

# Brigadier Josef Herzog, 8th dan judo (1928-2016), the ambassador of Jigoro Kano's universal mission „Judo in the Mind”

## Authors' Contribution:

- A Study Design
- B Data Collection
- C Statistical Analysis
- D Manuscript Preparation
- E Funds Collection

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## Abstract

Jigoro Kano, at the Olympic Games in Los Angeles (1932), concluding an occasional lecture dedicated to judo recommendations, stated: *“The final aim of Judo, therefore, is to inculcate in the mind of man a spirit of respect for the principle of maximum efficiency and of mutual welfare and benefit (...) that man individually and collectively can attain the highest state of advancement, and, at the same time, develop the body and learn the art of attack and defense.”*

So why is judo – such a phenomenal method that could be the basis of complementary lifelong health education and survival ability – recognized in the global community as primarily an Olympic-status sport? This question is also relevant in the reflection on the life achievements of Brigadier Josef Herzog (8th dan judo) and his seemingly virtual testament dedicated to judo. Among Josef Herzog's life achievements, judo should be mentioned as very important, if not the most important.

The essence of Josef Herzog's virtual testament was aptly captured by the outstanding Austrian judo athlete Thomas Haasmann: *“I am in deep mourning to Josef Herzog He was my mentor, my fatherly friend, my good spirit, the good spirit of the Austrian Judo (...). His spirit will always be in our dojo and we will honour his memory.”* The scope of Josef Herzog's judo activities extended beyond the borders of Austria. Important was his scientific and didactic cooperation with Professor Ewaryst Jaskólski (1932-2007) and with a group of Polish judo experts already in the period of the Iron Curtain. The wisdom of Josef Herzog will also be missed by the Judo Committee of the International Military Sports Council (CISM), and the Editors of the *Archives of Budo*. “Papa Judo” – like few others – was able to combine the universal mission of Jigoro Kano “Judo in the Mind” and the most general CISM motto “Friendship through Sport”.

**Key words:** CISM • fun forms of martial arts • science of martial arts

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**Tameshiwari** – the board-breaking test which consists in hitting boards with upper limb (fist, knife-hand strike, elbow) and foot. The number of boards broken is calculated to score points [18].

**International Military Sports Council** – is an organization known as **CISM** (the abbreviation comes from French Conseil International du Sport Militaire) with headquarters in Brussels (Belgium), where also the General Secretariat is situated. CISM is a non-political organization, open for military forces from all countries in the world. The range of this cooperation is very wide and includes both sport (Olympic level sports competitions, world-, continental-, regional-championships), scientific (symposia, conferences) and solidarity aspects (helping less developed countries by providing them with various forms of assistance and support in their activities for the development of the widely understood sport) [4].

**Unifight** – (universal fight) has emerged as a result of contemporary research aiming at integration of combat sports with other disciplines in order to develop effective system of complementary preparation of a person to counteract aggressive subjects in the social environment. It has become a part of modern concepts of developing defensive dispositions of a human [19].

## INTRODUCTION

Jigoro Kano (1860-1938), founder of judo, during a scientific seminar held during the 10th Olympic Games in Los Angeles in 1932, recommended to incorporate judo in common education [1]. He was then 72 years old and had nearly 60 years of intellectual and practical experience in developing a modern, universal education system which he called judo (in the quoted paper he used the English name 'Jiudo'). Nowadays, judo has still not lost its attractiveness as an educational system with universal potential for influencing all spheres of personality: physical (somatic and behavioural), intellectual (cognitive), ethical and spiritual. On the contrary, the pathologies monitored in interpersonal relations from the micro to the macro scale encourage not only reflection on the philosophical and ethical principles of the system formulated by Jigoro Kano.

