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Idokan judo in relation to Kodokan judo (1947–2017): remarks on the institutionalisation of martial arts

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Judo Idokan w odniesieniu do Judo Kodokan (1947–2017): uwagi o instytucjonalizacji sztuk walki

Streszczenie

W dobie globalnego upowszechnienia się sztuk walki i sportów walki, także tych z Azji Wschodniej, *judo* jest wyraźnym przykładem udanej globalizacji sportu narodowego. W zasadzie nikt nie wątpi, że dotyczy to popularnego japońskiego sportu, który jest zarządzany przez jedną międzynarodową federację, a cały świat rywalizuje w turniejach mistrzowskich i igrzyskach olimpijskich. Czy jednak naprawdę istnieje tylko jeden rodzaj *judo*? I czy jest to tylko rozumiane jako ta dyscyplina sportu?

Autor przytacza fakty pokazujące proces równoległej instytucjonalizacji innego *judo*, występującego pod różnymi nazwami. Najpierw jest to *judo* „europejskie” / *judo-do*, potem *judo Kodokan* lub *Butokukai*, uzupełnione technikami samoobrony *jujutsu* (jap. *jūjutsu*) i wreszcie dzisiejsze *judo Idokan*. Organizacja Idokan od ponad 70 lat uczy także szeroko rozumianego *judo* jako różnych metod sztuki walki kierujących się zasadą elastyczności.

Słowa kluczowe: judo, judo-do, Idokan, Kodokan.

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Abstract

In the era of the global dissemination of martial arts and combat sports, including those from East Asia, *judo* is a clear example of the successful globalisation of national sports discipline. Basically, no one doubts that this concerns a popular Japanese sports discipline, which is managed by one international federation, and the whole world competes in championship tournaments and the Olympic Games. However, is there really only one type of *judo*? And is it only understood as this sports discipline?

The author cites facts showing the process of the parallel institutionalisation of other *judo* variants, appearing under different names. Firstly, there is the "European" *judo-do*, secondly *Kodokan judo* or *Butokukai judo*, complemented by techniques of *jujutsu* self-defence (Japanese *jūjutsu*) and finally today's *Idokan judo*. The Idokan organisation has also been teaching *judo* in the broad sense for over 70 years as various methods of martial art guided by the principle of flexibility.

Keywords: judo, judo-do, Idokan, Kodokan.

Introduction

Judo is already a well-known sports discipline, Olympic discipline, and form of physical recreation for children. It is associated with Japan, where it comes from, and where the *Kodokan* institute is based. But, is there really only one type of *judo*?

Kodokan judo came into existence as the school of Master **Jigoro Kano** in 1882. It also formed an original design for the educational system – combining physical, patriotic and moral education with modern sport. Dr Kano tried to adapt national heritage, including the martial arts traditions, to new times using the idea of sport and Olympism which were popular at that time,¹ with good results. This does not mean, however, that he did not come into conflict with traditionalists of the martial arts world.² The popularising periodical *Judo Kodokan Review* shows the processes of institutionalisation of *judo* sport, its internalisation and globalisation.³ It has been doing so since 1950. Publishing content promoting *Kodokan*

¹ S. Shimizu, *The Body Envisioned by Jigoro Kano: Based on his career as a judo master, IOC member and principal of Tokyo Higher Normal School*, "Ido Movement for Culture" 2008, vol. 8, pp. 29–37; F. Shishida, *Jigoro Kano's pursuit of ideal Judo and its succession: Judo's techniques performed from a distance*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2011, vol. 11.1, pp. 42–48; T. Nakajima, L.A. Thompson, *Judo and the process of nation-building in Japan: Kanō Jigorō and the formation of Kōdōkan judo*, "Asia Pacific Journal of Sport and Social Science" 2012, vol. 1.2–3, pp. 97–110.

² J.G. Shortt, K. Hashimoto, *Beginning Jiu-Jitsu Ryo-i-Shinto Style*, London: P.H. Crompton Ltd., 1979; W.J. Cynarski, *The institutionalization of martial arts*, "European Journal for Sport and Society" 2006, vol. 3.1, pp. 55–61; S. Sato, *The sportification of judo: global convergence and evolution*, "Journal of Global History" 2013, vol. 8.2, pp. 299–317; R. Sanchez-Garcia, *The development of Kano's judo within Japanese civilizing / decivilizing processes*, "Asia Pacific Journal of Sport and Social Science" 2016, vol. 5.2, pp. 108–119.

³ T. Uozumi, *A cross-cultural study of Japanese Budo in the global era in Budō in the global era: A cross cultural analysis of issues pertaining to globalisation*, "IBU Budō Series" Vol. 2, ed.

judo in English and French was used to enculturate enthusiasts from Europe and Western countries.

