

JUDO

VOL. III

APRIL 1959

No. 7



Inside

1959 British Team Eliminations

26

Forthcoming Events

B.J.A. SUMMER COURSES, 1959

Date	Place	Instructor	Fee
<i>Course No. 8</i>			
June 6th - 13th	BISHAM ABBEY	C. Palmer (4th Dan)	£9 0 0d.
(Open only to men of 6th Kyu grade up to and including 2nd Kyu)			
<i>Course No. 37</i>			
June 27th - July 4th	LILleshall Hall	S. Matsushita (5th Dan)	£9 0 0d.
(Open only to men of 1st Kyu grade or over)			
<i>Course No. 50</i>			
July 25th - Aug. 1st	LILleshall Hall	G. Gleeson (4th Dan)	£9 0 0d.
(Open only to men of 2nd Kyu grade or over who are coaching or wish to coach)			
<i>Course No. 90</i>			
Aug. 22nd - 29th	KINGSTON-UPON-HULL	W. Stepto (3rd Dan)	£10 0 0d.
(Open only to men and women of 6th Kyu grade up to and including 4th Kyu)			
<i>Course No. 92</i>			
Aug. 29th - Sept. 5th	KINGSTON-UPON-HULL	C. Palmer (4th Dan)	£10 0 0d.
(Open only to men and women of 3rd Kyu grade or over)			

Only B.J.A. Members can be accepted for the above courses.

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* * *

COURSE No. 37

Please note correct date for this course is June 27th - July 4th.

THIS MONTH'S COVER

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JUDO

APRIL

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KO-UCHI-GARI

Demonstrated by Toshiro Daigo (7th Dan)

Written by George Kerr (3rd Dan)

Ko-uchi-gari is Mr. Daigo's favourite throw (Tokui Waza). Ko-uchi-gari is used by most of the champions here in Japan, but generally to create an opening for their major throw.

Please note that in figure (1) Mr. Daigo is standing in right natural posture, while his opponent is standing in the left posture. When your opponent steps forward with his right leg, take a small step to your left side with your left foot. Then place your right foot against his left ankle to begin the sweep as in figure (2), at the same time pulling your opponent's right arm with your left to your left back corner, while your right hand pushes directly to his back. Remember to sweep your opponent's foot in the same direction as you pull with your left hand as in figure (3). Another important point to remember is to follow through with your leg when you sweep, and to keep pushing with your right hand and pulling with your left as in figure (4). This movement is very similar to Mr. Osawa's Okuri-ashi-harai.

The second variation is done when your opponent steps to the side. Starting from the right natural posture (Migi Shizentai), when your opponent takes a step with his right foot to your left side, as in figure (5). Your left arm pulls out to the left side while your right hand pulls down towards your left foot, and at the same time you sweep his right ankle with your right leg as in figure (6). When you begin to sweep your opponent's foot, sweep out to the side as in figure (7). At the moment you feel your opponent is off balance, change the direction of the sweep and take his foot forward, directly you begin to sweep to the front push straight back with your right hand and pull down with your left, leading to figure (8).

Although this is Mr. Daigo's favourite throw, he has not scored many points with it in major contest. However, in 1951, in the final of the All-Japan Championships, he scored a half point with it against Yoshihiko Yoshimatsu (7th Dan) and at the end of the contest was awarded the decision for this waza-ari. In 1949 he scored a point with it against Hideo Ito (6th Dan) in less than a minute. He fought Tsuneo Nakamura (6th Dan) several times, each time gaining the decision with Ko-ouchi-gari.



Mr. Daigo was born in 1926 at Chiba, which is about one hour from Tokyo by train. He started Judo in middle school, at the age of twelve. By the age of fifteen he was 1st Dan. One year later he was promoted to 2nd Dan, and shortly after 3rd Dan. As a 3rd Dan in a contest at the Kodokan, he fought his way through thirteen opponents of the same grade and so, at the age of seventeen, became a 4th Dan.

The following year in the Red and White contest he threw five 4th Dans, and drew with the sixth man. This earned him his promotion to 5th Dan.

In 1950 Mr. Daigo received his 6th Dan, this not only making him the youngest 6th Dan in Japan, but also the youngest Judoka ever to attain the rank of 6th Dan. The same year he won the Tokyo Championships, winning again in 1951. Also in 1951 he won the All-Japan Championship for the first time. He won this contest for the second time in 1954.

At thirty years of age Mr. Daigo was promoted to 7th Dan, and at present is the head of the Kodokan special students' section (kenshusei). Incidentally, Mr. Matsushita was a student in this section. Mr. Daigo, who graduated from the Tokyo Physical Education University, is still very active, generally training about three hours daily.

JUDO KODOKAN REVIEW

Editor: H. D. Plee

The official translation of the "JUDO" magazine of the Kodokan. Containing the official news of the International Judo Federation. The translation of the twelve Japanese numbers appears every two months on the following dates, January 15th, March 15th, May 15th, September 15th and November 15th.

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AIKIDO

COMMENTARY

R. W. Smith

"... There are in man many regions more fertile, more profound, and more interesting than those of his reason or his intelligence."

—MAETERLINCK.

More than 700 years ago a *budo* school featuring a higher dimensional form of jujutsu was started north of Fujiyama. Its teachings were permitted to only a select circle of nobles. Called *aiki* (union of thought and action), the system was based on force liberated, not imprisoned, and on the idea of continuity and non-rupture. Its principal points were (a) contact, (b) pain, and (c) unbalance. Today the art has evolved to a systematic method of self-defence and is headed by M. Uyeshiba and such disciples as Messrs. Tohei, Tomiki, and Mochizuki. A great number of books have been penned recently on the art (chiefly in French), one of the most recent being by Uyeshiba's son in 1957. In itself, this is surprising since the art has been guarded so jealously down the generations.

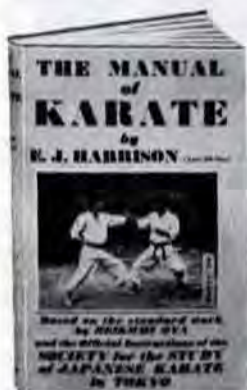
Let us to Tohei's examples. He states that the arm in rigid stubbornness can be bent more easily than one relaxed but attuned to the powers of the universe. If the reader has tried the test he will see that the result is as Tohei predicts: the stiff arm is bent easier than the relaxed one. But to ascribe this to universe energy overlooks the fact that when the muscles of the forearm and the upper arm are contracted or flexed the "folding" of the parts on the elbow pivot joint is greatly facilitated. As for the triangular position, it is functional but hardly unique. It may be seen in self-defence methods of Asia, Africa, South America, Europe, and other locales.

I am idealist enough to hope that the universe does have latent resources untapped by either our mental or physical selves, but I am concomitantly materialist enough to desire a concrete demonstration of this latent energy. Like you I must be shown. However, because I once saw Tohei perform, I do not disbelieve his thesis. In the July, 1953, *Budokwai Bulletin* I wrote as follows:—

"Tohei (8th Dan Aikido), a visitor from Japan, put on a remarkable demonstration of this "higher Judo"—although, of course, it is not exactly that. Five yudansha, including Yoshimura (4th Dan), attacked him simultaneously and were summarily beaten off by the agile little man dancing so daintily on the tatami. The bout was unrehearsed and I have never seen anything to equal it."

