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## Elements of teaching, institutionalisation and characteristic of *judo* in “Judo Kodokan Review” (1950-1969)

Elementy nauczania, instytucjonalizacji i charakterystyki *judo* w „Judo Kodokan Review” (1950-1969)

### Abstract

**Background.** Studies of *judo* and elements of the institutionalisation and characteristic of *judo* are usually carried from the perspective of the history of sport or the history of physical culture. **Aim.** The aim of the study is elements of teaching, institutionalisation and characteristic of *judo*, described in the journal “Judo Kodokan Review” published between 1950 and 1969. **Method.** Tomasz Goban-Klas’s method of content analysis of mass media was used, as along with system analysis using the *Atlas.ti* program, and a qualitative content analysis. **Results.** 1. Issues relating to the teaching of *judo* are presented in the journal on the basis of both text and illustrative material. The increase in the number of such material over the years under discussion is worth noting, 2. The results present the relationships between the five identified categories according to which almost all of them occurred in the journal in combination with two or three others too, 3. The results of the qualitative analysis presented in Figure 3 indicate the specificity of relationships between thematic categories related to *judo* as a sport and *judo* as a martial art (However, due to the limitations imposed by the authors’ framework of this article, only five selected results will be presented). **Conclusions.** While some aspects of the institutional development of *judo* have already been studied by other researchers, the novelty of this study is to develop a particularly interesting source through which to represent the institutionalisation and international popularisation of *judo*.

### Keywords

content analysis, *judo*, institutionalisation, mass media

### Abstrakt

**Wprowadzenie.** Badania *judo* oraz elementów instytucjonalizacji i charakterystyki *judo* prowadzone są zazwyczaj z perspektywy historii sportu lub historii kultury fizycznej. **Cel.** Celem badań są elementy nauczania, instytucjonalizacji i charakterystyki *judo*, opisane w czasopiśmie “Judo Kodokan Review” wydawanym w latach 1950-1969. **Metoda.** Zastosowano metodę analizy treści mediów masowych autorstwa Tomasza Gobana-Klasa, analizę systemową z wykorzystaniem programu *Atlas.ti* oraz jakościową analizę treści. **Wyniki.** 1. Zagadnienia dotyczące nauczania *judo* są prezentowane w czasopiśmie na podstawie zarówno materiału tekstowego, jak i ilustracyjnego. Warto odnotować wzrost liczby takich materiałów na przestrzeni omawianych lat, 2. Wyniki przedstawiają relacje między pięcioma zidentyfikowanymi kategoriami, według których prawie wszystkie z nich wystąpiły w czasopiśmie w połączeniu z dwoma lub trzema innymi, 3. Wyniki analizy jakościowej przedstawione na wykresie 3 wskazują na specyfikę relacji między kategoriami tematycznymi związanymi z *judo* jako sportem i *judo* jako sztuką walki (Jednak ze względu na ograniczenia narzucone przez ramy autorów tego artykułu, przedstawionych zostanie tylko pięć wybranych wyników). **Wnioski.** Podczas gdy niektóre aspekty instytucjonalnego rozwoju *judo* zostały już zbadane przez innych badaczy, nowość tego badania polega na opracowaniu szczególnie interesującego źródła, za pomocą którego można przedstawić instytucjonalizację i międzynarodową popularyzację *judo*.

### Słowa kluczowe

analiza treści, *judo*, instytucjonalizacja, media masowe

## Introduction

**S**tudies of the institutionalisation of *judo* in are usually carried out from the perspective of the history of sport or the history of physical culture. Adopting a sociological perspective (Nakamura, 1984; Cynarski, 2012b) and the resulting methodology (Cynarski & Skowron, 2014) seem to be useful in this respect as well. It is particularly important for the description of the institutionalisation process of *judo*. As Wojciech J. Cynarski (2006) explains: “institutionalisation may be generally understood as an accepted and established manner of behaving in a particular case. In the case of the martial arts, one can list at least the following signs or aspects of institutionalisation: acceptance sports regulations and the foundation of new sports organisations; establishment of legal regulations; internalisation of Far Eastern martial arts; creation of specific social roles and socialisation through Far Eastern martial arts; organisational development; introduction of student and master degrees; training of instructors and teaching Far Eastern martial arts; new forms of martial arts” (p. 56).

