英国における柔道の意識調査について

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British Judo : A Brief Study of Attitudes and Awareness

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抄 録

英国柔道連盟のシド・ホーア氏を中心にして、現在、柔道練習中の者、練習者の両親あるいは一般人を対象に柔道の意識調査をし、その結果を分析して、今後の柔道発展の糧とする目的でこの調査、分析を試みられた。

調査内容は三部からなり、第一は柔道練習中である16才から35才までの男女に柔道をどのようにとらえて練習しているか、第二は練習中の両親に対して柔道を通して何を期待しているか、第三は柔道を実施していない16才から35才までの男女に柔道に対する知識や意識をたずねた。

このような内容の質問紙を全国の支部柔道連盟、大学柔道部、町道場などに郵送で配布した結果267部の解答を得た。

第一の結果は現在、練習中のものである。

- 柔道をはじめて知ったのは、友人。
- 柔道にひきつけられたのは、鍛練、忍耐。
- 柔道をはじめて動機は、健康で強いからだになるため、護身術を身につけるため。
- 柔道を続けている理由、練習、試合、昇段。
- 柔道の興味、乱取、固技、試合。柔道をやめる理由、時間がない、負傷

第二の結果は、練習者の両親にとって子供に期待していることは、護身術、鍛練、自信を上位にあげている。

第三の結果は一般人に対する知識調査であったが、柔道はオリンピック種目にあり、また、護身術として効果がある、技についての知識は投げ技は知っているが固技の内容を知らない。もし時間があれば身体運動として、あるいは護身の技をうるために柔道を練習したいという希望者があった。

(Terushi Murayama: BRITISH JUDO: A Brief Study of Attitudes and Awareness. *Jap. J. Phys. Educ.*, Vol. 23, No. 4, Dec., pp. 247~257).

(I) Purpose.

Judo's history is rather short. Perhaps it was not until the first International Judo Tournament (1956) that Judo gained international attention as a sport. In that 1st. tournament the attitude of the Japanese, in competition was one of caution; avoid hurting the opponent. By the 2nd. tournament, however, caution was no longer needed; in its place, the Japanese put forth genuine effort for the first time. The 3rd. tournament saw the Dutch taking the championship.

The 4th. tournament saw the first establishment of a weight class system. This brought Judo, as a sport, into line with such sports as weightlifting and wrestling.

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Further, it was about that time that the International Judo Federation published rules for international competition, accelerating the change to a sport. Thus, stimulated by international competition, Judo was made an Olympic Sport, with its first appearance at The Tokyo Olympics in 1964. The establishment of Judo as essentially a sport, can be clearly seen.

In the mean time, every country in Olympic competition (except for Japan) has worked yearly, strengthening and increasing its numbers. This can be seen clearly

Table I. Results of The World Judo Championships. (Excluding the USSR.)

Game	Year	Date	Place (Gymnasium)	The number of partic- ipating Nations.	RESULTS						
					Ran- king	Light	Light- middle	Middle	Light- heavy	Heavy	Indiscriminate
1	1956	4.29	Japan (Kokugikan)	21	1						Jap.
					2						Jap.
					3						Ho. Fra.
2	1958	11.30	Japan Tokyo Gym.	18	1						Jap.
					2						Jap.
					3						Jap. Fr.
3	1961	12.2	France, Paris	24	1						Ho.
					2						Jap.
					3						Jap. S. K.
4	1965	10.14 17	Brazil, Rio de Janeiro	28	1	Jap.		Jap.		Ho.	Jap.
					2	Jap.		Jap.		Jap.	USSR
					3	S.K/USSR		S.K/USA		Jap/Can	USSR/Ho.
5	1967	8.9 10 11	U. S. A. Salt Lake City	?	1	Jap.	Jap.	Jap.	Jap.	Ho.	Jap.
					2	Jap.	S.K.	Ho.	Jap.	Jap.	W.G.
					3	S.K/USSR	Jap/S.K.	Jap/GB	Ho.Ho.	Jap/USSR	Jap/W.G.
6	1969	10.21 22 23	Mexico	42	1	Jap.	Jap.	Jap.	Jap.	Jap.	Jap.
					2	Jap.	S.K.	Jap.	W.G.	W.G.	Ho.
					3	S.K/USSR	Jap/S.K.	S.K/Ho.	Jap/USSR	Jap/USSR	Jap/Ho.
7	1971	9.2 3 4	West Germany	49	1	Jap.	Jap.	Jap.	Jap.	Ho.	Jap.
					2	Jap.	Jap.	Jap.	Jap.	W.G.	USSR
					3	S.K/USSR	E.G/Po.	Fr/GB	Braz/EG	Jap/GB	Jap/E.G.

