3. A SURVEY OF THE MEASURES FOR THE JUDO DISSEMINATION

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1. Preface

Mr. Kuwahara[3] has stated that sports are a part of modern civilization and form an important sphere of civilization together with politics, economics, military, religion, art, science, information, etc. In other words, sports are an indispensible part in modern society.

The dissemination of national sports activity according to the "Public Opinion Poll of Sports" carried out in April, 1957 showed 14% of the polled participating in sports. However, the Prime Minister's Office in 1979 carried out a "Public Opinion Poll of Sports" which showed an estimated 66% of the total participating in sports. From a practical standpoint, the tendencies toward pleasure were stronger than a competitive spirit. Judo has inherited a spirit of vitality and energy, and a spirit of mutual appreciation for other people. Judo has spread more and more since World War II according to *the Report of the Basic Survey of Sports (1966–1970)*[13] which surveyed the Japan Physical Education Federation (university students and registered members), as well as the National Physical Education Association (general members). The number of organized judoists including general, university, vocational school, high school, and junior high school was 407,782. This was more than the number in softball, volleyball, table tennis, softball tennis, and basketball. And Judo is still continuing to spread all over the world as an international sport.

As for the measures necessary for the dissemination of this valuable sport, *the Report of the Basic Survey of Sports*[13], proposes the development of the sport itself as well as its facilities. Moreover, what is most important for the promotion of the sport today is first of all a comprehensive plan which should consider the people, activities, activity space, as well as their interrelationships. As just mentioned, the primary elements of the plan are people, activities, and space; however, the contents considers such things as programs, organization, instructors, and facilities.

Regarding the draft of this research group about the dissemination of Judo and related measures, the following existing classification is thought to be of importance:

(1) the consciousness toward the Judo of instructors and the Judo of students,
(2) the organization formation for furthering Judo activities,
(3) training of instructors,
(4) the expansion and further development of facilities, and
(5) the programs of instruction, etc.

Areas of interest with which this research is concerned are 1) the present population of judoists, 2) instructors and facilities, 3) opinions regarding the dissemination measures of Judo, 4) the image toward judoists, and others.

2. Method

[1] Topics and Time Period of Survey

(1) Survey regarding the present population of judoists, instructors, and facilities.

The survey covered the 6 groups of junior high school, high school, university (including technical college), dojo, company, and Judo young people's group from October 1, 1979 to the present.

(2) Survey regarding the dissemination measures of Judo.

The survey covered instructors in Metropolitian Tokyo, Chiba Prefecture, and the Shizuoka Prefecture Police from June 1, 1981 to December 10, 1981, and their ages and ranks were as follows:

Table 1 AGE

20–29	30–39	40–49	50–59	60–69	70–79	Unknown	TOTAL
10 11.4%	34 38.6%	30 34.1%	7 8.0%	4 4.5%	2 2.3%	1 1.1%	88

RANKINGS

2-dan	3-dan	4-dan	5-dan	6-dan	7-dan	8-dan	Unknown	TOTAL
4 4.5%	6 6.8%	29 33.0%	25 28.4%	17 19.3%	5 5.7%	1 1.1%	1 1.1%	88

(3) Survey regarding the consciousness of Judo.

The unexperienced have an interest in sports. When they participate there are numerous directly-influenced reasons for selection. In this research the following two areas are investigated: 1) the motive for starting Judo, and 2) the image of people already doing Judo.

The survey concerning the motive for starting Judo covered 206 men and women (3 women) judoists of the National Police Academy, Meiji University, Nihon University, Waseda University, ShinNihon Seitetsu Company, Asahi Kasei Company, and Keiyo Gas Company. Their ages ranged from 10–65 years old with those in their 20's (21–30) being 29%, and those in their 40's (41–50) being 21%. Ranks ranged from no rank to 7-dan (the 7th rank) with 2-dan being 34%, and 3-dan being 27%. The survey was carried out from July 1, 1981 to December 10, 1981. The survey of the image of the people already doing Judo covered 355 people (91 women) with no Judo experience and police cadets taking Judo as an elective at the National Police Academy and at Meiji University, Nihon University, Waseda University, Osaka University, Kagawa University, Fukushima University, Juntendo University, ShinNihon Seitetsu Company, Asahi Kasei Company, and Keiyo Gas Company. The survey was carried out from July 1, 1981 to February 10, 1982 and the results are shown in Table 2.

Table 2 Subjects

Age	Men			Women
	General	Policemen (non-Judo practitioners)	Policemen (Judo practitioners)	
under 20	62	—	—	42
21–30	105	34	—	29
31–40	23	42	50	13
over 40	23	13	44	7
TOTAL	213	89	94	91

[2] Survey Items and Procedure

(1) Present state of organized Judo, instructors, and facilities.

The content of the questionnaire included items related to classification by age, rank, and number of people over the past 3 years, the state of activities, dojo facilities, and instructors. An example of the questionnaire is shown in Questionnaire 1.

The survey procedure consisted of preparing 500 copies of the questionnaire for each of the 6 groups. They were then distributed to junior high schools and senior high schools in 10 districts—Hokkaido, Tohoku, Kanto, Tokyo, Shinetsu, Tokai, Kinki, Chugoku, Shikoku, and Kyushu. In order to achieve this the 1979 edition of the National School Directory was used as a source from which careful thought was given to the selection of schools from each prefecture according to metropolitian area, county area, large-scale schools, small-scale schools, and courses and curriculum, etc. The universities (including technical college), dojo, companies, young people's judo groups were selected from the *Directory Japanese Universities*, the *Directory of the Judo Federation Registered Industrial Groups*, and the *Japanese Young People's Groups Directory*. Questionnaires were sent out to these institutions and they were requested to complete and return them. The rate of return was as follows:

	# of Schools	%
junior high schools	238	47.7
senior high schools	298	60.3
universities (including technical colleges)	196	44.0
dojo	230	48.5
companies	206	40.5
young people's judo groups	166	57.2

(2) Opinions regarding the dissemination measures of Judo.

