

**INTERNATIONAL JUDO FEDERATION**



# **JUDO**

## **Vision, Mission and Goals**

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### Vision, Mission and Goals

#### About the International Judo Federation

The International Judo Federation (IJF) is a non-profit association composed of national judo federations and continental unions (Statutes, 2020). Each national federation must be recognised as the sole federation authorised to represent its country in international sporting bodies by its Olympic committee. Continental unions oversee the implementation of IJF and IOC policy. Today the IJF brings together 204 national federations and 5 continental unions. Through the hierarchical organisation of the members, all judo stakeholders can participate and influence the development of judo in their respective areas of work.

The founder of judo, Jigoro Kano, was inspired by traditional forms of combat to create a method of physical, intellectual and moral education which he named judo in 1882. The historical timeline shows that the first competitions between European countries were held between the 1930's and 1940's while the International Judo Federation was established in 1951. For establishing judo as a global sport, 1964 brought an important historic milestone as judo became a member of the Olympic sports family with the inclusion of judo at the Tokyo Olympic Games. Women were included in the Olympic programme in 1992 in Barcelona, illustrating that judo is a sport equally suitable for men and women. A mixed team event (3 women and 3 men) was added for the Tokyo 2020 Olympic Games.

The IJF is continuously working to protect Jigoro Kano's legacy, building on the foundation of his original values and principles while always considering the need to develop all aspects of judo as a modern and dynamic sport system in respect of the first principle "to be an education system which by the improvement of man participates in the improvement of the society".

#### Judo, a World Sport

##### Beginnings

Jigoro Kano wanted to strengthen his body and learn to defend himself. He studied jujutsu but soon realised that fighting is focused on a powerful body and not on the spiritual and educational dimension of people. Kano removed dangerous techniques and improved the art of falling. He proposed that fighters grip each other and created his own method by synthesising the oldest forms of defence. In 1882 he opened a dojo that he called the *Kodokan*, the 'Place where the way is studied.' Judo techniques were divided into three categories: throwing or *nage-waza*, grappling or *katame-waza* and striking or *atemi-waza*. In competition, *atemi-waza* are not allowed. Judo is taught through *randori*, free practice, *kata*, formal practice, *mondo*, exchanges and *kogi* (lecture/self study) based on the values, the philosophy or any subject related to judo, between the students and their teacher (<https://www.ijf.org/history>).

In 1909 Kano was appointed to the International Olympic Committee. He became the first Asian IOC member and devoted his life to the development of education through judo and through sports in Japan and around the world. In 1922 Kano created the Cultural Society of the *Kodokan*. He wrote the two maxims that defined the philosophy of his method: *seiryoku zenyo* (the best use of energy) and *jita kyoei* (mutual welfare and benefit) (<https://www.ijf.org/moralcode>).



The belt colour embodies the expertise of the judoka. Beginners successively wear a white, yellow, orange, green, blue or brown belt before passing a special examination (technical and competitive) to obtain the rank of black belt, or *dan* (1<sup>st</sup> to 10<sup>th</sup> *dan*). The coloured belt system was developed in England in the mid-1920s and gained in popularity thanks to the Kawaishi Method. Through the years, it has been altered, introducing belts in two colours (for example, white-yellow belt or yellow-orange) to motivate children and young people in their efforts to learn judo techniques and obtain higher ranked belts.

Official judo sporting events started to take place in the early 20th century. The first non-official European Championships were held in Dresden in 1934 but first official Championships were held in 1951 in Paris. Judo was chosen as a demonstration sport for the Tokyo Olympic Games in 1940, which never took place, due to World War II. It was not until the 1964 Olympic Games that judo officially entered the Olympic programme.

On 11<sup>th</sup> July 1951, in London, the European Judo Union's representatives (Great Britain, France, Italy, Belgium, Netherlands, Germany, Austria and Switzerland) received the candidacy of Argentina and the International Judo Federation was created. The Italian Aldo Torti became the first President of the IJF. In 2007 Marius L.Vizer, previous President of the European Judo Union, became the IJF President.

## Modernisation

Judo as a sport grew rapidly in the years following World War II but 2007 could be marked as an historic milestone in the evolution of judo, as the IJF President, Mr Vizer, supported by the Executive Committee members undertook reforms revolutionising judo (in 'Judo for the World,' written by Brousse and Messner, IJF, 2015). A new competition format was introduced (the IJF World Judo Tour, including Grand Prix, Grand Slams and World Judo Masters, as well as annual world championships). The world ranking, that gives an overview of the best athletes of the moment and determines Olympic qualification, is based on the results of events on the IJF World Tour. Since the Sydney Olympic Games in 2000, one of the two competitors in each contest has been wearing a blue suit (*judogi*) and the other competitor kept a traditional, white *judogi*.

The safety of judoka, the equity between the fighters and the need to make judo more telegenic, represented the main motivation for the change of rules. New rules made judo more attractive and easier to understand for a wider audience. All those changes raised the popularity of judo all over the world, followed by TV coverage of all international judo events in more than 160 countries. Judo fans can enjoy judo competitions through live streaming but also information and stories about judo, famous judoka and many interesting projects are available on the IJF home page and social media platforms throughout the year.