One of the five, I remember, was Jim Nisby, a huge negro Dan. Jim was supposed to have been a footballer of some repute and his tactics in the proceedings showed it. He made a driving tackle of Tohei from a distance of ten yards. Tohei absorbed the impact easily, put his hand on Nisby's shoulder, and appeared to push him gently. Nisby went head over heels for a goodly distance down the mat, got up, and shook his head wonderingly. I may have seen more than I thought I did that day. Tohei is not a theoretician but a practical exponent of his art—I have heard that he had to really demonstrate his prowess before he gained access to Judo circles in Hawaii, where he resided for a time recently.

If Tohei's thesis on latent energy is correct, current notions on strength and weakness will have to be revised. Some readers may ask why an aikido master doesn't tackle the All-Japan Judo champion. The same answer which applied to Harry Houdini's question (why no yogi came forth in response to his challenge that he could perform any trick they could) applies here: they don't choose to. Daigo, Sone, Bhollu (a Pakistani wrestler), Wakanohana, and Tochinishiki (sumotori), look on competition as contests at periodic intervals, buttressed by intensive training, the aim being victory. To Tohei the words competition and victory may mean something quite different. Like the man said in comparing Esther Williams and John Weismuller: "It's all in the definition!"



BOOK REVIEW

THE MANUAL OF KARATE

BY E. J. HARRISON (JUDO 4TH DAN)

Price 18/-

(Based on a recent publication by the Society for the Study of Japanese Karate in Tokyo, and the standard work by Reikichi Oya)

So little is known of this most interesting subject, that we cannot do better than quote the inscription on the jacket:—

"The present Manual of Karate is published to meet a growing demand for reliable information on an art which is rapidly gaining ground in the West where it may be said already to have demonstrated empirically its title to be recognised not only as an exciting sport and a valuable means of physical training but also as an unrivalled and most effective system yet devised of self-defence and counter-attack without recourse to lethal weapons and relying for its deadly efficacy solely on the expert's toughened bare hands (the word karate means literally "empty hand"), elbows, knees and feet to defeat either an unarmed or armed assailant.

"The manual is based primarily on a publication entitled "Introduction to the Way of Karate" (Karate-Do Nyumon) sponsored by the Society for Study of Japanese Karate, and to a lesser extent on a standard work on the art by Reikichi Oya. Both these leading authorities are at special pains to warn the learner that the dangerous techniques described in the text must never be tested on any living creature save for purposes of self-defence. The author has devoted great care to the compilation of his manual and it is hoped that, irrespective of sex, those who have taken the trouble to master its instructions will be better able to cope with a genuine emergency perhaps even exposing them to mortal peril at the hands of lawless ruffians."

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.

Sir,

I would first like to congratulate you on your magazine "JUDO," which is rapidly becoming the recognised Judo bible in South Africa. I have managed to secure every copy since you first published, and will do my best to obtain every copy that you print. Almost without exception I have enjoyed each edition, that is except the article "Judo as she is done" by W. Sipple. This article was really in the worst of taste, and contained several blatant lies.

It is a recognised fact in South Africa that Norman Robinson stands alone as far as combat judo is concerned. During the past three months he has taken on thirty-seven judoka in grades ranging from 4th Dan to 4th Kyu, and has most convincingly beaten all of them. As far as Mr. Sipple saying that Norman's ankle sweep is like a left winger's, I would like to assure him that it is one of the finest ankle sweeps in the world, as many who have felt it will agree.

Please pardon our pride when we say that we believe that Norman can beat any man in the world today, with the possible exception of his brother Joe, who is at present in London. This includes Sone, Yamashiki, Geesink, and any of the other top graded men.

The last straw was saying that Professor Robinson advised someone to work on his toes. Can you really imagine a man who has trained scores of S.A. champions, and his two world class sons, saying anything quite as stupid as that. Mr. Sipple is very obviously a "very yellow belt" otherwise he would realise the value of caution when rushing into print about something of which he seems to know very, very little.

It is a pity that some judo men or officials are fighting against one another, because it is this reason which prevents us from competing in Empire and Olympic Games.

I have been practising my moves every day for the last seven years and the more I learn the more I realise that there is a very great deal of learn-

ing to be done. My grade is 1st Dan, which I was given after the S.A. Championships, which were open to all clubs, and these championships were entered by about 250 judoka from Alberton, Johannesburg, Springs, Brakpan, Durban, Port Elizabeth and Berera. In my division alone there were thirty-seven competitors.

Lastly, may I add that I have never had a lesson from the Robinsons nor have I any connection with them whatsoever. I learnt with the Jigoro School of Judo, and am now Secretary of the East Rand Judo Association, with my own club in Edenvale.

May I, in closing, wish you every success with your excellent publication and express our South African greetings to all judoka in the British Empire.

GLEN BILLSON.

Sir,

I have read the article written by W. Sipple, a mere yellow Belt, but if he is not good at Judo, he is obviously a very good liar, because his article is a mass of lies from the start to the finish. I know nothing of him except that he has been well beaten by novices in Johannesburg: this is a statement of M. Davidow, of the Berea Amateur Judo Club.

First of all, Sebastian Hawkins is not 5th Dan, he is a 2nd Dan by Kenshiro Abbe, and again we never said that Sheila Robinson had a 5th Dan, but she is certainly 3rd Dan, in a woman's category.

Re Norman Robinson's open challenge to any ten men in S. Africa, for the Rand Daily Mail Xmas Fund, this he has done many, many times. Re Pitout, who backed out at the last minute, so did Dr. Hawkins; he withdrew his challenge. Pitout made the excuse that Norman Robinson was a professional, which is ridiculous; it is just as well he did not fight because he would have been executed and he would have lost count of the number of points that Norman would have taken from him. If you want to know Norman's true form, I suggest you ask

his Brother Joe, as there is only a split second between them; and in any case, even if you won't admit it at the Budokwai, Joe can beat any white man alive. He proved this in the Budokwai in the presence of Mr. Leggett who refused to go on the mat with Joe, and Mr. Koizumi, a 7th Dan, I am told. I don't know when he earned that, but I do know that you put all your men against Joe for one hour, your best men, until Joe got tired of throwing them down, and then he challenged Kawamura, who would not oblige, but that brave little man Kenshiro Abbe took up the cudgel for the Eastern world. With his own referees and his own Gymnasium where he is instructor, he fought Joe, and according to the judges Abbe lost by a point; but they called it a draw later, to save Japan from eternal disgrace. I am just reading the World Judo Titles of Japan and to me they read like a farce. Fancy 1st Dans entering World Japanese Championships; now I can well understand why they have them, for the last two years they have refused to take the entries of the three Robinson brothers.

If you want to see what Norman Robinson can do we will bring him over; and you can line up Mr. Bloss, Mr. Young, Mr. Gleeson and Mr. Palmer, and you will soon see whether he is a 6th Dan or not.

The biggest lie Mr. Sipple told was that I handed out contracts. I never hand out any contracts and we don't charge for combat, it is free. You can please yourselves if you accept such a lying statement of W. Sipple, the only true word he has said is that he is a very Yellow Belt and went home to practise breakfalls. I hope that he keeps the practice up, for if he ever gets on the mat with some of the good bcys here I don't think he will be able to stand up. Just what he expects to gain by this malicious and defamatory, spiteful article I would not know.

