

Martial arts

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Basic elements of judo and Brazilian jiu-jitsu

A significant number of combat sports, such as judo and Brazilian jiu-jitsu, have their origins in the ancient martial arts (IJF, 2019; Gracie 2019). These martial arts may be described as groups of stereotyped movements, philosophical and moral concepts and values, exercises, behaviors and social roles (Farrer and Whalen-Bridget 2011), Both ancient martial arts and modern combat sports aim to shape the character and the way citizens should think, believe, move, act, react, and conduct themselves in society (Wargo, Spirrison and Henley, 2007). So, this is an important aspect Of these activities, due to the large spectrum Of influence on dynamics Of practitioners' social relations and quality of life (Matsumoto and Konno, 2005; Borba-Pinheiro et al., 2010; DiMare et al., 2016).

Green (2001) and Green and Svinth (2003), reminds us that the definition of martial arts is not universal, and inevitably, is focused by time, place, philosophy, politics, worldview, popular culture, and other cross-cultural variables by the person who defines, explains and presents the historical aspects of certain physical cultural activities. Papakitsos (2017) emphasizes three important aspects regarding terminology in martial arts and combat sports for understanding and conceptualizing them. The first aspect mentioned is military training which is focused on preparing the individual soldier for the battlefield for damaging the enemy using the appropriate tools and weapons. In this primary manifestation the training methodology emphasizes teamwork, and valorizes the collective. In the second aspect, it presents the combative sports. while the athlete has to function within certain rules or set of regulations. The individual component is venerated and an external person or people, nominated referee, mediates the action or combat. The most important element is the security of the practitioner, which aims at ensuring physical safety and integrity of the contestants. The usage of weaponry is restricted to certain categories (namely those of the various sport-fencing arts). And the third manifestation is the civilian arts, commonly labeled as self-defense activities. It is possible to present based on a code

of ethics and regulations, but basically used the principle to save and protect the integrity of the people attacked for someone else. The representation combines individual and collective actions under different circumstances.

Channan and Jennings (2014) highlight that although 'martial arts' or 'combat sports' differing in types, both emphasize the need to deal with the issues related to physical violence and human combat that includes sporting, military or civilian circumstances. Both could be used to improve human behavior as they can promote the better understanding of controlling aggression. In some cases traditional martial arts concentrate on the patterns of movement, while globalized forms increasingly emphasize combat elements (Deaton, Kim and Nauright, 2020; Lawton and Nauright, 2019; Ueda, 2017).

The International Judo Federation defines judo as the educational method created by Professor Jigoro Kano in 1882, derived from the martial arts, which became an official Olympic sport at the 1964 Tokyo Olympic Games. They explain that judo is a highly codified sport where the mind controls the body and contributes to education (Kodokan Institute, 2019). Nowadays, much attention has been drawn to the Olympic Sport, sponsorship and television broadcasts.

Stakeholders of globalized judo have prompted alterations in values and rules of the sport (Ueda, 2017). Changes in the colors of the clothes (one fighter uses blue and the other white judogui — a kimono), time of combat, and the dynamic of the sport (Ebell, 2008; Ueda, 2017). Nonetheless, in Japan traditional competitions, avoid the global tendencies and continuing use of the traditional aspects of rules, colors and dynamic of the judo (Ebell, 2008).

Jigoro Kano suggested that judo can be thought of in the wide sense and in the narrow sense (IJF, 2018). Judo in the narrow sense can be thought of as that which developed from the ancient martial art of ju-jutsu. However, Kano was keen to stress that unlike ju-jutsu, Kodokan judo is based on physical education principles, and particularly the principle of maximum efficient use of mind and body. He described this as a great principle of humanity, a moral doctrine. This is judo in the wider sense (Hayashi, 1972).

