

JUDO

VOL. 1

APRIL 1957

No. 7



Forthcoming Events

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ANNUAL BUDOKWAI DISPLAY

Annual Budokwai Display on April 20th (Easter Saturday) at the Royal Albert Hall. (The quarter-finals and semi-finals of the Metropolitan Association Shield and the Matsui Cup will be held at the Budokwai on Good Friday.)

THIS MONTH'S COVER

When three of the Sultan of Johore's grandsons return home to Malaya next week they will take with them engineering diplomas—and blue belts. The Princes Aman (27), Osmond (25) and Bakar (23), have interspersed their studies during the past year by practising Judo at the Judokan Club in Hammersmith. "And they're good at it," says instructor Percy Sekine. "In another year they would have reached the top black belt ranking." Percy Sekine forms the subject of our Judo Personality this month.

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JUDO FOR BEGINNERS

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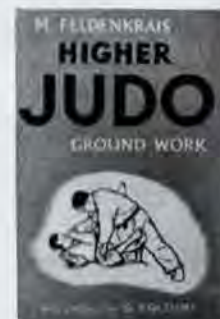
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40th Annual Display of The Budokwai

JUDO

Royal Albert Hall

7.30 p.m.

Easter Saturday, April 20th

Tickets 20/- 15/- 10/- 7/6 5/-; 2/6 (unres.)

As announced on TV, children will be admitted to the 2/6 seats for 1/-. Tickets from The Budokwai, G. K. House, 4 Gilston Road, London, S.W.10 (KEN 1540), from The Royal Albert Hall (KEN 8212) or from theatre ticket agents.

JUDO

APRIL
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CONTENTS

	Page
SMALL ADVERTISEMENTS	i
EDITORIAL	2
THE JUDO MACHINE No. 3 <i>D. Mann, D.O., M.R.O.</i>	3
UNIVERSITY NEWS <i>Colin Forrester</i>	6
CARTOON <i>A. Eccles</i>	8
AREA NEWS	9
IRISH JUDO ASSOCIATION <i>Roy Manuel</i>	13
THE BRITISH JUDO ASSOCIATION <i>G. Blackmore, Hon. Sec. and Registrar</i>	14
LIFE BEGINS AT FORTY!	16
SODE-TSURI-KOMI-GOSHI <i>Translated by T. P. Leggett (6th Dan)</i>	17
JUDO PERSONALITY No. 7	22
VISITOR TO BRITAIN	24
CORRESPONDENCE	25
JUDO AND SAILING <i>E. A. Marland, B.Sc.</i>	28
BOOK REVIEW	29
WHISPERS IN THE WIND <i>Veritas</i>	30
JUDO IN THE U.S.A. <i>P. S. Porter, Captain U.S.A.F.</i>	31
CONTEST GLIMPSES No. 7 <i>T. P. Leggett</i>	32
CLUB FORUM	34
MAXIMUM EFFICIENCY AND THE BODY MECHANISM <i>G. Koizumi</i>	38
BJA. GRADING RESULTS	40
MISCELLANEOUS	44
SUBSCRIPTION FORMS	45

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EDITOR'S OFFICE

PHONE : CROYDON 0200

Just a word this month regarding our contents.

Firstly, may we please offer our sincere thanks to all those people who are voluntarily sending us contributions, which are very much appreciated. The number increases monthly, and we are indeed flattered that our standing is attracting such attention. It speaks well for the magazine. We welcome contributions of any kind—even if they are only remotely connected with Judo—and we will always make due acknowledgements where necessary.

Special mention must be made in connection with our correspondence columns. This section was originally commenced two months ago at the request of a reader, and this month's issue will prove how it has grown. We attach a great deal of importance to readers' letters, as expressions of opinion and healthy controversy can do nothing but good.

This issue sees the commencement of a new series of technical articles by T. P. Leggett. The series has been specially designed by Mr. Leggett to meet the many requests we have received for more advanced "lectures," so please let us know if they meet with your approval. Mr. Leggett is particularly anxious to find the happy medium, and your criticisms and/or suggestions will be passed on.

Elsewhere will be found details of the show at the Royal Albert Hall on Easter Saturday, 20th April. This is the 40th display staged by the Budokwai, and attracts more and more people every year. A few weeks ago they held another of their "open" nights on the premises, at which the public were admitted. The attendance still grows, and such means of publicity might well be copied with advantage by other clubs.

The insurance benefits we offer now include a cash payment at death. Another very important point to consider is that benefits commence immediately any injury is incurred. So many insurances exclude the first seven days.

In our December issue we mentioned that we were considering the issue of a Judo diary at Christmas, as we had received many requests. The matter must now be decided, and the question is—how many? We wonder if Judoka and club secretaries would be kind enough to drop us a card giving some idea of what their requirements might be? The help to us would be tremendous.

If you have anything at all to sell, or wish to buy something, or require any information, please do not ignore our small advertisements—the rates are really cheap! Although this was started purely as an experiment, we receive far more replies than was expected.

THE JUDO MACHINE (3)

Fuel and Power

D. Mann, D.O., M.R.O.

THE cells of the human body are internal combustion engines and—like all other internal combustion engines—obtain the necessary energy to perform their work by burning Carbon and Hydrogen in Oxygen (heat is given off as a by-product) this slow combustion being called "Metabolism." The fuel is called blood-sugar and consists of the two simplest forms of sugar, Glucose and Fructose.

There are a whole range of sugars from Glucose and Fructose which are the simplest units (or bricks), e.g., cane-sugar molecule consists of one of Glucose and one of Fructose joined together. Starch consists of a number of these simple sugar molecules chemically joined, and Cellulose (the fibre of vegetables, wood, etc.) consists of an even greater number. The sugars and starches are collectively known as Carbohydrates.

The second source of fuel is Fats and Oils.

The third is the proteins. Proteins occur as lean meat, eggs, fish, milk, cheese; also nuts, peas, beans and lentils, and form ten per cent. of flour. Proteins are complicated substances and contain more elements than the Carbo-hydrates or Fats, and the only one of the three to contain most of the substances needed for growth and repair.

The food-tract is a long tube with many loops to take up its approximate 30 ft. length, running from the Mouth to the Anus. As food passes through it, it is broken up into its simplest components and absorbed. The unabsorbed substances are passed out from the body.

When we chew starch the saliva gets to work and converts it into Malt. This action starts in the mouth and continues in the stomach until (after about half an hour) the acid stomach juices stop the action. After a space of one to four hours the stomach passes its contents into the first foot of the small Intestine (called the Duodenum) where it meets the juice from the Pancreas. This continues the splitting up, step by step, until it has been converted into Glucose and Fructose, which is then absorbed by the blood (Pancreatic juice can only act upon the starch which has already been acted on by the saliva; starch which has not been well chewed does not digest and simply cause indigestion).

Protein is not acted on by the saliva; its digestion starts in the stomach and is completed by the Pancreatic juice.

The digestion of Fat starts in the stomach, but is mainly carried out in the Intestine by the Bile.

The final splitting up of all three substances is done in the upper part of the Small Intestine, and the useful particles mostly absorbed in the

lower part. The excess water is extracted from what is left over in the Large Bowel (Colon). The absorbed food substances are carried to the Liver. If the body requires fuel immediately, the Fat is here converted into Blood-sugar. If not, then the opposite occurs, i.e., the sugars are converted into Fat for storing. In the Liver the Ammonia given off by the digestion of Protein is converted into Urea, which is expelled via the Kidneys. Protein—over and above what is required for growth and repair—is split up into Blood-sugar and used for fuel.

The digesting food, becoming more and more liquid, is pushed along the tubes by wave-like constrictions (peristaltic movements). When one tries to pass a draw-string through a pyjama top, a bodkin is very helpful. To work properly the Intestines need a bodkin. This is provided by "roughage," the cellulose fibre of fruit and vegetables; the bran (i.e., husk of corn) in wholemeal bread, etc. For cellulose is not dissolved, but passed through the body unchanged. Insufficient roughage is one of the most common causes of constipation.

Another group of necessary substances is the Mineral Salts. These are needed in small amounts but insufficiency of any can cause a lot of trouble, e.g., Calcium and Phosphorous for making bones, Iron for blood, Sodium-Potassium, Sulphur, Magnesium and Iodine are the chief minerals, but there are small quantities of a number of other minerals needed.

Then we have the Vitamins. These are substances which are obtained in very small quantities from various fresh animal and vegetable foods. Although the body needs only minute quantities of each type, if it does not get sufficient, ill-health results. Acute shortage will bring on deficiency diseases, some of which may be fatal, e.g., absence of Vitamin "B" can cause Beri-Beri, a nerve disease culminating in paralysis and death through weakness. Absence of Vitamin "C" causes Scurvy, absence of Vitamin "D," Rickets, etc.

The last requirement is Water, the minimum requirement being three pints per day, but a great deal more is needed by active people, or those living in hot countries.

In units of energy production, Fat give nine, Carbo-hydrates five, Protein 4, so it is uneconomical to use Proteins as a fuel-food—especially as it is the most expensive. Besides increasing the Nitrogen waste it means increasing wear and tear on the Kidneys.

About three ounces of Protein per day is probably the best quantity. The best proportion of Protein, Fat and Starch is about 1:Protein, 1:Fat, 4:Starch. The young and active need more fuel than the old and sedentary. Protein requirements is the same whether we have active habits or not.

The best diet to keep healthy is for fifty per cent. by weight of our daily food to be Protein, Starch and Fat, and the remaining fifty per cent. to be fresh fruit and vegetables (potatoes are counted amongst the Starches) and vary the food as often as possible.

The Spring and Autumn Prize

Offered by the British Judo Association

What is it?

A prize offered by the B.J.A. to encourage the physical and mental development of Judoka.

What does one have to do?

The entrant must be of 1st Kyu or above. He must write an essay (of approximately 1,500 words) either on Judo or a relative subject. If there are any other qualifications (i.e., B.A., B.Sc., M.I.Mech.E., etc., etc.), he should enclose them, for they will be taken into consideration.

What is the prize?

It is to be a Japanese judogi, presented to the winner in the spring and autumn (possibly at a Royal Albert Hall show). Also the winner's photograph, personal qualifications and essay will be published in this magazine.

How does one enter?

Send the essay and the qualifications to:—

THE SPRING AND AUTUMN PRIZE,
c/o The Technical Board,
B.J.A. Headquarters,
North Street, London, S.W.4.

(The decision of the Technical Board will be final.)

Closing date for this Autumn Prize is the 31st August, 1957.

* * * *

NEWS FROM JAPAN

George Wyman writes from the Kodokan that W. Stepto, who recently arrived from England, has been working very hard. He managed to get on the mat the first day he arrived, and has impressed everyone with his style and skill.

The British contingent at the Kodokan have been asked to participate in a film about the Russo-Japanese War. Dickie Bowen, Dennis Bloss and George himself are taking the part of Russian soldiers, with the possibility of acting as Cossacks (if they fall off the horses at least they should not get hurt). As the location of the film is in the region of Mount Fuji, a pleasant stay is envisaged for our Judoka.



UNIVERSITY NEWS

Colin Forrester

THIS is an eventful period of the year for the universities, and there is much news, and many results to give, but first I would like to introduce **Cardiff College Judo Club** to a wider circle of readers.

This is a young club, founded two years ago, and still in its initial struggles. But they have made strong progress in the short time, as evidenced by their formation of a ladies' club last year—showing enterprise in a field which many maturer universities sadly neglect.

With the good services of the Judokwai in Cardiff, their instruction has been set on a good footing, both Mr. Stan Baldwin (1st Dan) and "Smudge" Smith (1st Kyu) of that club volunteering as instructors in peak periods. Normally the coaching rests with a graduate of the University, Mr. Lewis Jones, B.Sc. (3rd Kyu). The aim has always been to study Judo as a sport, not for self-defence, and this extends to the ladies as well.

They have started off on regular matches now, meeting with Swansea, as reported in the February issue, and winning the match. Recently they took part in the unusual triangular match with Birmingham and Bristol, reported below, and though losing their contests, showed by the points a spirit good for a club with not much contest experience. Matches are also being arranged with non-university clubs, as for example the Newport J.C. whom they met early this year.

