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VOL. XIV No. 2

Three Shillings & Sixpence



JUDO

QUARTERLY BULLETIN

JULY 1958

THE BUDOKWAI

G.K. HOUSE

GILSTON ROAD, SOUTH KENSINGTON, LONDON S.W.10.

KENSINGTON 1540

This Bulletin is not on public sale, but may be obtained from the Secretary of the Budokwai or from most Judo clubs.

THE BUDOKWAI

President: G. KOIZUMI.

Executive Committee:

J. G. BARNES. A. H. DENTON. T. P. LEGGETT. G. B. NELSON.
J. McALLISTER. D. H. PAUSCH. E. E. BARRETT. E. FLINDALL.

Honorary Officers:

Chairman: A. H. DENTON. Treasurer: A. H. DENTON.
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R. BANCROFT.

Affiliation Secretary: M. LISTER.

Grading Secretaries: C. A. SKINNER. R. M. SWANN.

Display Organiser: A. D. FINUCANE.

Technical Board:

G. KOIZUMI (7th Dan) P. SEKINE (4th Dan)
T. P. LEGGETT (6th Dan) C. S. W. PALMER (4th Dan)
G. GLEESON (4th Dan)

Chief Instructor:

G. GLEESON (4th Dan).

DOJO HOURS:

Monday	5.30-9 p.m.	General Practice.
		7.15-7.45	General Coaching.
Tuesday	5.30-9	Ladies Practice.
		6.30-7.30	Beginners "A".
		7.30-8.30	Beginners "B".
Wednesday	5.30-6.30	Juniors' Class.
		5.30-9	General Practice.
		7.30-8	Blue and Green Belts Class.
Thursday	5.30-9	Ladies Practice.
		6.30-7.30	Beginners "A".
		7.30-8.30	Beginners "B".
Friday	5.30-6.30	Juniors' Class.
		5.30-9	General Practice.
		7.15-7.45	General Coaching.
Saturday	3-5	General Practice.
Sunday	3-5	Black and Brown Belt Class.

Private Lessons by Arrangement

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Congratulations to our old friend Teizo Kawamura, a former teacher at the Budokwai, on his recent promotion to 7th Dan. Many members will recall that the Tai-otoshi, shown here, is one of Mr. Kawamura's favourite throws.

GENERAL NEWS

CHELSEA TOWN HALL SHOW

Mr. Saburo Matsushita, 22-year-old 5th Dan and Japan Students' and Young Men's Champion, will be appearing at the Budokwai's great show at Chelsea Town Hall on 5th August. Mr. Isamu Ishii, 4th Dan, who in 1955 was 4th Dan champion of Japan Universities, will also be performing.

The programme includes high-grade exhibitions and contests, two against twenty, and a self-defence demonstration. It should be about the best Judo show ever held in this country.

Messrs. Matsushita and Ishii will as announced in our last issue be instructing at the Summer course from 1st August to 9th August.

MARCH 1958 REPORT OF BUDOKWAI EXECUTIVE COMMITTEE

A letter received from Mr. R. A. Hoare tendering his resignation as a Committee Member was read. Mr. Hoare stated that he would upon request be prepared to help in any capacity which would be useful to the club.

Grading Secretary.—Following the resignation of Mr. F. Pearson, Messrs. R. Swann and C. Skinner were asked and have accepted to act as joint grading Secretaries.

A proposal was carried that a letter of appreciation be sent to Mr. Butler for his services as projectionist at the Birthday Party and subsequent film show.

Festival of Judo.—A letter was read from the London Judo Society inviting Committee Members to attend the "Festival of Judo" to be held at the Royal Albert Hall on 29th March.

The club and Committee will be represented.

Shows and Displays.—The attention of the Committee was drawn to various complaints received from outside sources relating to the club's laxity in replying to requests for displays.

It was felt that confusion and delay in these matters would best be avoided by appointing a member to answer correspondence of this nature.

Mr. Finucane was approached and has agreed to accept responsibility.

Dojo.—Most club members have complained at some time or other that the dojo floor of one layer of Tatami over concrete is much too hard.

The Committee discussed various ideas for improvement. The sprung floor method (as employed in the Kodokan) is obviously the most efficient, but is prohibitive in cost. A layer of sorbo rubber sheeting placed under the Tatami is considered to be the next best thing, and quotations are being obtained for this material. The final decision in the matter depends, of course, on the finances available.

Annual General Meeting.—The remainder of the meeting was spent in discussing the Balance Sheet and Agenda in preparation for the A.G.M. to be held at the Eccleston Hotel on 29th March.

APRIL AND MAY 1958 REPORT OF BUDOKWAI EXECUTIVE COMMITTEE

RACING CLUB DE FRANCE.—A letter received from the Racing Club inviting the Budokwai to a return contest to be held in Paris during October, was discussed. (Members may recall that the R.C. de F. contested at the R.A.H. Display in 1956.)

The Budokwai has its own display at the Royal Albert Hall in October—there is also the World Championships to consider. Adding further commitments during this period would be unwise. It is hoped that we may be able to accept the invitation next year.

A letter to this effect is being sent to the Racing Club de France.

PRIVATE LESSONS.—The committee agreed to Mr. Palmer's request to raise the fees of private lessons from 8 gns. to 10 gns.

ROYAL ALBERT HALL.—The Display this year is to be held on Saturday, 11th October. Confirmation of booking and deposit have been sent to the Hall Manager.

A suggestion that Mr. Ishii be invited to appear on the programme was adopted.

CINE EQUIPMENT.—Mr. Gleeson asked the Committee, if rather than sell as previously stated, could permission be given for him to have full use of this equipment. He considered it possible to make instructional films (Katas, etc.), and to exhibit them at the various courses he instructs at a nominal fee. This fee would enable initial costs to be covered.

The Committee conceded Mr. Gleeson's request with the proviso that the position be reviewed in twelve months.

A motion that the Committee hold an interim meeting two weeks after each monthly meeting was carried. This will enable urgent business to be cleared more promptly.

ELECTION TO THE COMMITTEE.—It was not discovered until after the A.G.M. that Mr. C. Palmer was not eligible to serve on the Committee.

Rule 45 of the Constitution applies:

"No Member of the Executive Committee shall receive any profit, salary or emolument from the funds or transactions of the Society."

Mr. McAllister, who was nominated in opposition to Mr. Palmer, but lost on the vote, will now take the place of the latter on the Committee.

EUROPEAN CHAMPIONSHIPS

For the second year running, Great Britain won the European Judo championships in May. If last autumn's victory was a historic event, this latest triumph shows that it was not just a flash in the pan.

The championships were held in Barcelona on 10th and 11th May between the following countries: Austria, Belgium, France, East Germany, West Germany, Great Britain, Holland, Italy, Luxembourg, Spain, Switzerland and Yugoslavia. The list of twelve, incidentally, shows the spreading popularity of Judo in Europe.

We got a bye in the first round and our first match was in the second round against France, who had beaten Switzerland. The teams were:

France		Britain
Dazi (3rd Dan)	v.	Petherbridge (2nd Dan)
Boucher (3rd Dan)	v.	Bloss (4th Dan)
Courtine (4th Dan)	v.	Palmer (4th Dan)
Pariset (4th Dan)	v.	Young (3rd Dan)
Picard (4th Dan)	v.	Newman (2nd Dan)

They were very evenly matched: in fact every one of these matches ended in a draw. As a deciding contest, Palmer went on again against Courtine. This time he put the Frenchman down twice, though without scoring; and was awarded a Yusei-gachi.