Finally, he is too small fry to take notice of and I am surprised at you publishing such an article without knowing whether it was the truth or not, at least two people that is the Budokwai know more about the Robinsons than he does. You have sampled them, of course, your 6th Dan Mr. Leggett did not like the taste of

the Robinsons' standard of Judo, but I can assure him, if he goes on the mat with Norman or any of the Budokwai 4th Dans, they might as well go on with Joe or Dougie, and that they would not dream of. I have seen a few of the Budokwai's first Dans in Joe Robinson's Gym in London, but nothing could entice them on the mat.

The little man W. Sipple had a very busy day when he wrote this piffle not only to "Judo" but to the Editor of the Rand Daily Mail, and we intend to deal with Mr. Sipple. In fact, we will make him eat his own words, because men like him are a menace to the world of Judo, and I think you will admit I made quite a good job in the teaching and grading of my sons.

Prof. JACK ROBINSON.

Sir,

I have my own Weight Lifting and Judo Club in Scarborough, and am registered with the B.J.A. or which I am proud. Recently I have affirmed the club with the A.J.A.

- (1) because it does not cost anything.
- (2) If any A.J.A. member wishes to visit our club and is put off by the thought that we are B.J.A. only, then that is dispelled. Personally it does not matter to me what club a chap goes to, or his colour or creed. Our aim is to foster the sport of Judo.

We have an A.J.A. club in Scarborough also, and last week-end they had an instructional course. The instructor was Joe Robinson. Now a lot has been said about him in various magazines, but I was invited to the club to see him, as also were all members, and to receive instruction if we so desired.

I must say I was very impressed by his performance, and his all-round ability. Naturally, after the show, I had a long talk with him. I asked him point-blank about various stories I had heard of him. This is what he said, and he is not afraid to back his statements up. "I tried to enter the World Championships and sent my application and fee, but I have heard nothing. I will fight Sone, Matsushita, or anyone."

What I would like to know is:—

Why will not anyone from the B.J.A. meet him and, if they think

he is an upstart, teach him a lesson, and dispel all doubts as to who is the best?

Why not recognise his grade, or give him one, and prove that the B.J.A. aim, which is to foster the spirit of Judo, is really genuine. Why should not all B.J.A. and

A.J.A. clubs invite each other to their respective Dojo's.

Why contests or challenge matches with each Area could not be arranged; and eventually a British Championship be competed for each year.

E. WOOD.

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

1959 BRITISH TEAM ELIMINATIONS

The eliminations for the 1959 British Team to represent this country in the European Championships in Vienna during May this year, took place at the Budokwai, London, on Sunday 1st March.

Probably this year saw the greatest number of entrants since the inception of these eliminations; altogether there were 26 judoka trying to gain one of the five places allotted for the team. As usual there was little doubt who would fill the first four places, providing injury and other misadventures did not occur. Palmer, Bloss, Petherbridge and Young were almost certainties, and so it turned out; indeed we should have been very surprised if these seasoned warriors, who have borne the British symbol so proudly on the last two occasions, had been beaten.



"Making his point" A shot from one of the contests during the eliminations

The years 1957 and 1958 saw Britain win the European Championships twice in succession, apart from their brilliant victories in the individual events, and this year we have the chance of making it a hat-trick; something which no country in Europe has yet succeeded in doing.

The result of the eliminations has given us a team virtually the same as last year's. Presumably Palmer will captain the side, and he is ably supported by Bloss, Petherbridge and Young. It is unfortunate that Newman cannot be available this year to add his tremendous power and energy to the struggle, but we can be sure that his successor will do his best. It looks as though that empty place has been won by a very determined but unassuming judoka from North London—J. Ryan (2nd Dan).

Outstanding among the contestants was F. Pearson of the Budokwai, who scored a superb O-soto-gari against H. Hobbs of the Midlands, and also succeeded in vanquishing Maynard and Stepto. Young provided the best win of the afternoon, when he crashed Burns of L.J.S. into the mat in the first second or two of their contest. McKinnon also provided plenty of excitement with his terrific attempts at Seoi-nage; on one occasion he put his opponent vertically upside down three times before he managed to score.

For the statistically minded, Harai-goshi was used more frequently than any other technique, followed by Tsurikomi-goshi and Uchi-mata. All told there were 55 contests, and only 20 of these ended as draws.

Left. McKinnon attempting SEOI-NAGE.

Right. An attempted TOMOE-NAGE.



	Young	Ryan	Burns	Hicks	Wilde	
Young		W	W	D	W	
Ryan	L		W	W	W	
Burns	L	L		W	D	
Hicks	D	L	L		L	
Wilde	L	L	D	W		
	Bloss	Forbes	Logan	Leigh	Lewis	
Bloss		W	W	W	W	
Forbes	L		L	D	D	
Logan	L	W		D	D	
Leigh	L	D	D		D	
Lewis	L	D	D	D		
	Stepto	Maynard	Smith	Pearson	Hobbs	
Stepto		L	D	L	W	
Maynard	W		W	L	W	
Smith	D	L		W	W	
Pearson	W	W	L		W	
Hobbs	L	L	L	L		
	Palmer	Barnard	Chaplin	Thatcher	Leaper	
Palmer		W	W	W	W	
Barnard	L		L	W	L	
Chaplin	L	W		W	W	
Thatcher	L	L	L		W	
Leaper	L	W	L	L		
	Petherbridge	Dyke	Abbott	McKinnon	Trick	Veale
Petherbridge		W	W	W	W	W
Dyke	L		D	W	L	L
Abbott	L	D		L	W	W
McKinnon	L	L	W		W	L
Trick	L	W	L	L		D
Veale	L	W	L	W	D	

FOR RESULTS READ LEFT TO RIGHT, LEGEND: W WIN, L LOST, D DRAW.

Recorders: M. Hodkinson and M. Lister. Referees: P. Sekine and S. Matsushita.

Technical Board Selection as follows:

Team C. Palmer (4th Dan) D. Young (3rd Dan)
D. Bloss (4th Dan) J. Ryan (2nd Dan)
A. Petherbridge (2nd Dan)

Others required for selection as reserves or individual entrants:

K. Maynard (2nd Dan) R. Smith (3rd Dan)
F. Pearson (1st Dan) W. Stepto (3rd Dan)
J. Chaplin (2nd Dan)

Club Forum

BEDFORD

BEDFORD JUDO CLUB. At the 8th Annual General Meeting of the Bedford Judo Club, on Monday, March 9th, membership was stated to be in the region of 60 members of whom half were juniors. The year's income was slightly in excess of expenditure, but was also slightly less than the previous year, due in part to lower fees paid by the junior members.

An amendment to the club's constitution, excluding junior members from voting or holding office, was passed.

A. Wyth and A. Holdway were elected Honorary Chairman and Treasurer respectively, and B. Cocking and A. Zwetsloot were elected to the committee, and the business of the evening was concluded with a vote of thanks to the retiring Chairman, F. Blackburn, by the Hon. Secretary, J. J. Zwetsloot.

DUNFERMLINE

TORA KITA JUDO CLUB. Secretary, J. Hodge, 38 Shields Road, Dunfermline:—The club is getting a good turnout of regular members and the committee are taking steps to increase the mat area.

On February 8th six members travelled to Perth for grading, but they found the opposition pretty strong. However, three were upgraded and all the members gained valuable experience. Another four will be having a grading at the Tora Scotia on March 8th. The next grading at the Tora Kita will be in May and all neighbouring clubs are welcome.