Opinions regarding dissemination measures from the instructor's point of view were asked of those instructors actively teaching and an effort was also made to try to collect basic documentation. Survey tables were compiled with this data, and we would like to develop and expand along the lines of the concrete measures received as answers to each question. The survey method was based on a descriptive survey method as per the distribution table survey method (see illustration below).

Rank _____ Age _____

Measures for the dissemination of Judo are thought to be 1) the problem of the consciousness toward Judo, 2) organization formation, 3) instructor training, 4) the expansion and development of facilities, 5) training programs, etc. What are the thoughts of you teachers on these as measures for the dissemination of Judo from what it is now? Please inform us in detail (an itemization is also sufficient) of your opinions.

(3) Survey regarding the consciousness toward Judo.

(i) Regarding the survey of the motive for beginning Judo, 28 items were listed originating from the peculiarities, the effects, outward incentives, etc. of Judo in multiple-choice form. With Matsumoto's[6], research as a reference, the survey form (Survey Form 2) complied by the Research Group of the "Association for the Scientific Studies on Judo", was employed.

(ii) Regarding the survey of the image toward people already doing Judo, the questionnaire was divided into 5 categories: 1) active nature (7), 2) physical nature (7), 3) emotional nature (6), 4) social nature (8), 5) volition nature (7). The survey form (Survey Form 3) consisting of 35 items and compiled by the Research Group of the "Association for the Scientific Studies on Judo", after refering to the research of Ogata[11], was used. The 35 items concerning the factors of each nature were evaluated on a 5-level scale. These values were then converted and an average scale made. The differences area by area in evaluation of the survey areas was investigated.

3. Results and Discussions

[1] Present Population of Organized Judoists

(1) Junior high schools and senior high schools

In comparing the data of both junior and senior high schools, the number of students was extremely large: 2,581,526 in junior high, and 2,230,590 in senior high. Therefore, an estimation method having 95% reliability within the realm of conjecture determined by PSP according to the material collected from students and club members was employed.

According to the research of Matsushita and others[7] of the differences of organized judoists of the respective districts, there were prefectures that were high (index of more than 100 on the national average) in the standards of beginners, advanced levels, etc. notwithstanding the fact that that prefecture was above or below standard in manpower. These may be referred to as "special disseminating prefectures" and "disseminating prefectures". There was a low rate of return from the junior high schools of the districts conjectured as "disseminating prefectures". Moreover, from a 50% rate of return 75% also included returned answers of prefectures with no number of club members. Even from among senior high schools there was a difference: 50% rate of return from Kyushu and Kinki regions; 85.4% rate of return from the Tohoku region. Some problems still exist in the estimates of these results. Another survey is definitely necessary in the future. The total estimated number of organized judoists were 101,764±3,638 in junior high schools and 81,692±2,112 in senior high schools.

(2) Universities (including technical colleges)

This survey is based on the Directory of Japanese Universities, which lists 447 schools, 385 universities and 62 technical colleges in Japan. We received the answers to our questionnaire from 196 schools (44%). The estimated number of judoists of universities (including technical colleges) this time was 12,810. The results of the *Report of the Basic Survey of Sports* showed 6,785 people in universities and 983 people in vocational schools for a total of 7,768 judoists. In this survey estimates were made by imposing the same conditions on each university; however, a difference is visible due to the scale related to the number of departments, the number of regular student members, and so on in the universities. Since better reliability it thought to exist from the estimate of regular student members, this was added to the *Directory of Japanese Universities* and other data. There is also a necessity to add this to the classification examination.

Groups of enthusiasts with no particular purpose on entering any large tournament or competition outside of club activities have become popular recently. Taking Meiji University as an example, the subjects included the Judo Club of the Physical Education Association (about 100 members), the Evening School Judo Club (about 20 members), a group of judo enthusiasts (about 40 members), and the Ikuta Campus Judo Club (about 30 members) all of whom practice three (3) times per week. Similar such organizations were thought to exist at other large-scale universities, but sufficient data was unobtainable. The subject of a survey of groups of enthusiasts will also be left for a future time.

(3) Dojo.

All 474 dojo registered in the National Dojo Roster was covered. The rate of return was 48.5% or 230 dojo. The facilities of the gymnasiums in the villages, towns, and cities and the facilities open to the general public by the police departments are not included in these results. The judoists of the 230 dojo totalled 13,086, with a national total estimated to be 26,969. Since the results of the dojo data are not included in the items entered in the *Report of the Basic Survey of Sports*, a comparison was unable to be carried out.

(4) Companies.

The *Directory of the Judo Federation Registered Industrial Groups* was used as a source in the survey of measures of companies. The rate of return was 206 companies out of a total of 509 for a rate of return of 40.5%. It was learned that each registered company affiliate, for the most part, participated in industrial group matches, tournaments, etc. We were unable at this time to survey the number

of judo lovers practicing independently of the company, but with no interest in participating in matches or tournaments. We were unable to survey the number of employees of each company. Therefore, the said conditions of all companies are regarded as being estimated.

The number of employees of the 206 companies was 4,784, judoists estimated at 11,820. The survey results of companies are included as a general entry in the *Report of the Basic Survey of Sports*. The number of organized judoists of the aforementioned 6 groups has been estimated and these groups are thought to practice more than three (3) times per week. This survey was limited to only 6 groups. However, we hope to collect data from the police, general public, *dan* holders, beginners, instructors, and so on in the future because of the need to clarify more accurately the present state of organized judoists.

[2] Instructors and Facilities

(1) Instructors (those for judo as a regular course of study)

Table 3 shows the results of a consolidated classification of schools by rank. Looking at the *dan* rank of the instructors of those responsible for physical education subjects in schools, the ranks were as follows:

junior high school	sho-dan=40.5%
	non-dan=15.5%
	sho-dan & 2-dan=56.0%
senior high school	5-dan=31.5%
	4+5+6-dan=56.0%
universities	8-dan=19.4%
	5-dan+over=80.6%

The number of instructors from other subjects in junior high school was 9 people (9.7%), 8 in senior high school (3.7%), and 7 people in universities (9.5%). They were all *dan* holders and there was a tendency for the upper-class schools to have higher *dan* holders. With regards to the instructors from outside the school, it seems that such number increased as per the higher level of educational institution: 1 in junior high schools, 11 in senior high schools, and 26 in universities.