The results shown in this table were compiled from reports in "The Judo Newspaper," issue numbers : — 119, 190, 268, 372, 426, 494, 552

from tables I & II showing the results of international tournaments and Olympic competition and except for Japan, remarkable progress has been made throughout the world, especially Europe.

It is with this in mind that Britain has taken various steps toward the improvement and expansion of its Judo, with primary support coming from private Judo schools. In London alone there are some 148 such schools. Table III compares the number of black belt grade holders in Britain and Japan.

This paper (incidentally the first of this kind to be published in Japan), is the result of research into British Judo. The way Judo is viewed in foreign countries is of extreme interest and research into it will hopefully contribute toward the future development of Judo.

Section 1 : Here the following topics are discussed.

- A) Where is Judo practiced?
- B) What are the attractions of Judo?
- C) What are the reasons for taking up Judo?

Table II. Results of Olympic Judo Competition.

Game	Year	Date	Place	The number of Participating nations.	RESULTS.						
					Ran-king.	Light	Light-middle	Middle	Light-heavy	Heavy	Indiscriminate.
18	1964	20. 10. 23	Japan Tokyo	27	1 2 3	Jap. Sw. USSR/USSR		Jap. W.G. S.K/USA		Jap. Mexico S.K/USSR	Ho. Jap. W.G./Australia
19					1 2 3						
20	1972	8.31 9.9	West Germany Munich	43	1 2 3	Jap. Mongolia N.K./Fr.	Jap. Po. USSR/EG	Jap. S.K. Fra/GB	USSR G.B. Braz/WG	Ho. W.G. Jap/USSR	Ho. USSR GB/Fra.
21	1976	26 7. 31	Canada Montreal	49	1 2 3	Cuba S.K. It.Hu.	USSR Jap. Fr.Po.	Jap. USSR S.K/Yu	Jap. USSR GB/Sw.	USSR W.G. Jap/USA	Jap. G.B. USSR/S.K.

cf. where (Table I, II).

Ho.	: Holland	Po.	: Poland
Fr.	: France	Sw.	: Switzerland
W.G.	: West Germany	Hu.	: Hungary
E.G.	: East Germany	Yu.	: Yugoslavia
G.B.	: Great Britain	It.	: Italy
S.K.	: South Korea	N.K.	: North Korea
Braz.	: Brazil		

The results shown in this table were compiled from reports in "The Judo Newspaper," issue numbers, 343, 582, 704.

Table III. A Comparison of British and Japanese dan Grades in Judo.

GRADE	JAPAN	BRITAIN
10th.	10	0
9th.	71	0
8th.	879	1
7th.	1955	2
6th.	7452	7
5th.	13624	12
4th.	240,565	20
3rd.	590,010	80 + X (incl. women)
2nd.	170,199	200 + X (incl. women)
1st.	675,785	1000 + X (incl. women)

The Japanese lists were obtained from Kodokan.
The British lists were obtained from The British Judo Association.

N.B. The comparison is difficult to make because the Japanese figures include long since deceased. However, as the British Judo scene is, relatively speaking, so young and therefore deceased figures are negligible, the comparison does indicate the difference between the two countries.

D) What are the reasons for continuing and/or giving up Judo?

Section 2 : This section is for the parents of children currently doing Judo. What do they hope their children will gain from it? The questions were made with an eye toward gaining the parents' understanding and their co-operation in allowing their children to continue Judo.