When Kano was sixty-three years old, forty years after establishing the *Kōdōkan* (first as a small private academy *Kanō-juku*), he made public the most general philosophical and ethical principles of judo: “maximum efficient use of energy” (*seryoku-zenyo*) and “mutual prosperity for self and others” (*jita-kyoei*) [2]. Alex Bennett, editor and translator of the monograph dedicated to Jigoro Kano and the *Kōdōkan*, quotes Kano Sensei’s statement, which justifies the conclusion that the most important mission of the *Kōdōkan* Method is “judo in the mind.” From a modern perspective, we can say that Kano (in the years 1920, 1921) talked about the potential that opens a person to correct, creative relationships with other people, from the micro to the macro scale: “A mind imbued with the cultural spirit of judo, is the most apposite means to rescue people from the vice of selfishness” [2, p. 159]. A decade later Jigoro Kano concluded: “The final aim of Jiudo, therefore, is to inculcate in the mind of man a spirit of respect for the principle of maximum efficiency and of mutual welfare and benefit, leading him so to practice them that man individually and collectively can attain the highest state of advancement, and, at the same time, develop the body and learn the art of attack and defense.” [1, p. 58]

So why is judo – such a phenomenal method that could be the basis of complementary life-long health education and survival ability – recognized in the global community as primarily an Olympic-status sport?

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*Galaxy Judo Tigers* is the fitness program in Perchtoldsdorf (colloquially *Petersdorf*). It is a market town in the Mödling District, in the Austrian state of Lower Austria. It is known primarily for its winemaking. Many judo experts around the world (who cultivate the principles formulated by Jigoro Kano) know this place as a universal *dojo*, where the spirit of judo hovers over ephemeral careers of judo athletes (the official website of the *Galaxy Judo Tigers* prompts the following statistics: *8-facher österreichischer Mannschaftsmeister (2011, 2013-2019); 171 österreichische Meistertitel*). One master over the masters – Josef Herzog – will be remembered for all time.

The purpose of this scientific essay is to reflect on the achievements of the outstanding promoter of judo, the Austrian brigadier Josef Herzog, in the broad context of the “judo in the mind” mission.

### Short curriculum vitae

Josef Herzog was born on August 17, 1928 in Groß Reichenbach, Gmünd County (Lower Austria). When Herzog was five years old, Jigoro Kano was demonstrating judo in Vienna, but the former did not participate in the event. He spent his childhood and the period of the Second World War in the countryside as the son of a farmer. Fifteen years later, on the tenth anniversary of Jigoro Kano’s death, Herzog began training judo. For 9 years (1953-1962) he was a member of the Austrian national judo team.

He graduated from the police school in Vienna after training as a commercial clerk. From 1947 to 1956 he was a member of the Security Guard in Vienna. After passing the test for promotion to the civil service, he attended the military academy in Linz



**Figure 1.** Young lieutenant Josef Herzog during *tameshiwari* rehearsal [3, p. 137].

Ebelsberg from 1956-1957. On January 1, 1958, he was a lieutenant in the Austrian armed forces (Figure 1). This was followed by the withdrawal from the infantry fighting school [3].

Josef Herzog was Armed Forces sports teacher in combat sports and built his own judo school. In the 1967-1970 period he organized his own dojo in Vienna. He was President of the Judo Sports Commission in the CISM (Conseil International du Sport Militaire) from 1975-1990 and President of the Austrian Judo Association from 1989 to 1991. He had the 8th dan and is well known as a pioneer in Judo Military Sports [4].

### Scientific and editorial activity

Josef Herzog was open to scientific research into the phenomenon of judo. He himself had no formal scientific qualifications, but he collaborated with the most outstanding scientists, precursors of interdisciplinary research into the multi-threaded phenomenon of judo; one of the many interpretations of judo says it is “the way to non-aggression.” One of the scholars open to innovative judo interpretations was professor Ewaryst