From these results limited only to *dan* rank, a shortage of instructors in the junior high schools is noticeable since non-*dan* holders among the junior high school instructors of the regular course of study was 15.5%.

(2) Instructors (club activities).

TABLE 3 SCHOOL JUDO INSTRUCTORS (Junior high school, senior high school, university)

dan ran	Club Activities									Lessons								
	Inside School						Outside School			Inside School						Outside School		
	Physical Education			Other Subjects			Alumni Instructors			Physical Education			Other Subjects			Alumni Instructors		
	jr hs	sr hs	univ	jr hs	sr hs	univ	jr hs	sr hs	univ	jr hs	sr hs	univ	jr hs	sr hs	univ	jr hs	sr hs	univ
nor	1	0	0	10	11	2	0	0	0	13	0	1	0	0	0	0	1	0
一	9	5	0	9	11	3	1	1	0	34	38	0	1	0	0	0	2	1
二	12	6	1	21	17	2	4	3	2	15	24	3	4	3	0	0	0	0
三	14	21	4	17	13	5	6	8	6	10	26	1	1	0	0	0	1	1
四	4	26	7	9	10	7	8	9	8	3	26	8	2	1	1	0	1	1
五	11	63	18	4	11	7	11	8	17	8	65	18	1	1	2	1	2	6
六	0	23	9	1	12	4	2	4	19	0	25	12	0	2	2	0	3	4
七	1	2	10	0	6	2	0	2	10	0	2	11	0	1	0	0	1	6
八	1	1	13	0	0	0	0	2	16	1	1	13	0	0	2	0	0	7
九	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0

TABLE 4 FACILITIES

		Universities		senior high schools		junior high schools	
dojo exclusively for Judo,	with spring	74 (38%)	156 (80%)	85 (29%)	247 (83%)	18 (8%)	87 (36%)
	without spring	80 (41%)		157 (53%)		66 (27%)	
	unknown	2 (1%)		5 (1%)		3 (1%)	
Makeshift dojo		32 (15%)		46 (16%)		83 (35%)	
Other		1 (1%)		0 (0%)		13 (5%)	
No Reply		7 (4%)		4 (1%)		57 (24%)	
TOTAL		196		297		240	

Club activities are being carried out more in senior high schools and universities than in junior high schools as shown in more than 95% of the replys. However, a small number from among these showed schools with no regular course of judo study and only club activities. Comparing the number of instructors responsible for Judo courses and the number of instructors for clubs, many were either from outside of school or from other subjects in both junior and senior high schools.

(3) Facilities.

Dojo facilities consist of those dojo exclusively for Judo, generally with a fixed number of tatami mats and a kind of makeshift dojo where mats are laid out every time there is practice. As per Table 4, 80% of the universities and 83% of the senior high schools are provided with dojo exclusively for Judo. This is quite substantial, but a mere 36% of the junior high schools have such facilities.

With regards to the existence or non-existence of spring in the floor and the necessity for safety measures, the number of facilities having spring increases as per the level of the school: 8% in junior high school, 29% in senior high school, and 39% in universities. It revealed that there was quite a number of dojo without spring. Taking it into consideration that a great number of students come in contact with Judo for the first time in junior high school, there is a problem of the urgent need to furnish complete facilities that show a concern for accident prevention in the important introductory period.

Makeshift dojo in senior high schools are in regular gymnasiums, many of which are used for *kendo* (Japanese fencing) at the same time. In junior high schools classrooms, gymnasiums, and auditoriums were more prevalent. A tendency was noticeable in the "Other" category of the junior high school facilities especially that showed a dependence on civic halls, municipal martial arts centers, police, and other facilities for physical education in the community.

In comparing the dojo size (number of tatami mats) and the number of club members, most of the junior high schools were from 21–50 mats and 61% of the club members were practicing in a dojo of such a scale. The size became slightly larger in senior high schools with 49% of the students practicing in a more encouraging 71–110 mat dojo. There was no particular tendency seen in the universities, but 24% of the university students were using facilities of 71–100 mats. In the universities especially, 14% of the students were using a dojo of 191–400 mats, but these students were majoring in physical education where sufficiently spacious facilities were maintained for professional-like lessons.

[3] Opinions on the Measures for Judo Dissemination

Careful thought was given to the selection of samples since the descriptive survey method in the case of inferred results takes sufficient care in samples, process, etc. Moreover, regarding consolidation, the KJ-method technique was referred to in order to avoid arbitrary inferences.

The following results are a compiliation of the opinions of what kind of measures are necessary

for the dissemination of Judo. These are the frank and concrete opinions of those who love Judo, and want to develop and expand Judo. The results were consolidated into the following 7 categories:

(1) consciousness towards Judo
(2) organization formation
(3) instructor training
(4) development and expansion of Judo facilities
(5) instruction programs
(6) advertising promotion
(7) necessity for scientific study of Judo

(1) Consciousness towards Judo.

(a) Judo today is overly bent of win/loss
ideology with a major emphasis on matches
basically Olympic-oriented

(b) necessity for spiritual discipline
attitude of practice
mental attitude towards judo
merely neglects self-discipline

(c) Judo as human development
becoming a fine person through Judo
returning to the beginning of Judo

(d) competition training
competition training from early discovery in elementary school and junior high school
need for "star" training

(e) physical training
Judo today is overinstitutionalized as a sport

(f) Judo should think of safety first
eradicate the image of many injuries associated with Judo

(g) nurturing a daily-living attitude
attention to the attitude of violence

Nowadays the opinions of Judo are separated into those as spiritual training and human development and those as competition training, the former being the more overwhelming. Moreover, the essence of Judo from the point of win/loss is also revealed. Our hope is to obtain championship titles and win in the Olympics. However, the concepts of the founding of Judo as an approved teaching model exist always in the hearts of Judo followers. This is, of course, necessary for competition training and suggests that it would also contribute to human development from both the essence of Judo and technique for the dissemination of Judo for the general youth.

(2) Organization formation.