At present no display work is done, nor are they entering a team in the Challenge Cup Matches this year. This I think shows a very adult view of their strengths and weaknesses, as many young clubs are tempted to rush their hurdles, with discouraging results.

The club will always welcome visitors. The best time for these is on Tuesday evenings, and for those who would rather not take pot-luck, the secretary would like to be contacted at the address below, and given a fortnight's notice to confirm the date. Informal visits would not be repulsed, however. The address is:—

The Hon. Secretary J.C.,
Student's Union,
Dumfries Place, Cardiff.

I wish them luck in their venture, and if they get what they deserve on account of their industry, I think that a year or so will see them very firmly established, and growing strong. Again, good luck!

The Challenge Cup Matches are very much in the news. It has been established that the final date for the contests is fixed as Good Friday, 19th April. The original provisional date of 15th March, conflicting as it did with various eliminations and B.J.A. Section Displays, was changed by the organiser, **Mr. Barrett**, to one in the middle of the vacation, as being more convenient for university men. We shall be sending a special reporter to the finals to give an account for those who cannot attend for themselves. This will appear in the next issue.

Incidental News

... The £70 collected by **Oxford**, and taken from them by the Athletic Union, as we reported in the February issue, has been returned, amid the congratulations of the Union, and the amazement of the Club Members. To make certain that it cannot be removed again, the money has been turned into frozen assets, in the form of **Tatami** and canvas. Perhaps in recognition of this triumph, or maybe because he has put the affairs and instruction of the club on a sound basis by his hard work, Mr. P. Megann, the Hon. Secretary, has been elected the first President of the Club.

... **Leeds** report that they had a visit from a "3rd Dan" of the school of "Tiger" Joe Robinson. He saw himself as paid instructor, but was shy about exhibiting his prowess! After a cool reception, he was no longer seen, and has presumably moved off to more fruitful, and less discerning places.

... **Glasgow** would like to thank **Edinburgh** for producing a team at short notice for the match reported below, after Aberdeen had cancelled due to loss of key members. This match was scheduled for a demonstration in front of university officials, so that Edinburgh's help was of great importance. And the matches, despite the results, were all very closely fought, according to the Glasgow Secretary, **Mr. N. C. Kirk**.

Match Results

Triangular Match, 2nd March:

Birmingham v. Cardiff	3 to 2
Birmingham v. Bristol	3 to 2
Cardiff v. Bristol	1 to 4

Total: Birmingham 6; Bristol 6; Cardiff 3.

6th March:

Oxford v. Cambridge	3 to 2
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Challenge Cup Eliminations, 13th March:

Leeds v. Birmingham	3 to 0
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SCOTTISH UNIVERSITY CHALLENGE SHIELD

(Scottish University Championship and Area Eliminator for British University Championship)

Finals—held at N.B. Loco Halls, Glasgow, March 20th.

Referee: T. McDermott (3rd Dan)

Edinburgh 0

Glasgow 2

D. N. Harkness (2nd Kyu)	.. 0	N. C. Kirk (1st Kyu)	.. 1
A. Ferguson (1st Kyu)	.. 0	N. M. McLean (2nd Kyu)	.. 0
M. Topp (2nd Kyu)	.. 0	R. E. Lister (2nd Kyu)	.. 1

USEFUL ATTRIBUTES FOR THE NOVICE (NOT TO BE TAKEN TOO SERIOUSLY)



AREA NEWS



MIDLAND SECTION

J. D. Lowe

By the time these words appear in print our Second Midland Judo Championships will be a thing of the past. Indications are that the standard in this year's tournament will be considerably higher than last year. I am told that around 20 1st Kyus are entering together with 14 club teams (five of which are all 1st Kyus). And this despite the fact that the overall number of Judoka entering is less than last year. In this connection I should like to point out the hard work put into the organisation of this Championship by the chief organiser Mr. T. E. Davies of the Rowley Budokan Judo Club. A position of this kind is both arduous and odious, and is one which furthermore always incurs criticism but rarely praise.

On March 10th I managed to find sufficient time and energy to visit the Blue, Brown and Black Belt class held at the Dunlop Judo Club in Birmingham. Timing my arrival so as to miss the setting-up exercises I contented myself with watching Douglas Young demonstrating the intricacies of Ashi-guruma. The lunch hour was spent in trying to work up courage to ask Mr. Young to show us some throw which COULDN'T be converted into Maki-komi. In the afternoon we worked at Uchi-mata, and by way of contrast had a few contests.

Seriously though, I think all Judoka participating in this series of courses by Mr. Young are deriving considerable benefit therefrom, and it is a pleasure to study under a teacher whose contest record is not only known in this country but also on the continent.

SCOTTISH SECTION

R. E. Stanton

The bus from Gorebridge scheduled to be at Waterloo Place, Edinburgh, arrived 20 minutes late, but all piled aboard, those who had booked seats and those who hadn't. The 41-seater had a few standing when we fell into the clutches of the "speed cops," which further delayed us. Arriving at the N.B. Loco Halls, Glasgow, we poured in just in time to witness the third item in the Kawamura Trophy show, organised by the Scottish Section of the British Judo Association.

In the semi-finals of the Kawamura Trophy the Yoshin Judokwa, Gorebridge, defeated the Aberdeen club by 3 points to nil. The Osaka, Glasgow, followed their example with 3 clear points in their favour against the Lothian J.C., Armadale. The finals, which were quite exciting, saw the Osaka beat the Yoshin Judokwai by 2 points to 1, and therefore laid their indisputable claim to the Scottish prize. The Osaka, quite a large and progressive club, have trained diligently and well, and the team, Messrs. Robertson, Kingalis and McQuaide, deserve our very best wishes. The Yoshin Judokwai, who came so near to winning and although a younger team in experience, put up a splendid show. I think the Hanegoshi of Peter Purves was the throw of the evening.

Glasgow University were easily the superior team against Edinburgh and were well worth their 2 points against Edinburgh's failure to score. For the University men this was an elimination contest, but which now takes Glasgow as Scottish winners to the south to compete in the finals. The winners, to which a shield was presented, were Lister, Kirk and Train (sorry, no initials). The Edinburgh University team was D. Harkness, A. Ferguson and M. Topp.

For the first time in these contests an all Black Belt bout was arranged. Again Glasgow came out on top by 3 points to 2. This, however, was a near thing and could have gone either way. Points were as follows in this all 1st Dan contest:—

R. Purves, Yoshin Judokwai .. 0	R. Houston, Cluarankwai .. 1
W. Hislop, Tora Scotia .. 1	J. Fraser, Koizumikwai .. 0
A. Fraser, Tora Scotia .. 1	J. Muircroft, Blantyre .. 0
V. Taylor, Tora Scotia .. 0	G. Dunn, Greenock .. 1

Following this draw, one man was picked from each team. Final result:—

W. Hislop 0	R. Houston 1
-------------------	--------------------

So this year it was Glasgow's day without a doubt.

So Glasgow swept the boards this year and they deserve their success, too

T. McDermott (3rd Dan), Koizumikwai, was as fair an umpire as could be throughout the contests.

Apart from the usual demonstrations of throws, etc., the contests were the attraction of the evening.

The Cluarankwai members, Bert Houston (1st Dan) and Rodger Trainer (1st Kyu), amused the spectators with their burlesque antics and held them to their seats with their Kime no Kata.

Judoka who were present at the East of Scotland eliminations for the K. Trophy will be pleased to learn that William Wallace (1st Kyu), Perth Judo Club, is now out of hospital and doing fine. Willie, who suffered from a neck injury, was a week in bed. He thanks all the boys who enquired for him while he was laid up and says, "Certainly I will come back to the Tora."

Bert Abercrombie (1st Kyu) from the same club recently sailed to Hamilton, Ontario. As soon as he is settled down he intends to contact the club there and start practising again. Let's hear from you Bert.

We learn now that the Hills Hotel LARGS is to be opened in August, 1958, under the direction of the S.C.P.R. Its accommodation and grounds are to be made available for Scottish athletic courses and training. Facilities for Judo courses will be on similar lines to those conducted by the C.C.P.R. in England.

By this time most of us will have learned that Robert L. Smith of the Tora Scotia has received official recognition from the B.J.A. grading panel of his success at the Budokwai gradings on March 6th. "Smithy," as he is affectionately known, is now a 3rd Dan. At present this is the highest

grade held in Scotland, the only other Scot to hold the grade is Tam McDermott of Glasgow (wherever that may be). Smith has put a mountain of hard work into his Judo and the results are his just reward. From Scottish Judoka everywhere congratulations and best wishes are sent out to him.

The Tora Scotia are to conduct their third successive annual course in Judo this year. The course will be held in the Dojo. Instructor will be Mr. Robert L. Smith (3rd Dan) and sessions are to run both mornings and afternoons with the mat available for evening practice. Course will commence on Monday, 1st July and will conclude on Saturday, 6th July, with a grading.

All grades of both sexes are invited to apply, the first 30 names being accepted. The full fee of £3 3s. 0d. should accompany applications in the first instance. All monies and applications to Mr. R. E. Stanton, 21, Boswall Avenue, Edinburgh, 5.

Finals of the eliminations for the Baron Matsui Cup and the Metropolitan Shield were held at the Tora Scotia on Saturday, 23rd March, of which Jack Muircroft (1st Dan), Blantyre J.C., was the Area Organiser. The teams and results are as shown hereunder.

BARON MATSUI CUP

Blantyre Judo Club :	Yoshin Judokwai (Gorebridge) :
W. Renwick 0	P. Purves 1
J. Reddiex 1	J. Purves 0
A. McGavin 0	B. Cornwall 1

METROPOLITAN SHIELD

W. Renwick (Waza-ari-awest- ippon) 1	P. Purves 0
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So there it is, each club will be represented on the 20th April at the Budokwai's 40th Annual Display.

George Kerr (2nd Dan), Tora Scotia, was the umpire for both matches.

As a final note I would like to remind Scottish readers that the correspondence columns are open for their comments and views and also that I welcome all news from clubs which should be sent in not later than the 25th of the month.

WELSH SECTION

Leslie Coyde

Two years ago the Welsh Area organisation fell through and ended up in debt. This has now been cleared and in the last three months funds have accumulated of about £30, in addition to all outstanding debts being settled.

We have run a very successful collective grading with more than 100 Judoka and, at the present time, are very busy organising a large-scale Judo Show to take place at the end of June. Included in the programme will be the Wales v. Western Area Challenge Competition, the Inter-Club Koizumi Challenge Cup, and many other items.

We are also trying to organise Outings, a Dinner and Inter-Club visits for our members, in addition to trying to arrange for the B.J.A. to give us one or two courses in Wales.

The Western part of our Area has been getting along very well of late. The **Port Talbot, Swansea and Neath Clubs** have been exchanging visits, and getting to grips with one another in a very friendly spirit. It is surprising how the idea has paid off dividends in friendship and experience. It is hoped that this fever spreads throughout the area.

The Welsh Area were very pleased to welcome yet another club, the newly re-formed club at **Newbridge, Mon.** The Secretary, Lydon Irwin, has organised a new club and has joined both the B.J.A. and the Area. We wish him and the club a very successful future and look forward to meeting them both on the mat and at our forthcoming functions.

The Area also extends a welcome to the newly re-formed club at **Porthcawl.** Hugh Hughes, the new Secretary, faced what must have seemed insurmountable odds; three regular members, no place of their own to train, no funds and worn out mats. All this has now been overcome and the Club is well on its way to success. The Welsh Area have offered practical assistance and would point out that similar assistance is available to all clubs in similar difficulties.

Two clubs in Wales have strong Junior Sections, the Swansea Judo Society and the Newport Judo Club. At the recent collective grading the youngsters put up a fine show. D. Tomlin, Secretary of the Newport Judo Club, has been particularly to the fore in encouraging youngsters to take up Judo.

News of Welsh Judoka, away from home, will be most welcome for inclusion in this column.



WESTERN SECTION *Clive Toye*

More than 70 Judoka from the West country attended the first weekend grading and instruction course since petrol rationing began at **Bridgwater**, on March 16th and 17.

