



July 4, 2011

## Judo Freedom



**I**ndependence. Among the many words we might use to describe the benefits of judo, independence is one we often forget. The number one individual participant sport in the world is judo. Yet, as independent as we might be, our judo depends upon the participation of others. Mutual benefit and welfare exists in the endeavor to perfect our judo.

There are many personal benefits to all sports. If we ask people what these might be, we hear about character building, determination, teamwork, discipline, and more. No other sport / martial art claims a foundation in its principles. By "foundation", more amazingly, we mean both the path to physical success in the endeavor itself, and as the carryover into how we can better and more successfully lead out lives.

Almost all countries celebrate something that is theirs: The French celebrate Bastille Day, Canada, Canada Day, and Spain honors Christopher Columbus. But only the United States celebrates a set of principles that apply to all men. All sports/ martial arts celebrate something that is theirs, but only judo celebrates a set of principles that apply to all people and all endeavors.

Indeed, we do much in the dojo that is the same as everybody else. Out of this, however, comes our own judo. It is independent in style, yet founded in functional principles.

Calvin Coolidge: United States President (30th) 1923 - 29

Born of the 4th of July

*On the subject of the permanence and steadfastness of the principles set fourth in the Declaration of Independence.*

"Human nature is a very constant quality. While there is justification for hoping and believing that we are moving toward perfection, it would be idle and absurd to assume that we have already reached it."

*--At Arlington National Cemetery, May 30, 1924*

Credo of the

United States Judo Association

*Theo. Roosevelt, United States President (26th) 1901-09 and judoka*

It is not the critic who counts, nor the man who points out how the strong man stumbled or the doer of deeds could have done better. The credit belongs to the man who is actually in the arena; who errs and comes short again and again; who know the enthusiasms, the great devotions, and spends himself in worthy causes; who at best, knows in the end of the triumph of high achievement, and who at worst if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat.

As we celebrate our independence on this Fourth of July, let us also celebrate our lives as judokas, independent sorts who use the principles of judo to constantly strive toward perfection, and do so by entering the arena, striving through both failure and success in our never ceasing quest to make ourselves better judoka and better people.

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