(a) organization for nurturing young people's Judo
(b) organization for promotion of regional Judo
(c) development and expansion of regional Judo federations
(d) nationally federated organization of instructors
(e) development and expansion of upper-class instructor system
(f) establishment of referee system (official referees)
(g) authorization of Judo instructor qualifications
(h) registration system
(i) other opinions regarding organization formation were many

The organization in sports activities is probably, for the most part, centered around the style of line-and-staff organization from organization theory. Takashima[4], has put forth following 3 levels of

such organization:

1—*top management*: composed of the few who pay close attention to the complete and comprehensive affairs of such management body; such work as to complete maintenance of policy decisions and putting them into effect as well as that of management objectives.

2—*middle management*: responsibility for the function of coordination of activities to attain the objectives of the many conditions for advancement of the organization body.

3—*lower management*: maintenance of direct contacts; those who instruct.

The establishment of these 3 levels is necessary. Moreover, it is believed that making the most of the individual nature of lower management is important. It is hoped that private collaboration in the development and expansion of such an organization in different regions, schools, young people's groups, etc., and in upper-class clubs as well.

(3) Instructor training.

(a) instructor quality training
instructors with developed personality and not only technique
training of instructors having acquired proper Judo
instructors who can teach proper basics and not only for matches
promotion of instruction techniques
promotion of referee quality
instructor training of non-professionals in Judo
development and expansion of girls' Judo in junior and senior high schools

(b) positive attitude toward the Judo of instructors
more necessity for instruction in mental attitude rather than facilities
instructors having acquired general education also and not only Judo

There is a deep relation of these items to Item (1). It is hoped that instructors will be of upright character as well as have a desire to teach. The training of such instructors is what is truly desired. It also needs mentioning that there is a great interest and many expectations in the training of instructors, those not specialized in Judo, and especially women instructors of junior and senior high schools.

Hamaguchi[3] has listed the qualities necessary for physical education instructors as a person with a feeling for education, with good character, with professional skills, with love and understanding, with unending study, and with a healthy body. It is hoped that the training of instructors with enthusiasm, good character, and Judo skill will continue to develop and expand.

(4) The development and expansion of Judo facilities.

(a) the facilities of centrally-located martial arts centers in each prefecture

(b) the development and expansion of facilities in villages and towns

(c) the development and expansion of facilities in junior and senior high schools

(d) facilities concerned with safety and emotional aspects

(e) development and expansion of Judo training facilities

In the *Report of the Basic Survey of Sports (1966–77)* there is an appendix of categorized facilities. As per Table 5, there was a sudden increase in the number of facilities from about 1965; however, there is a difference noticeable at each level in comparison with the number of swimming pools—even considering the sharp increase of pool facilities in elementary schools.

Judo cannot be satisfactorily practiced if there are no facilities. Therefore, firstly the development and expansion of facilities should be a measure for judo dissemination. There is an extremely strong demand evident in this opinion. Instructors must pay sufficient attention in maintaining character along with maintain physical condition. There must be qualitative development and expansion and not an emphasis merely on the number of dojo. The primary condition is first of all for the learners to have a large enough space for movement.

Since Judo is still mostly practiced as an art of throwing, more facilities with spring flexibility in

Table 5 Appendix of Facilities Classification [compiled from the Sports Basic Survey Report (1966–1970)]

Year / Facility name	1970	1875	1880	1885	1890	1895	1900	1905	1910	1915	1920	1925	1930	1935	1940	1945	1950	1955	1960	1965	1967	Others
Track	1	6	9	9	11	11	18	29	41	51	56	89	123	145	189	209	382	552	691	980	1,122	44
Swimming pool		11	16	18	29	35	40	45	55	61	72	104	207	385	540	651	799	1,271	2,730	6,633	8,749	148
Baseball stadium			1	2	6	6	10	18	27	34	39	65	89	125	171	205	409	642	903	1,403	1,639	35
Gymnasium	5	80	115	135	177	218	272	372	548	706	890	1,358	2,297	3,196	4,030	4,337	5,299	8,135	11,590	16,372	18,434	129
Judo dojo		1	2	2	4	6	16	32	54	76	92	177	268	334	420	468	561	728	936	1,375	1,645	9
Kendo dojo	1	1	2	2	5	5	10	17	28	42	57	105	160	215	278	309	352	426	650	814	1,015	96
Golf course		1	1	1	1	1	1	1	1	2	5	8	14	21	31	31	34	75	185	407	482	4
Bowling alley													1	2	2	2	2	3	4	97	180	175

the floor for the prevention of injuries are desired. And since perspiring goes hand in hand with practice, care should also be given to shower facilities, lighting, and ventilation. A safe and sanitary environment is no less important.

(5) Instruction program.

(a) instruction program preparation
preparation of basic instruction program
instruction program based on growth and development
preparation of program for instruction of youth (hopefully study will be done for consistency in the skill for instructing beginners)
preparation of program for instructors of women judoists
preparation of program so that general teaching staff can instruct
school Judo program

(b) publication of materials, etc.
guide to technique and *kata* (form) for instructing young people
guide for the proper understanding of Judo by foreigners
preparation of video materials of *kata* (form)

(c) lectures and workshops
lectures and workshops for young people
lectures and workshops for instructors
lectures and workshops on *kata* (form)
instruction tours by famous athletes
lectures and workshops for women judoists and instructors of women judoists
lectures and workshops on sports science such as sports medicine, sports psychology, sports sociology, and others.

(d) matches
increase the number of matches
too many tournaments
lectures and workshops rather than selecting tournaments
need for tournaments on *kata* (form)
system of protecting those injured for the purpose of safe instruction
physiology for instructors
instruction in osteopathy

There was a desire for various kinds of instruction program preparation. There is a difference in the skill, the purpose of learning, and the purpose of thinking of each individual learner.

It would be best if instructors could instruct according to a method of these individual qualities. However, it is hoped that lectures, workshops, and program preparation would be so that women can be instructed and so that teachers of other subjects in junior and senior high schools can instruct physical education due to the instructor shortage. Moreover, it is also hoped that more will be done in the areas of guidebooks, video of *kata* (form), etc.