A welcome break from club routine were the eliminations for the Scottish Coal Industry Judo League Championships (West Fife Area) held at the club on February 15th. In the team event the club proved too strong for the Oda Judokwai, winning 3-0. In the individual events, C. McCartney (Tora Kita) got through in the open and 1st Kyu class. Fiercest competition was in the 3rd and 4th Kyu class, A. Brock (Tora Kita) finally scoring with Tomoe-nage against J. Mitchell (Oda Judokwai). The winner of the 5th and 6th Kyu class was A. McKeenan (Valleyfield). All the successful judoka go forward to the semi-finals at the S.C.I.J.L. show at Bilston, Midlothian, on April 3rd.

Our 1st Kyu are practising very hard at the moment with an eye to the qualifying rounds of the Kawamura Trophy on March 29th, and the subsequent grading in April. Everyone at the club is highly delighted to hear that Mr. Matsushita is coming to Scotland and look forward to his visit.

LONDON

LONDON JUDO SOCIETY. From "Kyu":—The Festival of Judo for 1959 is over and the organisers and officers will no doubt be duly thankful. This year there were no panics or untoward incidents and I have been asked to mention that the committee are most appreciative of the co-operation and general helpfulness of Mr. Knott and his Midland Area team. Two points I would like to mention. First, we were delighted with the very complimentary "write-up" in the March issue of "Judo," but were puzzled at the final paragraph. Surely, Mr. Editor, your correspondent misheard our chairman? Anyway, we have sent the original draft of the introduction to the Editor. Perhaps he will comment again in the next issue.

Secondly, as we received so many congratulatory messages after the Festival, we were sorry to read the notes from Taunton. Criticism is often much more helpful than congratulations, so perhaps Taunton would send us some notes for consideration before next year's show. I would like to point out that Dominy's attacks on Peggy Sullivan are genuine, her bruises after each display rather prove that. Equally genuine are Peggy's throws. Peggy's use of judo during her police duties have been described in the national press and on television and I'm certain that she will be willing to let any doubters have a go.

Our Dan grades had a busy time at the Southern Area gradings, especially the one which took place at L.J.S. We managed to cut the waiting time down considerably except for the Brown Belts where the organisation broke down.

The May Grading will take place at L.J.S. on Sunday, May 31st, arrangements being as follows:—

Sunday morning at 10.30: Ungraded judoka, 6th and 5th Kyus.

Sunday afternoon at 2.30: 4th to 1st Kyu inclusive.

As usual we would like judoka taking part to attend at the above times, but any unable to do so will be welcome at the other session, but please let us know in advance. This will be an official British Judo Association grading and the Brown Belts will be examined by the Technical Board, probably by Messrs. Palmer and Chew.

Visits have been few and far between again, but we have already commenced to receive invitations to give demonstrations at outdoor occasions. As a rule we do not give such shows and are passing the requests to the Southern Area of the B.J.A. Any club interested should contact the area secretary who will, no doubt, pass them to local clubs in any case. I only know of two club visits, both by Eric Dominy. He visited Northampton, where he graded the very large junior section and a few senior grades, and Bedford, where the order of the day was also grading.

CROYDON

CROYDON & DISTRICT JUDO SOCIETY

The Secretary writes to say that their Club has just held its Annual General Meeting; and the large number of members present was a most gratifying sight as an indication of the great interest shown in the organisation of the Club and its activities.

The outstanding event of the year was the completion of the new dojo, which has an area of 40ft. x 30ft., is adequately equipped with lighting and heating, and has benching around the sides for spectators, etc. In fact, the Club believe that this is the only dojo in the country which has been specially built for judo. Although only a few rubber mats have been laid up to the present, it is hoped to fully cover the floor with Japanese tatami within a few weeks.

Because the Club realise that physical activity is not the "be all and end all" of a judo Club, special care has been taken to provide a really comfortable lounge and this was put into operation only a few weeks ago. Here, there is a carpeted floor, easy chairs, and light refreshments of every description. Even a tobacco licence has been obtained.

In order to relieve congestion there are now two dressing rooms for the gentlemen; and already the showers are working overtime and it is obvious that these will have to be increased one day.

Indeed the size and growth of the Club can be better gauged by the fact that a paid employee has had to be engaged working every evening from 6-10 p.m. in order to keep the office and canteen running.

The one most discouraging fact is the almost savage rating assessment. After the Club had spent an enormous sum of money in putting the building into a first-class structure at their own expense (borrowed monies, of course), it is most mortifying to stand by and see the Rating authorities come along and say "Well, well, how lovely; this is very kind of you, now pay three times your original rates"!!!! They will accept no extenuating arguments about such things as physical education, etc.

The popularity of judo in Croydon and the neighbourhood is a force to be reckoned with for during this coming Spring and Summer the Club has received more requests for displays and shows than at any time during its career.

Courses for beginners are being run at all times for ladies, gentlemen, teenagers and juniors. In addition, there are special classes weekly for all kinds of judoka, i.e. low grades, high grades, junior girls, junior boys, ladies only, etc., etc. A new innovation to be commenced almost immediately is a high grade black belt to attend once a week and this class will be restricted to all those with green belts and over.

The new Committee were duly elected and consists of:—

Secretary and Treasurer: Mr. G. Edwards.

Committee Members: Mrs. J. Scotcher, Mr. R. Bullock, Mr. A. Menzies, Mr. J. Menzies, Mr. A. Meek, Mr. R. Foord;

and Mr. P. King representing the new Addington Judo Club.

The Club believe that they now rank amongst the top two or three in the country for size, amenities, and ladies and junior sections. Visitors of any kind will be more than welcome at any time as the premises are open twenty-four hours a day and there is always a resident Caretaker in attendance. The address, by the way, is: 91 Wellesley Road, Croydon.

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JUDO IN SWEDEN

R. H. Lock

Judo has received some good publicity during the last week here in Gothenburg. One of the members of our club is a sports photographer, and last week the sports journalists organised a show in the largest hall in the town. Through Kurt Durewall's influence the judo club had 15 minutes in this show which included some exhibition boxing by Ingemar Johansson and his brother; mass P.T. by beautiful girls; six-a-side football; and a rock 'n' roll item; so there was something for everyone. One of the football teams included Gunnar Gren—or the "Professor" as he is called; and two of the gymnasts were national champions, and very good indeed.

The organisers insisted on something spectacular from us, so we had a randori between one of the girl members and Rolf Johansson (1st Kyu) in which the girl (Gunilla Phersson, who is only fifteen) did all the throwing. The crowd liked this, and the next item, showing one man defending himself



UKI OTOSHI by G. Phersson on R. Johansson

against three, also went down very well. Next we showed some self-defence against knife attacks, and followed with breakfalls, judo principles, slow motion throws, and finished with some fast randori between Bruno Adler and Karl Wost, and Rolf and myself. All in 15 minutes, but we hope it gave the crowd of 2,500 something to talk about.

The day before this show there was some mention of us in five newspapers, and pictures in two, and the day afterwards more pictures and an enthusiastic article by Sven Rydell—one of the best known sports writers in this area, and in his day a very famous footballer. As I mentioned last month, Mr. Kenshiro Abbe is coming here for a week's course from 23rd to 29th March, and during his stay we shall put on a big display with his help. Mr. Rydell has promised he will write another article just before Mr. Abbe's arrival, so that we may get as many people as possible to come and see how judo and other allied arts should really be done. Everyone in this part of the world will soon be getting quite judo conscious.