Doug Young (3rd Dan) was in charge of the course, with Jerry Hicks (1st Dan) helping, and it was voted a very successful event.

This weekend was also the first held under the Western Judo Association's scheme of "four weekends for 7s. 6d. a year." The idea was only mooted in February and all West Judoka feel they will be getting their money's worth. Especially if such high grades as Doug Young can be persuaded to come down each time.

Alan Petherbridge (1st Dan) of Swansea Judo Club and British team selector—a great friend of Doug's—came along for a social visit and ended up by doing some work. AND spying—and threatening sabotage—on the W.J.A. team before the match against Wales on June 29th at **Newport.**

Torquay Red Dragon Judo Club have started both a ladies' section and a junior section. Twelve ladies and 16 juniors were on strength at the last count.

Good wishes go from W.J.A. Chairman, Peter Murphy, and his Committee to the Southern Area officials who will have to organise the National

Inter-Area Championships at **Brighton** next September. The West had it last year, and they hope the South will have learnt from their organisation and put on a bigger and better show.

Memo to all Judoka at the grading mentioned above: The big fellow with the beard was not a stranger. He was registrar Ian (Jock) Munro, out of hospital and plus a beard and three stone.

Next weekend course will be in June—and maybe new ground will be broken at **Dorchester.** The local club is thriving and its membership and abilities on the upgrade.

Anyone coming on holiday to the West country who would like the addresses of local clubs should contact Ray Martin, 33 Charter Road, **Weston-super-Mare.**

Sincere apologies to the Welsh Section for a misprint in our last issue on page 17, when their area was inadvertently described as "Western."

Irish Judo Association

JUDO IN DUBLIN

Roy Manuel

Summer is just around the corner and many Judoka must be thinking ahead to their holidays. The Irish Judo Association would like to extend an invitation to all Judoka who visit our city to call on us. Practice is free and the Dojo is open nearly every night. The Secretary's address is 18, Ballygall Avenue, Finglas, Dublin. The Dojo is at 12, North Circular Road.

Last year we welcomed a large number of distinguished Judoka and we look forward to seeing even more this year.

The "Bhoys" pictured in February's issue, Harry Shields and myself, drove to Limerick with John Mooney at the wheel, on a goodwill visit to the "Treaty Judo Club" during St. Patrick's holiday weekend. Their Secretary, Mr. Henry O'Doherty, made us very welcome and spared no effort in arranging accommodation for us.

The club's instructor, Monsieur Clause-de-Lannoy (1st Dan), whom I mentioned last month, made a short speech before practise commenced, bidding the "Dubliners" welcome. He subsequently proved himself to be proficient in all the better known throwing techniques.

Sincere thanks go to Dr. J. Menzies for the loan of the film which he made of our successful public debut at Dublin's National Stadium on the 27th October last. A private showing was given to the members in the Dojo on the 5th March, using a projector in the capable hands of Capt. J. O'Keeffe, who travelled all the way from The Curragh to enter for the grading examination which took place that night.

It is an experience to see oneself on the screen doing Judo. For one thing, some of us have seen our mistakes in slow-motion. This is no guarantee, however, that the same mistakes will not be repeated for the benefit of those who missed the film!

We are anxious to enquire whether there are any good films in existence showing high grades in action? If anybody can put us in touch with a club or film society who possess such a film we would be greatly obliged.

THE BRITISH JUDO ASSOCIATION



George Blackmore, Hon. Sec. and Registrar

ANY news? I am often asked this question—and usually only a few days after the monthly notes have been published in the magazine! This is, indeed, very encouraging, as it shows that Judo people are now really becoming sufficiently interested in the Association to want news. Well, there is plenty this time—news of further progress for the B.J.A.

It is only eighteen months ago, on one cold and rainy morning, that we took possession of our first headquarters—the shop where we are now. I remember the great kick that I and my helpers got out of choosing the lino, getting the desk and chair and the first stock of books to sell. The first office for our Association was at last a reality—B.J.A. HAD ITS OWN ADDRESS! No longer did I have to dive down between the dining-table and the kitchen cabinet to look up somebody's records as I always had to do in our flat. The next important step was the installation of the telephone. Yes, these things meant a lot to us; they also meant a lot to you Judoka.

What next? We are just about to sign a lease to take over larger premises in the same district which *should*, I write *should*, be big enough to hold us for the next two years or so. Our new premises will comprise a shop and four other rooms. It is situated only a few minutes away from the Underground and many bus routes. The cost? Well, we have been most fortunate, as it is only £210 per annum, including rates. A three years' lease, with an option or clause allowing us to sub-let if we have to move again within the three years. It is estimated that the cost of fitting out these larger offices will be approximately £150 for the current year. The extra space gained will allow us to engage some paid help, and so fulfil the promise which was made at the A.G.M. last October.

I can say that our Member Clubs have rallied to us with the new block annual subscription; the response has indeed been most encouraging. Thank you for your help. Perhaps those Member Clubs which



have not yet paid their subscription will now be able to see that we at H.Q. are doing our utmost to build B.J.A. into the organisation about which we all dreamed some five years ago.

When do we move? We cannot say just yet as the new premises have not yet been completed. Hope to be able to give you the new address next time.

Another extremely pleasing piece of news is that during the last week five new clubs applied for membership. They have all been provisionally accepted as members.

On Sunday last (17th March) your Executive Committee met the Area Representatives in London. At this meeting the new B.J.A. Constitution was further amended. To arrive at this stage, many hours of difficult, and apparently unthankful work has been done. Let none of us have any qualms about the new Constitution; this must be full and definite, something to which we can work for many years to come. The officers and members of the Executive Committee urge you most strongly to see that your club is represented at the Special General Meeting at which it is hoped that the new Constitution will be fully approved. This is one thing in which you must all have your say. It will concern *our* rules, *your* rules. **CLUB SECRETARIES**—please arrange to hold a club meeting when you receive your copy of the draft Constitution. Go through it together, and then nominate a member to represent your club at the Special General Meeting to be held on Sunday, 9th June, 1957. You will be notified of the place and time as soon as possible.

One final note. Those Judoka wishing to apply for a place on the Summer Courses should not delay their applications. There are only a few places on the Scarborough Courses left. Write to Mr. D. G. Burr, Hon. Courses Secretary, at 79, Tower Bridge Road, London, S.E.1, for further particulars.

STOP PRESS

Two late news items. Firstly, the postman has just brought three more applications for membership from newly-formed clubs, bringing our week's total up to eight.

Secondly, you may remember that in my notes in the last issue of the magazine I mentioned that our new Membership Plaque was almost ready? Well, we have just sold our first one to the USK BORSTAL OFFICERS JUDO CLUB, USK, MONMOUTHSHIRE. The Hon. Secretary of this club, Mr. A. E. Don (2nd Kyu), writes to say that his lads consider it to be "a first-class design" and are very pleased to know that the honour of having the first one should be theirs.

Life Begins at Forty!

On Saturday next, April 20th, a vast audience drawn from all parts of the country, will throng London's Royal Albert Hall to see the Fortieth Annual Display of the Budokwai.

Every Judoka, high grade or low, will be able to learn much from the Japan-trained British Instructors who form so large a part of the club's display team.

The latest arrival from the Kodokan, Tokyo, is A. Grabher (4th Dan), who was a British representative in the World Championships held there in 1956.

He joins T. P. Leggett (6th Dan), G. Gleeson (4th Dan), Chief Instructor of the Budokwai, C. Palmer (4th Dan), and other high-grade Black Belts in showing the special skills which have helped them get to the top.

"Judo as Physical Education" will interest both the practising Judoka and those who have not yet taken it up. And who knows—the ladies may even find something to help keep certain statistics very vital!

A new self-defence item, "The Initiative in Self-Defence," is instructional and entertaining for all.

The audience are being asked to participate—but not on the mat! The Budokwai have taken a bold step in thinking up a Quiz in which all can join—with attractive prizes to be won.

There will be new style contests for the Affiliated Clubs—they will be run three at a time continuously on the arena-size mat. This promises value for money for the most demanding contest fan.

The younger element will be very much in evidence in the shape of the Budokwai Junior Section and the Croydon Judo Society Junior Section.

Ichero Abe (6th Dan), Technical Director of the Belgian Judo Federation, has promised to appear, and we look forward very much to seeing once again his smooth, effortless style.

Having seen some of the sheer hard work and careful organisation which goes into this annual show we are sure that British Judoka can look forward to another inspiring, instructive and entertaining evening.

Sode-Tsuri-Komi-Goshi

Sleeve Lift-pull Hip Throw

Translated by T. P. Leggett, 6th Dan.

(This is a translation of the main part of an article on this throw by Mr. K. Ishiguro, 8th Dan, who has specialised in it. The article is for advanced students. Mr. Ishiguro besides being a famous Judo expert is well-known in Japan as an artist and essayist and also as a radio personality.)

There are four main variations of the throw. Taking the throw made on the right, they are (i) the right hand gripping opponent's eri (lapel) at the front or inside (at the back), in the normal grip; (ii) the right hand holds under the opponent's armpit either at the front or back, in the normal grip; (iii) the right hand holds just below the opponent's left elbow; (iv) the right hand holds the tip of opponent's left sleeve either in the normal (thumb outside) or in reverse (thumb inside) grip. Of these the first is the one shown in the Nage-no-kata.

I propose here to describe the fourth method, which was a method in which I specialised; and I believe if this way is grasped then the others will be easy to apply, and understood naturally. This fourth way is called Sode-tsuri-komi-goshi (Sleeve Tsuri-komi-goshi).

As you are holding the sleeve, you can go straight into it from Ko-uchigari or Ashi-harai; moreover you control opponent's left hand so he cannot get it round you, nor can your head get caught. But a man in right Shizentai will not be easy to hold by the left sleeve, and again if in left Shizentai you may not find much of a chance to catch his right sleeve. Unless you hold both sleeves as I do the throw may be difficult; and if you do get a good hold and don't make the throw at once it is often difficult to find another opportunity for the Tsuri-komi-goshi. The man who holds both lapels is often surprisingly indifferent when you take hold of both sleeve tips, and then the throw is comparatively easy.

Let me explain the throw in right Shizentai (natural posture) when you have been able to get a hold of his left sleeve. The best chance is when opponent has brought up his right or left foot level with the other, and is inclined forward a fraction. Now I must bring my right foot in front of his right foot, and the left in front of his left foot, turning on the toes to pivot round. The point to remember here is this: *you must begin your waza (attack) just before opponent arrives at the position when the Kake (execution of the throw) has to be applied.* In this case it means beginning your movement before he has finished bringing up the rear foot alongside the other. The throw will be most effective if you think of executing it just as he is *about* to bring his feet into line.

Now the hand movement which you have to make at the same time as the foot movement. Your left fist, which hold his right sleeve, you



FIG. 1



FIG. 2

pin firmly to the right side of your abdomen. Your right hand holding his left sleeve tip, you pull in with the elbow kept against your body, so that the fist goes to your left shoulder point. Some people take the right up in a lifting pull, but I have found you get more power by taking the pull towards the left shoulder, so that you almost get a lock on the opponent's arm (Fig. 1).

Keeping the pull continuous, you must bend the knees as much as you can and turn to the left. The hips enter low, and then you take them so that the buttocks push up at opponent's knees or thereabouts. As you straighten your knees he will be thrown forward (Fig. 2). Of course, these movements must not be successive, but hands, hips, and legs all act together in a smooth movement, not in separate bits.

Under the rules your right hand is not allowed to have any fingers inside opponent's sleeve; but you can try the reverse grip (thumb inside) or normal grip (thumb outside) as you like. The reverse grip makes for an easier movement and is easier to hold. The nearer the sleeve tip, the less force you need, so I recommend holding as near the tip as possible to make the throwing movement easier; also it facilitates continuing the attack with other throws if you fail.

There is an alternative method against certain defences. It often happens when you attempt Tsuru-komi-goshi, that the opponent seeks to escape by advancing his right foot. In such cases, do not take your left foot back so much, nor bring your hips tightly into his lower abdomen, but instead leave your left foot so that it will block opponent's



FIG. 3



FIG. 4

right leg from advancing, and take the hips well through (Figs. 3 and 4). This method is also effective against people who defend by twining the left foot round your own left leg.