Hopefully various kinds of lectures and workshops will evolve as one concrete measure. The touring instruction to each region, in the nature of demonstration instruction by famous athletes, would probably be a great stimulus to young people for the expansion of Judo. At the same time, lectures on technique, aspects of judo other than form, and other sports-related matters are also desirable.

There is a definite demand for a tournament of *kata* (form) only. Actually even in America a championship tournament has been held and there were many elderly people, women Judo learners, and Judo lovers. This is valuable information regarding the dissemination of Judo to the elderly and women. Judo was revived in 1950 after the war. The content of instruction in the junior high schools

emphasizing Judo was compared according to the content related to technique and the content related to attitude. *Kata* (form) has not been emphasized enough. From now the problem is the development and promotion of the thinking of the significance of *kata* (form).

(6) Advertising promotion.

(a) appealing use of mass media: appeal more through television, radio, newspapers, etc.

(b) plan large tournaments in more regional locations: holding demonstrations to appeal to the general public such as those of basketball, soccer, and volleyball

The influence of mass communication today is immense. Comparatively there were numerous opinions to the effect that such mass communication should be used. The spreading of "*Judo*" magazine is one example of this. The television broadcasting of not only matches but also Kōdōkan events, practice sessions, etc. should also be considered. The main Judo tournaments are centered in the metropolitan areas and some opinions have been brought out that there is a need for holding such events in regional cities just as soccer and volleyball.

(7) Scientific study of Judo

(a) establishment of a library and study rooms at Kōdōkan for the scientific study of Judo

(b) scientific study of training

The aforementioned demand of the necessity of instruction program preparation is one aspect moving toward the scientific study of Judo. According to the library, documents related to Judo can be collected. There is a strong demand regarding study and the increase of facilities for the development and expansion of instruction of better instructors in accordance with scientific studies on Judo technique, training, etc. Judo is an ancient element of Japan. It is our duty to study not only about the measures of Judo dissemination, but also about Judo itself. This will in turn assist in the dissemination of Judo indirectly.

4. Motive for Beginning Judo

The respondents to this survey are practicing Judo in the community, universities, companies, and Judo clubs. Practice takes place quite often and many people are taking part in competitive activities.

Table 6 lists the items with high response. First was "family urging" with 26%. When questioned about who in the family was responsible for urging more than half replied that it had been their father. In a few of these cases the fathers themselves had done Judo. Second was the "requirement to begin Judo as part of a required subject of some organization", with 22%. This tendency was particularly evident among the police, but it should be kept in mind that there was an absence of this among the general public. Third was the "influence of radio and television programs" with 16%. This also seems to include the recent increase in the broadcasting of matches, Judo cartoons as entertainment

Table 6 Motive for Beginning Judo

	General People	Policemen	Total	%
1 Family urging	44	10	54	26
2 Requirement to begin Judo as part of a required subject of some organization	0	45	45	22
3 Influence of radion & TV programs	22	11	33	16
4 Urging of a friend	20	9	29	14
5 Judo will make one physically strong	17	6	22	11
6 Influence of books & magazines	14	8	23	11
7 No reason	17	2	19	9

programs, and others. Fourth was the "urging of a friend" and it is thought that this "friend" was someone doing Judo. "Miscellaneous" included such reasons as respect for the character of the school Judo instructor, a fondness for the traditional contention of *sumo* wrestling, Judo was initiated at school, and others.

Looking at the above a great influence is evident from the outside impetus of family, friends, teachers, former senior students at school, etc. It also seems that the impetus of information from mass communication such as radio, television, books, magazines, etc. will become even more increasingly important in the future. In the surveys of Murata, Murayama, and others[8,9] regarding foreigners, the impetus from within such as the expectations of such physical results as "to acquire physical fitness", "self-defense", and other physical aspects; "a means of recreation"; etc. had much higher support than outside impetus such as the "urging of another person", etc. It is of interest whether this difference is due to social environment or not.

