

Judo in Poland

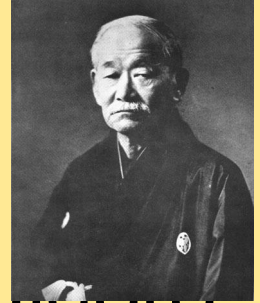


Oliwia Szycko



Judo is my favorite sport.
I would like to tell you about the best Polish athletes who

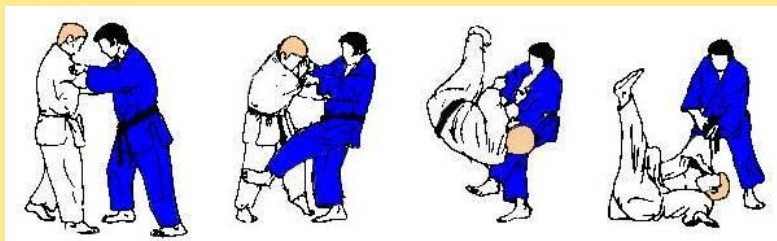
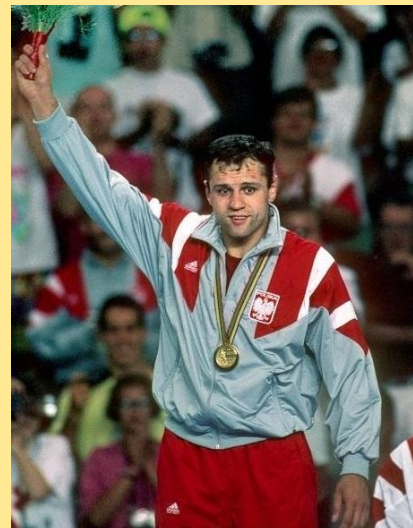
Judo what is this?



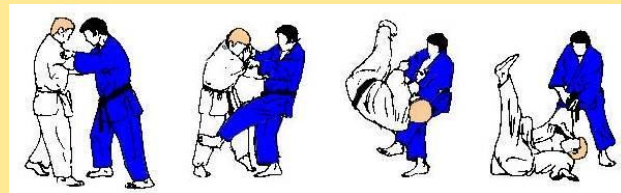
- Judo was originally created in 1882 by Jigoro Kano
- as a physical, mental, and moral pedagogy in Japan. It is generally categorized as a modern martial art, which later evolved into a combat and Olympic sport. Its most prominent feature is its competitive element, where the objective is

Waldemar LEGIEŃ

- Waldemar Legień (born August 28, 1963 in Bytom) -
- Polish judoka, two-time Olympic champion,
- bronze medalist of the 1987, 1989 (weight 78 kg)
- and 1991 (in the category up to 86 kg)
- and champion (1990) and European runner-up (1985).



Rafał KUBACKI



- Rafał Andrzej Kubacki (born on March 23, 1967 in Wrocław) - Polish judoka During his sports career, he won a number of
- 17-time Polish Champion
- European champion 1989,
- two-time silver medalist (1994 and 1998)



Beata MAKSYMOW

Beata Elżbieta MaBeata Elżbieta Maksymow-Wendt (born on July 27, 1967 in Czeladź) - a Polish judoka, in a judoka environment pleasantly nicknamed "Kruszyna". He is 180 cm tall and weighs over 120 kg.

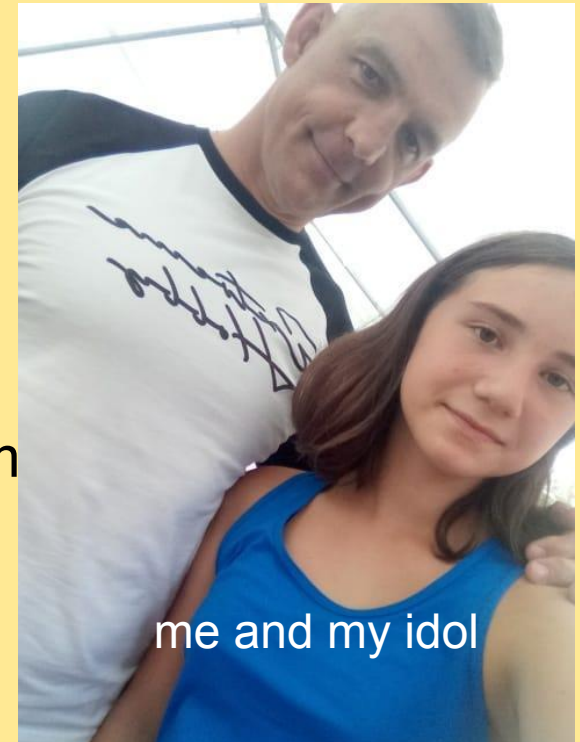
Participant of the 1992 Summer Olympic Games in Barcelona 1992 (5th place in the category +72 kg.), Atlanta in 1996 (5th place in the category +78 kg.) And Sydney 2000



Paweł NASTULA



- Paweł Marcin Nastula (born on June 26, 1970 in Warsaw) - Polish judoka, Olympic champion from Atlanta in 1996,
- two-time world champion, three-time European champion, thirteen times Polish champion.
- A mixed martial artist (MMA) since 2005.
- Physical education graduate, trainer



Larysa Ewa KRAUZE

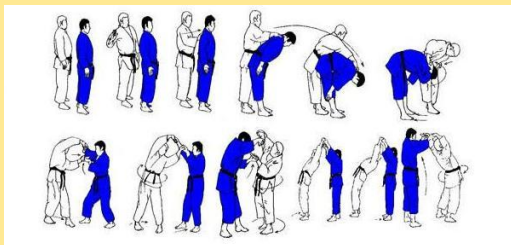
- Ewa Larysa Krause (Krauze) (born on January 4, 1975 in Koszalin, died on January 12, 1997 in Siedlec Duży near Częstochowa) - Polish judoczka. Athlete KS Gwardia Koszalin, fifth at the Summer Olympic Games in Atlanta. Other achievements: gold medalist at the 1991 European Youth Games, junior European vice-champion 1991, junior European champion 1992, senior European champion in 1994 and bronze champion medalist in 1995, four-time national champion in 1993-1996.
- She died in a car accident on the way to a grouping of staff in Zakopane. Buried at the Municipal Cemetery in Koszalin

- **Me and my friends at the competition**
- **named Larysa Krauze**



Aneta SZCZEPAŃSKA

- Aneta Maria Szczepańska (born on August 20, 1974 [1] in Włocławek) - Polish judoka, a graduate of the Zryw club (OSiR WTJ) and (since 1999) MKS Olimpijczyk Włocławek. Silver medalist from the Olympic Games in Atlanta in 1996 - in the final duel she
- lost to the South Korean athlete Cho Min-Sun.



Judo clothing

- Judo practitioners traditionally wear
- uniforms called (keikogi, keikogi)
- practice clothing or jūdōgi
- sometimes abbreviated in the west as "gi".
- It comprises a heavy cotton kimono-like jacket called an uwagi, similar to traditional hanten



Thank you for your attention