The modern Olympic sport element of judo is manifest through international matches managed by the International Judo Federation as part of the IJF World Tour, culminating annually with either the World Championships or the Olympic Games. Currently judo matches last four minutes, and judoka aim to score ippon using throws (nagewaza), holds (osaekomi-waza), armlocks (kansetsu-waza) or strangles (shime-waza). Judo matches (shiai) are one way to learn

judo, the Other ways are free practice (randori, yaku-soku-geiko, kakari-geiko, tandoku-renshu) pre-arranged forms (kata, keashi-waza, renraku-renka-waza, uchi-komi, nage•aO, lectures (kogO and question and answer (mondo).

The application of judo relies on yielding in order to break the balance of the opponent (kuzushi). This is the principle Of JU TO apply techniques, a judoka uses the principle Of maximum efficient use of mind and body (Seiryoku-Zenyo). UF (2018) presented the words of Kano regarding the philosophy of education: 'the utmost use of one's energy or. in short. the maximum of efficiency. What Kano called energy did not simply imply physiological energy or physical vigor, it connoted the 'living force' including both the spiritual and physical aspects of life' (Maekawa and Hasegawa, 1963).

When judoka apply this principle to society, for mutual welfare and benefit. this is known as jita•kyoei. Jigoro Kano thought in the global perspective to designed the principles of Judo and his education project based on the jita-kyoei. UF (2018) acknowledges Kano speech: •In order to perfect myself, I do not for a moment forget to be of service to the world I will dedicate my future activities to the service Of society and for this purpose I shall strive to build up my character and form a firm foundation for my life' (Maekawa and Hasegawa, 1963).

Kano created values for the sport close to the Olympic Values, such as: respect, friendship and collaboration (IOC, 2017a). Del Vecchio and Mataruna (2004) advocate the values created simultaneously are not connected in the sport developed by Jigoro Kano and Pierre de Coubertin, the founder of the modern Olympics. They were promoted in isolation without connection.

Sanada (2019) holds the view that de Coubertin, was also keen on educational reform based on sports realized in Japan. so he was eager to surround himself with people like Kano. The author comments that upon joining the IOC, Jigoro Kano became actively involved in the Olympic Movement and the relationship of Judo and Games started to become possible. It was expected to happen in the 1940 Olympic Games, when Japan was expected to host the first Games in Asia, but the Second World War forced cancellation of the Games (Collins, 2007). The campaign promoted by the organizer for the 1940 Tokyo games considered the Olympics as an event to combine internationalism and heightened nationalism to support the Japanese state's vision of its role in creating a new order in Asia. Judo made its first appearance on the Olympic program at the Games of the XVIII Olympiad when the Olympics finally came to Tokyo in 1964 (IOC, 2017b). Ohlenkamp (2019) comments that Judo is not only an Olympic Sport. According to UF (2019),

'Judo is a tremendous and dynamic combat sport that demands both physical prowess and great mental discipline'. Considering the individual skills and limitations of every person, to practice judo means an opportunity for training different potentials of movements. Surprisingly, the 'gentle Way' remains a remarkably effective self-defense training even when practiced as a sport. Since, Other modern 'combat' methods appeared. judo continue With the same essence and traditional principles (Ohlenkamp, 2019). 'Jigoro Kano applied modern sport training methodology to the traditional koryu ju•jutsu and found that it produced a better combat art, which has proven itself again and again over the last 120 years' (Ohlenkamp, 2019). As self-defense system, judo has the Kodokan goshin-jutsu, an exercise program formally established in 1956 to teach the principles and techniques of defense against armed and unarmed attacks, and to meet contemporary lifestyle needs (Iones. Savage and Gatting, 2016).

At the beginning of the 20th century, one of the Jigoro Kano instructors began to travel internationally promoting Judo in the United States (Yoshinori, 2002). He stayed for short period of time in the USA and moved to Brazil in 1914. For some reason, historically not identified until this moment, the Japanese man rejected using the Judo name in the South American country. One of the hypothesis is based on the usage of the terminology 'Kano ju-jutsu' instead of judo, that caused confusion to the lay people.