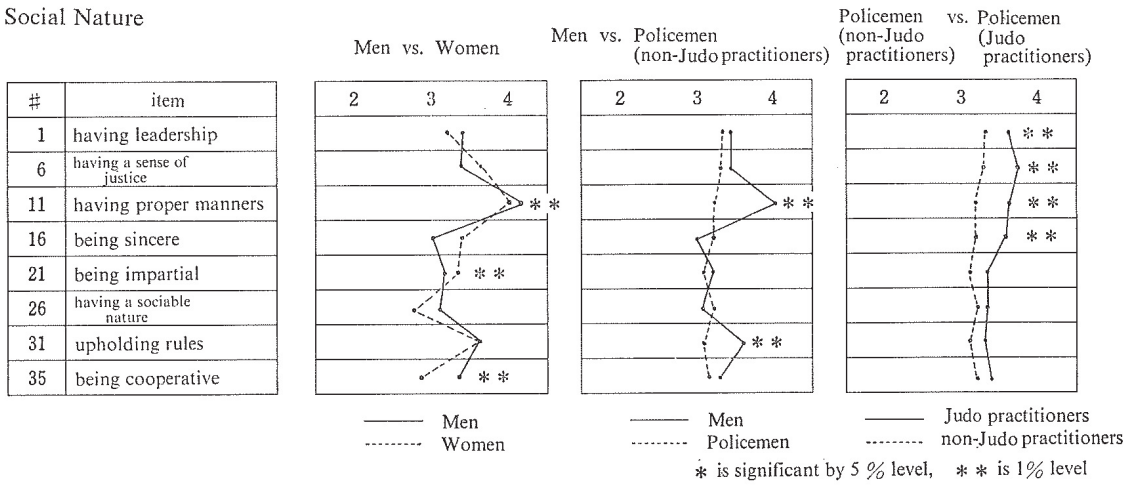


Fig.1 Image toward Those Doing Judo

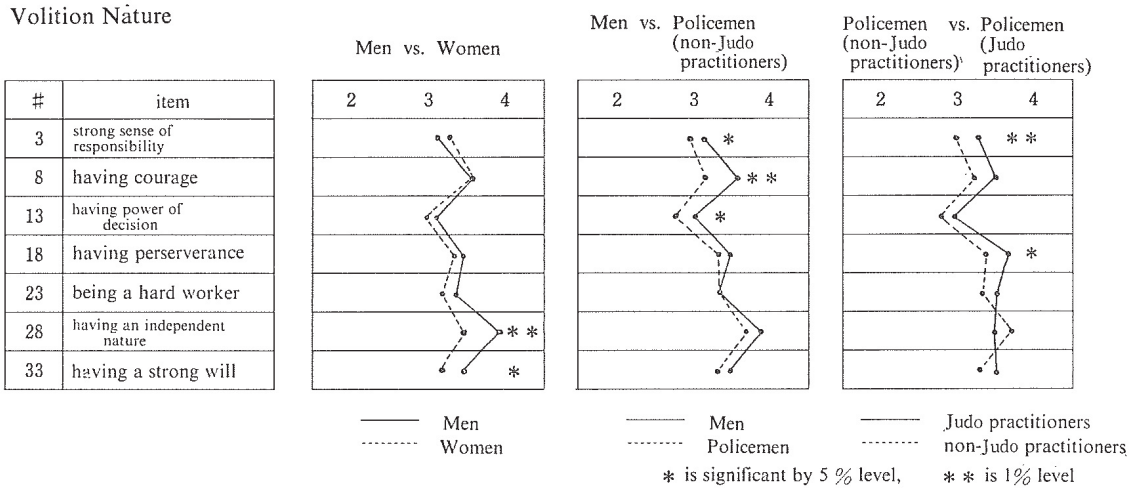


Fig.2 Image toward Those Doing Judo

5. Image Toward Those Doing Judo

Studies using the term "image" are prevalent in the publications of Japanese Society of Physical Education. Kawasaki[2], Matsunaga and others[5] have found a few cases in those of Japanese Martial Arts Association. Richardson has classified images according to afterimage, intuitiveness, recollection image, and imaginary image;[12] however, the word "image" is presently being used without a distinctly defined meaning according to Tsuruhara and others.[14] Here Tsuruhara defines "image" as "a physical experience born out of the memory elements accumulated by past kinetic experience of all the five senses, and such physical movement provides a continuity through a fixed time".

The aformentioned examples are divided into 3 groups: a) men in general vs. women, b) men in general vs. policemen (non-Judo practitioners), and c) policemen (non-Judo practitioners) vs. policemen (Judo practitioners). In examining these 3 groups, the difference of the image held regarding

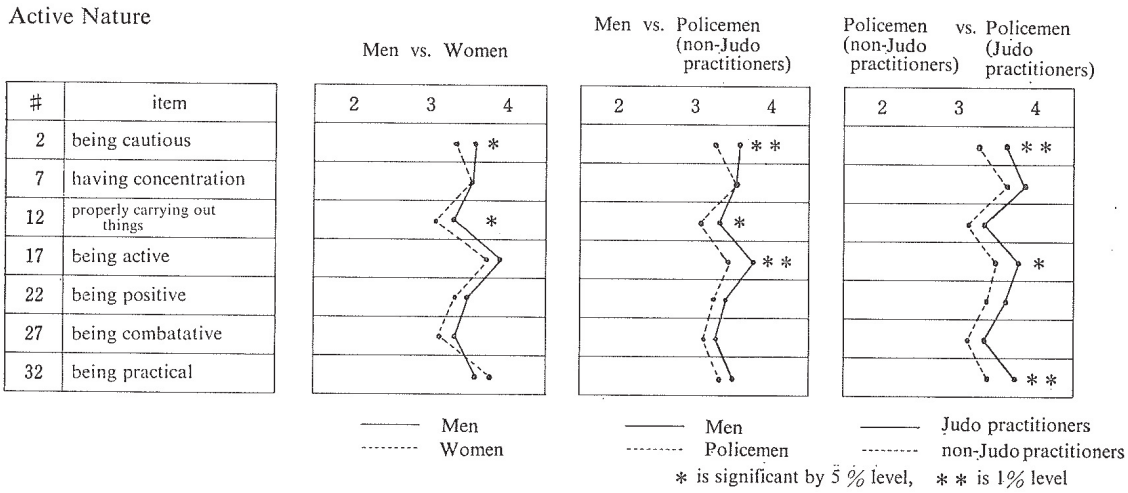


Fig. 3 Image toward Those Doing Judo

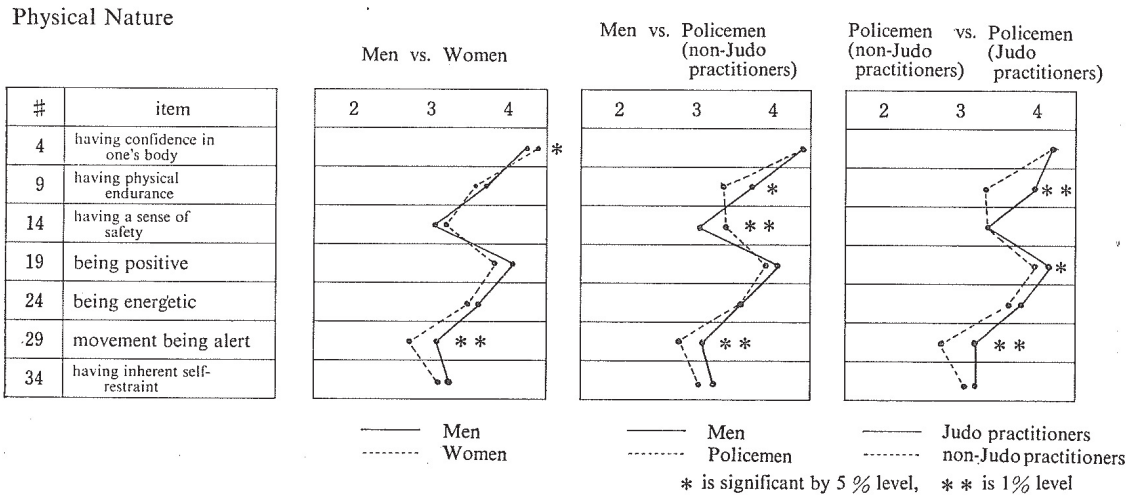


Fig. 4 Image toward Those Doing Judo

judoists was investigated and the results were the following 5 categories:

Social Nature—See Fig. 1. The item of "having proper manners" had a high value in each group and significant differences were also recognized in the comparison of each group. Policemen (non-Judo practitioners) exceeded the average in each item and the difference was noted. Comparing policemen among themselves, the Judo practitioners rated higher. A definite difference was seen in "having leadership", "having a sense of justice", "having proper manners", and "being sincere". The high rating of the image of "having proper manners" in all 3 groups regarding Judo is high and is thought to be an expression of a natural attitude provided in Judo lessons and matches from the regular leadership given in etiquette during Judo practice time.