When your opponent is in left Shizentai and you simply cannot get a grip of his right sleeve, just hold with your left hand on the middle of his right lapel (eri); then if you take your hips deeply through, so that they come out on his right side, you will be able to bring off the throw without his defending with the right hand or getting it down on to the tatami. If he does succeed in defending with his right hand on your right thigh (Fig. 5), suddenly let go with your left hand and take it round to the back to sweep away his left leg, making a big twist with your body to the left, and fall with him (Fig. 6).



FIG. 5



FIG. 6

VARIATIONS, ETC. Besides the opportunity when opponent brings his feet into line there are various other chances, such as when he withdraws one foot, or if you can manage to break his balance without his moving from say his right Shizentai. But these are broadly the same technique. If you get expert in the case when he is bringing up one foot to a level with the other, you will master the other cases naturally.

You can go from Tsurikomi-goshi to Ko-uchi-gari, O-uchi-gari, Ashiharai, Tomoe-nage, and so on, and also from O-uchi, Ko-uchi, Ashiharai, etc., to Tsurikomi-goshi.

No real counter to Tsurikomi-goshi has been found; however, when the throw fails and your attacker is getting back into position you should watch for the possibility of countering with an Ashiharai or Tsurikomi-ashi. When you attempt the Sode (sleeve) Tsurikomi-goshi, the opponent may put the force of his whole body into his right arm and brace himself downwards; the waza being completely blocked you tend to accept the failure and go back. But I have found that there is a way to break through and make a second Tsurikomi-goshi, and in my experience it is extremely effective. It is rather difficult to explain, but briefly: when he pushes down with all his force, put your right elbow into you, just to the right of your navel. You take his downward pushing force firmly on your hip; your body sinks, and then you bring your right fist in an upward push towards your right shoulder (Fig. 7). The opponent is now leaning forward, and without any hesitation jump in and throw him.

Another way, in meeting this defence, is for you yourself to pull sharply down with your right fist; then as the opponent reacts naturally with an upward movement, you can synchronise with that and get his right arm up.

It also happens, mainly against an opponent in left posture, that when you jump in and make to pull with your left hand, he braces himself back and tears your grip loose (by taking his body sharply away). To meet this you will try to get as much pull as you can with the left hand quietly without alarming the opponent.

The above is the Tsurikomi-goshi, in which I have specialised. It differs in many respects from the ordinarily accepted one, and there is much room for further research. The Tsurikomi-goshi in the Nage-no-kata comes when the opponent inclines backward against your lift-pull forward, and then by completely lowering and turning in your hips



FIG. 7

you can get your opponent so to say riding on you with his lower abdomen on your hips. Your hands pull continuously and you now bring the body up and twist, throwing him over forward. In this method it is very difficult to get the action of the right arm.

One final word on attacking with your special Waza. As has often been said, when the opportunity first comes if you think, "Now!" and then immediately make your attack, the opportunity is already passed and you almost never succeed. This is, of course, because your body and mind are not acting freely and spontaneously. With any technique, but particularly with Tsurikomi-goshi, I never think to myself, in separate stages, "now his balance is well broken, and now there is a splendid chance and so I must make the throw." To observe his posture and then decide like that is almost useless. When perhaps it might not seem that his posture has any weakness at all, somehow you get the feeling "Now!" like a flash of lightning in your mind and with that flash you make the throw—this is when you bring it off brilliantly. The point applies to anybody's special Waza (Toku-i-waza), but this peak of Judo skill is almost impossible to explain in words; it is very difficult to convey the feeling of it to beginners. But when the Waza becomes part of you, you experience it vividly.



FIG. 8 — A left Tsurikomi-goshi, made from right posture, holding lapel and inner sleeve. Note hips brought well through.



FIG. 9. — The same as figure 8, going over. Note straightening of knees.



Name : YASUJI PERCY SEKINE.

Born : 1920.

Business or Profession : Judo Instructor.

Age when started Judo : 15; at the Budokwai under the personal tuition of Yujio Tani, G. Koizumi, T. P. Leggett and later T. Kawamura.

1st Dan at 19.

2nd Dan at 25.

3rd Dan at 27.

4th Dan at 35, from the Kodokan, Tokyo, and British Judo Association.

The war interfered with his Judo training. He served as an air-gunner with 83 Sqdn. Bomber Command, and was shot down in 1942. Occupied his time as a prisoner of war teaching Judo—and escaping!

British International in 1947, 1949, 1950 and captain 1951. British Team Manager for European Championships, 1955 and 1956.

Now Chief Instructor at the Judokan, London.

Hobbies : Rough Shooting; Gardening, Cookery; and Ancient Monuments.

VISITOR TO BRITAIN

A recent visitor to this country, en route for France where he is going to study Economics at Montpellier University, was Isumu Ishii, 24-year-old 4th Dan from Waseda University, Japan.

This slightly built exponent of Judo (he is 5 ft. 6 in., and weighs 132 lbs.) comes from what must be an unusual family even in Japan. His grandfather was a 6th Dan of the famous Tenshin-shinyo School of Ju-jitsu. This school is where E. J. Harrison, the well-known author, was first initiated into the art of Ju-jitsu and is described in his book "The Fighting Spirit of Japan." His father is also a 6th Dan, and it was he who first taught Mr. Isumu Ishii and his brothers Judo. At the present time his elder brother is a 4th Dan, and his two younger brothers are both 1st Dans. Truly a formidable family.

When he became a student at Waseda University, he was already an expert Judoka, having gained his 1st Dan at 14 and his 3rd Dan at 16. There he came under the instruction of Kenji Tomiki, famous Judo and Aikido expert (7th Dan Judo, 8th Dan Aikido). Whilst at the University he captained Waseda University Judo team, and in 1955 won the University Students' Championship, 4th Dan category.

While at home he was also a member of the special school run by the Kodokan, the "Kenshusei," which is open only to outstanding Japanese Judoka. G. Gleeson (4th Dan), National Coach to the British Judo Association, knew him very well when he was training in Japan. They were often opposed in contests, and regularly partnered each other during instructional periods.

Most people would feel a little tired after a forty-day boat journey, via the Panama Canal. Mr. Isumu Ishii, however, arrived at the Budokwai for practice within a few hours of landing, and was soon demonstrating his favourite Waza Taiotoshi and O-uchi-gari. He visited the Black and Brown Belt class one Sunday, and delighted the members with his superb style and skill.

Unfortunately, England was only a stepping-stone to France, and he left all too soon. However, before leaving he intimated that he might be coming back to London to study English, after his sojourn.

It is hoped he will be able to return and give a larger number of British Judoka the chance of meeting him and seeing him in action.



Mr. Ishii in action at the Budokwai

CORRESPONDENCE

The Editor invites letters on any topic whatsoever for publication. Anonymous communications cannot be printed; but, if requested, names and addresses will not be disclosed.

Dear Sir,

I've been having your Magazine "JUDO" ever since it came out. In this month's edition you talk about a Junior Section. I think this is a good idea. For myself I am 14 and every Tuesday and Thursday I attend Vauxhall's Judo Club. I am nuts about Judo and I'm sure I have the Judo bug.

When I finish school in July I hope to gain admittance at Vauxhall and get a three-year apprenticeship. In the meantime I hope to get my 1st Dan, after which I shall go to Japan for two or three years, making Judo my career.

I am sure lots of others boys would benefit if a section is put in for Juniors.

I shall keep my fingers crossed for April's edition.

I should love to leave school immediately and take up Judo but I suppose this is impossible.

R. COUSINS,
Harpندن, Herts.

EDS. NOTE. *Our comments regarding Junior Sections referred to Clubs and not our Magazine. However, such enthusiasm on this young lad's part will encourage us to include a section for our Junior Readers.*

Dear Mr. Forrester,

I received news from London a few days ago to the effect that the British University Cup Contests have been postponed until April 19th, consequently I am writing to express the thanks of the Scottish Universities for the trouble which you have taken on our behalf.

It would probably be very difficult to fully assess the part which your actions have played in obtaining this very fair settlement, but there can be little doubt that your vigorous protests were the principle factor, which caused the organisers to reconsider their rather thoughtless decision.

NEIL KIRK,
Glasgow University Union.

Dear Sir,

In connection with controversy regarding A.J.A. gradings, I wish the B.J.A. would take stronger action than that of merely countering the A.J.A.

It is said that bad money drives out good and, whilst not suggesting that the B.J.A. devalues its own coinage, I feel that it should take stock of the position. In the provinces a Judoka reaches Blue or Brown Belt standard and with it a full stop. What happens to all those Judoka? There is no doubt that one of the present causes of the controversy is the restriction of Dan grades.

I understand there are some very good grades in the A.J.A. as well as some very poor ones, and although I deplore most strongly the award of grades by correspondence, I also feel sorry for anyone holding an unmerited Black Belt. His life on the mat must be far from easy, and he must look on any visitor as a potential menace to his security, especially when one considers that owing to irregular gradings in provincial clubs, and continuous practice with each other, there is often very little difference between grades.

An estimate of the number of Judoka in this country is given as 35,000 and as there are just over 100 Dan grades shown in the back of the Budokwai "Bulletin" it means that the proportion of Dan grades is very low.

I suggest—

(a) Adoption of the Japanese system of Kyu Grades.

(b) Appointment of older seasoned Judoka of Blue and Brown Belt standard as Honorary Dan Grades, with power to grade up to Yellow Belt. Appointment based on teaching ability.

(c) Intensive courses for Blues and Browns to reach Dan grade.

F. J. DEEHAN.

Dear Sir,

May I draw your attention to the plight of Judo Clubs in Cornwall. To get a Dan Grade Instructor down to visit us seems just about impossible. Are we "way out west" to be forgotten.

Without an occasional visit from a "Dan" Grade we are finding it difficult to keep a club together.

The Camborne Judo Club has, on quite a few occasions and at its own expense, put on its own Judo demonstrations. These demonstrations have created much interest and have attracted many new members but, with the absence of Instructor and Grading, interest wanes and members find other attractions.

Therefore, we would be more than obliged if you could print this plea in your next issue, or at least mention it in one of your well-read columns.

W. KEY,

Redruth, Cornwall.

Dear Sir,

In the television programme "Six-Five Special" recently, it was said that it was very easy to form a Judo club and become affiliated to the B.J.A.

Four months ago I wrote to the Secretary of the B.J.A. who gave me the name and address of the Welsh representative, Mr. Petherbridge. I wrote to Mr. Petherbridge, in fact I wrote twice, with stamped addressed envelopes enclosed, but received no reply.

It appears to me that the Welsh area of the B.J.A. do not want any more members.

I have since formed a club under the affiliation of the A.J.A. and have received the greatest help and consideration.

S. VAUGHAN,
Llanishen.

Dear Sir,

In the correspondence columns of this issue of the magazine there is a letter from a Mr. Vaughan of Llanishen. As Secretary of the Welsh Area, B.J.A., I have written to Mr. Vaughan and explained why he did not receive any reply from Mr. Petherbridge, and also tried to make peace by extending a

very hearty welcome to him and his club to become members of the B.J.A. and Welsh Area. I also apologised for the obvious disappointment he must have felt at such a dismal introduction to the B.J.A.

I appreciate that he has grounds for complaint, and hope that, in future, such omissions will be things of the past.

L. COYDE,

Hon. Sec., B.J.A., Welsh Area.

Dear Sir,

I have read Pat Butler's Jottings in the "Health and Strength" Magazine, and I have read your Magazine.

The B.J.A. condemns any other kind of Judo but it's own. I for one would not be graded by the B.J.A.; the reason, because they do not know what they are talking about.

I have read that a Lady Black Belt could easily be defeated by a Male Judoka several grades lower than herself.

How should a person be graded? On style, or contest ability? That is another problem for the B.J.A. It is said that, if on style, a lot of high grades would not be high grades any more. I think it is about time the B.J.A. started to grade people on their self-defence skill, after all that is the main purpose of Judo.

I have been practising self-defence Judo by Correspondence Courses for seven years. I have not attained any qualifications yet, but I will be trying for them soon.