The institutionalization of *judo* will be understood through self-modifying structures. Hence, a sign of *judo*'s institutionalization is the creation of local, regional, national and international associations and federations around the world that have their own bureaucracy and collective voice (Villamón et al., 2004).

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*Judo* as a martial art quickly found its place among the members of French society. Michel Brousse (2000) claims, that “success of *judo* in France is the result of the interaction of three forces: alterity, acculturation and autonomy. *Judo* practice stands apart as far as theories of education of the spirit and the body are concerned. The adaptation of the Japanese method to French cognitive frameworks highlights the importance of the degree to which *judo* has been appropriated as a cultural import. This specificity was enhanced by government policies towards physical activities” (p. 3).

The “Judo Kodokan Review” magazine appeared for the first time at Christmas 1950 as the inside cover informs us – “The Official translation of the «Ju-Do»

magazines of the Ko-do-Kan”, with a planned publishing cycle of every two to three months. Henri D. Plée was the editor-in-chief, and the publishing house was located at the headquarters of “Judo International A.M.I” at 43 rue de Clichy in Paris. These magazine from first volume was presented in bilanguage version (English and French) (Pawelec & Yu, 2019).

### **Problem and aim**

The thematic content of the first edition of the magazine in Europe consisted of articles discussing the basic principles of *judo* written by Risei Kano, who was also the president of Kodokan College at that time, and one of the sons of Jigoro Kano – the creator of this martial art, and on selected techniques of fighting deriving from *judo* (*De-ashi-barai*, *Hiza-guruma*, *Sasae-* and *Harai-tsuru-komi-ashi*, *Kugure-kami-shio-gatame* and *Sumi-otoshi*). The other topics related to the science of *judo* from the aspect of proper body expression (*Taisabaki* movement), recollections by masters (Ichizo Kudo and Gensui Arai) and their reflections on the role of the “way” (*do*), and performing choking techniques (*shime*) while practising *judo*, as well as reminiscences from another master (Yokoyama Sakujiro) (Pawelec & Yu, 2019). In another edition (volume 7, No. 1 from 1957) some historical themes were presented, e.g. the example of *judo*, as a martial art that developed from *jujutsu* (Mifune, 1957).

No less important was the influence of Mikinosuke Kawaishi “on the process of adapting the teaching method of *judo* to European culture, in a very specific context, quite different from that of other countries. (...) The most important and fundamental difference between Kawaishi’s method and the Kodokan system is not only that the teaching has been adapted to the Western system but additionally Kawaishi retained self-defense techniques, and today jujitsu is still an important part of the teaching and learning methods of French judo” (Messner, 2019; Szczepanik, 2022). Therefore, this study will address more general issues, while also taking into account the existence of the mentioned competition as a background for the discourses used by the researched medium on the elements of teaching, institutionalization, and characteristics of *judo*.

The magazine also presented information related to the institutionalisation of *judo* on the European continent. As was reported by the International Judo Federation on the situation in 1960: “At the moment there are six Japanese teachers in Italy. (...) Amongst the member countries of the European Federation, Italy, as far as the level and extent of expansion are concerned, comes after France, England, Belgium, Holland, and Germany, that is to say, a little above the average” (Koike, 1969, pp. 2-3). This expansion was accompanied by an increase in the availability of “Judo Kodokan Review” since the 1960s outside of France and Great Britain, and Austria, Belgium, Spain, the Netherlands, Canada, the United States, and Italy. Since 1969,

there have also been technical changes in the appearance of the magazine (format, paper), and in its contents (advertisements, humorous material, health advice, promotion of “martial arts” films and others). Michel Brousse (2001) notes that “Over the first decade, the summary of the articles of the review, i.e. 585 articles, shows the proportions of the collective centres of interest for the readers: cultural domain, 48.7%; technical field, 38.3%; competition area, 8.1%; miscellaneous 4.9%. Significantly, almost half of the content is related to Japanese culture i.e. to stories about Kano’s life, Kodokan *judo* history, winter and summer training camps, the opinion of the great masters, the epic epoch of the inter-school contests” (p. 23).