Volition Nature—See Fig. 2. There was a definite difference in the comparison of each group in the item of "having a strong sense of responsibility" and the rating tendencies are similar. Among men and women, men were high in "having a strong sense of responsibility" and "having power of decision". Men were definitely higher than policemen (non-Judo practitioners) in "having a strong sense of responsibility", "having power of decision", and "having a strong will". Among policemen themselves, Judo practitioners were "having a strong sense of responsibility", "having perserverance", and "having a strong will". They had definitely higher values than the non-Judo practitioners. In all 7 items of volition nature there was a high tendency seen in a common image among both men and women.

Active Nature—See Fig. 3. Men rated higher than women in "being combatative" and "being practical", but no difference was seen otherwise. Men and women both rated higher than policemen (non-Judo practitioners) in "having power of concentration". Among policemen, Judo practitioners had higher values than non-Judo practitioners in "being cautious" and "being active" items. All groups rated comparatively low in the item of "properly carrying out things".

Physical Nature—See Fig. 4. Regarding "movement being alert", a comparatively definite difference was visible among each group. That is to say, men rated higher than women, men were higher than policemen (non-Judo practitioners), and policemen practicing Judo showed higher values than non-Judo practitioners. Policemen (non-Judo practitioners) rated higher than men in "having a sense of safety". The items of "having confidence in one's body" and "being healthy" especially stood

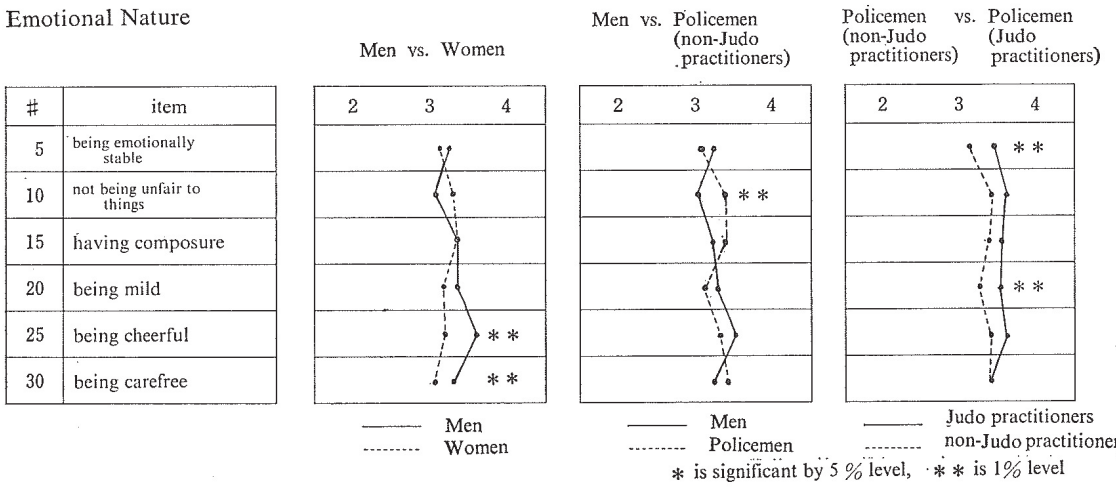


Fig. 5 Image toward Those Doing Judo

out as being high. The image of "movement being alert" was lower than other items in all 3 groups.

Emotional Nature—See Fig. 5. No especially large difference was seen in each item. Men rated higher than women in "being cheerful" and "being carefree" in a men-women comparison. In comparing men and policemen (non-Judo practitioners), policemen rated higher than men in general in "not being unfair in things". In a comparison among policemen themselves Judo practitioners rated higher in "being emotionally stable" and "being mild".

We have seen the image towards those doing Judo in each of these 5 categories. Men tended to rate higher than women comparatively and among policemen those practicing Judo rated higher than those not practicing. All the differences covered in the images seen in the comparative measures of the 3 groups were "movement being alert" of physical nature, "having a strong sense of responsibility" of volition nature, and "having proper manners" of social nature.

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Sheet 1 Survey on the Present State of Organized Judoists

(University use)

This survey covers the present state of organized Judoists throughout the country. This is being carried out in order to obtain basic data of "Research regarding the Dissemination of Judo", which is thought to be important in the present world of Judo. Your kind assistance and cooperation in this matter would be greatly appreciated.

1. Club Members

(presently__, 1979 including those not regularly practicing in the final school year)

School Year / Sex	1	2	3	4	5	Total
Men						
Women						
Total						

2. Change of Club Members over the Past 3 Years

# / Year	Men	Women	Total
1975			
1976			
1977			

3. Dan Ranks of the Abovementioned Members
(please use whole numbers)

		Men	Women
1 year	dan holder	____	____
	non-dan holder	____	____
2 year	dan holder	____	____
	non-dan holder	____	____
3 year	dan holder	____	____
	non-dan holder	____	____
4 year	dan holder	____	____
	non-dan holder	____	____
5 year	dan holder	____	____
	non-dan holder	____	____

		Man	Woman
2 year	dan holder	____	____
	non-dan holder	____	____
4 year	dan holder	____	____
	non-dan holder	____	____

4. Condition of Activities (in the case where practice times vary according to day, please use the average time.)
   (1) # of practice days in a week
   (2) Amount of practice time in a day ____hrs. ____mins.

