# 巻頭の辞



講道館柔道科学研究会は、昭和７（1932）年、嘉納治五郎師範が創設された「柔道医事研究会」をその母体としています。嘉納師範は熱心に研究会へ参加され、研究者たちと共に、実技に関する医学的所見の蓄積、安全性や体力面への効果の検証などを行い、柔道科学研究の基盤を作られました。

この柔道医事研究会は、師範没後の昭和23（1948）年、その名称を「講道館柔道科学研究会」と改め、哲学、歴史、教育学、心理学、生理学、キネシオロジー、指導法等に領域を拡大し、研究が行われるようになりました。新しい研究活動は、故猪飼道夫・東京大学名誉教授、故松本芳三・東京教育大学名誉教授、故川村禎三・筑波大学名誉教授、手塚政孝・明治大学名誉教授、尾形敬史・茨城大学名誉教授、故村田直樹・講道館図書資料部長等が中心となり、多くの研究者たちに支えられながら今日まで脈々と受け継がれています。

現在は、運営委員会が中心となり、研究集会の開催と研究紀要の発刊を隔年で行い、学術的な発信をしております。平素から柔道の学術研究に専心している大学教員を中心として、地道な研究活動が行われています。今年度ここに10編の研究成果がまとめられ、『講道館柔道科学研究会紀要第二十輯』として上梓することになりました。本誌掲載の研究論文は、柔道の正しい普及・発展に寄与するものであり、また学術の活性化に繋がる意義あるものと考えております。また、本紀要は全て講道館HPで公開しており、どなたでも閲覧が可能です。ご一読、ご閲覧いただき、柔道研究の更なる発展に役立てていただければ幸いです。

おわりに、関係各位の努力に対し深甚の謝意を表しますと共に、柔道研究の発展のために今後もご尽力賜りたくお願い申し上げます。

令和７（2025）年３月吉日

講道館長　上村　春樹

## PREFACE

The parent organization of the Kodokan Judo Scientific Research Group was the Judo Medical Research Society, founded in 1932 by Jigoro KANO Shihan. KANO Shihan also enthusiastically participated in the research society meetings. In collaboration with invited authorities in the field of medicine, the society not only collated findings on medical matters related to judo, but also undertook specialized projects such as investigating safety matters in judo, and its effectiveness in developing physical strength and well-being. This period signifies the beginning of scientific studies into judo.

After KANO Shihan passed away, the name of the Judo Medical Research Society was changed to the Kodokan Judo Scientific Research Group in 1948. Initially set up as a society focus on medical research, its range expanded to include the fields of philosophy, history, education, psychology, physiology, kinesiology, as well as fundamental and specialized scientific research. Key members behind the instigation of new research activities included academics such as Michio Ikai (Emeritus Professor of Tokyo University), Yoshizo Matsumoto (Emeritus Professor of Tokyo University of Education), Teizo Kawamura (Emeritus Professor of the University of Tsukuba), Masataka Tezuka (Emeritus Professor of Meiji University), Takashi Ogata (Emeritus Professor of Ibaraki University), and Naoki Murata (Director of the Kodokan Judo Museum and Library). They were supported by many other researchers, and we continue their work to this day.

Recently, the Steering Committee has organized activities such as workshops and publication of a research bulletin to public their findings. The research areas are now categorized to philosophy and history, match analysis and biomechanics, psychology, the science of physical fitness, and teaching methodology. The society's research is mainly carried out by university teachers affiliated to the Kodokan.

I am truly pleased that the Bulletin of the Association for the Scientific Studies on Judo (hereinafter, the Bulletin), Kodokan Report XX, has been published. We believe that the research papers published here will contribute to the correct dissemination and development of judo, and that their dissemination both domestically and internationally will be significant in stimulating academic research in judo. All of this bulletin is available on the Kodokan website and can be viewed by anyone. In conclusion, I would like to express my gratitude to them for their efforts, and encourage them to continue in this important task of researching judo. It is also my hope that people continue to support the research group and their activities.

Haruki UEMURA
President, The Kodokan Judo Institute
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