The aim of the study was to examine the elements of the institutionalisation of *judo* in origins, which were described in the journal “Judo Kodokan Review” published between 1950 and 1969 (based on English-language versions of the publication). This was the one from Western magazines about *judo* at that time in Europe (Pawelec & Yu, 2019). An important aspect is the assumption that institutionalization of *judo* is considered here only as a subject of discourse adopted by the examined medium too. Therefore, the broader historical context of *judo* institutionalization will be omitted in favor of analyzing the way in which related content is described.

This magazine has been selected to be researched on the basis of two factors: a thematic profile dedicated exclusively to *judo*; and the functioning of the magazine in the absence of magazines solely addressed to enthusiasts of this martial art (also treated as a combat sport) (Gutiérrez-García et al., 2012). It was assumed that readers interested in the mentioned subject matter (including specialists in this field), like any audience of mass media, had specific expectations regarding the level of content in this magazine, and the means to meet those expectations was to purchase a subscription at the price indicated by the publisher.

## Method

The research tool was the successive issues of the magazine “Judo Kodokan Review” published between 1950 and 1969 (19 volumes). The authors adopted the caesura of five years after the Olympic Games in Tokyo, where *judo* appeared in the group of Olympic disciplines. The analysis was carried out using 1. Tomasz Goban-Klas’s method of mass content analysis, 2. system analysis using the *Atlas.ti* program, and 3. qualitative content analysis. Using the first method, T. Goban-Klas (1997) notes that it is possible to determine the presence or absence of relationships between the sender and/or creator of the message and its content, the type of the transmission means used, the observed situation, its creation time, its real and/or potential as well as the society and culture in which it was possible to create it (cf. Pawelec & Yu, 2019).

Qualitative content analysis will allow the scope of the varieties used to be defined, the narrative conducted and the intertextuality accompanying them. Hence,

“(…) The aim of the analysis is to systematically and reliably indicate which the topics were, and how they were addressed in the research material. The basic unit is therefore a single text, and, by taking a broader view with a set of texts which, can act as a whole, can complement each other or refer to each other, only in the group constituting a semantic whole. Therefore, it is not the individual words that are relevant to the planned results, but the general meaning of the statement and its context” (Szczepaniak, 2012, p. 84; cf. Pawelec & Yu, 2019).

Complementary qualitative (the *Atlas.ti* program was applied) analysis enable a relatively objective interpretation of the process of establishing subsequent social institutions regulating the functioning of *judo* as a sport and the circle of activists of this discipline. The analysis undertaken here gives, on the basis of hard data, a proposal to explain the direction of the changes taking place in the period of the formation of *judo* as a new Olympic sport.

System analysis using the *Atlas.ti* program includes an analytical process based on such elements as: data coding, segregation and assigning to specific categories, and then combining them, as well as searching for relationships and dependencies existing between them. This program also allows the researcher “to visualise the results of the data analysis process and to create models that map out a network of relationships and dependencies that exist between the elements of the project. This is particularly important when conducting an analysis consistent with the methodology of well-grounded theory, because it allows for the creation of diagrams integrating data and thus affects the transparency of the entire interpretation process” (Niedbalski, 2014, p. 11).

At the initial stage of the analysis, a free and then planned reading of media materials, candidates’ for inclusion in the research sample was conducted. This served to recognize their general character and content. Elements indicating the affiliation of the examined objects (media publications) to the identified categories were determined. Then, it was verified whether the analyzed materials (as research units and measurement units) met the requirements of exhaustiveness, representativeness, validity, and homogeneity. In the next stage, responses were coded using a binary system. The obtained data were grouped according to criteria for combining individual data into more general classes that stand out from others.

Following research questions were posed: 1) What was the relationship between the content concerning *judo* methodology (technical-tactical issues, training) and the other content in “Judo Kodokan Review” as a Western magazine about *judo* at that time in Europe?, 2) What were the most common representations of the institutionalisation of *judo* (setting up regulations, appointing organisations, forms of teaching and popularising, etc.) in analysed French magazine?, 3) What was the relationship between *judo* as a sport (sport, competitions and results) and

the “way” of *judo* (*budo*, education and philosophy) in mass medium about this martial art?

