao strogi etički kod i filozofiju humanosti.

Metoda učenja u Kodokanu

- *randori* (slobodno vežbanje džudo tehnika),
- *kate* (prethodno utvrđene forme koje sadrže ritualne tehnike veštine),
- *ko* (njegovo sistematično učenje) i
- *mondo* (period pitanja i odgovora).

1886.



1905.





Sanshiro Sugata (1943)

[SEE RANK](#)

"Sugata Sanshirô" (*original title*)

79 min - Action | Adventure | Drama - 28 April 1974 (USA)



Your rating: ★★★★★★★★ -/10

Ratings: 6.9/10 from 1,967 users

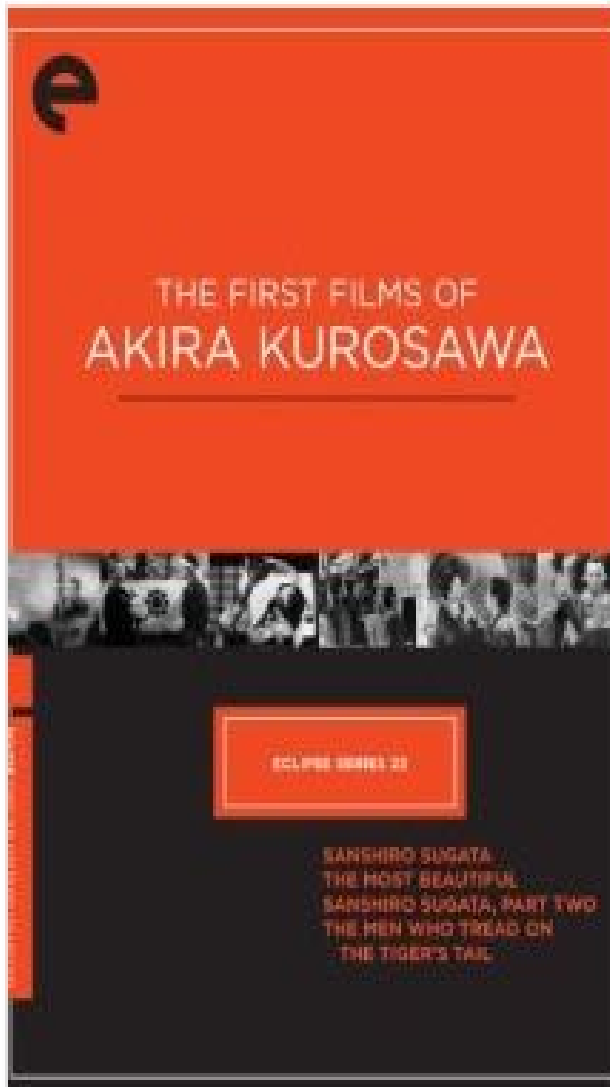
Reviews: 22 user | 31 critic

Sugata, a young man, struggles to learn the nuance and meaning of judo, and in doing so comes to learn something of the meaning of life.

Director: Akira Kurosawa

Writers: Akira Kurosawa, Tsuneo Tomita (novel)

Stars: Denjirô Ôkôchi, Susumu Fujita, Yukiko Todoroki | [See full cast and crew](#)