Apart from the famous book by Inazo Nitobe it was Eugen J. Harrison who initiated fascination with the spirit of Japan – samurai, martial arts and the martial ways of *budo*.⁴ Then followed more studies on spiritual *judo*.⁵ Certainly, there was a rational core, namely a set of principles passed on to students by Jigoro Kano⁶ and the presence of elements from the rich religious and philosophical tradition of East Asia.⁷ It also had a particular effect whereby *judo* coaches from Western countries internalised the values of "*judo* culture" more than their colleagues from Japan.⁸

"Technical *judo*" taught by the great figureheads of *Kodokan*, included for example, the advice of master **Kyuzo Mifune** (10 dan) about counteracting against the *o-uchi-gari* technique, or 13 defences against the *ashi-barai* of that author.⁹ When *judo* entered the arena of great sporting performance, world championships and games, more and more content was devoted to that sports discipline (sports fights, photo reports, score sheets and trophies won). The volume of *Judo Kodokan Review* from 1963 is already a clear manifestation of this tendency. In addition to photographic illustrations of the *okuri-eri-jime* strangling technique, almost all the photos are shots of *judo* fights. The illustrative material is accompanied by the corresponding written content.

Sporting *judo*, and then its change into a strength-requiring, wrestling sports discipline, led to the creation of a new type of *judo*. Let us call it **Idokan judo**. It is a form technically (new throws and counter-techniques) and ideologically developed by **Julius Fleck** (29.06.1894 – 01.05.1967). His *judo-do*, founded in

T. Uozumi, Alexander Bennett, and K.B. Daigaku, International Budo University, Tokyo 2013, pp. 5–29; P. Pawelec, J. Hoon Yu, *Judo Kodokan Review as a Martial Arts Medium*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2019 vol. 19.1S, pp. 41–49.

⁴ I. Nitobe, *Bushido – dusza Japonii [Bushido – the Soul of Japan]*, Keiko Publishers, Warszawa 1993 [in Polish; first Polish edn. – Lviv 1904]; Eugen J. Harrison, *The Fighting Spirit of Japan*, W. Foulsham & Co., Sterling Publ. Co., New York 1912.

⁵ Cf. J.-L. Jazarin, *Esprit du judo*, Paris 1960 [in French]; G. Ohsawa, *Das Buch vom Judo [The book of judo]*, Mahajiva, Holthausen 1988 [in German]; R.J. Maroteaux, *L'esprit du ju-jitsu traditionnel. Historique, esotérique, technique*, self-edition (2nd edn.), Avignon 1995 [in French].

⁶ R. Kano, *The fundamental principle*, "Judo Kodokan" 1950, vol. 21.4-8, pp. 2–4 [English edn.].

⁷ S. Tyszkowski, *Wpływ systemów filozoficzno-religijnych Dalekiego Wschodu na judo [The influence of Far East philosophical and religious systems on judo]*, [in:] *Z dziejów kultury fizycznej, księga dedykowana Profesorowi Jerzemu Gajowi z okazji 65 rocznicy urodzin*, ed. B.J. Kunicki, B. Woltmann, AWF, Gorzów Wielkopolski 1996, pp. 49–52 [in Polish].

⁸ D. Matsumoto, S. Sterkowicz, R.D. Ray, L. Ansari, R. Bernhard, *The value of coaches' values: a cross-cultural survey*, [in:] *Czynności zawodowe trenera i problemy badawcze w sportach walki*, ed. S. Sterkowicz, AWF, Kraków 2001, pp. 25–32.

⁹ K. Mifune, *7 defences contre o-uchi-gari*, "Judo Kodokan" 1959, vol. 9, no. 1, pp. 21–24, and 1959, vol. 9, no. 2, pp. 17–21 [in French].

1947, complemented *judo*. Such complemented *judo* was a part of sports competition in which Josef Ebetshuber achieved significant success. However, subsequent *Idokan* masters rejected sports competition.

The IWJF (International World Jiu-Jitsu, Judo, Judo-Do Federation) was established in 1954. It was renamed WJJC, World Jiu-Jitsu / Judo-Do Center, and then *Idokan* International.¹⁰ Currently, most *Idokan* masters cooperate with the German association DDBV (German Dan-Holder and Budo-Teacher Union), GM Lothar Sieber and IPA – *Idokan* Poland Association, a non-profit organisation.