## Results

The institutionalisation process includes the establishment of rules of procedures, terms of problem solutions, etc. (sometimes in an informal manner), in general – actions concerning a number of different issues. Thus a rather wide, multifaceted approach was used here. Meanwhile, in literature, we usually find studies on individual topics, for example sports activities of J. Kano (Shimizu, 2008), building national identity (Nakajima & Thompson, 2012), rivalry with *jujutsu* schools (Shortt & Hashimoto, 1979) or abandoning tradition (Ebell, 2008).

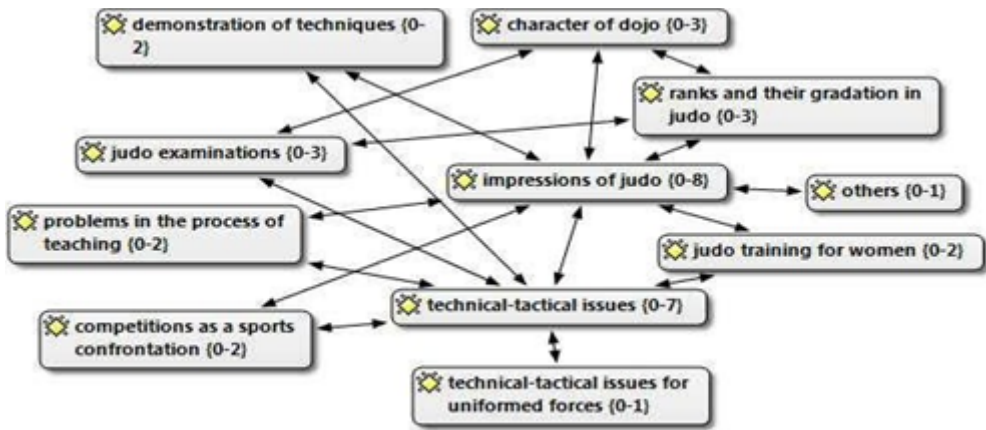
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In the case of the first question, the (Based on qualitative analysis: Thematic issues in at least one publication) analysis conducted indicated that there were relationships between the content concerning the methodology of teaching *judo* (technical-tactical issues, training) and other content. The results of the analysis made with the use of the computer program are presented in Figure 1.

The results of the analysis presented in Figure 1 indicate that technical-tactical issues had a central place in the discussed subject. These went along with content highlighting in various ways, the expression of *judo* in combination with demonstrating techniques, the specificity of the *dojo* as a place for their practice, as well as women's training and *judo* tournaments, as well as problems of teaching and other topics. Other relationships between the indicated categories were also present.

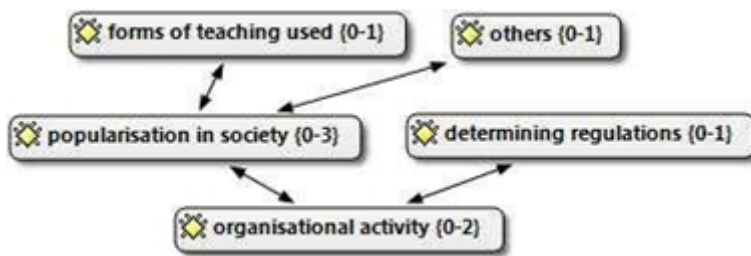


**Figure 1. The subject of *judo* methodology and other topics**

Source: Author's own research. 0 – number of the number of one-way relations, 2-8 – the number of two-way relations.

It is worth pointing out that issues relating to the teaching of *judo* are presented in the journal on the basis of both text and illustrative material. The increase in the number of such material over the years under discussion is worth noting.

The second answer indicates the existence of issues of the institutionalisation of *judo* in the studied material related to such topics as: determining regulations, organisational activity, using forms of teaching and popularisation in society, and others. Data which confirms these results (Based on qualitative analysis: Thematic issues in at least one publication) are presented in Figure 2.