In the semi-final we met West Germany, who had also had a bye in the first round and had defeated Spain in the second round.

The contestants lined up as follows:

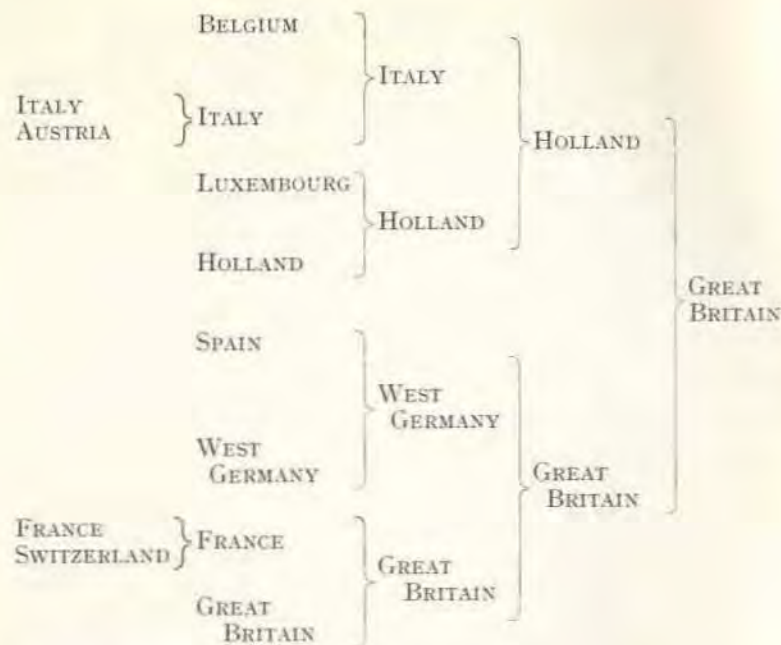
West Germany		Britain
Steinbeck (2nd Dan)	v.	Petherbridge
Metzler (2nd Dan)	v.	Bloss
Muhl (1st Dan)	v.	Palmer
Traeder (2nd Dan)	v.	Young
Sinek (2nd Dan)	v.	Newman

Petherbridge gave us a good start here with a Harai-goshi, which was awarded Waza-ari, followed by a Seoi-otoshi with which he scored Ippon. All the other contests were counted as drawn, though Palmer scored a Waza-ari with a Tai-otoshi.

The way was then open for the final, which, as last year, was against Holland. The teams were:

Holland		Britain
Essink (3rd Dan)	v.	Petherbridge
Wagenaar (3rd Dan)	v.	Bloss
Geesink (4th Dan)	v.	Palmer
Ierland (1st Dan)	v.	Young
Aanraad	v.	Newman

After a drawn first match, Bloss scored with a Waza-ari against Wagenaar. He was rather unfortunate not to score a full point, for he showed definite superiority throughout the contest. Then came Geesink, the Dutchmen's "big gun", who scored against Palmer by



"The Winning British Team, 1958."

a hold-down after an eventful and exciting match. At one point Geesink put Palmer's shoulder out of joint during an attempt at Juji-gatame, and the referee had to stop the match to replace it. Palmer would have been within his rights if he had retired—but the British reputation for sportsmanship was well upheld by his decision to go on, even though this was at the cost of a defeat. Next contest, between Young and Ierland, ended in another draw, but Newman, in a fast, aggressive contest during which he was on top all the way, secured a Yusei-gachi against Aanraad.

Altogether a great performance.

G.K. HOUSE FUND

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AUTUMN GRADING ARRANGEMENTS

The Budokwai will hold the autumn grading examinations as follows:

Monday, 1st September, at 6.30 p.m.

Tuesday, 2nd September, at 6.30 p.m. (Ladies only.)

Wednesday, 3rd September, at 6.30 p.m. (3rd Kyus and over only.)

Friday, 5th September, at 6.30 p.m. (4th Kyus and under only.)

Saturday, 6th September, at 4.30 p.m. (Judoka from outside London only.)

NEW MEMBERS

We welcome to the Budokwai the following new members.

Full Members: R. F. L. Bancroft. *Associates*: G. Fryer, M. J. Stewart, H. T. Jones, S. Pegg, R. J. Spall, R. W. Keil, R. P. Taylor, J. Ambler, O. F. Dutton, E. H. T. Fell, I. T. Gealy, D. W. Andrews, P. Wallhead, B. J. Hunter, H. A. Bernard, B. Schusman, D. Burnard, J. F. Baber, C. S. Pryde, S. Sinclair (Mrs.). *Individual Affiliates*: C. G. Johnstone, G. Harris-Dewey, G. H. P. Alston, K. Robertson.

KODOKAN NEWS

AMENDMENT TO CONTEST RULES

The February 1958 issue of the Kodokan magazine "JUDO" reports that on the basis of discussions which were held by the Committee for study of the contest rules, it has been decided to amend the Kodokan Contest rules, to be operative from 1st February, 1958, for the time being. Summary of the new rules is as follows:—

- (1) To be out of the contest-area is to be deemed a prohibited act, except when one is pushed out by the opponent or accidentally in executing a throw.
- (2) Intentionally pushing the opponent out of the contest-area or going out with pretence of applying a throw shall be a prohibited act.
- (3) The referee, when he recognizes a prohibited act, shall stop the contest temporarily, order the contestants to stand in the centre of the mat and shall warn the offender.
 - (A) One warning shall be reckoned as an adverse cause for awarding YUSEI-GACHI.
 - (B) Two warnings as equal to near WAZA-ARI.
 - (C) Three warnings, WAZA-ARI, but it shall not be reckoned to form IPPON with another WAZA-ARI. The third warning shall be given, the contestants sitting on the mat.
 - (D) Four warnings, loss of the contest.
- (4) The following shall be tried for two years at the contests sponsored by the President of the Japanese Judo Federation. (The selected new Judo Championships and the National Students Judo Championships.)
 - (A) A technique executed while a contestant is (or both contestants are) out of the contest-area, shall *not* be recognized, but with ground work, until more than one-half of a contestant's body is out of contest-area, he shall be regarded as being on the mat.
 - (B) A throw, if it is applied within the contest-area, even though the body of the thrown is out of the contest-area, shall be recognized as IPPON.

THE NEW KODOKAN HEADQUARTERS

On the 25th March, 1958, a celebration took place at the Kodokan, commemorating completion of its new headquarters. The work of the construction was commenced in September, 1956. The cost was £270,000.

£110,000 was raised by contributions on the following basis:—

Black Belts, 4s. each.

The rest 1s. each.

On up-grading:

The 1st, 2nd and 3rd Dan, 4s. each.

The 4th and 5th Dan, 10s. each.

The 6th Dan and above, £1 each.

New members, 2s. each.

The building, quite modern, utility type, seven storeys, contains, including the main Dojo of 500 mats (9,000 sq. ft.) with 600-seat galleries for onlookers, separate Dojo for women, juniors and schools, 105 mats each; for special study class and international class, 54 mats each. An attractive feature for foreign Judoka is the provision of living facilities in the building.