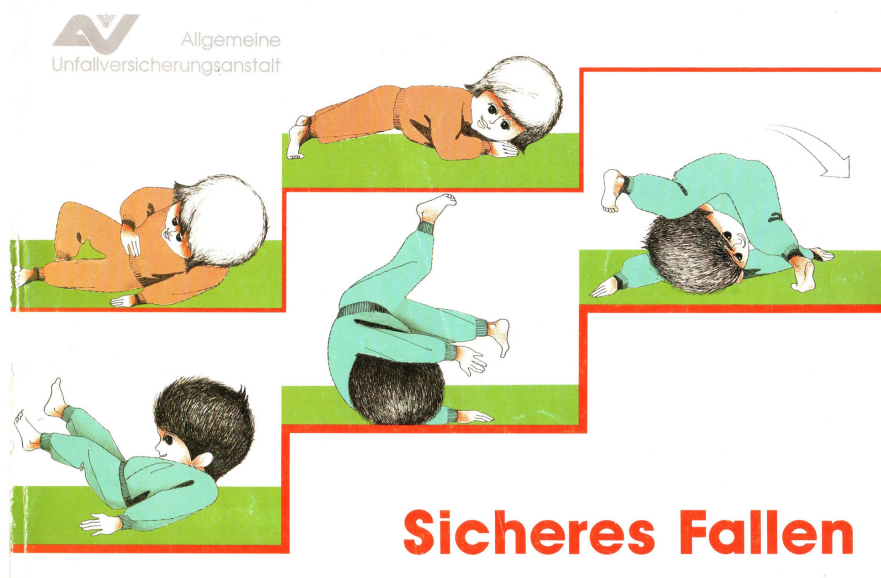
Jaskólski [5]. Both experts, Herzog and Jaskólski, established scientific cooperation in the 1970s, when Poland was still beyond the Iron Curtain on the side of Soviet influence.

The lifelong cooperation and friendship of these two outstanding figures promoting the ideals of judo in accordance with the concept of Jigoro Kano began. The authors of this publication, students and collaborators of Ewaryst Jaskólski, had the opportunity to meet Josef Herzog and cooperate with him in the scientific dimension (multi-faceted research on the effects of judo training for children and youth in high mountain conditions) and in the broadly understood teaching (training) of judo. This collaboration began during the Judo Sommer School (German: *Judo-Sommerschule*) in Hintermoos in the Austrian Alps [6]. At that time we were assistants of professor Jaskólski: Kalina 1978, 1979 (Figure 2); Witkowski 1980, 1981.

One of the tangible, lasting evidence of that cooperation is the textbook *Sicheres Fallen* (Safe Fall) – Figure 3. Unfortunately, it was published in German without specifying the author and year, or sources of inspiration [7]. In 1978 and 1979, during *Judo-Sommerschule*, as well as during a special judo session in Vienna, for local coaches, Kalina used 20-30 minute exercises based on fun forms of safe fall and fun forms of martial arts. These exercises served as a specific warm-up and preceded the main content of the training sessions conducted by Jaskólski. Such was the time that we underestimated the protection of intellectual property. The author (authors?) of *Sicheres Fallen* did not tell us



**Figure 2.** The International Judo Sommer School, Hintermoos (Austria) 1978; from the left side, then: Associate professor E. Jaskólski (Poland), Lieutenant-colonel J. Herzog (Austria), Judo tutor of Viennese pupils (Austria), Captain R. M. Kalina (Poland) [6, p. 6].



**Figure 3.** The attractive cover presents safe fall judo techniques, but there are equally effective graphics of the basic principle of safe fall theory by Jaskólski and Nowacki inside the book (1974), as well as many unique fun forms of safe fall by Polish judo experts.

who is the instigator of the innovative assumption that especially fun forms of safe fall can be a unique basis for warm-ups, especially physical education lessons or military training. It seems so simple – when a person loses balance and inevitably falls, there is no time for a warm-up according to the paradigm of physical education and sport – yet the inspiration came from the eastern part of the Iron Curtain. What's more, the drawing, attractive in the visual sense, but probably even more in the sense of reflecting the essence of the safe fall theory, was not provided with a reference to this theory by Jaskólski and Nowacki from 1974 [8] (its only edition was published in Polish).