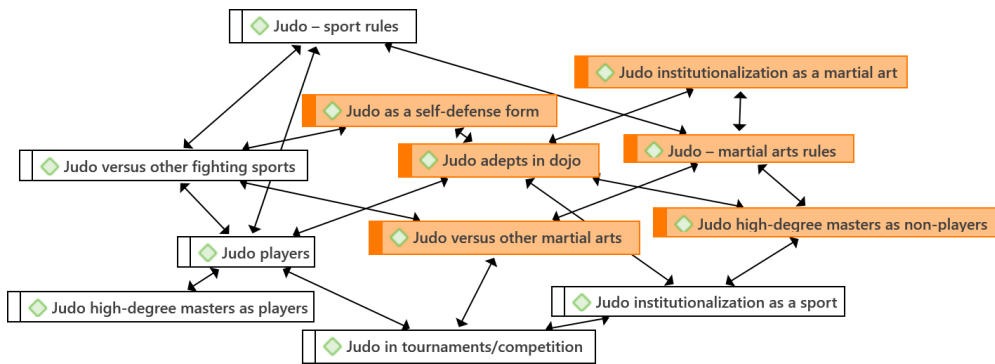
**Figure 2. Forms of institutionalisation of *judo***

Source: Author's own research. 0 – number of the number of one-way relations, 1-3 – the number of two-way relations.

The results shown in Figure 2 present the relationships between the five identified categories according to which almost all of them occurred in the journal in combination with two or three others. The category “Others” (a clear minority) here includes content that concerned the forms of institutionalisation of *judo*, but without explicitly pointing to any of the main category. A representation of “organisational

activity” was tournaments of various rank; “determining regulations” – articles indicating appropriate guidelines adopted by the arrangements of relevant bodies; “popularisation among the public” – articles showing ways of promoting *judo* for recipients; and “forms of teaching used” – articles on the subject of individual stages of acquainting the audience with the techniques of this martial art.

Results of *judo* treated as a sport (58,8%; *judo* in tournaments/competition, *judo* players, *judo* institutionalization as a sport, *judo* high-degree masters as players, *judo* versus other fighting sports, *judo* – sport rules), and as a martial arts (41,2%; *judo* as a self-defense form, *judo* adepts in dojo, *judo* institutionalization as a martial art, *judo* high-degree masters as non-players, *judo* versus other martial arts, *judo* – martial arts rules) was presented of a quantitative analysis (Pawelec & Yu, 2019). In order to determine the relationship between the distinguished thematic categories, a qualitative analysis was carried out. Results are presented in Figure 3.



**Figure 3. Forms of institutionalisation of *judo***

Source: Author's own research.

The results of the qualitative analysis presented in Figure 3 indicate the specificity of relationships between thematic categories related to *judo* as a sport (white) and *judo* as a martial art (orange). However, due to the limitations imposed by the authors' framework of this article, only five selected results will be presented. Firstly, not all indicated categories had relationships between them. Secondly, only one of the categories (*Judo* high-degree masters as players) had a single relationship with another category. Thirdly, all relationships were categorized as mutual (the interpenetration of both themes in the examined publications). Fourthly, both *judo* as a martial art and *judo* as a sport were discussed in the analyzed magazine in terms of various themes. Fifthly, characteristic elements of both sport and martial art in the case of *judo* pertained to institutionalization, training processes, teaching, and others.

## Discussion

Jigoro Kano was both Grand Master and trainer, university professor and teacher, activist of the The International Olympic Committee and the reformer, creator of the education system, and a proponent of the modernisation of *Budo*. He has been given enormous, undeniable credit for the development of modern sport and Olympism in Japan and for physical education and general youth education (Shimizu, 2008). He created Kodokan as a school and institution of physical culture, and a sport, *judo*, which later became an Olympic discipline (Olympic Games, Tokyo 1964). *Judo* was also a factor in the formation of the modern Japanese nation (Nakamura, 1984).

On the other hand, Kano's activities and the huge increase in the popularity of *judo* in Japan has led to the collapse or marginalisation of many schools and traditional *jujutsu* organisations (Shortt, 1979). *Judo* itself gradually departed from the original idea of an educational system towards sport as understood in the West (Ebell, 2008). The increasing emphasis on sports competition and results, which is confirmed in this research, are a manifestation of the Westernisation process of Japanese physical culture. *Judo* became then Olympic sport and it was beginning of the sportisation process in this area. What's more, the departure from the "spirit of *judo*" and Kano's educational attitude to hard sport is explained as its reduction and regression to a lower level solely about technique and combat (Villamón et al., 2004; Sasaki, 1993).

