

# Judo

Judo is a martial art that makes use of throws, strangles and joint locks. There is no kicking or punching in Judo. Judo was originally developed from [Jujutsu](#) and was accepted as an Olympic sport in 1966.



The lethal techniques and strikes of Jujutsu have been removed from the syllabus, and Judo's founder Kano designed a syllabus that was meant to aid in the physical fitness of the Japanese people as well as their character development. As such, Judo was always designed more to be a sport than a self-defence system.

The black belt system, that pertains until today in many martial arts (also see: [Goju Ryu Karate Belt System](#)) is said to have first developed in Judo. Whereas in the West, great value is placed on the coveted achievement of a black belt, Japanese instructors see the black belt as a stage of the student when the real study of the martial art begins. [Judo Uniforms](#) are typically made of heavy material to withstand the pulling and grabbing associated with this martial art.

Origin of Judo: Japan

Founder of Judo: Jigoro Kano - 1882