ANNIVERSARY COMMEMORATION

The June issue of the Kodokan magazine contains the reports on the 20th anniversary of the death of the late Professor J. Kano, the All-Japan high Dan grades tournament and the All-Japan championship.

The anniversary was commemorated on the 3rd May, 1958, at the great Dojo of the new Kodokan building, attended by about 300, representing the Kano family and others closely connected with the Judo movement. The anniversary opened in the morning



Mr. R. Kano and his family.

with an impressive SHINTO ritual, followed by commemorative speeches. Then came demonstrations of RANDORI, contests and various Katas by juniors, women, foreign students and leading members of the Kodokan. (Professor J. Kano died on board the ship *Higawa-Maru* on the 4th May, 1938, on the way home, after attending a meeting of the International Olympic Games which was held at Cairo.)

HIGH GRADE TOURNAMENT

The High Dan Grades Tournament was held at the Kodokan on the 4th May, lasting from 9 a.m. to 5.30 p.m. The list of competitors shows 108 5th Dans, 106 6th Dans, 74 7th Dans and 18 8th Dans (a challenge to British Judo in the coming 35 years!)

WORDS OF ADVICE TO THE JUDO ASPIRANT

I am fully aware that advice is a foreign element to the self-satisfied and an irritation to the proud, and that is usually sought only to confirm ideas and opinions already held. Yet crises are often met with "I do not know why you did not tell me". So here I have prescribed a few antidotes to possible disillusionment.

1. Whatever the motive for starting Judo training, one should realize that Judo is no exception to the saying "Rome was not built in a day". The size of the harvest depends on the amount and quality of cultivation.

2. The real merit of Judo is appreciable only by personal experience. Judo left in books, like food left in a shop window, is useless; the food is useful only when bought and eaten; Judo learnt when practised and absorbed.

3. To be fair not only to Judo but to the teacher and oneself, one should be prepared to devote oneself to a regular training, at least for six months.

4. Willpower is the source of an achievement. One should will to learn, without waiting to be taught. In fact, a teacher cannot teach without driving effort on the part of the student. The result of an effort, whether successful or not, is, if studied, material for improvement. It is said that the wise man learns more from the fool than the fool learns from the wise man.

5. The object of an action or effort should always be kept in view behind the technicalities. Otherwise one will be lost in the technical maze, as most people in the world are.

6. The fundamental principle of Judo, as has been defined by the founder, Prof. J. Kano, is to attain maximum efficiency in applying the power of the mind and body. Therefore, except in the infant stage of learning, every action and movement should be studied in the light of this principle, not simply accepting or following without question any individual examples, as was the way in the days of jujutsu.

7. Judoka should always retain a studious mentality, attuned to the natural law of progressive life. There is always some more to be learnt. The indolent attitude of "followers" or of the self-satisfied, has proved itself to be the major block on the road of human progress.

8. The technical efficiency of the art of Judo is governed by the laws of gravity and leverage. The posture, stance, stability of the body, the ways and means of engaging the body mechanism for attack and defence, all should be studied under these laws.

9. Do not be perturbed by physical advantages or disadvantages, for in the law of compensation one is the component part of the other. Strength, for instance, can only be expressed in terms of resistance. Without resistance strength has no avail.

10. The main theme of Judo training is the development of the ability of concentrating or co-ordinating the potential power of the

mind and body, and directing the power to work in synchronization with that of the opponent, for the manifestation of the art of Judo depends on the unity of the opposing factors—attack and defence. For such attainment one must develop unstrained states of mind and body, free from the emotional influences.

11. RANDORI, KATA, BUTTSUKARI or UCHIKOMI, SHIAI, all are means of Judo training, each with a specific merit of its own. Randori, the main feature, is a form of free practice, distinct from shiai or contest. It is for practising the ways and manners of implementing the technical theories. Through it skill is developed. Kata is technical formulas, which are arranged to be practised as TSUKURI or preparation and KAKE or execution in pre-arranged order. Buttsukari is a form of repetitive practice of a certain selected technique. Shiai, as the term indicates, is for testing the standard of skill attained. So it is advisable to partake in them as often and as much as one is able.

12. In applying a throw or standing lock, first Tsukuri or preparation, must be effected. One part of it is to weaken the opponent's stability by inducing him into such a state that he is obliged to stand balanced on a toe or toes, or a heel or heels, or the outer edge of a foot. The other part is to adjust one's own posture, stance and position, to make it most suitable for Kake or application. These two parts must be effected simultaneously. The power and action of Kake should be derived from the hip action, not from the local actions of the hands, arms or shoulders.

13. NE-WAZA or ground work is considered the next stage after an inefficient or unsuccessful throw or lock. OSAEKOMI or holds are the methods of obtaining control over the opponent's body and actions, the prelude to applying a lock. No lock can be applied effectively without having control over the opponent. The methods for obtaining and escaping from holds are very involved and an interesting form of the training. When an opportunity of practising them occurs it should not be missed.

14. The merit of Judo training in one's everyday life, lies not so much in the combative ability it produces, but in its power of developing a balanced mental and physical poise, a sense of self-confidence and self-reliance which are the most important factors to the health, vigour and happiness of a man. Perfection may rest beyond human reach, but striving for it is the ordained state of man's life. So strive on, with ever-eager inspiration and imagination ever blazing.

G.K.

READERS' PAGE

We begin with a letter from Portugal by Mr. A. C. Pereira, with some questions of definition, to which Mr. Koizumi has contributed the reply.

As you will remember, I am the director of the Academia de Budo, which is the first institution in Portugal exclusively devoted to Judo.

At present there are two "ways" of Judo in the world: Judo as a branch of Budo and Judo as a branch of sport, each with its adepts and different ideals which have in both cases been the subject of a good deal of discussion.

In my Academy we cultivate the old traditional Judo as a form of Budo, with the idea of preparing for use in real life. We do not consider Judo as a sport, and are not interested in preparation for championships.

Now I know that you are an adept of the true traditional Judo, and so you are the right person to answer my questions.

(1) Do you agree that Budo-Judo and sport judo are too different to be considered as two aspects of the same thing, that they are in fact two separate things? Would it not be much better for adepts of each to follow his preferred way without interfering in the other?

(2) I should like to know two suitable names to differentiate the two kinds of Judo. Perhaps "Budo-Judo" and "Undo-Judo"? Or "true Judo" and "sporting Judo"?

(3) Did the Kodokan already organize championships during the lifetime of Jigoro Kano? In what year did these championships begin?

Mr. Koizumi replies:

(1) As defined by the founder, Judo is a system of mental and physical training on the basic principle of maximum efficiency. The practise of it as a form of competitive sport is a means of training. To regard the means as an end, or to pass surface judgment on the student's activity, is an error due to lack of understanding. How much food and what kinds of food a man should eat is up to him: it is his digestion that determines the value he derives from it.

(2) According to one's individual inclination, Judo may be used for various purposes; but to differentiate between these purposes by using variants of the name "Judo" is to corrupt that name.

(3) The first all-Japan championship was held in November, 1948. Professor Kano died in 1938.

Next, Mr. C. Howard, of London, N., writes:

Here is a suggestion for your correspondence section. I gather from the Bulletin that at the K.D.K. it is the practice to hold monthly

contests. My impression is that at the Budokwai we get too little contest experience. Perhaps this does not apply to Dan grades, but it seems to go for people at the Kyu level.