Section 3 : This section is for people outside the Judo community to determine what their opinions, attitudes and perceptions are of Judo.

The results of each of the 3 sections are shown in tables IV-VI.

(II) Methods.

In January 1978, this questionnaire was mailed by the British Judo Federation to its member organisations (University Judo Clubs, local Judo associations and private Judo schools).

Part 1 To be answered by people aged between 16—35, male or female, graded 1st. Dan or below who simply do Judo. (Not instructors, referees, officials etc.)

Table IV

Section 'A' — "How did you first hear or see of Judo?"						
Factor	1st choice		2nd choice		3rd choice	
	F	%	F	%	F	%
Through a friend	133	58.1				
Demonstrations	19	8.3				
Books	15	6.6				
School	14	6.1				
Live near a dojo	15	6.6				
Television	13	5.7				
Advertisement	13	5.7				
Films	2	0.8				
Championships	2	0.8				
Radio	1	0.4				
	227	99.1				
Section 'B' — "What aspects immediately attracted you to it?"						
Spectacular technique	81	35.8	16	17.7		
Discipline	41	18.1	16	17.7		
Toughness	36	15.9	24	26.6		
Oriental atmosphere	17	9.5	2	2.2		
Judo costume, black belt	14	6.1	8	8.8		
Etiquette	9	3.9	11	12.2		
Harmony	9	3.9	13	14.4		
Different	5	2.2	—	—		
Good sport	5	2.2	—	—		
Fitness	5	2.2	—	—		
Fun	2	0.8	—	—		
Competitive	2	0.8	—	—		
	226	101.4	90	99.6		
Section 'C' — "What do you think was your basic motive for taking it up?"						
Get fit/strong	84	35.0	32	27.1		
Self-defence	63	26.0	19	16.1		
Gain self-confidence	29	12.2	23	10.4		
Become a black belt	24	10.1	12	10.1		
Meet people	10	4.2	15	12.7		
Become a Judo champion	8	3.3	5	4.2		
Control own aggression	6	2.5	8	6.7		
Understand Judo philosophy	5	2.1	3	2.5		
Part of job	2	0.8	—	—		
Be able to dominate others	1	0.4	1	0.8		
Enjoyment	4	1.6	—	—		
	236	98.2	118	90.6		

Section 'D' — "Why do you Continue to do Judo?"

Factor	1st choice		2nd choice		3rd choice	
	F	%	F	%	F	%
I like exercise	79	31.2	25	21.0	12	15.5
I like competing	51	20.1	13	10.9	6	7.7
I want to get a higher/black belt	42	16.6	26	21.8	9	11.6
Technical intricacies attract me	22	8.6	6	5.0	13	16.8
I like the dojo atmosphere	18	7.1	16	13.4	14	18.1
I am learning to defend myself	17	6.7	12	10.0	7	9.0
I like the social life	12	4.7	8	6.7	4	5.1
I am learning about myself/others	6	2.3	5	4.2	5	6.4
The philosophy/way of life attracts me	4	1.5	7	5.8	5	6.4
Part of my job	1	0.3	1	0.8	1	1.2
The image attracts me	1	0.3	—	—	1	1.2
	253	99.4	119	99.6	77	99.4

Section 'E' — "What aspects of club Judo do you find interesting?"

Randori	109	23.1			
Groundwork	65	13.8			
Competing	59	12.5			
Instruction	38	8.0			
Demonstrations	36	6.3			
Gradings	29	6.1			
Watching championships	29	6.1			
Uchikomi	26	5.5			
Kata	22	4.6			
Philosophy and tradition	18	3.8			
Breakfalls	9	1.9			
	440	91.7			

Section 'F' — "Possible reasons for giving up Judo."

No spare time	54	40.2			
Frequent injury	19	14.1			
Poor facilities	11	8.2			
Get hurt	10	7.4			
Too hard physically	9	6.7			
Poor instruction	7	5.7			
Can't do it	5	3.7			
Not taught aspects of interest	4	2.9			
Poor dojo atmosphere	3	2.2			
Get thrown too often	3	2.2			
No girls	3	2.2			
Too far to dojo	3	2.2			
Too small	3	2.2			
	134	99.9			

Part 2 Junior questionnaire— “As parents, which of the following aspects of Judo are important for your child?”

