

The 1st Khelo India Women's Judo Tournament

August 26, 2022

In news— The 1st Khelo India Women's Judo Tournament is scheduled to be held across four zones in India, starting August 27.

What is Judo game?

- Judo is the Japanese system of unarmed combat, now primarily a sport.
- Judo **was created in 1882 by Kanō Jigorō as an eclectic martial art**, distinguishing itself from its predecessors due to an emphasis on “randori” (free sparring’) instead of “kata” (pre-arranged forms) alongside its removal of striking and weapon training elements.
- The rules of the sport of judo are complex.
- **The objective is to cleanly throw, to pin, or to master the opponent**, the latter being done by applying pressure to arm joints or to the neck to cause the opponent to yield.
- Techniques are **generally intended to turn an opponent's force to one's own advantage** rather than to oppose it directly.
- A ritual of courtesy in practice is intended to **promote an attitude of calm readiness and confidence**.
- The **usual costume, known as jūdōgi**, is a loose jacket and trousers of strong white cloth.
- In this game, White belts are worn by novices and black by masters, with intermediate grades denoted by other colours.
- Jūdōka (students of judo) perform the sport with bare feet.

Further reading:
<https://journalsofindia.com/promotion-of-rural-and-indigenous-tribal-games-under-khelo-india-scheme/>