These events did not affect the quality of our relationship with Josef Herzog. In September 1994, Herzog was the guest of honor and keynote speaker at the International Scientific Conference "Efficiency and Moral Aspects of Hand-To-Hand Combat in the Military" (Wrocław, Poland). His presentation *Close Combat in Defense Education of Austrian Soldiers – Synthesis of our Own Experience* (see Figure 1) was finished with an original sentence: *Vorbild bringt Gefolgschaft, Budo sport ist ein Mittel Schaffung eines Vorbilds, daher Budo sport als Nahkampfausbildung beim Militär* [3 p. 146]. Freely translated from German: *Role model brings followers, Budo sport is a means to create a role model, hence Budo sport as close combat training in the military.* "One year later, in

March, at the invitation of Josef Herzog, Roman M. Kalina conducted a special seminar for judo coaches on the use of elements of combat sports in the diagnosis and reduction of human aggressiveness at the University of Vienna." [4, p. 257].

In the years 1995-2007, then Reserve Brigadier Josef Herzog was an honorary member of the CISM Sport Committees Judo (CSC Judo), and one of the binding elements of this Commission's activity was the organization of the so-called study days during the military world judo championship (MWJC). In that term of the Commission CSC Judo the first study days took place during the 23rd MWJC in Dubrovnik in 1997. Presentations were given by Josef Herzog, Roman M. Kalina, and General Joship Lucic, the former Chief of General Staff Croatian Armed Forces [4]. He supported all the innovative activities of CSC Judo, including a new military sport UNIFIGHT (see glossary) during the 30th MWJC (Azerbaijan 2004); and during world championships in St. Petersburg (2005) the workshop was a demonstration tournament involving professional UNIFIGHT athletes of this sport discipline and judokas, the participants of the 31st MWJC [4].

He passionately edited the magazine "Judo News. Aktuelles Journal des Wiener Judosport" (Figure 4) and almost always included information enriching knowledge about judo from scientific research. He has been a member of the



**Figure 4.** Cover of “Judo News. Aktuelles Journal des Wiener Judosport;” proof of the comprehensive promotion of judo ideals by Josef Herzog.

Advisory Board since the inception of *Archives of Budo* (2005) and has held the same editorial role since the founding of *Archives of Budo Science of Mortal Arts and Extreme Sports* (2013).

## SUMMARY AND CONCLUSION

Judo, the career of a professional athlete, a long practice as a trainer, judo and martial arts teacher, but above all, the philosophy of Jigoro Kano was the meaning of life of ‘Papa Judo,’ popular not only in CISM [6]. We had luck and pleasure to share these passions with Josef Herzog for a large part of our lives. Herzog embodied the most forward-looking Jigoro Kano assumption – more important is judo in the mind [9]. Always smiling, kind and polite (Figure 5), open to cooperation, willing to help and sacrifice

in defence of the most important values, confident in his skills – a man you could count on in any circumstances. Herzog, in Lisbon in 1994, thwarted an unexpected knife attack and proved that a man, even in old age, does not have to be defenceless against the most dangerous aggressor [10].

In our opinion, there are two values left in our minds and hearts by Ewaryst Jaskólski and Josef Herzog. The first one is the passion to continue the still unexplored mystery of judo, but also the multidimensional judo mission, motor, health, mental and ethical, underestimated by many generations around the world. The second one is the joy of the progress of our students and collaborators on the way of developing these ideals in a new scientific formula – innovative agonology [11]. For experts of this new applied science, the philosophical, ethical and motor foundations of judo [12-17] are still a source of inspiration.

Jigoro Kano dreamed of such judo teachers (ambassadors) – able to cultivate “judo in mind” – throughout his life and share this good in the widest possible social dimension.



**Figure 5.** Meeting of two generations of *Judo in Mind* enthusiasts during the European Judo Championships Maribor, Slovenia, 2002, from left to right: Josef Herzog, Maria Jaskólska, Ewaryst Jaskólski, Kazimierz Witkowski.

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