

Kano Jigoro Quotes

*Art, Opponents, May, Perfect, Spiritual, Victory, Generations, Opportunity,
Cocky, Broken, Accomplishment, Political, Men, Effort, Worry, Heart, Training,
Struggle, Expression, Purpose*

It is not important to be better than someone else, but to be better than yesterday.

~Kano Jigoro

Face your fear, empty yourself, trust your own voice, let go of control, have faith in outcomes, connect with a larger purpose, derive meaning from the struggle.

~Kano Jigoro

If there is effort, there is always accomplishment.

~Kano Jigoro

Nothing under the sun is greater than education. By educating one person and sending him into the society of his generation, we make a contribution extending a hundred generations to come.

~Kano Jigoro

The purpose of the study of judo is to perfect yourself and to contribute to society.

~Kano Jigoro

To ask may be but a moment's shame, not to ask and remain ignorant is a lifelong shame.

~Kano Jigoro

Walk a single path, becoming neither cocky with victory nor broken with defeat, without forgetting caution when all is quiet or becoming frightened when danger threatens.

~Kano Jigoro

Paradoxically, the man who has failed and one who is at the peak of success are in exactly the same position. Each must decide what he will do next, choose the course that will lead him to the future.

~Kano Jigoro

The pine fought the storm and broke. The willow yielded to the wind and snow and did not break. Practice Jiu-Jitsu in just this way.

~Kano Jigoro

Carefully observe oneself and one's situation, carefully observe others, and carefully observe one's environment. Consider fully, act decisively.

~Kano Jigoro

Walk a single path, become neither cocky with victory nor broken with defeat.

~Kano Jigoro

Judo helps us to understand that worry is a waste of energy.

~Kano Jigoro

Judo is a study of techniques with which you may kill if you wish to kill, injure if you wish to injure, subdue if you wish to subdue, and, when attacked, defend yourself

~Kano Jigoro

Judo teaches us to look for the best possible course of action, whatever the individual circumstances.

~Kano Jigoro

Consider fully, act decisively.

~Kano Jigoro

The teaching of one virtuous person can influence many; that which has been learned well by one generation can be passed on to a hundred.

~Kano Jigoro

For one thing, Judo in reality is not a mere sport or game. I regard it as a principle of life, art and science. In fact, it is a means for personal

cultural attainment.

~Kano Jigoro

Judo is the way to the most effective use of both physical and spiritual strength.

~Kano Jigoro

Apply just the right amount of force " never too much, never too little.

~Kano Jigoro

In randori we learn employ the principle of maximum efficiency even when we could easily overpower an opponent.

~Kano Jigoro

In randori, one must search out the opponent's weaknesses and be ready to attack with all the resources at his disposal the moment the opportunity presents itself, without violating the rules of judo.

~Kano Jigoro

Related Links:

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