Table V

Factor	1st choice		2nd choice		3rd choice	
	F	%	F	%	F	%
Self defence	53	21.2	23	15.5	16	12.5
Discipline	47	18.8	36	24.3	20	15.6
Increased self-confidence	46	18.4	15	10.1	36	28.1
Physical training	38	15.2	28	18.9	16	12.5
Social activity	20	8.0	13	8.7	10	7.8
Channelling of aggression	15	6.0	11	7.4	13	10.1
Increased physical co-ordination	15	6.0	12	8.1	8	6.2
Competition	9	3.6	4	2.7	6	4.6
Etiquette	7	2.8	6	4.0	3	2.3
	250	100.0	148	99.7	128	99.7

A total of 267 people returned the questionnaire.

The questionnaire was divided into 3 parts: Part 1, 68 questions in 6 categories (A-F) to be answered by people currently training; Part 2, 10 questions for parents of children doing Judo, specifically, what do they hope that their children will gain from practice; (See part 2.) Part 3, 31 questions in 6 categories (A-F) for a non-participant to determine knowledge and perception at the general public's level.

(III) Results.

Part 1

Section 'A' — “How did you first hear of Judo?”

Most people hear of Judo through a friend 58.6%. Next in frequency comes demonstrations (8.3%) and the other reasons each take low percentages.

One can conclude from this, perhaps, that Judo is barely advertised. There again, it may be the sort of activity that people will do only after others have told them about it. Clubs wishing to increase membership could perhaps do so through incentive schemes to current members (bring in a new member and we will reduce your next year's subscription.....?) Probably most clubs do not advertise enough.

Section 'B' — “What aspects immediately attracted you to it?”

Spectacular techniques took 35.8%, discipline 18.1% and toughness 15.9%. Oriental atmosphere only took 9.5% and the other aspects took declining percentages. When listing their second choice, toughness came first with 26.6%, with spectacular technique and discipline each taking 17.7%.

Presumably it was the big throws (Seoinage; Kataguruma; Tomoenage) that first caught people's eye. After that discipline and toughness take a strong second and third position.

Since discipline is a strong feature of people's first sight of Judo, there is probably a strong case for defining it and making it part of British Judo Association Judo (i.e. stress it more).

Part 3 About Judo generally-For non-Judo people (male of female aged 16—35.)**Table VI**

	Judo is.....	F	%
A	 an Olympic sport	175	75.1
	 a self-defence system	186	79.8
	 physical training method	99	42.4
	 oriental philosophy/way of life	69	29.6
B	"Which of the following techniques are included in Judo?"	F	%
	Strangles	121	51.9
	Throws	228	97.8
	Kicks	43	18.4
	Joint-locks	112	48.0
	Wrestling	52	22.3
	Pins	128	54.9
	Punches	7	3.0
C	Judo is.....	F	%
	 a good physical exercise	215	92.2
	 difficult to learn	62	26.6
	 a mild activity	8	3.4
	 expensive	14	6.0
	 easy to learn	40	17.1
	 a tough/rough activity	89	38.1
	 cheap	96	41.2
D	Judo is.....	F	%
	 an effective self-defence system	188	80.6
	 more effective than Karate/Kung-Fu etc.	33	14.1
	 less effective than Karate/Kung-Fu etc.	54	23.1
E	 just a sport	67	28.7
	Judo is.....	F	%
	 makes you a better person	61	26.1
	 gives you insight into yourself	63	29.1
	 helps you to understand life	15	6.4
	 makes you calmer	90	38.6
F	 makes you more efficient	91	39.0
	"Which of the following aspects might cause you to start Judo if you had the time and energy?"	F	%
	Self-defence	128	54.9
	Physical exercise	164	70.3
	Way of life/philosophy	19	8.1
	Sport (Olympics, etc.)	60	25.7

If the Oriental aspects of Judo are added together (atmosphere; costume; etiquette; etc.,) they score 17.6% equalling roughly, discipline and toughness. There is a case here, we think, for defining the parameters of this general aspect and seeing how it can be promoted.