The first grading since Mr. Jensen's visit in December, took place ten days ago under Bruno Alder's supervision. This was at the end of one of our three months beginners' course, and the standard was not bad. Particular mention should be made of Leif Martinson, who is only sixteen but who scored the best point in the contest with a beautiful Ouchi-gari against a judoka nearly twice his weight. Leif was one of the three 5th Kyus awarded out of the group of ten.

The Chalmers Technical School club has about 25 members, and is full of enthusiasm. I help them with instruction twice a week, and afterwards we all sit in their "hot room" and sweat a little more. Last time the temperature was 200°F. which perhaps sounds a little high, but the air is very dry and we only stay in a few minutes, take a cool shower, then in again. It's so nice when you stop! On my first visit it was only 155°F. and after one minute I felt as if I was dying, but it is surprising how quickly you get used to it. In Finland, of course, they sometimes have it over 215°F., and immediately afterwards dive into the snow—but I think that's going too far.

We have a small, but charming, girls' section of five or six, and they are learning quite quickly—especially Gunilla, whom I mentioned before. We hope to increase the size of this section shortly.

We have heard of another club, in Uppsala University, apparently run by an Englishman, so we are trying to make contact with him. The distances in Sweden are so much bigger than in England that it is possible there are a dozen clubs in the country, each one thinking it is the only one.



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G.K. House Fund

We are pleased to announce details of two more efforts by Mr. Koizumi in his endeavours to raise the necessary finance in order to purchase the freehold of the above building—which is of course the home of The "Budokwai."

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Demonstrated by T. Otaki, 8th Dan.

Although this book is in Japanese, it has an English translation in the front. There are far more illustrations than text; and its 64 pages describe many throws, shiai, exercises, kappo, etc., etc.

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The support of our readers would be much appreciated

A Judo Diary

Our experiment last year in publishing a Judo diary was so successful that we have produced one for 1959 which has been **specially printed throughout** for us. It is far and away better than the previous diary both in size and quality, with much more information; and is definitely a

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Here are just a few of the contents:—

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- ★ B.J.A. Mon Grading Syllabus for juniors.
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Whispers in the Wind

G.K. House Fund

Elsewhere in this issue will be found details regarding further efforts by Mr. Koizumi to raise funds for the ultimate purchase of The Budokwai's premises. I need hardly add that any support — no matter how small — is more than welcome for this worthy cause.

Judo News

It is not so long ago that friends who knew of my interest in our sport used to delight in pointing out new items relating to judo when they appeared in the papers. On one of my visits recently to the Editor's office I saw his huge collection of press cuttings from all over the country re judo news and it would seem that such items are now extremely commonplace and regular. No wonder my friends have ceased their bantering now that judo has been accepted as of general public interest.

An Exhibition Club ?

Whilst in Croydon I took the opportunity of looking in on the Croydon & District Judo Society, and what a surprise. The new dojo is a sight for sore judoka eyes — glass all round (out of harm's way, of course) and seating for all. Pastel tints complete the picture set off by tubular lighting.

The carpeted lounge with its gay contemporary curtains and easy chairs is a positive rest cure; and the modern counter connecting the canteen is large enough to rest many elbows. And what those Croydon folk drink! Orange juice served hot and coffee by the pint glass.

I came away deep in thought, and am convinced that this Club offers more overall than any other club in the country, bar none.

Foreign visitors

A colleague in Germany has written asking if I know of any Clubs who would care to entertain say half-a-dozen guests from overseas for a few days during the coming summer — accommodation would have to be found, of course. The compliment would naturally be returned.

As this is not the first time I have come across the desire of our foreign friends for exchange visits, I should be grateful if all clubs able to offer judo hospitality would let me have their names and addresses. I can then forward details on to any enquirer without further ado. I personally would like to see very much more of this kind of visiting, as it makes for better understanding between peoples — and much more so if the said peoples happen to be judoka.

Veritas



The Winning Team

UNIVERSITY NEWS

British University Judo Association

D. Thurnham

UNIVERSITY CHAMPIONSHIPS, 1958/59

The Regional Champions this year were Bristol, Cambridge, Leeds, Loughborough and Glasgow, four of them having every intention of ensuring that Leeds were not University Champions for the fourth year running. The venue for these contests was the Budokwai.

Eliminating Round

Glasgow soon had a chance to show their superiority, beating Cambridge (4-1).

Semi-Finals

Glasgow beat Bristol (4-1). This was another relatively easy match for Glasgow, but A. Sweeney (1st Kyu) scoring with a beautiful Tai-otoshi, made certain they did not have it all their own way.

Leeds beat Loughborough (5-0). The high spot in this match was N. Clayton's Tsuru-komi-ashi, on his unsuspecting Loughborough opponent in the very first second of the contest.

FINALS—Results

Glasgow
T. Orr (3rd Kyu) Hikiwake.
R. Brown (1st Kyu) "
N. Kirk (1st Kyu) "
F. Davidson (1st Kyu), 1 point.
($\frac{1}{2}$ De-ashi-harai, $\frac{1}{2}$ Harai-goshi)
J. Cumming (3rd Kyu) 0.

Leeds
P. Bradfield (3rd Kyu).
N. Clayton (3rd Kyu).
S. W. McDonald (3rd Kyu).
R. B. Williams (2nd Kyu) 0.
I. C. Holdsworth (1st Kyu), 1 point.
($\frac{1}{2}$ O-uchi-gari, $\frac{1}{2}$ Tsuru-komi-ashi.)

Deciding Contest

F. Davidson, 1 point.
(Harai-makikomi.)

I. C. Holdsworth, $\frac{1}{2}$ point.
(Uchimata.)

The finalists were certainly the two best teams present and it was fitting that they should meet in the final. The excitement was high from the start and mounted steadily as the match proceeded. The first three contests were extremely well fought, but neither team could make the other concede a point, and all three ended in draws. In the fourth contest the Glasgow captain had a slight edge on B. Williams, and put his team one point ahead. Leeds then released Holdsworth to vent his fury on Glasgow, but he could do no more than even the scores and so the result was a draw.

A deciding match was necessary, and each team chose its representative. Holdsworth was first to score, with his favourite waza, but it was not decisive. Suddenly the match was over as Davidson executed a beautiful Harai-goshi against his formidable opponent.

Thus our congratulations go to Glasgow, and our thanks to both finalists for a splendid match. Hard luck, Leeds, your reign is at an end for the present, but I have no doubt you will be back again.

We also most sincerely thank Mr. Gleeson for refereeing the match, and allowing us the use of the Budokwai.

Recorders: J. Semple, M. Hannam.



"When I told you to use your loaf I didn't mean for breakfalls!"



Name : EDWARD MOSSOM.

Profession : Sales Engineer.

Started Judo at the Budokwai in 1932.

1st Dan, 1937.

2nd Dan, 1940.

3rd Dan, 1943.

Represented Great Britain in International Contests, 1948/9. Also represented the Budokwai against Germany, 1938.

Instructor to G.E.C. and L.E.B. Judo Clubs.

Hobbies : Reading and Philosophy.

AREA NEWS

WELSH SECTION *G. Thomas*

After my remarks in last month's issue, on the apparent apathy of many Welsh judoka, I am pleased to report on a very successful judo activity in Wales this last month.