This informational gap requires further and proper historical investigation for understanding the reasons of the break relations with Kodokan traditions. He start to fight to promote the combat sport. renamed as jiu-jitsu, different of the ju-jutsu from Japan, because it was developed upon the Judo Techniques, focusing the fight on the floor and less on throws. A number of Japanese migrants entered Brazil in the south and southeast escaping from the War to work with agriculture and, improved the opportunity for teaching Kodokan judo, based on throw techniques (Yoshinori, 2002). Green (2001: 52) comments that the parent system of Brazilian jiu-jitsu is Kodokan judo. The author also mentions that Brazilian jiu-jitsu is a virtually synonymous with the Gracie family, through whose lineage the system was passed and whose members modified the original Japanese art into its present state.

Key highlights of the history and development of judo and Brazilian jiu-jitsu

These ways of self-defense are still engaged to their historical, geographical contexts and biological capability, while attacking and defending themselves to survive. The biological or

phylogenetic capability relies on our 'reptilian brain', according to the triune brain theory (MacLean and Kral, 1973). It is the most ancient part of human cerebrum and has phylogenetic structure that responsible for the attack and defend relationship and comprehension of this dynamics. Therefore, humans do not need special teaching or training sessions to learn the basic movements, derived emotions and dynamics to fight, because they are natural movements, feelings and strategies supported by the reptilian brain or R-complex comprehend the brainstem and basal ganglia (Santos et al.. 2012). So. fighting skills are based upon natural movement structure that everyone has in their natural motor vocabulary such as pushing, pulling, crawling, rolling, holding balance walking, running, hitting, kicking, etc.

Actual Martial Arts fighting skills are more complex. They are still based on the R-complex structure, but also on other regions of the brain. because they are not so simple as natural movements. They are socially acquired skills (ontogenetic abilities) that demand more processing of the nervous system to follow a specific kinetic chain. So, they are supported by the basic movement structures such as organic hardware (reptile brain), other superior parts of the brain structure and software, which means neurons-neurons and neuron-muscle synapse, RNA processing, and specific protein production are required for movement planning and execution. They depend also on specific teaching to be acquired also on other superior brain structures. These fighting skills also added clothes and implements which Were available in nature, such as animals' leather, bones teeth, sticks etc. Later, they were changed to become Samurais' armor, judo kimono, javelin, bow and arrow, sword and knife, for example. The applied strategies to fight also changed and improved according to the intellectual development as time goes by, showing the historical influence on this matter. so, the amount Of knowledge about fighting is also restricted to its historical time and context.

While looking to Middle Ages until the Early Modern Japan periods, the adopted political system, Shogunate. illustrates the importance of samurai in that society. These periods embraced the Kamakura, Ashikaga and Tokugawa Shogunates (1192—1868). Samurai were the most important social caste and their leader, the Shogun, was the supreme governor, who had more power than the emperor himself. Samurai were involved in many other activities and functions beyond the military aspects, but they ought to follow a very strict hierarchy and code Of conduct, called Bushido (Ueda, 2017).

'The Takeuchi style of jujitsu, under Hisamori Takeuchi, is the oldest known form of jujitsu.

This particular school specialized in immobilizing the aggressor. Around 1598 other styles became popular among the samurai warriors. About 1650 in the Wakayama Prefecture, Jushin Sekiguchi taught what became known as yawara, and developed the principles of break falls (ukemo). Free-fighting (random) was introduced in the 17th century. During this time jujitsu was still the identified primarily as a battlefield art' (Matsumoto, 1996).

