

Club Information

More about Zen Judo and Our Club

Affiliation: The Bognor Regis Zen Judo Club is affiliated to both The Zen Judo Family (ZJF) based in Petersfield and The British Zen Judo Family Association (BZJFA) based in Nottingham.

Both organisations have international links. Visit <http://www.zenjudo.co.uk> for more information and for links to other Judo clubs around the world.

Kano Jigoro: (1860-1938), Japanese founder of judo. Due to a weak constitution, Kano began practicing the Japanese martial art jujitsu at the age of 20. He soon incorporated his philosophy of mental and physical training with aspects of jujitsu and other martial arts to develop what he called judo (Japanese for "gentle way"). In 1882 in Shitaya, Tokyo, he founded Kodokan, his first **dojo** with only nine pupils. In 1885 Kano went to Great Britain to popularise judo in the West. By the time of his death in 1938, judo had over 100,000 black belt practitioners.

Our Origins: the time line for the evolution of Judo and Zen Judo is ...

- Dr Jigoro Kano (1860-1938) founded Kodokan Judo in Tokyo in 1882.
- Kenshiro Abe (7th Dan) & Bill Woods (2nd Dan) founded the British Zen Judo Council in 1958.
- Kenshiro Abe (7th Dan) founded Kyu Shin Do
- Dominick McCarthy (8th Dan Zen) founded The Zen Judo Family in 1974 (Petersfield Zen Judo Club)
- Roger Lewis (4th Dan Zen) founded Chichester Zen Judo Club
- John Wingham (2nd Dan Zen) & Jo Winslow (4th Dan Zen) founded Felpham Zen Judo Club
- John Robertson (2nd Dan Zen) founded Bognor Regis Zen Judo Club on 1st March 2004

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