Is it administratively impossible to organise monthly contests and to base Kyu/Dan ratings in part on a contest record rather than on one or two three or four minute tests every three months? (Incidentally, if you went on charging 2s. a time such a change might have other advantages.)

Reply:

We personally agree wholeheartedly with Mr. Howard that on the whole we do not get enough contest practise: one evening a month set aside for two-team contests to be organised from the people who turn up on that night would perhaps be the easiest way.

From experience of the Budokwai during grading week we would, however, not like to think of the club going through this experience every month: once a quarter is bad enough. As the Budokwai is at present organised—almost entirely on voluntary labour, which is rather spasmodic—we would say, yes, this *would* be administratively impossible.

Mr. Arthur Bond, of Mitcham, Surrey, writes:

"... In the January edition, Mr. T. P. Leggett wrote on meditation, and a book called 'Zazengi' was mentioned. Does the Budokwai issue any literature on this subject?"

Mr. Leggett replies:

"Zazengi" is a small Chinese classic on meditation.

The Budokwai does not publish anything on meditation, but you can try to get a second-hand copy of "The Religion of the Samurai," by K. Nukariya, published by Luzac. If you cannot buy it your local library may be able to get it for you.

In the summer there is to be a Penguin published called "Buddhist Literature" or some such title. For this I have translated one or two other pieces from Japanese Zen masters, on meditation. Between them they cover most of the ground.

"Zen and the Art of Archery," by Herrigel, is worth reading through.

Lastly, Richard Bancroft steps down from the editorial chair and writes:

Could you please tell me something about the background to successful Judo? It is usually fairly easy to find a Black Belt to tell one how to do a particular throw, but it is usually much harder to find someone who knows the effect of one's meals and sleep and general way of life on one's Judo. For instance, it was only quite recently that I found out that swimming—at any rate in large quantity, has a bad effect on Judo. Are there any other games or

sports which are either bad or specially good for Judo? How much sleep does one need? What is the effect of too little or too much, either once in a while or over long periods?

Then food: I usually have a light lunch and tea before practise in the early evening and this seems to suit me. But what sort of meals does the English team have on the day of an international match?

One of the earlier numbers of "JUDO" had an article by a Frenchman on how slow wine-drinkers are. If I have a glass or two of beer at lunch time I don't notice any difference in my Judo in the evening, but is there perhaps a difference all the same?

Smoking: I find my wind is far better without smoking. Can some people smoke a little without affecting their wind? And is that the only bad effect that smoking can have?

In an earlier number of "JUDO" a doctor who reviewed a book by Mr. Harrison disputed Mr. Harrison's statement about candidates for higher honours in Judo having to avoid irregular sexual activity. This is all I have ever seen written about the effect of sex on Judo and it seems quite inadequate. Can you tell me any more?

Now and again I get pains feeling like neuralgia in my back, neck or ribs. The pains sometimes are too bad to let me practise, sometimes not. After a few days or a week or two, during which time they may shift from side to side or let up and then get worse again, they disappear and I am happy for three or four months. What do such pains come from? Can they be avoided altogether or at any rate cured quickly?

Last year I saw that some Council for Athletics had invited ballet dancers (who are people who keep their muscles in extraordinary good trim and who know how to use them economically and effectively) to look at athletes practising and then to suggest any improvements in methods that they could think of. The results were reported to be valuable. Has this ever been done for Judo? If not, do you think it would be useful?

I expect some of these questions will be answered differently, according to whether you are prescribing for an average person who wants to make reasonable progress or for the super, international-standard Judoka. But the answers for both sorts would be useful to more than,

Yours, etc., RICHARD BANCROFT.

G. Gleeson replies:

In trying to answer all these queries I must make it clear that I do not profess to have any specialised knowledge apart from having done quite a bit of Judo. The opinions will show my personal prejudices and should in no way be taken as being the last word on the subjects mentioned.

Apart from Judo practise itself, I believe in "the middle path" in all things, with sufficient control to increase or decrease the pace

according to the ambition and the time at one's disposal. Judo is an all the year round sport; as such it is not possible to indulge in special diets and habits. Judo's object is to contribute to living a fuller life, not to be restrictive or to limit one's activities. It is comparatively easy for, say, a boxer, who has one or two contests a year, to go into hibernation a couple of months before his contest and indulge in all kinds of special training methods all divorced from life. The Judo man cannot do this kind of withdrawing from life because he must train all the time.

For instance, food. Ordinary food is good enough, but should be eaten regularly and sparingly, with emphasis on energy giving foods and as little as possible of the fat greasy kind. I say eat sparingly because some fellows think they must eat well to keep up their strength. Over-eating will in the end have a detrimental effect. As to eating relating to training times; this is purely a question of taste; some like to eat before practise, others after. Whichever gives the best performance on the mat is the best system. Regularity applies equally to sleep. The same quantity and times every night, getting up straight away as soon as one wakes. For one can have too much sleep, and just lying in bed makes for general slackness in both mind and body.

Smoking. I suppose that it is better not to smoke if one is training hard. But again I say that one has got to live; if one wants a cigarette then it is well to have one; there is no reason to make a martyr of oneself over a few cigarettes. The only real criticism that I have is not against smoking as such, but of it as a symptom. If an athlete is incapable of stopping smoking, say two or three weeks before a contest, it will generally indicate a general lack of will power that will be detrimental to his training programme; that is, he will not do as much as he could or should during the training sessions.

Drinking I consider to be the worst of the "vices", as its effects are more insidious. When an athlete is young he can easily hold at bay the ill-effects of drinking by his natural health and vigour; hence no heed is paid to it. Only after the age of thirty do the effects begin to show, and by forty it has generally undermined his fitness and quite often his health as well. I do not suppose that a pint of beer once a week will do much harm, but I know that twenty pints a day will ruin a Judo man in a couple of months. As I do not know where the safety limit is between these two limits, I prefer not to drink at all. I have known several good Judo men both here and in Japan who in their youth were known as heavy drinkers, when I knew them in their forties and fifties, they were finished with Judo because of ill-health. What made it worse was that most of them were suffering from internal complaints—ulcers and the like. Readers may say that this was all a coincidence, and they may be right, but I do not wish to take the risk.

The next point is the most difficult to answer—that of sex. The subject of sex has still a certain air of taboo about it, and so is

We append a copy of the balance sheet and accounts for the year ending 31st January, 1958.