Materials and methods

The history of *judo-do* and *Idokan judo* is not yet well-known internationally. The author here tries to present the state of his knowledge in this area after his long-term participant observation, or observant participation.¹¹ 11 volumes of "Judo Kodokan Review" were included in the source analysis, documents of *Idokan* Poland Association and the Jiu-Jitsu & Karate School L. Sieber, and Internet e-sources. Together with scientific literature (analysis of the content of the literature), it is an analysis of extended discourse.¹² The whole study is presented in a factual and chronological order. This is a short monographic description of the little-known *judo* form.

Results

1. The most important characters

Hubert Baron Klinger von Klingerstorff, better known as **Klinger-Klingerstorff** (1920–1998), trained at the Berlin "Jiu-Jitsu und Judo Schule Erich Rahn", under the direction of Erich Rahn (10 dan in *jujutsu* and *judo*, among others.). He was also a student of another famous *sensei* (teacher) – **Mikonosuke Kawaishi** (1899–1969, 7 dan *judo* of *Dai Nippon Butoku Kai*, posthumously – 10 dan *judo* and *jujutsu*).¹³

¹⁰ More: W.J. Cynarski, *Martial Arts – Ido & Idokan*, *Idokan* Poland Association (IPA), Rzeszow 2009, pp. 11–23; idem, *Idokan in cultural dialogues: 70 years of activity (1948–2018)*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2019, vol. 19.1S, pp. 6–14; doi: 10.14589/ido.19.1S.3.

¹¹ T.A. Green, S. Skowron-Markowska, W.J. Cynarski, C. Gutiérrez-García, A. Figueiredo, J. Simenکو, *Qualitative and quantitative methods in the study of martial arts and combat sports: a panel based on personal experiences*, "Revista de Artes Marciales Asiáticas" 2019, vol. 14.2s, pp. 79–83; doi: 10.18002/rama.v14i2s.6048.

¹² Cf. K. Krippendorff, *Content Analysis: An Introduction to Its Methodology*, Thousand Oaks, CA: Sage, 2004.

¹³ Kawaishi taught *Kodokan* and *Butokukai judo*, supplemented with *jujutsu* self-defence

Later he was an assistant to Julius Fleck (1894-1967, 5 dan *Kodokan judo*), who created and taught *judo-do*. Klinger-Klingerstorff achieved 5 dan *judo*, 10 dan *jujutsu* and 10 dan *judo-do / ido*.¹⁴

Dr **Wally Strauss** (1908–1987) achieved the title of *shihan* and 10 dan in both *judo* (apart from *Kodokan*, he was also a student of M. Kawaishi), *jujutsu* and *judo-do*. He introduced the names *ido* (Japanese *idō*) and *Idokan*. Wojciech J. Cynarski, however, developed his philosophical *ido* idea.¹⁵ Strauss was the successor of J. Fleck. After him, the next Grand Master was **Hans Schoellauf** (1925-2011). He was also a student of Fleck and some other Austrian and German masters. He received 10 dan in *ido*, *judo*, and *jujutsu*, and *soke* (leader) title of Idokan International, as the legal successor of this style and organisation.¹⁶

Josef “Pepi” Ebetshuber (1905–1988) was active first in IWJF, then separately and aside from the Idokan organisation. He reached the level of 7 dan in *judo*, probably recognised in Japan. And in particular he taught *jujutsu* and *judo-do* as the holder of the highest 10 dan degree in both disciplines. However, he collaborated with the Lothar Sieber school in Munich. **Lothar Sieber** (born 1946) trained *judo*, together with Aldo Nikodemo in Peissemberg, and cooperated e.g. with Toni Bader (8 dan *judo*, 6 dan *jujutsu*), one of pioneers of German *judo*. He later collaborated closely with the Idokan Europe Academy (Schoellauf and Klinger-Klingerstorff) and was proclaimed the heir to the teaching of both these noble master-teachers. In turn, the students of *meijin* (grand master) Sieber are Klaus Haertel and W. J. Cynarski.

2. Judo and “Judo-Do / Ido”, Idokan style

Julius Fleck developed *judo*, creating new techniques and counter-techniques. *Judo-do* developed by him (with the help of *sensei* K. I. Sasaki) was created as an antithesis to *judo* sports discipline. In this sense, it is similar to *jujutsu*, as a new art form based on the principle of *ju-no ri* (softness, flexibility). But it is also a form of *judo* as it is widely understood, and in its time (the 1950s) it was called European *judo*. Within this name, it retains the *judo* element and adds one more “do” ideogram, which was translated as “widening the way” of *judo*. As long as *sensei* Fleck was alive, *judo-do* was taught together with *judo*.¹⁷ *Judo-do*

techniques. His students included, among others W. Strauss, H. Klinger von Klingerstorff, H. Birnbaum, H. Czerwenka-Wenkstetten [Czerwenka-Wenkstetten 1993; Gutierrez Garcia, Perez Gutierrez, Cynarski 2010].