The Samurai Judo Club, **Swansea**, presented an excellent exhibition of judo in the Sophia Gardens Pavilion, **Cardiff**, on February 23rd. Stars of the show were Messrs. Koizumi, Matsushita, Gleeson and Stepto. Many items were presented including Welsh Kyu grade Championships, won by Mr. Bennet (1st Kyu) of Caerphilly J.C., who beat Mr. Evans (2nd Kyu) of Samurai J.C. Also Welsh Dan grade Championships, won by Mr. Russ Lewis (2nd Dan) who beat the reigning Champion and Welsh National Coach, Mr. Alan Petherbridge (2nd Dan).

The facts appear "cold" in print, but I assure you the contests were quite the reverse. The latter contest went to the time limit of five minutes without any decision, so Mr. Matsushita, the Referee, called for extra time and, after the seventh minute, Russ Lewis toppled Alan Petherbridge over with Ashi-waza to gain waza-ari.

The last two months have certainly been profitable for Russ Lewis. Not content with gaining his 2nd Dan, Russ beat the strongest judoka in Wales.

The Display was also the venue for a Wales versus England match. The teams and results are as follows:—

ENGLAND		WALES	
Gleeson	(4th Dan) drew with	Petherbridge	(2nd Dan)
Stepto	(3rd Dan) do.	Edmunds	(2nd Dan)
Maynard	(2nd Dan) do.	Lewis	(2nd Dan)
Penfold	(2nd Dan) beat	Twick	(1st Dan)
Logan	(1st Dan) beat	Keale	(1st Dan)

Other features were Nage-no-kata, demonstrated beautifully by Peter Keale (1st Dan) as Tori and John Twick (1st Dan) as Uke; G.K. with the Juniors; Ladies' Judo; Judo and Ju-Jitsu demonstrated by Geoff Gleeson and Alan Petherbridge, who also did Kendo; Kime-no-kata by Matsushita and Stepto, and lastly Matsushita versus ten Black Belts. Most of the judoka in the audience were waiting for the maestro's Hanai-goshi, but we were delighted to see Osoto-gari, Seoinage, Ashi-waza, together with the inevitable Hanai-goshi.

Heartiest congratulations are due to the organisers on this fine effort, the results of which will contribute greatly in forming the new judo club in Cardiff, mentioned in past issues.

Many A.J.A. club members were in the audience, and I feel pretty certain that this show illustrated the standards and conduct of the British Judo Association in Wales, which I hope will influence the development of our sport.

The British Team eliminations were held in the Budokwai on Sunday, 1st March, and I am pleased to report that Alan Petherbridge has been selected once more. Well done!

I have been informed that Alan Don, the Instructor/Secretary of the **Usk** Judo Club is indisposed. Alan is a member of the Welsh Area Committee, and a strong 1st kyu. I am sure that all members wish him a speedy recovery.

Once again the **Glamorgan** Education Authority have sought the advice of our Association regarding Judo Instructors. It is obvious that the Department concerned have decided which Judo organisation is better fitted, technically and aesthetically, to teach our sport. We can be justly thankful and proud to be B.J.A.

To date only three clubs have replied to the circular regarding a proposed judo course to be held in Wales. It is hoped that other interested clubs will let me know as soon as possible their preference, so that arrangements can be made.

WESTERN SECTION *J. Murphy*

The first quarterly gradings for 1959 were held at **Weymouth, St. Austell, Taunton, Plymouth** and **Bristol**, under the able guidance of Gerry Hicks and Pete Kellaway. Approximately 250 judoka participated at the various centres. Once again a big majority were juniors.

On Saturday, 7th March, the eliminations for the Area Championships were held at Taunton Judokwai's new dojo, and I may add that the tatami was well and liberally christened. It was pleasing to note that nearly every club in the Area took part. The results were as follows:—

BOB TAYLOR TROPHY—	BRISTOL JUDOKWAI v. EXETER JUDOKWAI.
SUMMERS CUP	— EXETER JUDOKWAI v. TAUNTON JUDO CLUB.
SAINEIN TROPHY	— TAUNTON JUDO CLUB v. COTHAM GRAMMAR SCHOOL.
(Juniors)	
HENLYS CHALLENGE —	D. SYMONS (TAUNTON v. A. SWEENEY (BRISTOL U.).

These finals will be held at Plymouth on 21st March; by the time you read this, the results will have been decided.

Our thanks to Frank Pearson (1st Dan), now practicing at the Budokwai, for his firm and concise handling of the refereeing. His was a difficult task ably carried out.

Mr. Matsushita pays his first visit to the West on the week ending 14th/15th March, and together with Geoff Gleeson, our Technical Advisor, will be taking an Instruction Course at Bristol.

Arrangements are well in hand for Exeter Judokwai's forthcoming visit to **Rennes**, and you will be receiving an eye-witness account in due course.

Welcome to several new clubs in the Area—**Boscombe Down** Judo Club, **Amesbury**, **Wellington**, **Uffculme**, and the first all-juniors' club in the West—**Percy Boys' Club, Bath**. May we wish them all success in their endeavours.

Bon Voyage to Chas Lewis (1st Kyu), of the Exeter Club, who is shortly taking up a new appointment in the Falkland Islands. Good Luck, Chas.

SOUTHERN SECTION *M. Leigh*

The Committee met on 28th February, and two judoka were elected to represent the Southern Area at the special course mentioned in these notes last month. They are J. Wilkinson (1st Dan) of O-Do-Ryu (Kingston) and M. Green (1st Kyu) of Sutton J.C. The nominal £2 10s. fee charged by the B.J.A. will be paid by the Area.

The Treasurer's Report was read by Mr. Morphew and, although the financial position has improved slightly, we would be able to do far more

for the Area were all defaulting clubs to send in their subscriptions. Our Area has only recently been started, and a good deal of money is required for efficient organisation. Send the subs to:—

Mr. Morpew, 32 Green Lane, Worcester Park, Surrey.

London Judo Society put on their annual "Festival of Judo" at the Albert Hall on February 14th. Juniors took up a large part of the show, which included a five-a-side contest between L.J.S. and the Southern Area. The result for Southern Area was one win, two draws, two losses.

In the Southern Area team G. Carter (novice) of P.A.A.J. scored an excellent win over Harrison of L.J.S. with Harai-goshi. The L.J.S. men's team lost to Area Champions Midlands by two contests to three.

The first Area Display will be held in **Guildford** sometime in July. At the next committee meeting on Saturday, 4th April, we will be arranging our first Area Courses.

The L.J.S. Grading went smoothly but, at the time of writing, the Portsmouth and Sittingbourne gradings have not taken place. The next Area Gradings will be held at four clubs. Times and dates will be in the next issue.

MIDLAND SECTION *E. Price*

On Saturday, March 7th, I was invited to the **Shard End** Judokwai to see their first display.

Shard End is a new estate on the outskirts of Birmingham and among the people who moved into these new houses there were bound to be a few judoka, mostly members of the B.A.I. Judo Club. Finding themselves now living such a long way away from the B.A.I., what could be more natural than that they should launch a new local club? This they did, while still keeping up their membership of the B.A.I., though they could no longer attend their original club as often as they used to do. The same story could be repeated concerning other new estates in outlying districts, so the B.A.I. is now a sort of parent club to a number of sturdy offspring.