21

1957	£	8. d.
2,002	SURPLUS AS PER INCOME AND EXPENDITURE ACCOUNT	1,837 10 10
250	NOMINEE GUARANTEE FUND	250 0 0
1,590	SUNDRY CREDITORS AND ACCRUED EXPENDITURES	1,435 3 7
<hr/>		
1957	£	8. d.
1,757	Office Salaries and Instructors' Fees	1,500 12 0
1,736	Rent and Rates...	978 12 0
375	Printing Stationery and Postage	270 14 5
420	Travelling Expenses	368 11 3
303	Lighting and Heating	385 3 11
179	Repairs, Maintenance, Cleaning and Laundry	899 12 3
81	Sundry Expenses	122 19 1
32	Tuition Fee	65 3 8
79	Auditing Fee	31 10 0
59	Affiliation Fee to British Judo Association	5 5 0
36	Insurance	63 2 8
27	Committee Expenses	35 18 6
	Loss on Displays	—
		£3,873 9 9
<hr/>		
1957	£	8. d.
165	Depreciation of Equipment and Fittings	100 5 6
42	Income Tax on Dividends	25 18 6
719	Excess of Expenditure over Income for Year brought down	89 18 4
2,002	Balance transferred to Balance Sheet	1,837 10 10
		£2,063 10 2
<hr/>		
1957	£	8. d.
944	Equipment and Fittings—at cost less depreciation to date	908 0 0
	Stocks at cost as certified by the Treasurer	—
	Judo Text Books	£307 0 0
	Judges	88 0 0
	Films	171 2 2
	Badges...	21 0 0
531	INVESTMENTS at cost (Market Value £1,296)	587 2 2
1,484	SUNDRY DEBITORS AND PAYMENTS	1,484 9 6
165	CASH:—	294 13 0
	At Bank	297 2 8
	In Hand	41 7 1
728		248 9 9
		£3,522 14 5
<hr/>		
1957	£	8. d.
2,492	Members' Subscription and Affiliation Fees	2,242 14 3
901	Instruction Fees net	717 0 4
	Gross Profits on Sales and Hirlings	£591 15 1
	Judges	197 10 10
	Sundries	270 10 7
	Publications	3 0 6
	Films	30 0 0
	Commission	230 19 2
274	Profits on Displays	752 15 0
	Balance being excess of expenditure over income for year to date carried down	61 4 10
719		99 15 4
		£3,873 9 9
<hr/>		
1957	£	8. d.
95	Dividends on Investments (Gross)	—
1,384	Building Fund Contribution to date	—
1,389	Balance brought forward from last Account	2,002 10 2
		£2,063 10 2

JUDO FOR SELF-DEFENCE

By G. KOIZUMI

(Continued from Bulletin Vol. XIII, No. 4)

The method and nature of the defensive measure to be used much depends on the character of the attack and the nature of the physical contact with the aggressor. While in some cases only a gentle throw or a lock will be enough, in others, such as lethal or group attacks, the defence may have to be severe and drastic. Then the technique to be used may have to be varied according to the space available for the action. So the comprehensive study of defence is a very involved affair. However, since we are now concerned only with those who are not able to devote much time or energy to study and training, we shall have to be content with a few methods against the common assaults. Nevertheless, if they are studied and practised with care and intelligence, they will be found, in emergencies, to be much more effective and serviceable than they may appear at first sight.

The forms of assault may vary endlessly, but for our purpose we may conveniently divide them broadly into three groups, viz., out-stretched arms, bent arms and encircling arms. The first group includes those attacks in which the assailant stretches out his arm or arms, and obtains or attempts to obtain a hold on your chest or throat, or head, or an article in your hand, and those in which he attempts to deliver a blow with or without a weapon; the second includes those in which the assailant bends his arm or arms in an effort to draw you forward, and the third, those attacks in which the aggressor places his arms around your body.

Against the first group, assuming the assailant's right arm is stretched out, if the circumstances be convenient for you to make "right about turn" (see previous lessons) an arm lock may be applied and a throw when you can make a "left about turn". When the attacking out-stretched arm is the left, reverse these directions.

Before we proceed with the technical details, I should like to emphasize in the strongest terms possible the importance of unbalancing the aggressor at the instant of making contact with him or with the initial defensive action. For without that, not only your own effort will be ineffective but the aggressor will be able to counter your efforts or renew his attack.

To apply the arm lock, grip the assailant's right wrist from the top with your left hand, and, when the assailant has obtained a hold on you, pressing his hand against the part of your body he holds, bend your body back lightly to weaken the assailant's balance. In doing so you should move your hips forward to retain your balance. (Fig. 10). Then pivoting on your left toes, make "right about turn", at the same time pass your left elbow over the assailant's right arm and hold it in your left arm pit firmly. Thus holding,

bear down the weight of your body on the assailant's right elbow, the right hand supporting the action of the left. In so doing you should keep the trunk of your body upright and bend your legs



FIG. 10.



FIG. 11.

(Fig. 11); you should not lean against or pull the assailant's arm in circle. The effect of the lock then can be regulated from severe pain to dislocation of the elbow. In practice you must be careful not to apply it with jerks.

The points of technical importance are:

- (1) To hold the assailant's hand pressed against the spot he had grasped without trying to remove or twist it.
- (2) To draw the assailant's arm in the same direction as the line of the arm to weaken his balance with the action of bending your body.
- (3) To make all movements and actions in a continuously flowing fashion.
- (4) To pay very careful attention to the details of the turning movement of your body (see previous lessons).

In defending against blows, parry them with your left forearm, and as you make your "right about turn" pass your elbow over his arm and grip his wrist, and follow as described above.

To apply a throw, grip the assailant's right wrist from the under, turning your left hand out, the thumb down, against the blow



FIG. 12.



FIG. 13.

as you parry it, and make "left about turn". At the same time press the left side of the assailant's chest with your right hand, the arm stretched straight (Fig. 12). To complete the throw bend your body forward by moving your hips to the rear as though bowing. (Fig. 13).

The points of technical importance are :

- (1) To draw the assailant on to the toes of his right foot with the movement of turning your body, not with the local actions of your hands or arms.
- (2) To stretch and keep your right arm straight.
- (3) To keep your right arm at right angles to your body, so that, in effect the two bodies move together, rotating on your right foot.

(To be continued.)



"Excuse me, may I have the next dance?"

JUDO—AN ENGINEER'S ASSESSMENT

By H. STANFORD-HILL

What is the theory of Judo? It is the comprehension of basis, balance and leverage, instinctively developed.

Any engineer will quickly appreciate the following explanations and perhaps think much of them unnecessary.

Now we are born with the senses of sight, touch, hearing and taste, and they function immediately, but the sense of balance and leverage has to be developed—a baby when it is born and up to one or two years old, cannot stand or walk, it has to learn to do so. From this modest beginning the sense of balance and leverage is so developed by man that he can eventually learn to walk on a wire at great heights.

In Judo one has to develop not only a sense of one's own balance and leverage but that of an opponent's as well. The final peak of a champion is a *habit appreciation* of his own and that of the person he has to throw, there is no time to pause and think, the road to this habit acquisition is continual practise in throwing and being thrown *without having used any force*. Force should only come in at contest time with a firmly established sense of balance and leverage, otherwise you will never progress and reach peak perfection.

Let us now try to appreciate some fundamental points of balance and leverage. If human beings had three-point suspension, Judo would indeed be a difficult art to master; fortunately they have only two. Now strange but true, a man seldom carries his weight evenly distributed on both feet for any length of time. This fact is worth while explaining and illustrating because it is essential to grasp the point if you are to work out and understand your own trips and throws, so necessary for forming the all important habit throw.

Stand with your feet about eighteen inches apart, body perfectly upright, so that if you weighed 160 lb. there would be 80 lb. on each leg. With head upright, imagine there is a plumb line hanging straight down between your eyes, on nose and down the centre of your body. Now! Keeping your head perfectly still on the plumb line, try to walk forward! You cannot, can you? That is, if you keep your head still on the plumb line; alright then! Now forget the line and take a step forward slowly but watch carefully what happens. See the head move to one side and all your 160 lb. momentarily carried on one standing leg; with no weight at all on the other which is going forward or sideways for the next step, to take, in its turn, your full weight momentarily. Supposing it is swept away a fraction before it reaches the ground and your body is pulled over the empty space? All in a split second, by a really skilled person who had developed a habit sense of timing? Down you go in a flash.. This is what you must learn to "feel" automatically *without thinking about it*.