People say to me, "Judo by Correspondence Course, that's almost impossible." Well, if you think that, I was down in London recently and I had a friendly contest with a 4th Dan, and beat him by one point.

What would have happened if, in the match between Joe Robinson of South Africa and Abbe, 8th Dan, Mr. Robinson was allowed to use his own rules? Even using B.J.A. rules Mr. Robinson drew with Mr. Abbe.

My brother, who practises Judo with me, has attained his Black Belt.

I have heard Judo people say "if you were to get on the mat with a B.J.A. member, you would not stand a chance." That may be true because

B.J.A. members use B.J.A. rules. However, just think what would happen if the non-B.J.A. member had his own rules, and the B.J.A. fellow had his. That would be a different story, as was proved to me.

I have nothing against B.J.A. Judo itself, it is the way it is practised. Judo originated as a fighting art, why not keep it that way? I am now going to do my best to encourage Kodokwan Judo, that is the Judo I practise, and if practised the right way (self-defence) it would be far better.

F. W. CAROLAN

(Self-defence Judoka).

St. Helen's, Lincs.

Dear Sir,

I feel it my duty to point out what constitutes to my mind a standing reproach to British Judo. Why have we not got a National Black Belt Championship organised by the British Judo Association? Every great Judo nation holds an annual tournament of this kind, among them Japan, U.S.A., France, Belgium and Holland.

Of course, the London Judo Society DOES hold a National Black Belt Tournament but, to be really representative of British Judo, it should be held by the British Judo Association.

I fully realise that this view will meet with the opposition of those people who merely regard Judo as a means of attaining philosophical enlightenment, and that therefore the winning of contests is of no consequence. How these people arrive at this point of view I

(The Editor does not accept responsibility for views expressed by correspondents, and does not necessarily agree with statements.)

do not profess to understand. I find it hard to believe that the practice of Judo will ultimately lead one to the realisation of the cosmic law of duality, whatever that may be.

Mr. Heita Okabe (8th Dan) has the following words to say on this subject in the "Judo Kodokan Review":

"We know well in Japan the state of mind which consists in rejecting the 'will to win.' Those who practise it think that they find therein the exaltation of themselves. As for me I am opposed to this state of mind. True, I respect the fact that they contemplate things honestly and simply, but I contend that the pupil attains the essence of Judo in so far as he has for objective the defeat of his opponent, as long as one considers that Judo is practised as rivalry for victory."

It is an indisputable fact that our leading Yudansha get far too little contest experience and a tournament of this nature would help in this respect, as well as giving valuable experience to our isolated and growing Yudansha in the provinces. I feel sure that the majority of readers will agree with me on this subject. May I say in conclusion that nobody minds people who have their heads in the clouds as long as they have their feet on the ground. I have often wondered how Mr. Yoshimatsu would fare if confronted with the B.J.A. examination for 4th Dan—an essay on action and reaction of the principle of balance on the physical, mental and spiritual phenomena!

J. D. LOWE, 1st Kyu,
Coventry Judo Club.

YOUTH MUST BE SERVED

W. Hislop, 1st Dan

Judo to-day relies on the enthusiasm and experience of the older "Dan" grades, but what of tomorrow?

Encouragement is given to the younger Judoka, especially those who seem to shine. Such potential Judoka should be groomed, as is the case in quite a few countries where Judo is taught at schools and in other organised groups. It is quite common to have Dan grades who

are still in their teens. That is what most clubs are after, the services of young men who can teach and give them the full treatment as well.

Most contests fought nowadays have a good percentage of young Judoka who are full of spirit and will stop at nothing. These are the kind who, with drive and hard work, will put any club or association on the map.

The emphasis is on hard regular practise; nothing will be achieved by people who stand round waiting for somebody else to make the first move.

JUDO and SAILING

E. A. Marland, B.Sc.

TO one who has taken up Judo relatively late in life, as I did, the mental aspects of the art are to be expected to hold a high proportion of interest, and the article by Koizumi in the March issue set me thinking of the similarities between Judo and another sport.

I refer to sailing, particularly very small boat sailing. Handling a small dinghy is an interesting and a challenging sport, and everyone who has really tried to get the best out of such a boat agrees that skill, alertness, and forethought are called for. Not until one has practised a little Judo, however, does one realise that another curious quality is required, that of "passive resistance." A sailing boat will not go in any direction at the will of the enthusiast, but it can be sailed from any point to practically any other point by the use of a little subtility. On a steady course constant alertness is required, as well as when tacking and manoeuvring.

No breeze is steady, the helmsman must hold the sheet in his hand, and never make it fast. When a heavy gust of wind strikes the sail, the sheet tightens, and the sudden tension tempts the beginner to resist by bracing his feet, and pulling back on the rope in his hand. In a small boat he soon realises the practice is dangerous; one cannot fight the wind, and if one attempts it the dinghy will capsize. It is not sufficient to have the matter explained to one, and not sufficient to be aware of the fact intellectually, it is necessary to experience the sensations and to do the "right thing" often enough for the correct behaviour to become a matter of "conditioned reflexes," the sharp tug of the wind must be answered by a temporary relaxation of the muscles, not a tightening. Exactly the same thing that is demanded by one's instructor on the Judo mat!

If the wind becomes too severe during the gusts, either one must reef down, or wind can be "spilled" from the sail to avoid the excessive sideways thrust on the boat; a process exactly analogous to that of allowing a stronger opponent to use his strength to defeat his own ends. Again, as in the Dojo, the ability comes only with long practice, that is when the mental processes leading to the most desirable response, have been driven deep into the unconscious, leaving the higher thinking faculties free for planning the next move ahead.

BOOK REVIEW

"MODERN JUDO AND SELF-DEFENCE"

by Harry Ewen

Publishers, Faber & Faber, Price 15/-.

From a cursory examination this book cannot be recommended to Judoka who wish to base their skill on the techniques as taught by the Kodokan and practised by the great majority of Judo men in this country. Indeed, some of the illustrations appear to portray excellent examples of mistakes to avoid—although we are unable to gather whether or not this is the intention of the author.

It is hoped to give a much more detailed review of this publication in a future issue, as we think our readers should be made aware of what is, and what is not, our style of orthodox Judo.

MR. FERDI THIELE

Mr. Ferdi Thiele, 1st Dan, on a visit to this country from Germany, would very much like to renew acquaintance with some fellow Judoka. They are Mr. Reginald Honey-Bone and Mr. Oliver Grimsdick, who all practiced together about 1937 at an Anglo Japanese Judo Club in London. Would they (or anyone who may know them) please make contact with this magazine. Also Mr. Thiele would like to hear from any other friends who might still remember him.

KODOKAN JUDO

Hikoichi Aida, 18/10 post free
Translated and Edited by E. J. Harrison

Mr. Aida Kodokan, 8th Dan, once taught Judo at the Budokwai, and in several other European centres, when he visited Europe with Dr. Kano the founder of Judo and the Kodokan. It is therefore most interesting to read this outstanding work so ably translated by E. J. Harrison. Dozens of techniques are described in minute detail and illustrated by over three hundred line drawings. There are sections on "Atemi-waza", "Kata" Training principles, contest practice, and many other branches of Judo essential to the beginner and the advanced Judoka alike.



Whispers in the Wind

THE letters still come in from correspondents enquiring about people's grades. A letter from "D.J.G." asks: "I wonder if you have any knowledge of an organisation calling itself T.A.J.J.A.? I have enclosed the programme of a display they put on quite recently." He goes on to say, "I was rather surprised at the standard of performance by several of the Black Belts, which did not seem to compare with many of the B.J.A. higher grades that I have had the pleasure of watching." He writes further, "The commentator made one remark after a contestant had been thrown rather heavily to the mat, he said, 'imagine that done in the street, ladies and gentlemen,' which to me seemed quite out of keeping with Judo as a Sport." The writer concludes by saying, "There was a demonstration of ground locks by Mr. A. J. Morgan (5th Dan), whom the announcer described as the longest holders of the Black Belt in this country." He asks, "maybe you can enlighten me just a little?"

To answer these questions I have had to delve deeply into records. I understand that the organisation known as "T.A.J.J.A." is connected with the Anglo-Japanese Judo Association, whose leader is Mr. M. O'Tani who was at one time a practising member of "The Budokwai."

With regards to the other question, that relating to Mr. A. J. Morgan, I have established from Mr. Blackmore that he was never graded at the Budokwai, and there are no records of him at the B.J.A. Grading Records Registry. According to the list of Black Belt holders (which is available for inspection by anyone wishing to do so) the first Black Belt awarded in this country was in 1920, to a Mr. G. Tanabe. There were no more until 1926.

The writer of the letter quoted is definitely correct in his belief that Judo should be kept strictly to the Dojo. There is a tendency in some people today to present Judo as something sensational. There is nothing sensational about Judo, nothing "mystic." Skill in Judo can only be accomplished by long and hard practice; even then, you must be taught by competent instructors, otherwise you can so easily go wrong and entirely miss the principle of Judo.

Much has been written lately about people who claim high grades in Judo. One thing is certain; that no matter what grade a person may claim (whether awarded to him by someone else or not), he can only teach or demonstrate in accordance with his own personal skill and experience.

This column welcomes letters on all Judo matters.

Veritas

JUDO IN THE U.S.A.

Philip S. Porter, Captain, U.S.A.F.



THE 4th Annual Strategic Air Command Judo Tournament was held at Portsmouth Air Force Base, New Hampshire, on the 8th and 9th of March. As in all Amateur Athletic Union tournaments in the United States, it was run in four weight classes, which I have outlined in previous articles. Three winners were picked in each weight division, and then the best man in each division was also entered in a bracket with the others to pick an over-all champion.

Staff Sergeant George L. Harris (who was last year's third place winner in the National Tournament) won both the heavyweight division title and the over-all championship.

The Fifteenth Air Force Judo team successfully defended its Strategic Air Command team title for the second straight year, defeating the Eighth Air Force (another subordinate organisation of S.A.C.) team which took second place.

Staff Sergeant Edwin Maley of the Eighth Air Force team won the 150-pound division and then went on to defeat the 130-pound champion, Staff Sergeant Ken Honda, before he was thrown by Harris in the final contest to decide the over-all champion.

Technical Sergeant Martin M. Terrell, the 1954 180-pound and over-all champion, was beaten by Harris in the first elimination match before Harris defeated Maley in the final round.

In my opinion the team picked by this tournament is the strongest yet sent to the National Tournament by S.A.C. This year the Nationals will be held in Hawaii, and the Air Force (represented by S.A.C.) should make a good showing. Harris is now a 3rd Dan, and both Maley and Terrell are 2nd Dans as far as I know. Harris and Maley are also veterans of many contests, including the five matches between the composite Air Force-A.A.U. team and various Japanese teams on the tour in Japan which the American team made in 1955.

* * * *

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Fig. 1.



Fig. 2

CONTEST GLIMPSES (7)

T. P. Leggett

Fig. 1 shows a man defending against Uchi-mata (Inner Thigh) by bringing a foot through between the attacker's legs. You can see it is now in front of the attacker's right foot, and if necessary the defender will lock his foot against the attacker's right shin. This means that the two bodies will be firmly joined together, will so to say be one piece, and however much the thrower may pull with his right hand, he will in fact simply be pulling against himself. (All Judo men should note that it is forbidden under the rules for the defender to do more than this; he is not allowed to sweep away the foot so as to bring the thrower down on to his face.)

The defence can be effective, but it is also risky because to do it you have to support your whole weight momentarily on the other foot. This means that if for any reason you don't manage to get your foot through in time, the thrower will



Fig. 3

have complete control and the throw will be a very powerful one. So generally this defence is a last-ditch affair.

Another even more desperate plan is to try to control the position from mid-air as you are going over. But only real experts have the balance and poise, say to bring up a leg and break the opponent's balance from above, as the man has succeeded in doing in Fig. 2. Perhaps you wonder how the position came about. The throw was probably a Seoi-nage (Shoulder Throw) or even Tsurikomi-goshi (Lift-pull Hip) attempted to the right (see Fig. 3). The throw must have been going well with the man up into the air, but then he managed to shift his weight somewhat to the left, twine his left leg in, and break the attacker's balance completely to the front. He is now (Fig. 2) in a dominating position for groundwork. We recommend to keen students a close study of this magnificent example of master Judo.