1882

Judo created



Judo

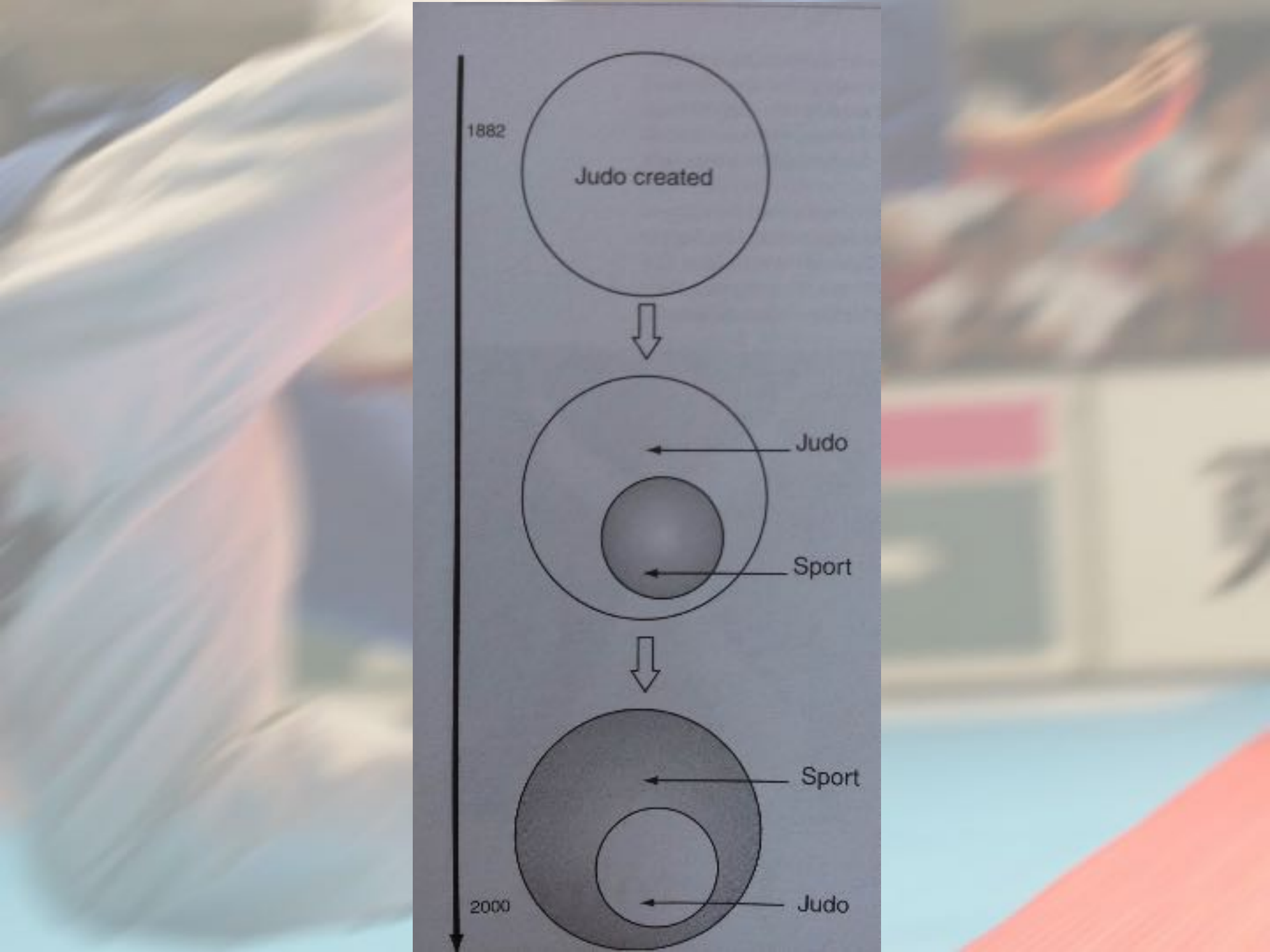
Sport



Sport

Judo

2000





©1997, William Jeevan de Medeiros



1893. First women practice judo
1959. New York
1975. EC
1980. New York WC
1988. Seoul exhibition sport,
1992 Barcelona



PRINCIPI DŽUDO A

seiryoku zen'yō

(精力善用, princip maksimalne efikasnosti
u primeni fizičke i mentalne energije)

jita kyōei

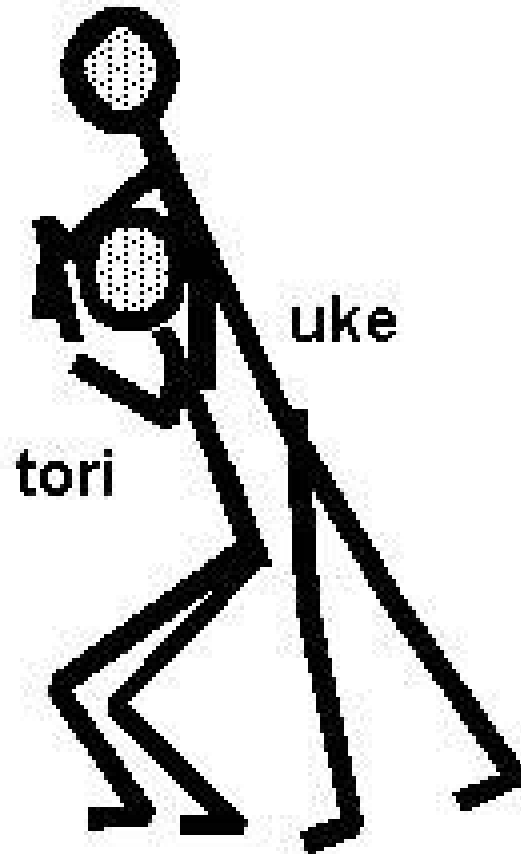
(自他共栄, princip uzajamnog prosperiteta
i blagostanja)