We will now study the other leg, the one carrying all the weight. Supposing the skilled person keeps you on that one leg for just a fraction of time by gently holding up and delaying your next step forward or sideways and by an imperceptible lift, persuades your whole 160 lb. to be poised plumb over the one foot on the exact centre of gravity, in that fraction of a second you are lost. Just think how difficult it would be to keep a sack of potatoes balanced on a stick, and you will appreciate your danger. In that fraction of time with a sudden lift of your body and a leg sweep, your leg which was carrying all your weight, is swept away from the behind and again you must fall. Please do not underestimate the importance of this appreciation of balance and leverage, take time to make a habit of it, until without thinking about what you are going to do, you automatically *feel* the other person's balance. Throw and be thrown is my advice: there is no disgrace in a clean break-fall, it is good to watch when correctly and safely carried out. Unfortunately, so many of our young beginners feel they are "losing face" when they are thrown.

Please believe me, I have good reason to make the above statements.

One day just after I had proudly won my Ni-dan in the Kodokan Tokyo, some of my Japanese friends said to me, "Hill-San, you go play with that old man who is teaching boys". I went. There he was, 70 if a day. I adopted the well balanced pose and with due respect waited for him to make the first move. That didn't take long! In some mysterious way I was looking up at the ceiling. "Oh, just a lucky ankle sweep", I thought. When it happened a second time in spite of my care to stand firmly and equally balanced on each foot I began to take matters very seriously. This would not do at all, I had just won my Ni-dan by throwing a young and tough 3rd Dan in competition, and this elderly gentleman was twice my age! Believe it or not, in spite of all my efforts and care I went down four times with the same ankle sweep! About the third time I looked round to see my Japanese friends laughing their heads off, "Oh, Hill-San, very funny". Later some of the sting was taken out of my defeat when they told me this old man was very clever, many Japanese 3rd Dan cannot stand up in front of him.

The only explanation I arrived at was that the old boy had a highly developed sense of anticipation; he knew through my nervous system where my weight was going before I did.

There will be times in practise when your opponent goes down suddenly, when you didn't expect him to; that is when your timing was perfect. It happens mostly when you are not thinking about it and consequently not "telegraphing" your thoughts and intentions. So concentrate on developing habit actions.

THEORETICAL STUDY OF NE-WAZA

By G. KOIZUMI

NE-WAZA or ground work was developed virtually as a measure to follow an unsuccessful or inefficient throw. It is assumed that when a throw has been successfully applied its objective of disabling the opponent will have been achieved, and no further action will be needed. On this assumption, and owing to the fact that fights generally start standing, the Kodokan contest rule does not allow NE-WAZA to follow when a point has been scored, or the dragging of an opponent to the ground intentionally.

NE-WAZA is divided into OSAIKOMI-WAZA or holdings, SHIME-WAZA, or neck locks and KANSETSU-WAZA or joint locks. However, holdings are methods of holding the opponent on the ground, controlling his body and actions, without taking any decisive measures of combat. In fact they are preparatory to applying a lock, for no lock can be effective without having control over the opponent's actions. Therefore the main feature of NE-WAZA is the effort to obtain control over the opponent and apply locks to him, and to retain or regain freedom of one's own body.

In such efforts the hips, knees and elbows play the vital part, for they are the focal points of the body mechanism. In effect to have control of the opponent's hips is to have control of his body, and likewise the knees, his legs and the elbows, his arms. So, for defence, the object is to keep those points free from the opponent's control by having the knees and elbows close to one's own body.

The legs are the most powerful implements of the body, and a person on the ground has the advantage of being able to make wider and better use of them than one who is standing on them. Therefore in approaching the opponent on the ground, one should try first to obtain the control of his knees, then the hips and elbows.

In retaining a hold, one should not rely on one's muscular strength, but on changes of the position of one's legs and of the point where the weight of the body is applied. The weight of the body should be carried on one spot of the opponent's body by keeping one's own body relaxed. The attempt to use muscular strength to hold the opponent automatically stiffens one's body, and then the force the opponent applies at one part of one's body becomes effective on the whole of the body, as, for example, force applied to the handle of a walking stick swings the whole stick. It is said that the secret of the art of holding lies in using one's body like a wet rug or a balloon on water.

In sensing the danger of a hold being broken, one should take advantage of the opponent concentrating his effort at one point to find an opening for applying a lock (which might be from on top or underneath him) or for changing into another hold.

The main secret of controlling the opponent's legs is to rotate the knees or one knee towards the other (Fig. 1). To prevent them



FIG. 1.

FIG. 2.

being applied against one's body, one should place one's arm against the thigh (Fig. 2). The hips and elbows also should be rotated (Figs. 3 and 4).

To escape from KESAGATAME or YOKOSHIHOGATAME, also to dislodge an opponent who is astride, bridge your body as high as you can, at the same time push his hips towards your legs, and without allowing the bridge to collapse, turn the hip nearest to the opponent or one under the other, and raise the knee of the same side



FIG. 3.



FIG. 4.



FIG. 5.

against the opponent (Fig. 5). This will not only break the hold but place the opponent in a defensive position.

I should like readers to understand that these are the basic principles and their effective application depends on subtle variations, which cannot be described but can only be learned through experience.

(To be continued.)

YOUNG CHAMPIONS IN JAPAN

TENRI UNIVERSITY'S KOGA (5TH DAN)

By T. P. LEGGETT

After the war the great Butokukai dojo at Kyoto was dissolved. The centre of Judo for the Western area of Japan is now the dojo at Tenri University. Shimbashira Nakayama, who owns this university, is a Sixth Dan himself, and he has built a wonderful 500 mat dojo for his students, with some of the best instructors in Japan to coach them. Although this is a small university in numbers, the team won the championship in 1956.

One of the most skilful and successful men is Koga, aged 23, who has just been awarded his 5th Dan. He is slimly built, and relies on fast alternation of different techniques rather than a massive single throw. Two of his best tricks are Tsurikomi-ashi and O-soto-gari. Figs. 1, 2 and 3 show the former; the opponent here is actually



FIG. 1



FIG. 2



FIG. 3

taller than Koga, but does not look so because the head has been brought forward and down. Notice the use of the right hand, and also how in Fig. 1 the thrower has stepped to the side. In the recent all-Japan championships Koga brought Daigo (7th Dan and a past champion) down with this throw and scored a decision in the first round. In the second round he scored a full point with it.

For Osotogari he slides his right hand round to the back of the neck (Figs. 4 and 5). Note how the right hip is brought right through. This is not the place to analyse the many interesting points in this throw; Fig. 6 however shows it in action in the Students' Championships of November 1957.



FIG. 4



FIG. 5



FIG. 6

IN OTHER LANDS

John W. Prior writes from Ndola, Northern Rhodesia :

After an obscure two and a half year struggle to place Judo on the Rhodesian map, the local paper, *The Northern News*, recently visited our Dojo and at last published one or two photos of our Judoka in Randori. Since then new members have been flocking to the club, and we now entertain hopes of realising our ambition.