¹⁴ Cf. L. Sieber, W.J. Cynarski, *Masters of masters from WJJF federation – new facts*, “Ido Movement for Culture” 2004, vol. 4, pp. 293–297.

¹⁵ W.J. Cynarski, *The philosophy of martial arts – the example of the concept of Ido*, “AUC Kinanthropologica” 2017, vol. 53.2, pp. 95–106.

¹⁶ W.J. Cynarski, *Martial Arts – Ido & Idokan*, op. cit.

¹⁷ Cf. H. Klinger-Klingerstorff, *Judo und Judo-Do: Die hohe Schule des Kampfes*, new edn. / reprint, DDBV, Vienna 2010 [in German].

was also an important part of the functioning of IWJF¹⁸ and other organisations. *Judo-do* is included in more important German reference books, such as by Werner Lind and by Herbert Velte and Klaus-Dieter Matschke.¹⁹ There are also training materials in this field.²⁰

Judo-do had its sports hero, Josef Ebetshuber (see above), who was also excellent at sports disciplines of *judo* and *jujutsu*. The same Austrian was a student of H. Kowalski and H. Klinger-Klingerstorff. He was the 1954 *judo do* World Champion in Odense (Denmark). Ebetshuber received 10 dan *judo-do*, and 10 dan *jujutsu*. His student was Franz Strauss (1933–2014), who later achieved the same degrees in both martial arts. Strauss was also 3 dan in *judo* (Kodokan style). Also, contrary to Fleck's concept, at some stage there were *judo-do* sports tournaments, including World Championships. These are not currently held. *Judo-do* technique is taught at IPA (Klaus Haertel, 10 dan) and outside the IPA, via the F. Strauss line of transmission. In addition, *ido* is taught in several centres around the world as an idea similar to *aiki* and *aikido* or *aikijutsu*.²¹

Judo Idokan style is very little known. It is very similar to original *judo*. It is, however more technical than strength-requiring. Basically, it is not practised for sports competition in *judo*, but as a supplement to practical hand-to-hand combat skills. It is one of the disciplines of the relatively complete martial arts system *Idokan Yoshin-ryu budo*, taught at IPA.²² Both practising *judo* and *judo-do* / *ido* serve in *Idokan*, not to achieve sports championship, but mastery in humanity, and as training, recreation or therapy.²³

The long tradition of *judo*, stretching into *Idokan* since the establishment of the Erich Rahn school in Berlin, (i.e. since 1906), means that the degrees are here

¹⁸ J. Fleck, *Internationale Bestimmungen für die Verleihung von Judo-Do Gürtelklassen*, "Judo Judo-Do Jiu-jitsu Internationales Nachrichtenblatt I.W.J.F.", Wien, pp. 7–12 (1957) [in German].

¹⁹ W. Lind (ed.), *Ostasiatische Kampfkünste. Das Lexikon [East Asian Martial Arts: The Lexicon]*, Sportverlag, Berlin 1996, p. 382 [in German]; H. Velte and K.D. Matschke, *Lexicon of Asian Budo – Combat Sport Philosophy*, Schramm Sport, Vierkirchen 2007, pp. 40, 110 [in German].

²⁰ F. Strauss, *29 Throws Judo-Do, H.D. Budo Production* (DVD), 2002 [in German]; H. Klinger-Klingerstorff, *Judo und Judo-Do: Die hohe Schule des Kampfes*, op. cit.; K. Haertel, *Jūdō-dō. Prüfungsprogramm 1.-4. Dan*, Yawara Sportschule, Kiel 2011 [in German].

²¹ L. Sieber, W.J. Cynarski, *A new stage in the history of the Idokan organization*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2013 vol. 13.3, pp. 59–71; P. Swider, *Aikido and Judo in teaching of shihan Wojciech J. Cynarski*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2018, vol. 18.1, pp. 8–14; doi: 10.14589/ido.18.1.2.

²² More about: W.J. Cynarski, M. Buchhold, *Complete budō systems*, "Ido Movement for Culture" 2006, vol. 6, pp. 83–91.