If this show was anything to judge by, few of the offspring can be any sturdier than Shard End. The show comprised demonstrations of breakfalls, how points are scored, randori, contests, and katas. The contests were the quarter-finals, semi-finals, and finals for the club shield. In the final, Webber, 3rd Kyu, defeated Webber, 4th Kyu (Webber, 2nd Kyu, having been rather surprisingly beaten in one of the semi-finals) and the contest was refereed by Webber, 1st Kyu!

Yes, the Shard End Judokwai is something of a family affair, with the four brothers Webber. The instructor and mainstay of the club is Ken Webber, 1st Kyu. As I write this, he is still waiting to hear the result of a recent attempt to attain 1st Dan.

Three katas were performed in the course of the display: they were Katame-no-kata, Gonosen-no-kata, and Nage-no-kata. They were all very creditable performances, but I personally felt that the Nage-no-kata stood out, not only above the other two katas, but above every other item of a show that maintained a high standard throughout.

I should like to thank all the members of the Shard End Judokwai for giving me such an excellent evening, and I hope that their display has helped to put them well and truly on the Judo map. If any judoka should ever feel like making the trip to the wilds of Shard End on a Monday or Wednesday evening, the Webbers and their fellow judoka will guarantee them a welcome.

Before I leave the subject of the Webbers, I must pass on the message that I was given by Ken Webber concerning the recent visit to the L.J.S. Festival

of Judo. The show itself has been fully reported in last month's magazine, but Ken has asked me to express his appreciation of the courteous treatment provided by the L.J.S. This information came as no surprise to me, as I visited the L.J.S. myself in 1952, and I well remember that the L.J.S. members certainly know how to make a visitor feel that he is welcome.

So, on behalf of the Midland team, here is a public "Thank you" to the L.J.S. for the way in which they looked after our lads.

Now I have only a few small items to add to these notes.

Firstly, the Area made a profit of £23 on the Christmas Draw, which is very welcome, as our finances have never been very sound.

Secondly, to remind you, if this reaches you in time, that the fourth annual Midland Area Championships will take place at the Wulfrun Hall, **Wolverhampton**, on Saturday, April 4th, 1959. There will be a full report in next month's issue.

Finally, I should like to remind all Midland judoka that the national inter-Area Championships are to be held in the Midlands this year, and the date for your diary is Saturday, September 26th, at the De Montfort Hall, **Leicester**. The success of the event depends very largely on the efforts of the Leicester J.C., whose members are going to have a lot of work to do during the summer. The Area committee is, naturally, giving all the help possible, but there are many jobs which can only be done by the people on the spot, and we owe a debt of gratitude to the Leicester J.C. for their willingness to take on the job. Incidentally, it may not have escaped your notice that we usually have our Annual General Meeting in September. It is felt that it would be inadvisable to have an A.G.M. so close to the date of such a big event, so all clubs will be circularised to ask if they will agree to an A.G.M. at a later date than usual.

NORTHERN SECTION

You may have noticed the lack of area notes last month. This was due to lack of material. If you want to read about your area I must have something to write about.

AREA GRADING. The first area grading of this year has just taken place at **South Shields**. There were 82 applicants, 44 of which were upgraded. Junior judo seems to be spreading more in the area now. There are four clubs represented by juniors in this quarter's grading. The total number of juniors taking part is also greater than last time.

Looking through the dead file in the area records, I see that the largest fall off is during the 6th and 5th kyu stage. I feel that this is due in part to lack of interest in the lower grades by the higher ones. I have often seen darker belts battle away all evening without going near the lighter shades. I know that custom says that lower grade asks higher grade for a practice, but sometimes lower grade is too awed by the shade of the belt to dare to speak to the sacred person. The novices appreciate a little instruction now and again as well. Try it in your club and note the step up in interest.

At this grading some trouble arose over the old story that crops up at every grading: "I couldn't get my name in in time." May I say once more that I will not accept any names for grading that have been put in at the last moment. I try to send the application forms out at least four weeks in advance and if you cannot get your name in by five days before the grading then it is your hard luck and you will have to wait three months until the next grading. I had hoped for co-operation from the area Dan grades over this matter but apparently I hoped in vain. It is no use making rules if one person is going to turn round and indicate that they think they are above such things. Black belts are, I hope, mortal beings and not gods.

I note that the Welsh section had the same trouble as us when they organised a grading for higher grades. We had the same Dan grade examiners and even though I opened the course to three other areas we could not fill all the places. Even the theory side turned out the same. Is this then a national problem? Does theory desert all higher grades at a grading? Lack of fitness also seemed to be a snag.

Finally, I apologise for any delay you may have had recently in receiving answers to letters you may have written to me. This is due to my absence from home for over a week owing to illness in my family.

NORTHERN IRELAND SECTION *Denis F. O'Sullivan*

By the time this report is published we hope to have completed our Easter Course, which is being held in the Y.M.C.A. Judo Club premises on Saturday, 28th, Monday, 29th, and Tuesday, 30th March. We have obtained the services of Mr. R. Smith (3rd Dan) and are looking forward to our three days of instruction. Sessions are as follows:—

Saturday	10 a.m. - 12.30 p.m.	2.30 p.m. - 5.00 p.m.
Monday	10 a.m. - 12.30 p.m.	2.30 p.m. - 5.00 p.m.
Tuesday	10 a.m. - 12.00 noon	GRADING (comm. 2.30 p.m.)

The subscription will probably be £1, with an extra 5s. for those who take part in the Grading.

Efforts are being made to hold a Dan Grading at the course also, but what appears to be an unhealthy lack of interest on the part of a number of the eligible judoka seems to be the chief obstacle.

Our League Competition will also have been decided by the end of the month, and up to the moment many exciting matches have been held with the promise of others even more exciting. Surely the most closely fought match to date must have been that between **Ulster** and **Lisburn** Clubs, when the former emerged victorious by the narrow margin of half a point out of nine contests. The final issue now seems to rest with three clubs: R.U.C., Belfast and Ulster.

On Saturday, 7th March, at the Ulster Dairy Queen Display in Castle Grounds, **Bangor**, the North Down Judo Club are to stage a short feature. We wish them all good luck.

The C.C.P.R. have recently requested that coaches be provided for School Leavers' Judo Courses to be held in Annadale School as follows:—

- (1) **BOYS.** Tuesday and Wednesday, 19th and 20th and Wednesday, 27th May.
- (2) **GIRLS.** Wednesday, 20th, and Wednesday, 27th May.

The two judoka selected to take part in the forthcoming B.J.A. subsidised course are S. Anderson (1st Kyu) and R. Christy (1st Kyu).

With regard to a Section Badge, which is to be worn on track suit or judogi by those to whom it has been awarded, a special committee has been formed to report back to the Area Committee at the next meeting.

NORTH WEST SECTION *R. F. Gellatley*

Things are looking up in the North West. In January we had instruction from Kenshiro Abbe; in February we were delighted to have G.K. up showing us Kata and in March we had Geoff Gleeson making us really work at our Judo.

No-one can complain about the lack of high grade tuition now—but we can complain that although many people moan about the lack of instruction these same people seem to be busy elsewhere when that instruction is available.

Will all keen Judoka in the area make a note that Saturday afternoon and all day Sunday, April 11th and 12th, there will be a course run by G. Gleeson and S. Masushita. On the Sunday morning there will be a Black Belt Grading—the first for almost two years—so get in there lads, we need some more Dans in the area.