HOME FROM JAPAN

A. Grabher (4th Dan) has recently arrived back from the Kodokan, looking very sunburned and fit after a six-week voyage round the Cape.

Alf Grabher, well known to Judoka in this country prior to his further training in Japan, will be seen for the first time since his return by his many friends and fellow Judoka at the Budokwai's Annual Display at the Royal Albert Hall on April 20th.

Alf did exceptionally well at the Kodokan, taking part in all the monthly contests and in the Red and White Team Contests. He was also a member of the "Kenshusei," the Kodokan Special School. He represented Britain in last year's World Championships and we now expect him to take his place once again in Britain's International Team for this year's European Championships.

We wish him every success in the furtherance of his Judo career and we will undoubtedly hear more of him in the very near future.



A. Grabher, 4th Dan.

Club Forum

H.M.S. OCEAN

H.M.S. OCEAN. P.O. J. Cook sends us the following report:—

We arrived at Glasgow on Tuesday, 12th February, and remained there for eight days. We knew prior to our arrival that there were some excellent clubs in that area, so made discreet enquiries about them.

Thanks to R. V. Colquhoun, President of Scottish Judo and the Chief Superintendent of the Glasgow Police Force, mountains appeared as mole-hills, and we had every facility for this sport put at our disposal.

We went to both the Glasgow Police J.C. and that famous Club Koizumikwai (French Street) where we received valuable instructions and hints for running our ship's club. We were certainly looked after by Pat O'Hagan (1st Dan) and Frank Aitken (1st Kyu) to whom, through the medium of your magazine) we send again our heartfelt thanks.

A grading was held for us and a 4th and 5th Kyu award to our club greatly increased our membership, which is now double the number it was when we first opened. (Koizumikwai, Daigakuin and Blantyre.)

Again with thanks for Mr. O'Hagan, three clubs combined gave us on board a not-to-be-forgotten display of the gentle art. A crest, in plaque form, was presented to Mr. O'Hagan and shortly other crests will be despatched to the other clubs.

On completion of the show, refreshments, and a drop of "Nelson's Blood" (real McCoy), was enjoyed by members of the Display Team.

May I say that, regardless of what I hear about other cities' hospitality, I doubt if it will ever compare with Glasgow. I fully recommend to anyone interested in the sport, if they are in that area, to contact any of the clubs.

BLACKPOOL

THE KEIDOKWAI JUDO CLUB. Report on Hobbies Exhibition held at Blackpool's largest Departmental Store.

This year the Hobbies Committee decided to include representatives of Blackpool's Amateur Sports Clubs and the Keidokwai Judo Club accepted the offer of having a stand at the Show and also giving two displays of Judo during the week of the Exhibition.

The Hobbies Exhibition was opened by the Mayor of Blackpool on the morning of the 16th February, 1957. Our stand, measuring 13 ft. by 9 ft., overlooked the main display arena and thus attracted the eyes of most of the visitors and, as soon as one or two of our more heavily built members did some "floor-bouncing" break-falls, we soon had them all round our stand, whilst the other exhibitors were sadly agreeing that they could not match Judo for eye-appeal.

We gave two complete displays of Judo in the Main Arena, one on the Tuesday evening, the other on the last Saturday afternoon. Everyone was expecting a huge crowd but, just at lunch-time, a heavy snowfall, followed by slush-making sleet, kept the majority away.

From the club's point of view, however, the affair was an outstanding success. We lost count of the number of times people came up and confessed they had no idea there was a Judo Club up in these parts, and I

am pleased to say that on Tuesday, 5th March, 1957—seven days after the Exhibition had closed—we started a Beginners' Course of fifteen fully paid, fully clothed, new members. Enquiries are still coming in and I estimate that the membership of the club—about sixty before the Exhibition commenced—will have increased by nearly half again within this month. This is very fortunate as we have just moved into new quarters, where there is room for expansion.

The Dojo is open to all B.J.A. members from 7 p.m. to 10 p.m. every evening and, as there must be quite a few Judoka get to Blackpool for their annual holidays, I can assure them of a friendly welcome to use our Dojo when they are up here. We are one minute from Blackpool North Railway Station but, unfortunately, do not overlook the sea.

TAUNTON

TAUNTON JUDO CLUB. On Monday evening last His Worship the Mayor of Taunton, Councillor R. F. Winkworth, paid an informal visit to the Taunton Judo Club, together with Mr. W. H. Barratt, the Chief Fire Officer of the Somerset Fire Brigade Service, Superintendent F. J. Fisher and Superintendent H. J. Hamer (who deputised for the Chief and Assistant Chief Constables), and Wing Commander G. E. Winn of the Air Training Corp. The visitors were received by the President, Mr. T. R. N. Whyte, who introduced the visitors to the Chairman and Members of the Executive.

A most enjoyable evening was experienced showing what Judo really is at an ordinary club night. The Mayor very kindly consented to go on the mat and putting on the Judo coat allowed himself to demonstrate with the different holds, which were done by Mr. S. C. Chipchase, chief instructor of the club. Also, the Mayor had the pleasure of giving Mr. Chipchase an excellent throw, which was a great delight to all the members present. The Mayor and Mr. W. H. Barratt gave a short demonstration together and this created all-round interest.

The visitors thoroughly enjoyed the wonderful experience and spent the whole of the evening at the club. Many questions were asked about the wonderful progress of the Taunton Judo Club since its inception in September, 1953, and the President gave an account of how it had grown from a few enthusiasts to a powerful body of over 50 members, with a good financial position and a very good prospect for the future.

The Junior Section, boys 12 to 17, is under the direction of Mr. Pat Ayres, and this section has made remarkable progress during the last few weeks since it was brought into being just over seven weeks ago. The Juniors gave an excellent demonstration and proved how even a small, slim boy can throw a heavy man. For this section there are very great hopes and we look forward to rapidly building up, and are willing to take in a further number of recruits.

The club has been successful in its encounters with other clubs in the South West and they now proudly boast three Blue Belts and are hoping to go from strength to strength in this respect.

The visitors expressed great satisfaction at the wonderful work that had been put in by the Committee and the Chief Instructor, and expressed the hope that it would be a strong asset in the early future in the life of Taunton.

The visitors were very cordially thanked by the President for giving their valuable time on behalf of this splendid work. The Mayor has been made

an Honorary Member of the Club and in response to numerous requests we are willing to accept a limited number of business and professional men as Associate Members, to take an active part in the Club's affairs, although of course they will not go on the Mat, for 10s. 6d. per annum. Already this has had great response from prominent business men in the Taunton area. Any further details regarding membership, either associate or active, can be obtained from Mr. W. Bond, Secretary, at St. George's Avenue, Mr. S. C. Chipchase, Taunton 5399, or the President, Mr. T. R. N. Whyte, Taunton 3086.

USK

USK BORSTAL OFFICERS' JUDO CLUB. Mr. Don, the Secretary, writes to say that his club have purchased one of the new B.J.A. plaques, and have been informed that they are the first club to do so. Every member thinks it is a first-class design, and can be thoroughly recommended to any club.

Since his move from Abercarn to Pontypool, Terry Edmunds (1st Kyu) has payed Usk several welcome visits, and the club are hoping they will see a lot more of him in the future. Some of the members are looking forward to a course they will be attending at the Samurai Judo Club, Swansea, under D. A. Petherbridge (1st Dan) on May 6th.

* * * *

JUDO FOR JUNIORS

As mentioned in our February issue, the television show for juniors will take place on April 15th. We understand it will be on ITV at about 4.45 p.m.

Many thanks to those clubs who have written in giving details of their facilities for juniors. The number is increasing—much to our satisfaction; and we already have quite a useful list. Be prepared for another batch of enquiries resulting from the above TV show!

* * * *



THE SPORT OF JUDO

Kiyoshi Kobayashi & Harold E. Sharp 19/4 post free

Printed and published in Japan this profusely illustrated book includes some of the finest contest pictures ever seen in this country. Mr. Kobayashi Kodokan 6th Dan demonstrates over 45 Judo techniques including breakfalls, combination throws, correct throwing positions, etc. Contest rules of Kodokan Judo and a glossary of Japanese terms with a short history of Judo are also included. With nearly 400 photographs by Harold E. Sharp, 2nd Dan, one cannot fail to be impressed by the excellence of this book.

Is Your Library Complete?

FIGHTING SPIRIT OF JAPAN

E. J. Harrison

25/10 post free

Originally published in the early pre-war years this book has been reprinted and brought up-to-date by the author. Containing many illustrations of the old Judo masters and other famous exponents of the Japanese martial arts, this book covers, in E. J. Harrison's own inimitable style, such subjects as Karate and Aikido, Fencing, Wrestling and Japanese Sword Dancing, Bujutsu, Bushido, and many other ancient Japanese arts, besides dealing exhaustively with various aspects of Judo and Judo training. There are many stories about old Japan and the masters of various martial arts. No Judoka should be without this vastly interesting work.



JUDO

M. Feldenkrais

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Reprinted six times this text book is one of the most popular books ever written on the art of Judo. Mr. Feldenkrais a well known author and Judo exponent has divided his work into an introduction and nine lessons, each lesson (except the first one or two which deal with breakfalls), describes throwing and ground-work techniques illustrated with line drawings. Each lesson is complete in itself and makes reference to any of the techniques very easy. Primarily written for the beginner it is of great interest to the more advanced student as well.



THE MANUAL OF JUDO

E. J. Harrison

10/- post free

The author of this book obtained his first Dan at the Kodokan in 1904, and has since then been intimately connected with Judo here and abroad. In this work he has drawn upon his vast experience to explain and teach the fundamentals of the art. Copiously illustrated with line drawings and photographs this manual covers the history of Judo and continues with a concise and easy to read description of selected throws, groundwork techniques, attacking vital spots, etc. Several relatively unknown methods are explained which should prove useful to the keen student.



Maximum Efficiency and the Body Mechanism

THE most effective application of the body mechanism naturally is governed by the dynamic law or the principles of leverage and balance. For convenience, I will dissect and tabulate here the general principles that apply to Judo.

BALANCE. I have already described the general conditions how to keep the balance of the body. However, in applying a throw, you have to risk weakening the balance and stand on one leg, so that you can free one side of your body which is chiefly used in performing the act of throwing. This stance may vary according to the nature of the action, but in the main it consists of bending the ankle and knee so as to increase the "base" and lower the centre of gravity. Then the balance is retained, through the changing conditions in the stages of action, by subtle co-ordination of the ankle, knee and hip joints.

UNITY OF ACTION. The side of the body freed for action should be used as a solid lever. Merely stiffening the joints is not sufficient; there must be co-ordination of all muscles. This co-ordination is more possible if your mind is occupied with the action of the hands or feet the lever will disintegrate; so will the effectiveness of it.

ABDOMINAL POWER. The abdomen does not assume any importance in the Western conception of physical education, but in the East it is regarded as the centre and basis of all physical and spiritual power. Indeed, in Judo abdominal power is the foundation of all actions and movements. Therefore to cultivate fullness at the abdomen (not strained contraction nor enlargement) and firmness of the small of the back is a very important item in Judo training.

THE BODY-LEVER. As our common experience demonstrates, the most effective way of using a lever or stick to pull or push an object is to use it lengthwise. However, the contact and stance of our body related to the opponent is such that the only way to conform to the above principle is to curve our body from the finger tips to the toes and use the body-lever is as if it were connected to the hip joint of the leg on which you are standing with a swivelling hinge.

TWO WHEELS. If you assume that you have made a contact with your opponent in the usual manner and you have adopted the curved posture, you will find that you have formed with the opponent roughly two rings or wheels: one with the arms, another with the two bodies. To follow the principle of using the body-lever as described above, the way is to move the wheels as if they were rotated on an axis. According to the purpose of the action the angle of the axis may change, but the forms of the wheels must be retained from the beginning of the action to the end of a throw.

These technical principles are the basis of and the vital factors in the efficiency of Judo. The skill depends on the ability to operate them in the right direction at the correct moment.