²³ Cf. O. Yanar, A. Gouby, *Judo als Therapie und Mittel der Gewaltprävention. Das Option Sportive Programm in Wahrnehmen – Bewegen – Verändern. Beiträge zur Theorie und Praxis sportkörper- und bewegungsbezogener sozialer Arbeit*, ed. G.A. Pilz and H. Boemer, Hannover 2002, pp. 291–314 [in German]; W.J. Cynarski, *Leksykon sztuk walki. Mistrzowie i ich szkoły / Lexicon of fighting arts. Masters and their schools*, Rzeszow University Press, Rzeszow 2021.

awarded completely independently from *Kodokan* and the sports *judo* organisation. It is worth noting that Prof. Shizuya Sato, a leader of the International Martial Arts Federation based in Tokyo, did the same in this respect. In *Idokan*, *judo*, *judo-do* and *jujutsu* have been taught simultaneously for over 70 years. Therefore, such Grand Masters, as W. Strauss, Schoellauf, Ebetshuber, Franz Strauss, and Sieber, achieved the highest levels of 10 dan in *jujutsu* and *judo-do*, and high or the highest degrees in *judo*. The curriculum and requirements for technical degrees in *judo-do* originally combined the mastery of both *judo* and *judo-do* techniques.²⁴

Since the 1964 Olympic Games in Tokyo there has been rapid institutional development of the Olympic *judo* sports discipline – on a global scale and in individual countries.²⁵ Meanwhile, European *judo-do* lost its original popularity. In the 1950s and 1960s the original *judo-do* technique was popularised particularly by the two Austrians – H. Klinger von Klingerstorff (10 dan) and J. Ebetshuber (10 dan). Later they included Franz Strauss²⁶, and K. Haertel (10 dan), still teaching in Germany to this day.

3. Judo studies of Idokan

As mentioned above, the first traces of *judo* in the organisation from which Idokan evolved lead us to 1906, when Erich Rahn founded his school in Berlin. He was a student of both Katsukuma Higashi and Agitaro Ono, Japanese *jujutsu* instructors, but Higashi in particular and he also collaborated with Jigoro Kano.²⁷ Dr J. Kano himself reportedly visited Rahn's school in 1912,²⁸ but not all researchers agree on this fact.²⁹ In a document dated May 5, 1939, we read that E. Rahn taught both *jujutsu* self-defence and combat sport under the name "Jiu-Jitsu-Kampfsport"³⁰ in his school. It was probably similar to *judo* sports discipline of the time, rather than the much later *jujutsu* sports discipline practised nowadays. In 1954, Rahn became the honorary president of the IWJF.³¹

²⁴ H. Klinger-Klingerstorff, *Judo und Judo-Do: Die hohe Schule des Kampfes*, Verlag Dr. G. Borotha-Schoeler, Wien 1951 [in German].

²⁵ Cf. T. Sasaki, *Gendai jūdō ron [Modern judo theory]*, Taishaukan Shoten, Japan 1993 [in Japanese]; W. Blach, W.J. Cynarski, A. Litwiniuk, *Yesterday and today of the IJF – International Judo Federation*, "Ido Movement for Culture" 2004, vol. 4, pp. 202–204; W. Sikorski, *50 years of Polish judo. Olympic dimension*, WSHE, Łódź 2009 [in Polish].

²⁶ F. Strauss, J. Slopecki, *The way of life and the way of martial arts*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2014, vol. 14.1, pp. 72–76; doi: 10.14589/ido.14.1.7.

²⁷ I. H. Hancock, K. Higashi, *The Complete Kano Jiu Jitsu*, G.P. Putnam's Sons, New York 1926.

²⁸ K.D. Matschke, H. Velte, *100 Jahre Jiu-Jitsu, Ju-jitsu und Judo in Deutschland (Eine Chronik von 1905 bis 2005)*, Schramm Sport, Vierkirchen 2005, p. 42 [in German].

²⁹ Thorsten Preiss, author of the biography of E. Rahn, does not mention this in his book [Preiss 2012].

³⁰ E. Rahn, Bescheinigung [Certificate], *Jiu-Jitsu- u. Judo-Lehrstaette Erich Rahn*, Berlin-Schoeneberg, May 5, 1939 [in German].

³¹ W. Lind (ed.), *Ostasiatische Kampfkünste*. op. cit., p. 28.

Erich Rahn was an acknowledged German master of the highest degree (10 dan) in both *jujutsu* and *judo*. Later – similarly – the Australian Dr Wally Strauss and the Austrian Hans Schoellau, became the next Idokan leaders. Lothar Sieber is also involved in education and organisation with the Rahn school, as one of the leaders (today only 10 dan) of the *Deutscher Jiu-Jitsu Ring "Erich Rahn" e.V.* (DJJR), instructor association. He already had 4 dan *judo* in 1978, signed by Aldo Nikodemo. He also collaborated with Toni Bader.³² Bader, has 7 dan in German *judo*, 2 dan in *Kodokan*, and 6 dan in *jujutsu*. He was also an activist and examiner at DJB (German Judo Union).

