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Judo was established in 1882 by combining jujitsu, a form of wrestling, with mental discipline. The roots of jujitsu lie in sumo , which has a long, long history; sumo is mentioned in the Nihon shoki (Chronicle of Japan), a document from 720 that describes the history of Japan from the mythical age of the gods until the time of Empress Jito, who reigned from 686 to 697.

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