To incorporate these principles into a single action in a psychological moment is beyond mental control. Therefore through constant practice the body must be trained to act automatically. In general practice the sporting instinct certainly must be satisfied, but study of theory must not be neglected.

If in your effort you find your shoulders move upward the shape of the wheels change and the balance is weak, the opponent's arms or body are in your way (assuming he is passive), and you should take this as the sign of wrong movement.

There is no dogma with Judo. Therefore a method cannot be said to be wrong or right, but by testing it against the maxim "maximum efficiency and minimum effort" it can be said that one is better than another. Thus Judo is progressive and each one of us is a potential contributor towards its further development. No one is perfect; all are fellow pilgrims to unknown possibilities.

G.K.



"Says he's been a yellow belt for eight years but he's been so busy practicing that he's missed all the gradings."

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26th January, 1957
By R. Clough
Jones, Miss G. 6th Kyu
Wallwork, Miss S. 6th ..

GEORGIAN JUDO CLUB SHEFFIELD

9th March, 1957. By J. Pigott
Williams, J. 4th Kyu
Tierney, K. 5th ..
Ledger, H. 5th ..
Lidger, F. 5th ..
Hodkinson, F. 5th ..
Cadman, D. 6th ..
Hague, J. 6th ..
White, D. 6th ..
Morris, L. E. 6th ..
Jackson, M. 6th ..
Cockayne, L. 6th ..
Stanley, R. 6th ..
Blaze, G. 6th ..
Wraggs, R. 6th ..
Ibbotson, J. 6th ..
Milner, P. 6th ..

GOSPORT JUDO CLUB

9th March, 1957. By N.G.P.
Craine, A. 5th Kyu
Finnegan, J. 5th ..
Thornhill, B. 5th ..
Carey, R. 6th ..

GRENVILLE JUDO CLUB

26th January, 1957
By L. Gardiner
Elmore, G. 3rd Kyu
Marston, A. 5th ..
Taylor, P. 5th ..
Berry, V. 5th ..
Pearce, R. 5th ..
Higgins, J. 6th ..

HARMSWORTH JUDO CLUB

16th February, 1957
Thurman, E. 5th Kyu
Fisher, F. F. 5th ..
Bolton, A. C. 6th ..
Peters, R. E. 6th ..

HASTINGS JUDO CLUB

2nd February, 1957
By A. A. Zipeure
Salmon, N. 4th Kyu

HATFIELD TECHNICAL COLLEGE JUDO CLUB

4th March, 1957. By N.G.P.
Easton, D. 6th Kyu

HATFIELD TECHNICAL COLLEGE JUDO CLUB

9th March, 1957. By N.G.P.
Yates, L. A. 4th Kyu

HERTFORD JUDO CLUB

4th March, 1957. By N.G.P.
Littlechild, J. 3rd Kyu
Kitching, R. 5th ..

HOVE JUDOKWAI 2nd February, 1957

By A. A. Zipeure
Pollard, R. 2nd Kyu
Fields, M. 3rd ..
Bishop, R. 3rd ..
Morrill, D. 3rd ..
Tubb, I. 4th ..
Cobley, G. J. 4th ..
Leadbeater, B. 4th ..
Martin, C. 4th ..
Hall, A. 5th ..
Edwards, W. 5th ..
Burtenshaw, D. 5th ..
Ediale, J. 5th ..
Otway, J. 6th ..
Birkinshaw, P. 6th ..
Bridle, R. 6th ..
Bliss, H. 6th ..
Theobald, M. 6th ..
Manning, D. 6th ..
Hoskins, J. 6th ..
Franks, J. 6th ..
Worthington, J. 6th ..
Newland 6th ..

LADIES HOVE JUDOKWAI

2nd February, 1957
By A. A. Zipeure
Hollamby, Miss P. 6th Kyu
Thwaites, Miss S. 6th ..

HYSON GREEN JUDO CLUB, NOTTINGHAM

17th February, 1957
By B. Cousins
Wells, J. 2nd Kyu
Botham, E. 6th ..

IMPERIAL COLLEGE JUDO CLUB

4th March, 1957. By N.G.P.
Wright, J. C. 3rd Kyu
Sheppard, J. 3rd ..
Brown, K. 4th ..
Gardner, J. 5th ..
Ettles, C. 6th ..
Ganna, S. 6th ..
Dowie, I. 6th ..

IMPERIAL COLLEGE JUDO CLUB

8th March, 1957
By C. S. Palmer
Williams, G. 3rd Kyu
Danielewicz, F. 4th ..
Cooper, R. D. 5th ..
Glaister, T. 6th ..
Harris, J. C. 6th ..

ISLINGTON JUDO CLUB

4th March, 1957. By N.G.P.
Woodhead, M. 1st Kyu
Wilkins, A. 3rd ..

LEEDS UNIVERSITY JUDO CLUB

20th January, 1957
By E. Dominy
Brown, M. 2nd Kyu
Williams, R. 3rd ..
McGreavy, C. 3rd ..
McKenna, T. 3rd ..
Woodward, P. 4th ..
Jones, I. 4th ..
Keeble, C. 4th ..
Soloff, N. 4th ..
Sykes, E. 6th ..
McDonald, S. 6th ..
Silby, G. 6th ..
Renton, D. 6th ..

McCue, M. 6th ..
Monies, D. G. 6th ..
Williamson, C. 6th ..
Gaunt, J. 6th ..

LEEDS JUDO CLUB

20th January, 1957
By E. Dominy
Elvin, K. 5th Kyu
Dalton, S. 6th ..
Durney, M. 6th ..
Bainbridge, A. 6th ..

LOUGHBOROUGH ACADEMY OF JUDO

9th March, 1957. By N.G.P.
Needham, A. 1st Kyu
Sanderman, L. 2nd ..
Butcher, J. R. 4th ..
Bird, N. 6th ..
Brompton, R. 6th ..

MURPHY RADIO JUDO CLUB

4th March, 1957. By N.G.P.
McPhelity, 5th Kyu

NORTHAMPTON JUDO CLUB

18th July, 1956
By E. N. Dominy
Davis, F. 1st Kyu
Applebaum, H. 1st ..
Spicer, A. 1st ..
Shears, R. 1st ..
Chamberlain, A. 2nd ..
Smart, P. 2nd ..
Labrum, B. 2nd ..
Pearson, N. 2nd ..
Dolman, R. 3rd ..
Daigleish, J. 3rd ..
Applebaum, N. 3rd ..
Blick, P. 4th ..
Webb, A. 4th ..
Wade, M. 4th ..
Blood, D. 4th ..
Douglas, J. 4th ..
Hall, G. 4th ..
Deacon, B. 5th ..
Benemore, A. 5th ..
Benemore, R. 5th ..
Wills, K. 5th ..
Hollowell, D. 5th ..
Dolling, A. 5th ..
Padbury, T. 5th ..
Benemore, D. A. 5th ..
Beach, R. 6th ..

NORTHAMPTON JUDO CLUB

17th October, 1956
By E. N. Dominy
Applebaum, N. 2nd Kyu
Blick, P. 3rd ..
Douglas, J. 3rd ..
Wade, M. 3rd ..
Hall, G. 3rd ..
Webb, A. 3rd ..
Ager, R. 4th ..
Harris, J. 4th ..
Benemore, A. 4th ..
Wills, K. 4th ..
Dolling, A. 4th ..
Benemore, D. G. 5th ..
Benemore, D. A. 5th ..
Thomas, W. 5th ..
Wilson, T. 6th ..
Spittles, D. A. 6th ..
Spittles, D. J. 6th ..
Baskott, J. 6th ..
Gibson, F. 6th ..
Jones, T. G. 6th ..

NORTHAMPTON JUDO CLUB

17th November, 1956
By J. Cooney

Jones, K. 6th Kyu

NORTH LONDON JUDO CLUB

6th March, 1957. By N.G.P.
Baillie, P. M. 1st Kyu
Honour, J. 2nd ..

ODORYU JUDO CLUB KINGSTON

4th March, 1957. By N.G.P.
Buer, M. 5th Kyu
Ling, J. 5th ..
Bishop, C. 5th ..
Burls, M. 6th ..

LADIES ODORYU JUDO CLUB KINGSTON

5th March, 1957. By N.G.P.
Butler, Miss H. 2nd Kyu
Irvine, Miss J. 3rd ..
Smyth, Miss E. 6th ..

OLYMPIC JUDO CLUB BELFAST

11th February, 1957
By G. K. Nevill

Fisher, J. 6th Kyu
Ferris, R. 6th ..
Patterson, J. 6th ..
Andrews, S. 6th ..
Rainey, J. 6th ..
Hillis, R. 6th ..
McConkey, S. 6th ..
McParland, M. 6th ..
Giffon, A. 6th ..
Priestly, H. 6th ..
Miller, D. 6th ..

OXFORD UNIVERSITY JUDO CLUB

9th March, 1957. By N.G.P.
Reid, D. G. 2nd Kyu

LADIES PENGSE JUDO CLUB

5th March, 1957. By N.G.P.
Ambrose, Miss J. 4th Kyu

PORTSMOUTH JUDOKWAI

6th March, 1957. By N.G.P.
Ward, D. 2nd Kyu
Chappell, R. 4th ..

PORTSMOUTH JUDOKWAI

9th March, 1957. By N.G.P.
Smith, G. 4th Kyu
Hind, C. 5th ..
Mellor, I. 5th ..
McShea, P. 6th ..

LADIES REMINGTON-RAND JUDO CLUB

5th March, 1957. By N.G.P.
Almond, Miss P. 5th Kyu
Spriddell, Mrs. J. 6th ..
Fisher, Mrs. J. 6th ..
Lucas, Miss E. 6th ..

REMINGTON-RAND JUDO CLUB

8th March, 1957
By C. S. Palmer

Polley, R. 5th Kyu
Cook, D. 5th ..
Tarling, G. 5th ..
Jones, A. W. 6th ..
Jones, D. G. 6th ..
Neat, L. R. 6th ..
Morley, P. J. 6th ..
Weatherall, C. 6th ..
Morris, N. J. 6th ..
Hammond, A. 6th ..
Helliwell, M. 6th ..

ROMFORD BRITISH LEGION JUDO CLUB

4th March, 1957. By N.G.P.
Finlay, G. 4th Kyu

LADIES ROMFORD BRITISH LEGION JUDO CLUB

5th March, 1957. By N.G.P.
Warren, Miss S. 1st Kyu

ROMFORD BRITISH LEGION JUDO CLUB

6th March, 1957. By N.G.P.

Julier, J. 2nd Kyu
Hughes, H. 5th ..
Sharp, J. 5th ..
Metcalfe, T. 6th ..
Easton, G. 6th ..
Knight, R. 6th ..
Franklin, D. 6th ..

SCOUJUDO CLUB

8th March, 1957
By C. S. Palmer

Ashby, R. 5th Kyu
Bryant, A. 5th ..
Hunt, R. 5th ..
Dathan, D. 6th ..

SHREWSBURY JUDO CLUB

26th January, 1957
By R. Clough

Rickards, M. 2nd Kyu
Wright, G. 2nd ..
Rushworth, G. 3rd ..
Roberts, B. 6th ..
Swain, A. 6th ..

JUNIORS SHREWSBURY JUDO CLUB

26th January, 1957
By R. Clough

Harris, J. 5th Kyu

SOUTHAMPTON JUDOKWAS

12th January, 1957
By T. P. Leggett

Bernard, H. 6th Kyu

SOUTHAMPTON UNIVERSITY JUDO CLUB

4th March, 1957. By N.G.P.
Hannam, M. 2nd Kyu

SOUTHAMPTON UNIVERSITY JUDO CLUB

9th March, 1957. By N.G.P.
Wright, D. 6th Kyu
Davies, R. 6th ..

SOUTH-WEST ESSEX JUDO CLUB

6th March, 1957. By N.G.P.
Patriarca, U. 1st Kyu

THE BUDOKWAI

4th March, 1957. By N.G.P.