It was quite typical that the people who co-created *judo-do* based it primarily on *judo* (*Kodokan*) and *jujutsu* elements. Julius Fleck was advanced *judoka*, 5 dan. Adolf Bauer (10 dan *judo-do*, 8 dan *jujutsu*, 6 dan *judo*) and Josef Ebetshuber (10 dan *judo-do*, 10 dan *jujutsu*, 7 dan *judo*) were very good *judoka*. At that time some instructors and leaders moved from *judo* to *judo-do*.

Stanisław Cynarski studied *judo* in Rzeszów under the supervision of *sensei* Jacek Jaworski (today 6 dan PZ Judo).³³ S. Cynarski later lived and worked in Tarnów. There, Wojciech J. Cynarski practised *judo* under his direction. W.J. Cynarski subsequently collaborated with many *judo* people, including Tadeusz Kochanowski, Hans Schoellau, Shizuya Sato, Taketo Sasaki, Waldemar Sikorski, Józef Niedomagała, Ewaryst Jaskólski, Wiesław Błach, and Rafał Kubacki, and especially with Lothar Sieber³⁴ [Tab. 1]. It was not always a form of *judo* sports discipline, exactly according to the *Kodokan* canon. Often – in a broader sense – different methods with the guiding principle of *ju*, and *jujutsu* and *judo-do* were adopted.

W.J. Cynarski has been the technical director of IPA since March 1993. He mainly teaches the *Idokan Yoshin-ryu jujutsu* style, and cooperates in the national arena with the Polish Ju-Jitsu Association (PZJJ,) based in Katowice. Table 1 presents people from the list of the Dan Committee PZJJ (*jujutsu*): T. Ambroży (10 dan), W.J. Cynarski (9 dan), J. Słopecki and W. Błach (8 dan PZJJ). But there is also very good cooperation between IPA and PZ Judo (*Polski Związek Judo* / Polish Judo Association), and PZJJ (*Polski Związek Ju-Jitsu* / Polish Ju-Jitsu As-

³² A. Nikodemo, *Certificate for 4 dan in judo, for Lothar Sieber, Peissemberg, Jan. 2, 1978* [in German]; T. Bader, *Letter to L. Sieber*, "Neumuenster", Dec. 15, 1991 [in German].

³³ G. Szajna, *Sporty walki na Podkarpaciu w latach 1945–1989* [Combat sports in Podkarpacie 1945–1989], Rzeszow University Press, Rzeszow 2011, pp. 262–266 [in Polish].

³⁴ W.J. Cynarski, *Martial Arts – Ido & Idokan*, op. cit.; E. Nicola, L. Sieber (*Meijin, 10. Dan*) und Professor Dr. Wojciech Cynarski vom Idokan Polen verleihen den achten Dan und höchsten Lehrergrad Hanshi an Harald Weitmann sowie den ersten Großmeistergrad an Heiko Hofmann, *Neuffener Anzeiger*, 8, Feb. 22, 2013 [in German]; K. Kubala, *Symposium Stowarzyszenia Idokan Polska* [Symposium of Idokan Poland Association], "Gazeta Uniwersytecka UR" 2016, no. 3, p. 41 [in Polish]; P. Swider, *Aikido and Judo in teaching of shihan Wojciech J. Cynarski*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2018, vol. 18.1, pp. 8–14; doi: 10.14589/ido.18.1.2.

sociation). People such as Sikorski and Błach are especially distinguished in Polish sports (Olympic) *judo* and PZ Judo.³⁵ Because the IPA requirements have been adapted to the requirements of the corresponding regulations (examination requirements) for PZ Judo, mutual recognition of the degrees awarded in both organizations is possible.³⁶ Only in IPA competition and wins are not required.

Table 1. Leading teachers of IPA – *judo* and related disciplines

Name	Judo / PZJudo [dan]	Judo / IPA [dan]	Judo— do/ido [dan]	Jujutsu / IPA [dan]	Goshin— jutsu / IPA [dan]	Jujutsu / PZJJ [dan]
Sieber Lothar	—	8	10	10 <i>meijin</i>	10	10
Cynarski W.J.	4	4	10	9 <i>hanshi</i>	8	9
Härtel Klaus	—	4	10	9 <i>hanshi</i>	—	—
Słopecki Jan	3	4	5	10 <i>hanshi</i>	10	8
Sikorski Walde- mar	7	8	—	—	—	—
Błach Wiesław	7	7	—	—	—	8
Sasaki Taketo	—	7	4	—	8	—
Ambroży Tade- usz	2	3	1	8	8	10
Cynarski Stanisław	1	2	5	5 (and 9 dan <i>aiki-jujutsu</i>)	9	—
Kubacki Rafał	6	6	—	—	—	—

Source: archive of IPA – Dan Committee and other documents.