For 200 years, during the Shogunate days, Japan have closed their harbors to Europeans with only the Portuguese Jesuits and the Spanish Franciscans monks allowed to develop limited commercial relations with Japanese archipelago. Geographical, political and social isolation led to strengthening cultural values, crystallization of behavioral patterns and lack of social flexibility to deal with different ideas, cultures and behaviors. Forced contact with the American Commodore Perry opened a new commercial route with the Japanese that brought new military weapons and human resources. A subsequent coup d 'etat' ended with the Shogunate System of governance. to start the Meiji dynasty, as romantically shown in both Shogun and the Last Samurai movies. In the following years, the samurai lost their power, respect and jobs. American and European cultures Overcame the old one and samurai were socially marginalized. But somehow, they still had to survive, so they started selling part of their knowledge about Martial Arts. Many schools of Martial Arts (ryu) were opened and they started teaching the Japanese style of archery (kyudo), or how to fight throwing punches and kicks (karate), or their kind of wrestling (ju-jutsu), or how to fight with a bamboo sword (kendo), because they should never teach the whole knowledge on fighting together to common people, who did not follow the bushido. According to Matsumoto (1996) there were over 160 ju-jutsu schools, teaching different styles, including the kito-style, which began in 1795. The Kito•style and kyushin-style specialized in free-fighting (random) while the Yoshin-style and Tenjin Shiryo-style focused on joint bending techniques (kansetsu-waza), striking techniques (atemi•waza) and patterns of movement (kata).

Jigoro Kano was born at the beginning of the Meiji period, a time of great social change in Japan, when the country was opening up to external influences for the first time in over two centuries. As a young man in his early twenties, he drew on his influences from two different ju-jutsu ryu to form the emergent Kodokan judo form in 1882. However the name of Kodokan judo was created later. First. it was known as Kano jiu jitsu.

Global spread of judo and Brazilian jiu-jitsu

Judo (gentle way) and Brazilian jiu-jitsu (gentle art) present strong similarities regarding the motricity and also in the sport global perspective. Both are based on the Japanese culture, While Judo uses more throwing techniques and floor control, Brazilian jiu-jitsu (BJJ) essentially uses levers, torque and pressure in order to take one's opponent to the ground and dominate them (CBJ, 2019; Gracie, 2019).

The Japanese philosophy associated With a program Of physical education, eliminated the strong and risk techniques from Judo. Using the representation of feudal martial arts called ju-jutsu, a pedagogical professor named Jigoro Kano, created the judo that means gentle way. Kano learned different types of ju-jutsu and decided to create his own method with an educational perspective. His intention was to internationalize Judo sending instructors that he prepared to present and challenge people around the world. Kano had a motto to promote his sport, to use •maximum efficiency with minimum effort'.

According to UF (2019), Kano created "Ille Kodokan Institute in 1882 and became the first Asian member Of the International Olympic Committee (IOC). In 1912 he helped to establish the Japan Amateur Athletic Association and was a Japanese representative at the Olympic Games of 1928 in Amsterdam, 1932 in Los Angeles and 1936 in Berlin. Kano died while travelling back from Europe, in 1938. at the age of77. on board NYK Line motor ship Hikawa Maru.

The archives of the Brazilian Judo Federation show that Japanese immigration was the most important factor in the emergence of judo in Brazil. "Ille influence exerted by professional wrestlers representing various ju-jutsu Japanese schools also contributed to the development of Judo. Eisei Mitsuyo Maeda. a direct student of Jigoro Kano, was also called conde koma. He arrived in Brazil on November 14, 1914 entering the country through Porto Alegre. On December 18, 1915 along with other Japanese fighters he went to Manaus in the interior. However, before that, he toured the whole of Brazil demonstrating the challenges of fights. Conde Koma settled in Belém do par  in 1921. Maeda founded his first judo academy in Brazil in the Rowing Club, a neighborhood of the old city (CBJ, 2019).

The contribution of Japanese immigrants who spread judo seems to have been more important than the contribution of Count Koma and his fellow fighters. From the arrival of Kasato Maru to Brazil (1908) until the Second World War, names and practices were confused. One finds in the literature judo, jiu-do, ju-jutsu, jiu-jitsu and also jiu-jitsu Kano, often designating the same

practice (CBJ, 2019). For a better understanding it is necessary to observe the figure 15.1, where it is possible to clarify the influences suffered for different schools of ju-jutsu.