## Globalisation

For many years, the IJF has been promoting judo for children, through its Judo in Schools programme, where judo is included in the school curriculum and is available to all children. Based on the fundamental values of judo, the France Judo established the Judo Moral Code that includes moral values first defined by Jigoro Kano (respect, courage, friendship, politeness, sincerity, honour and self-control). In 2007 the IJF also initiated and conducted Judo for Peace programmes in conflict or post-conflict areas, changing the daily lives of thousands of refugees, offering them a vision of a fairer world (The ASJ journal, Vo.2 (1), Messner, 2022). Launched in 2011, World Judo Day is a global judo celebration which takes place every year on the birthday of Jigoro Kano (28th October), usually celebrating some of the judo values such as friendship, care for the community ('Plant a tree') or gender equality ('Stronger Together').



As one of the main tasks of the IJF is to spread and harmonise knowledge of judo techniques and values, the IJF Academy Foundation was established as an educational institution (registered in Malta) offering licences at several levels, enabling coaches and judo officials to go from certificate to PhD level and offering the possibility to network with more than 4,000 students from all over the world. The IJF became the first international sport organisation to offer an academic qualification for their coaches. For the purposes of using scientific research results for the development of judo, the international multidisciplinary journal named 'The Arts and Sciences of Judo' was launched in 2021 as a bi-annual journal with a main objective of initiating research in judo that can help athletes, coaches and all judo officials to solve their challenges and to facilitate the research network in judo  
<https://academy.ijf.org/news/the-arts-and-sciences-of-judo-3r>

Judo as a global sport, with all its values, must support positive change within society and the IJF works as a leader with numerous projects on inclusion (Judo for Refugees, Judo for Peace) and is continuously engaged in sustainability activities as an active member of the UN 'Sports for Climate Change' activities (IJF Policy on Sustainability, 2023, <https://www.ijf.org/ijf/documents/13>). In partnership with its members, continental unions and national judo federations, the IJF is committed to further improvements within judo, not only as a sport but also as a contributor to sustainable and responsible societal development.

## Vision and Mission

**Judo is a leading Olympic sport, evenly spread and developed all over the world and accessible for all population categories. Judo actively contributes to sustainable, inclusive and healthy communities.**

The mission of the IJF is to spread judo values throughout the world and inspire generations towards a healthy life based on moral principles and to offer guidance and leadership to its members, while preserving the integrity of the sport, the athletes and all judo officials. The mission is continuously implemented through the organisation of the IJF World Judo Tour competitions and through the numerous projects dedicated to promoting and spreading all judo values.

## Goals and Activities

Goals	Activities
<b>PROTECTION AND PROMOTION</b>	<ul style="list-style-type: none"> <li>• Promotion of Olympic values according to the Olympic Charter</li> <li>• Protection of interests of judo throughout the world</li> <li>• Defending the integrity of judo in all areas of responsibility</li> <li>• Promotion of all judo values, judo culture and goals, including UN sustainability goals</li> <li>• Safeguarding - alert system on any misconduct of judo players and managers</li> <li>• Promotion of the sport achievements of all judo athletes</li> </ul>
<b>ORGANISATION AND DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>• Organisation of the IJF Tour, WCs for cadets, juniors, seniors, veterans and kata and other events; development of events</li> <li>• Participation at the Olympic Games</li> <li>• Organisation and implementation of numerous projects that promote peace and inclusion</li> <li>• Implementing steps needed for the achievement of gender equality in judo</li> <li>• Ensuring safety and wellbeing of athletes</li> </ul>
<b>EDUCATION AND HARMONISATION</b>	<ul style="list-style-type: none"> <li>• Establishing rules that promote judo as a modern sport</li> <li>• Conducting the education for coaches and officials (IJF Academy) all over the world</li> <li>• Harmonising grading systems including dan ranks and awarding rules</li> <li>• Using scientific research results for upgrading the quality of judo</li> </ul>
<b>LEADERSHIP AND COMMUNICATION</b>	<ul style="list-style-type: none"> <li>• Developing the practice of judo for all population categories through the work of national judo federations and continental unions</li> <li>• Establishing cordial and friendly relationships between its members and support for developing countries</li> <li>• Ensuring good governance through the work of EB and IJF commissions that reflect the manifold aspects of judo</li> </ul>
<b>VISIONING</b>	<ul style="list-style-type: none"> <li>• Including technological innovations and reflecting social trends in various aspects of judo</li> <li>• Rethinking and discussing possible impacts on the future of judo</li> </ul>

## Abilities to Change

All sports have an important social role as they represent the strength of society, motivating and educating millions of people all over the world.

**The ability of judo to change the individual and society for the better** is motivating judo athletes to reach their best performances and all members of the judo community to be committed to their specific roles. The IJF's task is to make the possibilities of judo visible and use them to make changes directed at the betterment of the whole judo community, day by day, in every country.

**IJF Headquarters and Presidential Office**

HUN 1051 Budapest

József Attila str. 1

[www.ijf.org](http://www.ijf.org)

**IJF General Secretariat**

HUN 1051 Budapest

József Attila str. 1

[gs@ijf.org](mailto:gs@ijf.org)