Currently, the international Judo Division in the Dan Committee of IPA is co-created by numerous people with master's degrees, from Europe and Japan. The most distinguished are: Lothar Sieber (8 dan), Waldemar Sikorski (8 dan), Wiesław Błach (7 dan), Taketo Sasaki (7 dan), Jan Słopecki (4 dan), and Stanisław Cynarski (2 dan), the first teacher of W. J. Cynarski (4 dan). The IPA technical director – W. J. Cynarski – once passed the exam for 1 dan under the supervision of the Idokan Europe – Germany committee, and currently has 4 dan, in both IPA (Idokan) and in the Polish Judo Association (PZ Judo, the Polish Judo Association; style *Kodokan*). He collaborated with, among others, Shizuya Sato (1929–2011, 9 dan) *judo*, *hanshi*, a student of the famous *meijin* Kyuzo Mifune (10 dan) and Kazuo Ito (10 dan), and Józef Niedomagała (8 dan, former chairman

³⁵ W. Sikorski, *50 years of Polish judo*, op. cit.

³⁶ Cf. W.J. Cynarski, *Martial Arts – Ido & Idokan*, op. cit., pp. 149–156; PZ Judo, Regulations for obtaining degrees, in Polish, http://www.pzjudo.pl/regs/Regulamin%20zdobywania%20sotopni%20judo_broszura.pdf [Accessed: Jan. 6, 2020].

of Dan Committee PZ Judo), and sporadically with other masters including Jon Bluming (9 dan). The Dan Committee IPA in the Judo Division – has 23 names, people ranging from 1 to 8 dan. Separately, in the Judo-do Division there are 26 members (up to and including 10 dan), and in the Jujutsu Division – 19. These committees are for practical studies. The Committee of Scientific Research was established for scientific research.

4. Research on judo – cooperation

A novelty among IPA's activities in *judo* are scientific research and the publication of the results of these studies – mainly, but not only in *Ido Movement for Culture. Journal of Martial Arts Anthropology* and in the publishing series of the Lykeion Library.³⁷ The research has been carried out according to the Project IPA no. 4 / 2017-20: 4.3. "70 years *judo-do* / *ido* – idea and technique". Professor Cynarski is the coordinator of this Project, in cooperation with GM Lothar Sieber, Professor of EMAC and Honourable President of IPA.

What is worth mentioning here is very good cooperation between IPA and PZ Judo (scientific conferences), PZ Ju-Jitsu (science committee) and with colleagues from abroad. This is how subsequent historical³⁸ and empirical³⁹ works are created. Of course, scientific research is not limited here only to the *Idokan* tradition, but is most often related to sports performance, psychophysical fitness and health.

A comparative *judo* analysis of *Idokan* and *Kodokan* would, from a tactical and technical side, be as follows. While the old *judo-do* is similar to the *Kodokan*

³⁷ Cf. W.J. Cynarski, J. Slopecki, *Idokan and IMACSSS for Research and Practice of Judo*, "Journal of Combat Sports and Martial Arts" 2012, vol. 3.2, pp. 147–150.

³⁸ W. Blach, W.J. Cynarski, A. Litwiniuk, *Yesterday and today of the IJF – International Judo Federation*, "Ido Movement for Culture" 2004, vol. 4, pp. 202–204; W. Blach, W.J. Cynarski, P. Kowalski, J. Migasiewicz, M. Tomaszewski, L. Blach, *History of starts and achievements of Polish representatives in the judo world championships*, "Ido Movement for Culture" 2006, vol. 6, pp. 63–67; C. Gutierrez Garcia, M. Perez Gutierrez, W.J. Cynarski, *Remembering traditional concepts: Judo's values and pedagogy in France and Spain. Presented in Memory of Henri Birnbaum (1921–2004)*, "Ido Movement for Culture" 2010, vol. 10.1, pp. 156–159; P. Swider, *Aikido and Judo in teaching of...*, op. cit.; W.J. Cynarski, *Lexicon of fighting arts...*, op. cit.