The Kodokan Institute (2019) explains that Kodokan judo directly received influences of classical jujutsu styles (tenjin shinyo-ryu and kyto-ryo). Maeda was directly student of Jigoro Kano at Kodokan, but he also received influences of ju-jutsu takenouchi-ryu, that presented more combats on the floor.

Insert figure 1 here

Giulianotti and Robertson (2007), state that the globalization of sport •took off from the 1870s onwards, such as the 'games revolution' colonized British imperial outposts (e.g. cricket in Asia and Australasia). the ' global game' Of football underwent mass diffusion along British trading and educational routes (e.g. in Europe, South America), and distinctive indigenous sports were forged as part of the invention of national traditions in emerging modern societies. Petersen-Wagner and Mataruna (2015), comment on transnational contexts from a global sport perspective. mentioning the case Of Jigoro Kano Kodokan judo in Brazil to Gracie Family Brazilian jiu-jitsu in Japan. Judo comes from Japan to Brazil and in the new country developed as another movement, going back to Japan as a recycled product with new values. new philosophy and new techniques to be relearned. Giulianotti and Robertson (2007) reveal that transnational processes impact upon individual sports, and regional and national dimensions, reinforce the theory of the Petersen-Wagner and Mataruna (2015).

While judo experienced a •boom' as a result of the Olympics, jiu-jitsu developed the concept of sport internally. To become a global sport, judo passed through important sportisation stages as can be seen in Table 15.1. Nonetheless, Cruz (2018) remembers that Carlos and Helio Gracie would later turn that martial art into a global phenomenon as the primary developers of modern Brazilian jiu-jitsu, and the name Gracie would live on for decades as one of the most formidable families in the world of sport.

Insert table 1 here

Table 15.1 Global development of judo.

Entry in the Olympic Games 1940 cancelled to the proper start in 1964	1960: At the 58th IOC Session held in Rome in August, it was decided to recognize the International Judo Federation and to integrate this sport into the program of the Games of the XVIII Olympiad in Tokyo in 1964.
Mexico City 1968	1963: At the 61st IOC Session held in Baden-Baden in October, it was recalled that a decision had been taken in 1962 (at the 60th Session in Moscow) to accept a maximum of 18 sports on the 1968 program. A vote was held to eliminate certain sports, and this included judo.
Munich 1972	1965: At the 64th IOC Session held in Madrid in October, it was decided to increase the number of sports on the program to 21 for the Games of the XX Olympiad in Munich in 1972. Judo was on this new list.
Women's inclusion 1992	1985: At the 90th IOC Session held in Berlin in June, it was decided to include women's judo on the program of the Games of the XXV Olympiad in Barcelona in 1992, subject to certain pending issues being settled by the Federation.
Entry in the Paralympic Games 1988 and 2004	1988: Judo for blind and impaired vision people made its Paralympic debut at Seoul Games and has been contested at every Games since. 2004: Women's events were added at Athens 2004. The sport was the only martial art on the Paralympic program per 32 years from 1988 to 2020. Before Judo, the program had Wrestling per just two games successively (Arnhem 1980 and New York 1984) for people with visual disability. In the Tokyo 2020 Games will start the Taekwondo.
Mixed team event 2020	2017: A decision was taken during the IOC Executive Board meeting held in Lausanne in June to include a mixed team event at Tokyo in 2020.

Source adapted from IOC (2017b) and IPC (2019)

Jiu-jitsu expanded further globally during the last two decades of the 20th century. Using a commercialisation strategy the sport moved to the USA with the Gracie family starting the Ultimate Fight Championship (UFC). The fight challenge received rules and the name of Mixed Martial Arts (MMA). Jiu-jitsu itself received the new name of Brazilian jiu-jitsu (BJJ).