5. Judo lessons

Years practicing	Lessons hrs.	#of students
1 year		
2 year		
3 year		
4 year		
5 year		

6. Facilities

(in the case of exclusively for Judo, please write the number of tatami mats, and circle whether springs exist or not)

In the case of makeshift dojo, please enter the number of tatami mats and place being used (gym, classroom, other)

	Exclusive dojo	Make shift dojo
Judo dojo	# of tatami mats Spring Yes No	# of tatami mats Location

7. Instructors

(1) Club instructors

Inside-school instructors		Outside-school coaches	
Phys. ed. instructor	Non-phys. ed. instructor	O.B Alumni	Other
① dan	dan	dan	dan
② dan	dan	dan	dan
③ dan	dan	dan	dan
④ dan	dan	dan	dan
⑤ dan	dan	dan	dan

(2) Those Responsible for Lessons

Phys. ed. instructor	Non-phys. ed. instructor	Instructor	Other
dan	dan	dan	dan
dan	dan	dan	dan
dan	dan	dan	dan
dan	dan	dan	dan
dan	dan	dan	dan

Prefecture		School Name	
Total # of students	Men		Women

Name of person in charge	

Sheet 2 SURVEY OF THE CONSCIOUSNESS TOWARDS JUDO

The following questionnaire has been prepared for the purpose of collecting basic data for the groups of the Kodokan Judo Department Study Association researching into the "Dissemination Measures of Judo". Your assistance and cooperation would be most gratefully appreciated.

_____ Matsumoto
Chairman
Kodokan Judo Department Study
Association "Dissemination Measures
of Judo" Study Group

Those who have practiced Judo before are requested to complete Parts 1 and 2; those who have no experience in Judo are requested to complete Part 2 only.

Part 1: Factors for beginning Judo

Age _____ Sex M F (please circle)

Dan rank _____ *dan*

(Please mark the relevant box with an "X". Please leave irrelevant boxes empty.)

Primary	Additional
1. Family urging	Who in the family? wife — father— mother— older brother— Was he/she a judoist?— Another relative?—
2. Urging of a friend	male friend— female friend— Was he/she a judoist?
3. Influence of Judo books, magazines, etc.	book, magazine name _____ Which of the following was the most impressive in your reading? spiritual— technical— self-defense other—
4. Influence of radio and television programs on Judo	Which of the following was the most impressive in your viewing? spiritual— technical— self-defense— other—
5. Because of being influenced by a Judo film	film name _____ Was the film a documentary? Yes__ No__ news film— What was the most impressive aspect? spiritual— technical— self-defense— other—
6. Influence of a Judo lecture	What was the most impressive aspect? spiritual— technical— self-defense— other—
7. Requirement to begin Judo as part of a required subject of an organization	name of organization (police, military, etc.)
8. Actually watching a Judo demonstration	What kind of demonstration was it? regional match grand match "form" demonstration "disorderly" demonmixed demonstration tion What kind of form? throwing _____ _____ _____ _____

9.	Because I thought Judo would make me a physically strong person	additional explanation (if any)
10.	Because I thought Judo was good for the health	additional explanation (if any)
11.	Because I thought Judo would be useful in developing my character	additional explanation (if any)
12.	I began Judo, the reason why	very strong very weak very short very tall very heavy
13.	Because Judo is fierce competition and strenuous between two people	additional explanation (if any)
14.	Because a small person can throw a large person	additional explanation (if any)
15.	Because one can be thrown strongly and not be hurt	additional explanation (if any)
16.	Because one can practice Judo with only one other opponent (with respect to such sports as football that require many people)	
17.	Influenced by the fact that Judo originated in the East	
18.	Attracted by the Judo wear	
19.	Judo black belt was impressive	
20.	No seasonal nature of Judo competition	
21.	Because a Judo dojo was near the house	
22.	Because the individualistic atmosphere of the Judo dojo was impressive	
23.	Because Judo is an inexpensive sport	
24.	Because I wanted to be skillful at Judo just as I am skillful at everything else	
25.	Because I thought Judo was very interesting	
26.	Because I thought Judo was the best form of recreation	
27.	No reason at all, just started	
28.	Began Judo for a completely different reason	Please list the reason.

Sheet 3

(Part 2) _____ Age Sex (circle one) M F

What kind of image do you have towards those people who are doing Judo?

Please circle the number that applies to your thoughts. Please answer with your first impression.

		Strong	Somewhat strong	Average	Not much	Not at all
1.	having leadership	5	4	3	2	1
2.	strong sense of responsibility	5	4	3	2	1
3.	being cautious	5	4	3	2	1
4.	having confidence in one's body	5	4	3	2	1
5.	being emotionally stable	5	4	3	2	1
6.	having a sense of justice	5	4	3	2	1
7.	having courage	5	4	3	2	1
8.	having power of concentration	5	4	3	2	1
9.	having physical endurance	5	4	3	2	1
10.	not being unfair in things	5	4	3	2	1
11.	having proper manners	5	4	3	2	1
12.	having power of decision	5	4	3	2	1
13.	properly carrying out things	5	4	3	2	1
14.	having a sense of safety	5	4	3	2	1
15.	having composure	5	4	3	2	1
16.	being sincere	5	4	3	2	1
17.	having perserverance	5	4	3	2	1
18.	being active	5	4	3	2	1
19.	being healthy	5	4	3	2	1
20.	being mild	5	4	3	2	1
21.	being impartial	5	4	3	2	1
22.	being a hard worker	5	4	3	2	1
23.	being positive	5	4	3	2	1
24.	being energetic	5	4	3	2	1
25.	being cheerful	5	4	3	2	1
26.	having a sociable nature	5	4	3	2	1
27.	having an independent nature	5	4	3	2	1
28.	being combatative	5	4	3	2	1
29.	movement being alert	5	4	3	2	1
30.	being carefree	5	4	3	2	1
31.	upholding rules	5	4	3	2	1
32.	having a strong will	5	4	3	2	1
33.	being practical	5	4	3	2	1
34.	having inherent self-restraint	5	4	3	2	1
35.	being cooperative	5	4	3	2	1