Analyses of the processes of institutionalisation and change have so far only been carried out in respect of the related *jujutsu* (Cynarski, 2012a). This has evolved in a multi-directional way and is practised in the traditionalist version. The influence of Kano's idea on *jujutsu*, e.g. the *Nihon jujutsu* system (Shizuya, 1998), and on other martial arts is also indicated [Liu et al., 2016]

Researchers analyse the processes of the functioning of *judo* institutions and its institutionalisation from the perspective of "gender" (Miarka et al., 2011), "sportisation" (Ebell, 2008; Shimizu, 2008), organisational development (Blach et al., 2004), and national identification (Nakajima & Thompson, 2012). The "sportisation" or "sportification" process was accented by some authors as a very important or most important (Villamón et al., 2004; Ebell, 2008; Uozumi & Brown, 2013; Sato, 2013). However, the description of the institutionalisation process of *judo* over a selected period, based on the analysis of the contents of "Judo Kodokan Review" documenting this process, is relatively novel. The source used here is at the same time both a manifestation of institutionalisation (that refers to only some examples), and of the international propagation and popularisation of *judo*.

Early researchers from the pioneering *judo* period and the beginnings of its global popularity, who were also *judo* enthusiasts and popularisers, focused their attention on the "spiritual dimension of *judo*" (axiology, ideology and cultural aspects) (Harrison, 2012; Jazarin, 1960). This spiritual dimension was akin to the ideology

of classical *jujutsu* (Maroteaux, 1995) and Jigoro Kano (1915) focused his teaching of *judo* on moral education. The examples described in the subject literature, of people connected with *judo*, who propagated this “Gentle Way” in Japan and other countries, confirm the fact that the “spirit of *judo*” was internalised by them and influenced their behaviour (Harrison, 2012; Jazarin, 1960; Kim, 2010).

This makes the process of the evolution of *judo* in the direction of professional sport (a sports discipline) and its institutionalisation, even more interesting. The results obtained indicate that a relatively small amount of the subject matter in the Journal covers the institutionalisation of *judo*, with the exception of information on topics that consider this martial art as a sports discipline. The most likely reason for such a thematic arrangement which was adopted by the publisher and editorial staff of the “Judo Kodokan Review” between 1950 and 1969 was the need to adapt its contents to a European (and probably others) audience, who may not necessarily have been interested in an excess of information about the Far Eastern view of the philosophy of combat or in foreign-sounding *budo* principles. In this time in Japan *judo* was seen as a very modern form of physical education and sport and martial arts, of course (Rusznik & Zieniawa, 2016; Uozumi & Bennett, 2010). Thus, it is worth to carry out research on other media and periodicals in Europe or in the world.

## Conclusions

The study of martial arts and combat sports covers not only subjects directly or indirectly related with the physical culture or the Far East Tradition. The subject of the study includes e.g. historical, social or political conditions, but also forms of organisation of schools and various centres promoting theoretical and practical knowledge.

The process of its globalisation took place after turning *judo* into sport. However, this is a significant simplification. Popularisation of *budo* took place through sport (modernisation and sportisation), but also through promoting *judo* as a fragment of Japanese culture and in traditional understanding (martial arts and education system). The magazine “Judo Kodokan Review”, published between 1950 and 1969, gives us knowledge on the origins of the institutionalisation of *judo* in these manifestations of this process. One of the postulates for further research could be a comparison of “Judo Kodokan Review” with other journals on this topic distributed in France and other countries during the same period.

The subject of *judo* found its place in the mass media, which appeared in different periods of time and in different places in the world. Thanks to them, since the mid-1950s, people interested in any martial arts or combat sport could acquire and deepen their theoretical knowledge. The aforementioned profiling of the mass medium for only one martial art can be used for the following purposes to be treated

as an unambiguous source of knowledge about this combat system. Thematic content of such a magazine or other media, as well as its consumption by the public may also indicate interest in such topics among masters and practitioners of martial arts and combat sports.

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**A noticeable trend in the period between 1950 and 1969 was the increase in content devoted to the practice of judo as a combat sport. These are technical and tactical issues, important for competitions and sports results. They illustrate the process of judo becoming an international sport. The “Judo Kodokan Review” (on the initiative of a French publisher) served to promote judo internationally and to disseminate knowledge to enthusiasts, especially from French and English-speaking countries.**

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