Jigoro Kano sent many of his students overseas to help spread globally the growth of judo. Famously these students included Yamashita Yoshitagu who travelled to the USA and became the teacher of President Theodore Roosevelt. Whilst not originally a Kodokan student. Gunji Koizumi was heavily influenced by Kano and founded the Budokwai in London in 1918. A very influential organisation, the Budokwai had many famous members including Mikonosuke Kaiwaishi, Trevor Leggett and Moshe Feldenkrais, and was instrumental in the development of the European Judo Union (1948). and the International Judo Federation (1951). Earlier efforts to form a European organisation in the 1930s did not survive the conflict during the Second World War. And a new

sport called Brazilian Jiu-Jitsu comes from Kano's global initiatives.

With MMA achieving so much global acclaim, in 2007, in Rio de Janeiro, the [JF Presidency passed to the naturalized Austrian judoka and businessman Marius Vizer. Vizer had a clear vision for the sport and set about a strategic plan to take the sport into the 21st century. So many developments have followed. most noticeably the introduction of the UF World Tour, the World Ranking List, significant levels of prize money, live streaming of events and the broadcast contract with CNN. Additionally he has overseen other developments that demonstrate the educational nature of judo including the Judo for peace initiative, Judo for the World series, the first Gender Equity conference and the World Kata Championships. He developed a new moment Of global sport for Judo (IJF, 2017).

Final considerations

The emergence and popularity of mixed martial arts events (e.g. K-1 and Ultimate Fighting Championship) created a market demand for new forms of entertainment value in martial arts. The increased number Of martial arts practitioners, products, organizations and events reflects that martial arts have become global cultural products (Ko, 2007; Ueda, 2017).

The growth of martial arts as global cultural products can be best illustrated in the cases of Judo and Taekwondo, both Olympic sports. Today, the International Judo Federation (IJF) lists about 180 member nations, and the number Of Judo practitioners in the world is over 8 million (IJF, 2017). The World Taekwondo Federation (WVF) is made up of 185 national governing bodies, and the number of Taekwondo practitioners in the world is estimated to be 70 million (Deaton et al., 2020). The increased popularity of Judo and Taekwondo and their addition to the Olympics clearly indicates that martial arts have become popular cultural products (KO, 21M).

Judo was introduced to the Olympic program at the 19C»4 Tokyo Games and since 1972 has featured in every Olympiad. Judo became more popular in the five continents after the Olympic Games. In Japan, Brazil and France is inserted in the primary and secondary schools. and universities as part of the syllabus of Physical Education classes. Militaries academies or schools used judo as part of self-defense or for discipline. Money prizes started in the judo competitions in the International Judo Federation events. The intention is to make the sport more attractive for spectators and athletes. To enhance the dimension of sport and develop it globally, Marius Viser every year launches new tournaments in different countries.

During the Rio 2016 Olympic Games, the *Judo was the number one trending topic in the World on the Twitter platform on five days out of seven days of competition (OF, 2017). As the most cited sport in this edition of Summer Olympics than any other sport in social media, it demonstrates not only the popularity of judo but also the potential to engage with different audiences. Through social media, the public have an opportunity to share, post, discuss and be more involved with the sport's content. Therefore, social media has been actively used as an important tool that impacts the way that sport can be seen and communicated.

Judo and ju-jitsu, along with taekwondo and karate, demonstrate the multi-faceted ways in which globalization has impacted sports as they expand from traditional locations and cultures to others. In some cases like taekwondo it has led to multiple international organizations with one being linked to the Olympics and another promoting competition along traditional lines (Deaton et al., 2020). Karate's globalization has followed similar patterns to tae kwon do (Lawton and Nauright, 2019) In the case of judo and ju-jitsu it has led to new sport forms resulting in today's MMA. Martial arts is thus one of the most fertile grounds for examining globalization, sportization and conflict and compromise that is necessary as a result.

References