We have been approached by two Copperbelt clubs, one at Kitwe and the other at Mufulira, who inform us that they also practise Kodokan Judo. We were very pleased to discover that the Mufulira club is run by a Mr. Frank Dyson, late of the South London Judo Society and Budokwai.

One of our founder members, Mr. Alex Thomson, 2nd Kyu, is now resident in Salisbury, and has started a club known as the Kodokwai. This means that Judo is now represented in both Northern and Southern Rhodesia. We hope that this will eventually lead to contests between North and South.

All members of this club send their heartiest congratulations on the outcome of the European Championships.

Finally, may we compliment you on the occasion of your 40th anniversary, and we tender our very special thanks to the founder, G.K., for his most admirable contribution to the world of Judo.

A QUERY

I have been reading Mr. Smith's recent articles* with some interest, but one thing has puzzled me—what is the point of them? Is it to show that Judo is not from Japan? If this is the case, it seems rather a waste of time. It would be like saying that football is not English, or that baseball is not American. I suppose that both these remarks could be "proved" erroneous by saying that football came originally from China (with the necessary quotations), and that baseball came from England (again with the necessary quotations). The point that neither of these previous "games" are what we know now as football and baseball, so that to debate on these nebulous origins is superfluous.

The same applies to Judo. Mr. Smith has shown many similarities between various nations wrestling. But nobody says that Japan is the only country that has a form of wrestling (for Judo after all is a form of wrestling), only that what we know as Judo comes from Japan. Every male human being (and occasionally females, too), indulges at sometime in some form of wrestling or grappling, and such activity can also be seen in the monkey and ape family, so it must be taken as a pretty basic urge, common to all. Therefore if the right facts and figures were quoted relationship between all could be found—even with the monkeys! This selection of certain facts (whether consciously or subconsciously) to validate a theory is rather common in scientific circles. For instance, a prime example of this kind of writing was the book by Velikovsky, "Worlds in Collision", which caused such a stir a few years ago, and then there was the book by Fitzgerald-Lee, "The Great Migration", which "proved" that the Jews came from South America! Both these books backed the arguments with "solid" facts and logic, and both are convincingly written, but after putting them down one wonders how much they have left out which ran contrary to their arguments.

If, however, Mr. Smith is just providing interesting similarities with various types of wrestling and Judo, it is a different matter. But in this case I would like to see more detail regarding the history of Judo itself in Japan. Very little is known of this subject in the West: there are a few perfunctory notes in the "Kodokan Illustrated" and in "Judo" by S. Arima, but they are totally inadequate for the serious student of Judo history. After all if we wish to compare Judo with any other kind of sport or wrestling we should know something about Judo itself. It is a pity that Mr. Smith does not read Japanese, for then he could furnish us with some really useful translations of original Japanese texts which would tell us something of the history of Judo in Japan, rather than using second-hand quotes for its supposed history in China and other places. For I should like to hear the Japanese case before I judge by the

facts given by Mr. Smith alone. There is undoubtedly much literature in Japan that has not even been heard of in the West that would throw much light on the understanding and appreciation of Judo. So let us hope that some non-Japanese Judoka will some day learn Japanese so that we can hear the "inside" story of Judo in Japan.

(Signed)

"A SCEPTIC".

[We are sorry that "Sceptic" does not like Mr. Smith's articles, which we ourselves find of some interest. But some of these remarks appear to call for comment. First, we cannot find any evidence from the articles that Mr. Smith is trying to prove that Judo does not come from Japan; and surely, if he were trying to prove a hypothesis which seems on the face of it so improbable, he would at least state it at some point. Presumably "Sceptic" bases his idea on the name Mr. Smith has given his articles: "Notes on Judo Research"; but surely the study of the origins of cognate forms of wrestling is not altogether irrelevant to Judo research, just as in, for example, anatomy, the study of other animals can enrich our knowledge of the human body. What is more, though we cannot quote chapter and verse, we are pretty sure we read somewhere that Professor Kano himself studied several non-Japanese wrestling systems.

Secondly, "Sceptic" is right to wish for the occasional article on the origins of Judo proper, and we should certainly be very happy to have such an article. But the fact that some other hypothetical article might be more interesting does not, we suggest, deprive Mr. Smith's actual articles of their value.—Ed.]

* Notes on Judo Research by R. W. Smith.

FAMILY AFFAIRS

The Penge and Anerley Academy of Judo at 57 Croydon Road, Penge, has been open for nearly one year, and has made great progress both in size and ability. When the club opened the total membership was about 20, but now we have 124 men, women and children on the roll, and more still keep arriving.

Practically all members started at the club as absolute beginners, but now our highest grade is Green Belt, with a number of Orange and Yellow Belts anxiously awaiting their next grading.

Amongst the thriving junior section our highest grade is Richard Longhurst, who has achieved the grade of 4th Mon.

During the last year the club has tried to present Judo to the general public by giving displays. These displays not only bring in new members, but also arouse much interest from the public.

Many people still seem to look upon Judo as a cross between all-in wrestling and a form of Japanese black magic. After our displays we invite questions from the audience. This can lead to some very sticky moments for the member answering the questions as there is always one "smart" character in the hall, who asks something like "Is Judo an art or a sport?" He won't believe that it can be both, so we finally tell him it is more of an art than a sport. Then having had the history of Judo and the Martial arts traced back to the middle ages, he will want to know how can it be an art if it's not creative? Anyway we usually get good press coverage for these displays.

On 4th March, 1958, the Penge and Anerley Academy of Judo went to the Beckenham Judo Club for an inter-club contest, and won by 7 points to 4½. This resounding victory was followed four days later by the club entry in a four club contest at a Judo display at Ladywell. Here the Penge and Anerley Academy of Judo beat Ede House Associate Members Judo Club by three bouts to nil. Lewisham Judo Club then lost to us in the final by two bouts to one. The winning team were presented with a pair of Judo slippers each.

All this should cause some comment from Judoka who are of the opinion that women should stick to Katas when attempting to partake in Judo as the instructor to the P.A.A.J. is none other than Gret Stott!

INTERESTING BACK NUMBERS

Vol. IX, No. 4, published in January, 1954, is memorable for a full account of the first European Judo Championships to be held in London. The account is illustrated by a large number of photographs taken during the various contests and, in lighter vein, by a superb cartoon, "The Albert Memorial", contributed by "JAK". There is the first of Mr. Kawamura's admirably clear and simple expositions of his techniques, illustrated by an equally clear photograph, dealing with Sasae-Tsuri-Komi-Ashi (Propping Drawing Ankle Throw); there are some exciting "Letters from Japan" with Geoff. Gleeson describing the all-Japan East v. West Team Match in the graphic style he has made his own; and there is an invigorating article by Dr. H. B. Harris, "The Five Signs of Robust Sanity". (They are, in case you don't know, warmth of feeling, spontaneity of behaviour, objectivity of thinking, co-operativeness and general effectiveness). (*Obtainable from the Budokwai, price 2s. 6d., plus postage.*)