Section 'C' — "What do you think was your basic motive for starting it?"

Getting fit and strong was far and away the basic motive, taking 35.0%. Next

comes self-defence with 26.0% and third gaining self-confidence with 12.2%. Becoming a black-belt took the next highest percentage with 10.1% and thereafter all the other aspects trailed with low percentages.

To some extent this has laid to rest some of the long-standing arguments as to why people start Judo. Roughly one in four take it up for self-defense reasons as against slightly more than one in three for keep-fit reasons. Judo, it seems, is now taken up because it is recognized as a good form of exercise. Nevertheless, a substantial number do it for self-defense reasons and this aspect is not really catered for.

Without changing what we do (i.e., modern competitive Judo) we think it would be possible to occasionally stress self-defense in articles and coaching for those who are interested. Gaining self-confidence figured surprisingly high in the percentages. Perhaps we can conclude from this that Judo people (some anyway) are lacking in self-confidence. From an advertising point of view, we know that spectacular technique, discipline and toughness are three of the immediately attractive qualities of Judo and that keep-fit, self-defense and self-confidence are prime motives for taking it up. We think that the British Judo Association should develop from this, some general slogan/position/message for the media and general public. Eg, "JUDO — The tough Olympic combat art that really makes you fit and confident".

Section 'D' — "Why do you continue to do Judo?"

Exercise (31.2%), competing (20.1%), promotion (16.6%) and the technical side of Judo (8.6%) were the first four reasons in order. When listing their second reasons for continuing it the order was promotion (21.8%), exercise (21%) and liking the dojo atmosphere (13.4%). Third reasons in order were: — Liking the dojo atmosphere (18.1%), the technical side (16.8%) and exercise (15.5%).

From this we can see how prominent keep-fit/exercise is in Judo. A club that does not cater for this would be in trouble. When we say this, we are thinking of clubs that spend a long time on instruction/Kata etc., when the people are not working particularly hard. Of vital importance is the right blend of exercise/instruction in a Judo session. Competing placed surprisingly high. Our experience in the past is that people do not like competition but this seems to disprove that. Perhaps there is a lot more scope for lower level competition, at club or area level. Promotion is high in people's priorities. We think that as a general rule every person in the British Judo Association should be able to grade in his or her own club and that we ought to organise it so that examiners are so placed. Incidentally the philosophic/traditional aspects of Judo attract little attention so far in the questionnaire, though section 'E' of part 3 could be interpreted otherwise.

Section 'E' — "Which aspects of club Judo do you find interesting?"

As might be expected, Randori and groundwork were of prime interest taking 23.1% and 13.8% respectively making a total of 36.9%. Competition came next with 12.5%. This tallies with the previous section when competition also ranked high, and previous comments apply — we should organise more competition, presumably at club level. Instruction did not figure too high in peoples estimation, taking only 8.0%.

This may be because the standard of instruction is low, or we think, more probably because — as the other sections have shown — exercise is the prime consideration.

Time spent listening to an instructor or trying new stuff, is time spent not working.

In the appendage to this section, when we asked “What aspects do you not do and would like to do?,” only a few people indicated deprivation. Philosophy and tradition scored 8, Kata 6, instruction 2 and gradings 1.

Section ‘F’ — “What are your reasons for giving up Judo?”

No spare time came first (40.2%) with frequent injury coming second with (14.1%). Poor facilities and poor instruction between them account for 13.9%. If all the ‘painful’ reasons are added together they account for 30.5%. Possibly Judo could be made generally less painful if Randori could be done in a more relaxed manner.

In the distant past, there was a form of Randori called ‘Ayumiai Randori’ which was a bit like French Randori was (and is?). Some research could be effectively done on this problem.