PRINCIP POPUŠTANJA



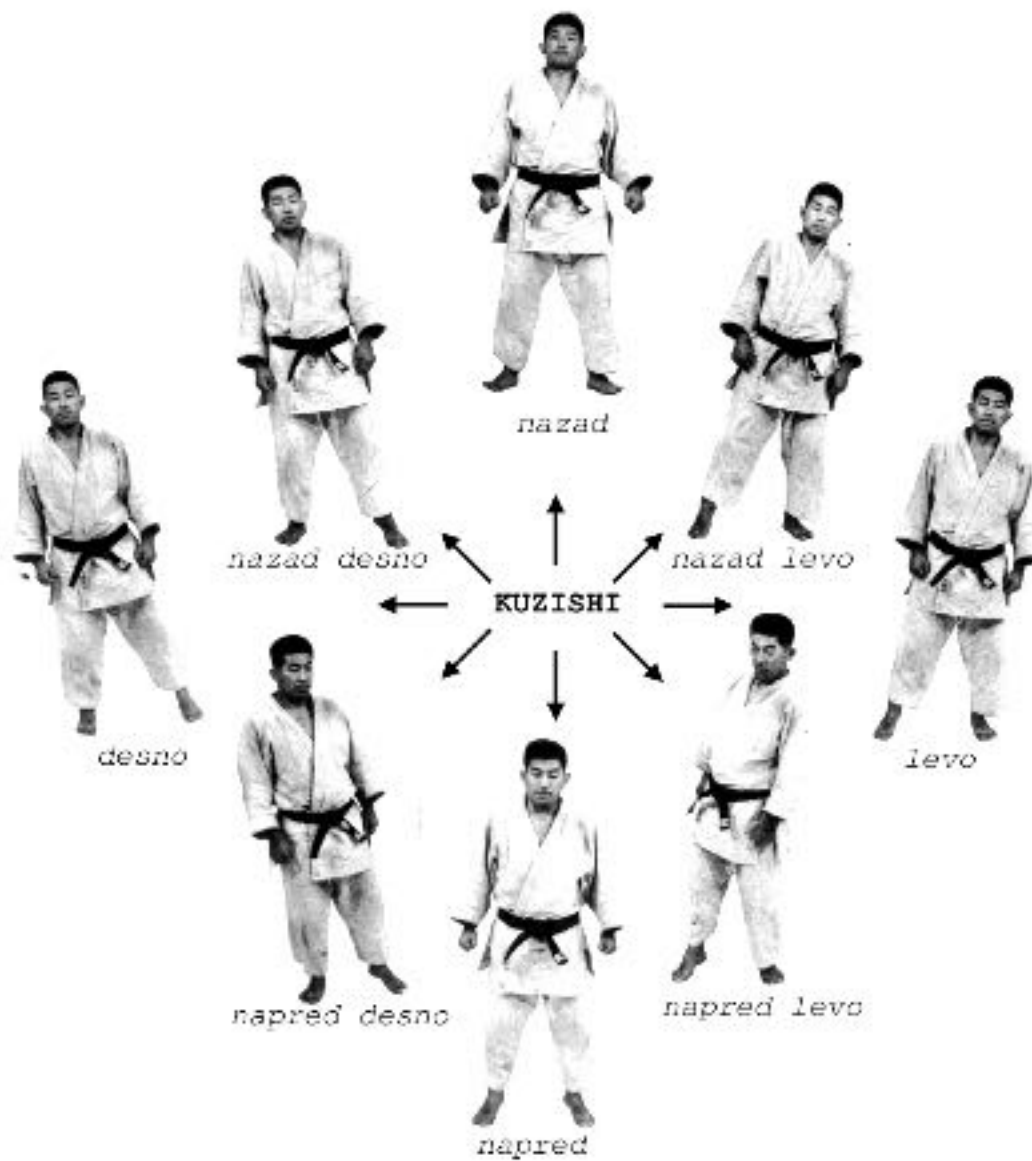
PRINCIP NERAVNOTEŽE

unbalancing



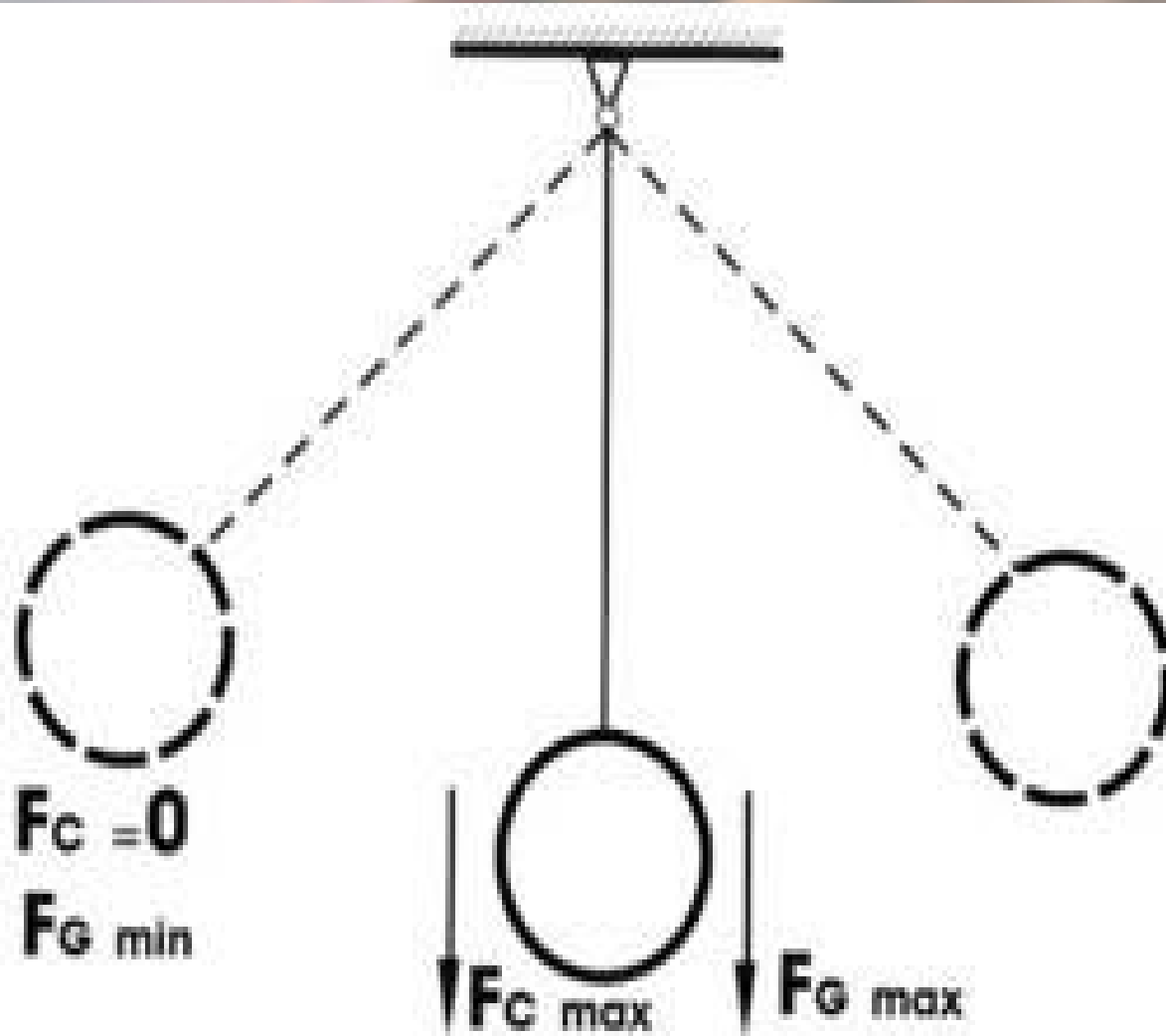
uke

tori



Pravci neravnoteže

PRINCIP PRAVOG MOMENTA



PRINCIP KONCENTRACIJE ENERGIJE





Spain and Serbia
Celebrating World Judo Day in Spain (Granada)



Thanks to idea of prof Raquel Escobar from the Faculty of Sport and Physical Education in Granada, we organize an event to celebrate World Judo Day in Granada. Participants were two clubs from two countries, Judo Club Kinezis (Nis, Serbia) and Judo Club Chinchilla (Granada, Spain). We gather in Judo Club Chinchilla to promote RESPECT and the unique judo values. In the first part of the event we organize Mondo with the kids, to tell them story about judo, and the founder of judo, Dr. Jigoro Kano. We were also talking about word RESPECT, and about the meaning of that word. The conclusion is made that we are all part of the big judo family, and that we must respect every judoka like a part of our family. We must share our values with the community and try to follow the "Gentle way" in order to be better persons. In the second part of the event we organize joint/open training. Guest coach from Judo Club Kinezis (Serbia) was explaining techniques, and everybody understood him because he was talking on the universal language of judo. Parents and friends were invited to come and see the training. Media representatives were also included because local newspaper came and wrote a report about our celebration. At the end of the session we promise each other to meet again next year and celebrate next World Judo Day in Serbia.



Hvala na pažnji.



**KEEP
CALM
AND
LOVE
JUDO**