Ten Years Ago, in Vol. IV, No. 1, we published an account of the National Judo Tournament, held in the Chelsea Town Hall in celebration of the Budokwai's thirtieth anniversary. Mr. T. P. Leggett and Mr. H. Hyde gave their magnificent demonstration of Gonosen-no-Kata and Kime-no-Kata, the South London Judo Society, as it then was styled, emerged victorious from the finals of the inter-club contest with the Budokwai, and the captains in the two team contest were Mr. P. Sekine and Mr. R. Sauvenière, of Belgium. This number is out of print, but you can still get the first four numbers in one volume (Vol. I, Nos. 1-4). (*Obtainable from the Budokwai, price 2s. 6d., plus postage.*)

A THING CALLED JUDO

By J. B. GUINNESS

Peter and I were undergraduates at Oxford when we decided to take up Judo, and a pretty good pair of layabouts we were too. We belonged to a set of people whose only regular form of physical exertion was the daily trek to the bar of the Randolph Hotel about 6 p.m. Peter, it is true, could punt quite adroitly if provided with a cargo of pretty girls; but that is a sport strictly for the summer, and we were in October. I am not quite sure why we did start Judo; whether it was a sort of lingering schoolboy priggishness which made us feel we ought to take a bit of exercise, or whether it was just a desire for the outlandish, such as made some people fill their rooms with assegais or wear velvet bow ties or grow beards.

Anyway we made a firm decision not to tell any of our friends.

"We'd never live it down," I said, "and anyway they would spoil it. Judo must be taken seriously, and imagine, for instance, if Mike, or Stanley . . ."

Peter, who never lets anyone finish a sentence, broke in with: "Not only would they indulge in jokes at our expense, they would very likely come and watch us. No, this must be kept strictly between you and me."

I think another idea at the back of our minds was that if we kept it secret for a bit, and meanwhile did a couple of weeks' hard training, we would learn enough to be able to astonish our friends with displays of uncanny skill. Peter said once, a bit later, referring to someone we knew who was rather a competent boxer:

"When we can get old Hammerfist with a Soto-Makikomi, we will know we are beginning to get *really* good. And then, perhaps, we'll go for our white belts."

For some weeks the secret was quite well kept. After all, the bus we took was the same as went to the Randolph Hotel, so nobody raised an eyebrow when they saw us board it. Someone who lived in the same lodging house as I did noticed one day that I could scarcely move from stiffness, but when he told me I was overdoing it, Judo was, I think, not in his mind. And I do not like to imagine what Peter's visitors thought when they found an unsigned note on his mantelpiece reading as follows:

"Called but you were out. Are you stiff? I am. Meet you for you know what, same time, same place."

It was we ourselves who gave the game away in the end, after a rather too gay party, by practising breakfalls on the pavement. Everybody was rather impressed.

"Do it again," they cried, as we got up, taking care not to rub our bruised elbows.

"It must be agony," some perceptive character remarked.

"Not if you know how to do it," Peter told him, getting up after a rolling breakfall which had been remarkably poorly executed and must have been excessively painful. The discomfort sobered him and perhaps chastened him too, so he gave his voice just the right note of quiet modesty, the right tincture of unassuming competence. This so convinced me that, although I knew we could not do soto-makikomi on a tailor's dummy, much less on Hammerfist, I judged the time ripe for explaining to our audience where and why we were learning these feats.

"We do a thing called Judo," I murmured.

This admission marked the end of our coy period and the beginning of the Great Beginners' Bluff. The art we were now to practise needs a Stephen Potter to christen it, in some such terms as the Art of Passing as a Judo Expert without Actually having Faced a Grading Panel. Peter was much better at it than I was: we were still in our first week when, to my astonishment, I watched him correcting the de-ashi-barai of the yellow belt who had taught it him a couple of days before.

"Surely," he said, shyly but in a tone that carried immense conviction, "it's more like *this*?"

And what made me lose myself in admiration was that not only did his yellow belt listen politely, which could be explained sufficiently by that proverb about the wise man learning more from the fool than the fool from the wise man; but two other yellow belts also gathered round and watched his demonstration.

This was a *tour de force*, of course, to be admired but not to be repeated. The great opportunities were only to be found outside the Judo club. We found our Randolph Bar friends, anyway at first, did not laugh at us at all but treated the subject with interest and respect. But they knew we had not been at it long: so we could not at first treat them to the full bluff. They were sometimes quite impressed by the dropping of the odd Japanese name—though this could go wrong; as when someone said to me:

"Well, what did you old orientlists do today?"

"Osotogari," I drawled.

"A sort of *what*?"

After a couple more weeks, though, we became bolder, and started producing the correct reply when people observed, for instance, "I suppose you could throw me over your shoulder".

Not for us the cowardly objectivity of "I'm afraid not, but I expect my teacher could," or the weak-kneed pedantry of: "I suppose I could try, but I am only a beginner". Our reply was, of course: "No Judoka may practise a waza on anyone who can't break his fall."

Naturally this, spoken with the quiet modesty proper to the true expert, is only the punchline, so to speak the *kake*, of the game.

The *kuzushi* and *tsukuri*, as in judo itself, are what require real expertise. The point is that the would-be expert must at all costs try to make the topic of judo arise quite naturally from the conversation.

The problem can be tackled from two angles; the Japan angle and the Sport angle. When using the Japan angle, one begins by mentioning China, or the Far East, and hoping that someone else will bring in Japan. If they do not, one waits for a pause in the conversation and then puts in a remark like "The funny thing about Japan is that they don't use chairs," which is one of those remarks which one can make more or less out of the blue and which yet sounds quite natural: rather like "They say a swan can break your arm with a blow of its wing." Once Japan is definitely the subject of the conversation, someone is sure to mention judo.

Personally I always preferred the sport, or exercise angle. This can of course only be used among people hearty enough at least to discuss sport, and was therefore only of limited value in the Randolph Bar, but in other circles I found it most useful. The method has two variants. If one's companions are discussing sport in general, comparing the merits of, say, Rugby and Association football, or squash and tennis, one simply mentions, at some suitable stage, that one does "a thing called judo." If they are talking of some particular sport, skiing perhaps, one waits till they mention something pertinent like the accident rate, and then says:

"Curiously enough Judo is one of the safer sports."

But it wasn't long before Peter and I met our Waterloo. It was in Mike's room, and Peter had been explaining something to the assembled company about breaking the opponent's balance to the right front corner, when Mike, who was a small, impish man, suddenly said:

"Peter, I don't believe you can do any judo at all."

This left Peter, for once in his life, speechless.

Mike pressed his attack. "Come on, Peter," he said, "throw me," and he poked Peter in the chest.

Peter gave a step backwards. "Don't be silly," he said.

Mike poked him again, and again, pushing him backwards until he was pinned against the wall. "Look," he said, "He can't escape: I can do anything I want with him."

Afterwards Peter said: "Of course, if that wall hadn't been behind me, I'd have got him with *tomoe-nage*." But I don't think either of us was convinced of this; anyway I know that from then on we kept quiet about our judo.

G.K. HOUSE FUND

The Fund, as already known to the readers, is for acquiring the freehold right of "G.K. House," the present headquarters of the Budokwai. The project is a means of establishing the fountainhead of the British Judo on a permanent and secure foundation, by which I may finalize my 40 years' effort. To attain this end, I would like to appeal earnestly to all those who are interested in Judo and its movement, for their support and co-operation.

To provide a supplementary revenue to the G.K. House Fund I have appointed myself agent for selling the following:—

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