

Distinguish, differentiate, compare and explain what is the difference between Karate and Judo. Comparison and Differences.

Differences between Judo and Karate

Children and adolescents become familiar with martial arts through entertainment media. Karate and judo are originally Japanese martial arts practiced without any kind of traditional weapons. Karate is classified as a striking art while judo is known as a grappling or throwing art. Although judo is an Olympic sport, it did not experience the significant increase in the number of participants which was evident in karate in the last decade.

Judo

Judo, which means "the gentle way," developed from an older art known as jujutsu, which generally avoided using weapons. The Tenshin Shinyo and Kito schools became the foundation for modern Kodokan Judo, as organized by Kano Jigoro (1860–1938), who renamed the sport after his first training gymnasium (dojo). Kano formulated a training system based on modern athletic principles and modified the rules to permit both throwing and grappling on the mat.

The judo-gi worn by practitioners resembles the apparel worn in karate, save for the upper part which is made of a more heavyweight material. Although some karate techniques also involve grappling and holding, it should not be confused with judo, which does not permit striking or kicking one's opponent. Perhaps more than any other Japanese sport, judo has gained a wide degree of international popularity.

The World Judo Federation was established in 1952, and Tokyo hosted the first World Judo Championship Tournament in May 1956. Following its introduction as a men's event in the 1964 Tokyo Olympics, it has since been added for women as well. At present, judo is practiced by 40 million people in the world.

Karate

Karatado, which means "the way of the empty hand," developed over 1,000 years ago in China. It was introduced to the island of Okinawa (formerly an independent kingdom) many centuries ago as a form of weaponless self defense. The art was a late-comer into Japan proper, having been introduced by Funakoshi Gichin in the 1920s. In karate, every part of the body can be turned into a fighting weapon. But equally important are defensive techniques used to sidestep or block an opponent's thrusts and kicks.

One aspect of training includes repeatedly striking a makiwara, a post covered with straw, to toughen the skin covering the knuckles, wrists, balls of the feet, and other areas. More advanced practitioners often demonstrate their power by smashing boards or breaking roof tiles, but this is not recommended for beginners.