<http://www.ntu.ac.jp/teikajudo/club/pdf/kodokan_history_e.pdf>

If directed at improving the body, it becomes a form of physical education; if applied to gaining knowledge, it will become a method of self-improvement; and, if applied to many things in society such as the necessities of life, social interaction, one's duties, and administration, it becomes a way of life

Jita-Kyoei, or mutual prosperity for self and others.

sacrificing oneself without any purpose or reasoning runs counter to the greater good of humanity. If one merely enforces his own selfish claims, not only will he become hindered by opposition from others, but such selfishness will lead to self-destruction

<http://kodokanjudoinstitute.org/en/doctrine/history/>

Today, the International Judo Federation includes representatives from about 204 countries and regions (as of 2020), with practitioners from all walks of life donning judo uniforms and stepping onto the mat to forge their minds, bodies, and spirits.

judo was created in 1882 by Kano Jigoro Shihan. As an educational method derived from the martial arts, judo became an official Olympic sport in 1964 (after being named as a demonstration sport at the 1940 Tokyo Olympic Games which were cancelled due to international conflict). Judo is a highly codified sport in which the mind controls the expression of the body and is a sport which contributes to educating individuals.

<http://kodokanjudoinstitute.org/en/pdf/practice/dojo_etiquette.pdf>

Provides good tips for training in the Kodokan or any Judo club for that matter.

<http://kodokanjudoinstitute.org/en/doctrine/purpose/#:~:text=life%20to%20learn.-,Prof.,to%20devote%20oneself%20to%20society>.

Prof. Kano himself said that the purpose of Judo is to strengthen body by practicing attack and defense, to complete the personality by training the mind, and finally to devote oneself to society.

<https://judoinfo.com/seiryoku2/>

Judo is a valuable asset. The more one strives to improve, the more Judo will collectively become an educational method of physical growth, mental growth, and moral growth at the same time.

<https://www.bjjee.com/articles/gracie-combatives-student-watched-100-fights-youtube-came-away-6-key-takeaways/>

Louie Martin: 23% of the fights ended in a knockout (which is defined as a single blow that incapacitated a participant). What was interesting about these is that more than half, 64%, occurred in the first ten seconds. Participants engaged in ground fighting 73% percent of the time. When you take out those ten-second knockouts that make up so many early finishes, the number jumps up to 83%.