Purcell, H. 2nd Kyu
Pausch, D. H. 2nd ..
Andrew, A. A. 3rd ..
Wardle, L. H. 3rd ..
Hartley, G. S. 3rd ..
Jaikaran, S. 3rd ..
Seales, R. 3rd ..
Alexander, B. 3rd ..
Dagwell, B. 4th ..
Gillespie, A. 4th ..
Philpot, R. B. 4th ..
Tang, C. S. V. 4th ..
Brown, K. G. 5th ..
Baker, T. V. 5th ..
Hampton, R. 5th ..
Ward, F. L. 5th ..
Chippis, W. 5th ..
Cranley, T. 5th ..
Jennet, T. 5th ..
Blackman, G. 5th ..
Sullivan, J. 5th ..
Vaughan, I. 5th ..
Mackay, D. J. 5th ..
Fellowes, A. 5th ..
Marker, R. C. 5th ..
Wood, C. G. 5th ..
Page, R. 6th ..
Topham, J. 6th ..
Power, H. A. 6th ..
Sharrock, D. 6th ..
Pitcairn, R. 6th ..
Johnstone, C. 6th ..
Cowap, P. 6th ..
Sutcliffe, M. 6th ..
Silk, S. J. 6th ..
King, S. L. 6th ..
Stevens, J. W. 6th ..
Stoll, M. S. 6th ..

LADIES THE BUDOKWAI

5th March, 1957. By N.G.P.

Toch, Miss M. 3rd Kyu
Ingram, Miss J. 4th ..
Pardy, Miss A. 6th ..
Stevens, Mrs. B. 6th ..

THE BUDOKWAI

6th March, 1957. By N.G.P.

Jones, L. K. 2nd Kyu
Finucane, A. D. 2nd ..
Nobes, C. 2nd ..
Smallcombe, J. 2nd ..
MacLay, J. N. 3rd ..
Reid, R. D. 5th ..
Gayus, I. M. 5th ..

THE BUDOKWAI

8th March, 1957
By C. S. Palmer

Biddulph, N. 3rd Kyu
Nelson, G. B. 3rd ..
Bathe, J. G. 4th ..
Bellamy, P. 4th ..
Downing, C. 5th ..
Jobbins, J. 5th ..

Bichara, P. 5th ..
Levitt, G. 5th ..
Sharp, F. 5th ..
Cowie, E. 5th ..
Boulton, D. 5th ..
Cooley, A. P. 5th ..
Haley, J. W. 5th ..
Haines, N. 5th ..
Parker, E. 5th ..
Graydon, R. 5th ..
Sutcliffe, T. 6th ..
Trollope, J. 6th ..
Sargent, M. 6th ..
Robertson, V. 6th ..
Jacob, A. T. 6th ..

JUNIORS THE BUDOKWAI

8th March, 1957
By G. R. Gleeson

Spencer, T. 4th Kyu
Taylor, P. 5th ..
Quinault, F. 5th ..
Alfred, D. 5th ..
Selby 5th ..
Ball, H. A. 6th ..
Sylvester, N. 6th ..

THE BUDOKWAI

9th March, 1957. By N.G.P.

Reay, A. J. 3rd Kyu

THE JUDOKAN, LONDON

4th March, 1957
By Y. P. Sekine

Ahmad, T. A. R. 2nd Kyu
Ahmad, T. O. 2nd ..
McKay, A. 4th ..
Tan, S. K. 5th ..
Wee, D. 5th ..
Risch, G. 6th ..
North, F. G. 6th ..

TOTTENHAM JUDOKAN

6th March, 1957. By N.G.P.

Styles, J. 2nd Kyu

WATFORD JUDO CLUB

4th March, 1957. By N.G.P.

Biss, J. 5th Kyu
Richards, P. 6th ..

WATFORD JUDO CLUB

6th March, 1957. By N.G.P.

Bonney, G. 6th Kyu
Sawyer, J. 6th ..
Baldwin, A. 6th ..

WELLAND VALLEY JUDO CLUB MARKET HARBOROUGH

26th January, 1957
By B. Cousins

Norman, B. 6th Kyu

LADIES WELLAND VALLEY JUDO CLUB MARKET HARBOROUGH

26th January, 1957
By B. Cousins
Tiffin, H. 6th Kyu

WOLSELEY JUDO CLUB

26th January, 1957
By L. Gardiner

George, T. 3rd Kyu
Copson, J. A. 4th ..
Harmon, G. 5th ..
Harmon, L. 5th ..
Mills, J. 5th ..
Mold, J. 6th ..

LADIES WOLSELEY JUDO CLUB

26th January, 1957
By L. Gardiner

Rigby, Miss M. 4th Kyu
James, Miss M. 4th ..

WORTHING JUDO CLUB

2nd February, 1957
By A. A. Zipeure

Steele, R. G. 4th Kyu

The Match

C. Forrester.

My posture kneeling, with an easy grace,
My feet both folded neatly into place,
My **tanden** firm, and ready for the spree,
I wait in patience for the referee.
The precepts of my teacher come to mind,
Together with the cunning tricks designed
To fool, perplex, unbalance and unman
Opponents unaccustomed to the plan.
Now are the hours of practice bearing fruit—
My face is calm—my nerves are lying mute:
The other man is pale and unrelaxed,
Each nerve and muscle to the limit taxed.
My task is easy, and the battle short—
A minor minute of diluted sport.

The time has come: the signal has been seen
(I notice the opponent's looking green)
I grasp the **eri** in the proper way,
Described in **kumi-kata** for display.
Now, **tanden** leading, body spinning round.
With perfect **tsurikomi** (rarely found),
And energy, momentum, time, and space
Have found ideal expression in this place.
Deep from the **tanden** comes the **kiai** bark—
The bodies swing into a blinding arc—
The cry is "**Ippon**" and the battle won.
The task was simple, and the task is done.
I bow, my face impassive, calm, and clear,
Though deafened by the loud, unending cheer.
I ask myself, as I am homeward bound,
Just why was I the first to hit the ground?

MISCELLANEOUS

An attractive Belt Buckle has just arrived from Japan. In heavy metal of size $2\frac{1}{2}$ " x $1\frac{1}{2}$ ", with a raised illustration of the throw "Uchi-mata." Price 12/6d. post free.

MATS

Rubber mats are becoming increasingly popular, and these can now be supplied. Experience has shown their advantages are:—

1. Cheaper than straw.
2. Do not harbour dust.
3. Do not have to be carefully handled.
4. Easily portable, and may be rolled up.
5. Can be cut to size if odd shapes are required.
6. Present a perfectly smooth surface over the whole area.
7. Do not noticeably wear, and will not disintegrate after lengthy use.

JUDO GI REPAIR SERVICE

We can undertake the repair of jackets and trousers expertly done at a reasonable price. Give your old outfit another lease of life thereby providing yourself with a spare.

Send your garments LAUNDERED, and we will quote a price by return of post.

JUDO GI

We are pleased to announce that special arrangements have been made for the supply of jackets and trousers of a quality hitherto unobtainable in this country. The material has been improved upon, and reinforcing carried out at all vulnerable points. Prices will not be increased (although they cost more), as we are confident that increased sales of this first-class outfit will compensate. Prices will therefore still be the same as shown on page 46.

In response to many requests we have had made to our order very small size jackets and trousers to fit lads of eight years. These are made of the same strong material as the standard outfits. An important point for the youngsters is that we can show a saving of 13s. on the price; and a special discount for quantities will be given to Club Secretaries.

CANVAS

We can now offer heavy best quality 18-oz. canvases in any required size, with eyelets spaced in any desired position. Lighter weights at less cost can be obtained in 15-oz., 12-oz., and 10-oz. weights.

Fill up this whole page,
tear out and return to us to-day

To JUDO LTD., 91 Wellesley Road, CROYDON

Please send me JUDO every month, for which I enclose remittance for £1 12s. 0d. for twelve issues, post paid.

„ 17s. 0d. „ six „ „ „
„ 8s. 6d. „ three „ „ „

Commence with issue.

Name

Address

.....

.....

.....

To JUDO LTD., 91 Wellesley Road, CROYDON

I wish to insure against the risk of injury whilst practising judo, for which I enclose remittance value being the premium for the ensuing twelve months. I am physically fit.

Name.....(Mr., Mrs. or Miss)

Age..... Occupation.....

Address

.....

.....

Date.....

**Purchase your requirements from us
—all fully recommended.**

		£	s.	d.
Jackets.	Best quality obtainable. Sizes : Medium (for the average person), Small and Large ...	2	0	0
	Special child's (to fit 8-year old and up) ...	1	10	0
	Postage 1s. 4d.			
Trousers.	Large or Small (adults) ...	1	0	0
	Special child's ...	17	0	
	Postage 10d.			
Belts.	Any colour ...	3	6	
	Complete set (adults) £3 only.			
	" " (childs) £2 7s. 0d. only.			
	Postage (adults) 2s. 0d. Postage (childs) 1s. 6d.			
	Carriage paid on three or more sets.			
Slippers.	Genuine Japanese ...	17	6	
	(Please state foot length in inches.)			
	Postage 11d.			
Mats.	Straw : Size 6' x 3' x 2½" approx.	4	10	0
	Rubber : " 6' x 2' 6" x 1" "	3	12	6
	Carriage extra.			
Canvas.	Best quality (heavy), eyeletted exactly as required.			
	per sq. yd. approx.	16	0	
	(Lighter weights at cheaper prices).			
	Carriage extra.			

Publications.	Title	Author	Price	Postage
JUDO		M. Feldenkrais	7/6	5d.
JUDO ON THE GROUND		E. J. Harrison	15/-	8d.
HIGHER JUDO		M. Feldenkrais	12/6	9d.
JUDO		E. J. Harrison	3/-	3d.
SPORT OF JUDO		Kiyoshi Kobayashi	18/-	5d.
JUDO		H. Klinger-Klingerstorff	6/-	6d.
JUDO AND JUDO-DO		H. Klinger-Klingerstorff	7/6	5d.
JUDO FOR BEGINNERS		E. J. Harrison	3/6	3d.
THE MANUAL OF JUDO		E. J. Harrison	9/6	6d.
KODOKAN JUDO		Hikoichi Aida	18/-	10d.
	(Edited and Translated by E. J. Harrison)			
TWELVE JUDO THROWS		G. Koizumi	3/6	3d.
	(including B.J.A. Grading Syllabus)			
EIGHT EXERCISES		G. Koizumi	2/6	3d.
FIGHTING SPIRIT OF JAPAN		E. J. Harrison	25/-	10d.
MY METHOD OF JUDO		M. Kawaishi	18/-	11d.
	(Edited and translated by E. J. Harrison).			

Terms : Cash with Order. All Orders to :

JUDO LTD., 91 WELLESLEY ROAD, CROYDON.

INSURANCE

Contrary to popular belief, injuries sustained whilst practising Judo are no greater than when participating in other sporting activities.

Nevertheless, difficulty has been experienced in effecting suitable insurance cover; and because of this "JUDO" has been making extensive enquiries as to the possibility of securing a satisfactory policy—modest as regards premium and free from restrictions. It must be admitted that even a temporary disablement might result in financial embarrassment.

We are, therefore, pleased to announce that we have now been successful in obtaining Personal Accident Insurance facilities of a worthwhile nature for all whilst practising Judo in the British Isles, Eire and the rest of Europe; and as the insurance is on a Lloyds policy, Judoka may rest assured that the scheme is first-class in every way. The premium is exceptionally low, and the formalities very simple. Just fill up the form on page 45 and post to us together with the requisite amount of money. Although there is a little delay in the issuing of policies, you are covered from the time you receive back our receipt for the premium.

The benefits briefly are :

1. Permanent total loss of sight of one or both eyes ... £500
2. Loss of one or two limbs ... £500
3. Permanent total loss of sight of one eye and loss of one limb ... £500
4. Total temporary disablement for as long as disablement continues, but not exceeding altogether 100 consecutive weeks for any single disablement ... £5 per week.
5. Permanent total disablement lasting 12 calendar months or more ... £500
6. Death Benefit ... £500

(Note that we include the first seven days for benefit)

Premium £1 per annum.

These benefits may be halved or doubled at a pro rata rate of premium.

Do not be wise after the event!