³⁹ W. Sikorski, *Unified approach to health and fitness in integrated Europe*, "Ido Movement for Culture" 2006, vol. 6, pp. 299–305; G. Arziutov, S. Iermakov, P. Bartik, M. Nosko, W.J. Cynarski, *The use of didactic laws in the teaching of the physical elements involved in judo techniques*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2016, vol. 16.4, pp. 21–30; doi: 10.14589/ido.16.4.4; L. Podrigalo, W.J. Cynarski, O. Rovnaya, O. Volodchenko, O. Halashko, J. Volodchenko, *Studying of physical development features of elite athletes of combat sports by means of special indexes*, "Ido Movement for Culture. Journal of Martial Arts Anthropology" 2019, vol. 19.1, pp. 75–81; doi: 10.14589/ido.19.1.5; W.J. Cynarski, J. Slopecki, B. Dziadek, P. Bösch, P. Piepiora, *Indicators of Targeted Physical Fitness in Judo and Jujutsu—Preliminary Results of Research*, "Int. J. Environ. Res. Public Health" 2021, vol. 18, p. 4347; doi: 10.3390/ijerph18084347.

judo, as it has developed, the new *ido* displays similarities to *Nihon jujutsu*, modern *jujutsu* and Brazilian *jujutsu*. However, it differs significantly from the old schools' style (*koryu*).⁴⁰ As a general rule, *Ido* operates at IPA in *judo*, in sports *jujutsu* and in *jujutsu* cultivated as a martial art and the art of self-defence.⁴¹ It is a component of the entire *Idokan budo* system. Only the sense of the new *judo-do* (*ido*) as an "extended path" and the purpose of the exercise is different. *Ido* is also the philosophy of the martial arts system taught at IPA.⁴²

The principle of *ju-no ri* (softness, flexibility) works in many martial arts – from the former *yawara* (primacy of *jujutsu*) to *ido* / *Idokan*. Similarly, and within an even greater range of martial arts varieties, the principle of static and dynamic balance applies.⁴³ Balance by push or punch, taught by GM Wally Strauss (*Idokan Australia* and *Idokan International*),⁴⁴ complemented the teaching of "old" *judo* and *judo-do*. In addition, in the *Idokan jujutsu* of L. Sieber and W. J. Cynarski practitioners are taught to fight on the ground floor (*ne-waza*), which is not present in the original *judo-do*.

On the other hand, *judo Idokan* is currently no different from *judo* taught in PZ Judo, neither in technique nor in the requirements for degrees. *Judo-do* techniques are currently taught separately here. The only difference is that *Idokan judo* is not focused on high performance and sports performance, which results in the use of other methods and lower training loads.

Discussion; Summary and Conclusions

Judo has been cultivated in the *Idokan* organisation since its beginnings. However, there has been a departure from Japanese role models and sports competition. *Idokan judo* is still technically very similar, but not identical. Institutionally, it is independent of IJF and *Kodokan*.

IPA brings together sports *judo*, *jujutsu* and *judo-do* people; it teaches *judo* as part of a complete system and carries out international scientific research. Lothar Sieber is 9 dan *judo* (from Hans Schoellauf and *Idokan International*). The author has seen the appropriate certificate. So GM Sieber is the successor of *judo* tradition in *Idokan* organisation. However, he does not make this fact public.

⁴⁰ J. Osano, H. Yamu. *Jyujutsu Ken Bo Zukai Hiketsu. Budo Zukai Hiketsu*, BAB, Tokyo 1991 (according to original texts from 1860–1870); Shizuya Sato, *Nihon jujutsu*, IMAF, Tokyo 1998.

⁴¹ Cf. K. Obodyński, *The specificity of jūjutsu and jūdō*, "Ido Movement for Culture" 2001, vol. 2, pp. 46–51; H. Klinger-Klingerstorff, *Judo und Judo-Do*, op. cit.; W.J. Cynarski, J. Slopecki, *Idokan and IMACSSS for Research and Practice of Judo*, op. cit.

⁴² W.J. Cynarski, *The philosophy of martial arts – the example of the concept of Ido*, "AUC Kinanthropologica" 2017, vol. 53.2, pp. 95–106.

⁴³ J. Roland, R.J. Maroteaux, *The Mobile Stability of the Body (Traditional Martial Arts and Combat Sports)*, autoedition, Avignon 2012.

⁴⁴ W.J. Cynarski, *The philosophy of martial arts – the example of the concept of Ido*, op. cit.

Idokan judo, complemented by the *judo-do* technique, is an alternative to the well-known *judo*. It is cultivated as a “warrior’s way” and part of an educational system. So it is a modern form of the idea, implemented in line with the original concept of Jigoro Kano. In addition to proper *judo*, *Idokan* teaches *judo* in a broader sense of the word as a “way of flexibility.” This is also an essential part of the *Ido* philosophy.⁴⁵

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⁴⁵ Ibidem.

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