PART 2

Junior Questionnaire — “As parents, which of the following aspects of Judo are important for your child?”

A large number of parents obligingly indicated their 1st. 2nd and 3rd. priorities

They were: —

‘A’	‘B’	‘C’
1. Self-defence.	1. Discipline.	1. Increased selfconfidence
2. Discipline.	2. Physical.	2. Discipline.
3. Increased self-confidence.	3. Self-defence.	3. self-defence/ physical training.

Those who run junior clubs know that the kids themselves may not be particularly interested in self-defence. However, the fact discipline figures so prominently means, we think, that we would be unwise to ignore it. We have suggested in Part 1, section ‘B’ that discipline should be defined, since it is generally associated with Judo. Considering the current indiscipline in schools, it is perhaps, a major selling point of Judo and one that we should exploit.

PART 3

About Judo Generally — Non-Judo People.

(233 non-Judo people filled this part in).

A. More people (79.8%) thought of Judo as a self defence system than as a sport (75.1%) although both percentages were high. Physical training and oriental philosophy came next in order but even the lowest ranked took a respectable 29.6% (oriental philosophy/way of life). At least people now know that Judo is not Yoga or Ludo, or some form of magic. Although ‘oriental philosophy/way of life’ does not figure in people’s motivations for taking up Judo (see earlier sections) it is still seen to a degree as such in the public mind. This aspect of Judo is largely undefined. Orientalists such as Trevor P. Leggett could perhaps define this aspect for information purposes. At least our instructors/coaches should be able to talk about it, if spoken to by intelle-

ctuals etc.

B. Most people know that Judo is about throwing (97.8%). there is a fair decline in knowledge about pins (54.9%), strangles (51.9%) and joint locks (48%). One could say that roughly one person in two is ignorant of this side of Judo (Newaza). This could be stressed more perhaps in publicity etc. Kicking and punching are not really associated with Judo, though of course they figure in the Kata. Strictly speaking they are part of Judo.

C. The non-Judo public knows that Judo is good exercise (92.2%), cheap (41.2%), tough and rough (38.1%) and difficult to learn (26.6%) Possibly the only quibble here is it's cheap image.

Some sort of guidance should be given to clubs on fees and general financial procedures (a booklet on how to run a club?) Judo does not necessarily have to become an expensive activity in the public mind — perhaps a moderately priced activity?

D. Judo is regarded as an effective self-defence system (80.6%). More people think it less effective than Kung-Fu etc., than vice-versa, though the difference is not huge. Perhaps we have less competition from these other martial arts than we think. We certainly have many other things going for us.

E. We put this section in to test the mental/ethical/philosophical side of Judo. Although not much was scored under the general 'philosophic/way of life' headings previously, obviously a fair number of people think that Judo has certain qualities and does certain non-physical things to you. Judo people are perhaps regarded as 'efficient and calm?'

F. Most people thought they might take up Judo for the exercise (70.3%) and self-defence came next with 54.9%. Although we like to push Judo as a sport, it does not figure too high as such, in previous sections. Telling somebody to do something because it is a 'sport' is not making an obvious point, and a more specific reason is required.

(IX) Conclusions

Generally a number of nettles have to be grasped in this questionnaire. Self-defence figures prominently in it. How can we in the British Judo Association use it (to gain new members etc.,) to cater for them once they are in and not go back to the old image of Judo (a little woman beating a huge attacker?)

Discipline is another nettle. What we must do is define it's limits, not too Japanese, not too lax. We must find the right mixture. Above all, exercise/keep-fit figures most prominently. In this day of increasing physical awareness of physical condition, it is a major pull for our activity.

From this questionnaire we can construct an image and do our best to push it at all levels.

Although the number of returned questionnaires was not that high (267 in all), the trends are clearly there and we don't think that further numbers would change the overall percentages that much.

Possibly the overall picture that we receive from the questionnaire is that Judo should be pursued on all fronts — the three that Kano postulated (physical training,

self-defence and character training) and the most modern one — an Olympic sport. If we ignore one, we ignore a sizeable percentage of the public/the British Judo Association.