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A sport that will test the mental and physical fortitude of its participants, while also growing the individual in ways they never thought possible. Judo is simply incredible, and in this article, we hope to share with you why we believe Judo is an activity that you should start today. 1. Judo Is An Amazing Form Of Physical Exercise

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Learning judo at home is problematic. According to former Olympic judo coach Phil Porter, judo is a sport fighting art, similar to wrestling. Without live training with a partner, which should never be done except under qualified coaching and supervision, you won't be able to truly understand any of judo's constituent moves.

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