More good news. There will be a dance at the **Apollo Ballroom, Ardwick Green, Manchester** on Wednesday, April 15th. The idea of this is to give all Judoka, regardless of affiliation loyalties, a chance to meet each other socially. There will be a bar etc., and it should be a right good do!

Judo seems to be gaining in popularity as entertainment. A local "sporting club" usually devoted to wrestling and strip tease, put on a show in aid of the Spastics and a display of Judo was included. The local people thought that it was very good, indeed, many preferred it to the wrestling—but whether they preferred it to the strip tease I couldn't find out!

We had a visiting Belgian 1st Dan at the K.N.K. recently, who studied under Kawashi. His brand of Judo is very gentlemanly—but he throws you just the same! The approach seems to be different on the Continent—not as much rough stuff.

The show at De Havilland, **Chester** went down very well. Poor Denis Murdey, 1st Dan went there to take part in a line up against S. Masushita and found himself with a line up to take on himself! Despite the fact that he had a very heavy cold Denis obliged, although he confessed that he thought he would never get to the end of them. It seems that his opponents were all seeking glory and attacked like fury.

The dance at **Bacup** last month went down very well indeed. A notable point is that apparently Bacup is noted for its Teddy Boys and their hooliganism at the local dance hall. At the Judo Dance, unlike the Police Ball, the Teddys were not in attendance. Discretion is the better part of valour.

I have been asked to complain in this column about the mystery of the missing grading cards. It seems that people handed in their grading cards at gradings held as far back as last June, but they have never had them back—nor does anyone seem to know where they are! Also, many club secretaries are complaining that although the rule is that Application for Grading Forms have to be in at least two weeks before a grading they are finding it impossible to get these forms from the Area Recorder. One secretary tells me that he even went to the Recorder's home, and still hasn't got the necessary forms. Come on George, what do you have to say about it?

Do other Areas have "floating Judoka"? This is the chap who is not a member of any club, but floats from club to club, paying a Dojo fee if asked, but not if possible. They are a menace I think, if everyone had their outlook clubs would have to close down. You can't run a club on chance Dojo fees.

Well, I'll close now, hoping to see lots of people at the Apollo Dance on the 15th.

NORTHERN HOME COUNTIES SECTION *J. H. D'Arcy-Evans*

Some time has elapsed since my last contribution to Area News. Pre-occupation with other Area work as Area Secretary has mainly prevented this. In consequence I asked to be relieved of my duties as Secretary, and agreed to act as Minute Secretary and Judo magazine contributor. Other secretarial work is now being done by Mr. H. Cooke, who is also Area Recorder.

Mention of the Area Recorder brings me to a further item of news. This is that the task of duplicating the entire registry of B.J.A. for all clubs in our area (some forty clubs in all) has now been completed, and all applications for grading should now be made to:—

Mr. H. Cooke, 53 Alder Crescent, Luton, Beds.

The Area is to conduct a grading very shortly now for Kyu grades only, and final details will be forwarded to all clubs when they become available. This, of course, was not possible until the registry was complete and, with this job now done, it will add to the facilities offered by the Area to all clubs.

Large quantities of aspirin are being consumed at the moment by the committee members who are engaged in organising our first Area Display, for, believe me, they are having a few headaches. Just how ambitious this will be, and its possible venue, are matters which, at the moment, are rather nebulous, but again all clubs will be informed as details become finalised.

Mention must be made of the eliminations for the British Team and the Area's representation. Four Dan grade judoka were entered, Messrs. Maynard (2nd Dan), Leaper (1st Dan), Hurrell (1st Dan) and Patterson (1st Dan). Many of you who have visited the Budokwai will undoubtedly be acquainted with Mr. Maynard, and Mr. Leaper was Area Team Captain in the National Championships held at Manchester. The results of these eliminations are now to hand, and it is gratifying to note that Mr. Maynard has earned himself sixth place in the group of ten people from whom the British team will be chosen. Congratulations Mr. Maynard!

This news brings me fairly well up to date, and on this successful note I will draw to a close my news for this month. One last thing, however, will all club secretaries please note that any contributions you make and submit to me for inclusion in these articles are most welcome. This would be so even if such information received does not find its way into these articles on every occasion, for the knowledge gained is useful to the Area Committee in ascertaining the extent and scope of activities within the Area. All blurbs should be addressed to me at 15 Wandon Close, Stopsley, Luton, Beds.

Late News. The Area Display will take place on Saturday, April 18th, 1959, at Watford Technical College, commencing 7.30 p.m.



THE JUDO MACHINE

BODY MOVEMENT AND PHYSICAL EXERCISE

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

The human body is constructed to move. The more it moves—within reasonable limits—the better it is. When all movement ceases it ceases to live; even when any single movable part ceases to move freely, trouble begins.

All movement throughout the body (except for the white blood corpuscles, and the ciliary movement of certain epithelial cells) is caused and controlled by muscle fibres (e.g., muscles move the joints, muscles form the walls of the heart, intestines, and arteries). Muscles are composed of bundles of many fibres. These fibres are built of cells and controlled by nerves. When we bend our arms the biceps contract (i.e., shorten and thicken), and the muscles which hold the shoulder joint, brace to take extra strain, and to supply a firm base.

The most strenuous movement is that of the biceps (shortening action). The second, in order of exertion, the muscles holding the shoulder still (maintaining action). The least strenuous is that of the triceps (lengthening action).

The muscle cells obtain energy to contract by the breakdown of a chemical substance. Immediately after the contraction they "re-load" by rebuilding this substance, and in so doing burn up blood-sugar in the oxygen supplied to them by blood circulation. The resulting carbon-dioxide, water, and other waste substances, are carried away by circulation.

This burning up, which is called metabolism, supplies the heat to keep the body warm. The term metabolism includes the burning of fuel (blood sugar), the breaking down of old tissues, and the re-building of new. The more often muscle cells are worn out by use, the greater the number of replaced cells, i.e., if we are constantly using a muscle, steadily increasing the amount of work it has to do, the number of cells composing it will gradually increase. It will, therefore, become progressively stronger, as the pull which a muscle can exert depends on the number of cells contracting. Muscle cells cannot regulate the pull, either they pull with full force, or not at all, so if we pull gently with a muscle we are contracting a low percentage of its cells; if we pull as hard as we can we are contracting a high proportion of its cells. As the cells have to "re-load" between each short contraction to maintain a prolonged pull they work in rapid relays, which is the reason why muscles which are straining vibrate.

All the fibres of a muscle do not contract at once, except under conditions of extreme urgency, or the influence of deep hypnotism, or such drugs as strychnine, or substances produced by lock-jaw (tetanus). This is because the full contraction of powerful muscles can injure the body—even break bones. To guard against this the "throttle" in the brain seems to be screwed down, and only opened by extreme danger or deep hypnotic suggestion.

On the other hand, the muscle cells never all relax at once, except when under deep anaesthetic, when the limbs have to be carefully controlled as bones can easily be broken if the limbs are allowed to fall against hard objects.

This state of partial contraction is called "tone." The muscle-tone of a person is governed by various factors. The muscle-tone of an active person

is higher than that of one of purely sedentary habits; that of a restless person is higher than that of a lethargic one. The muscle-tone of the body can be raised or lowered by glandular disturbances, or illness, and the tone of individual muscles becomes excessive if over-used or if attached to stiff joints. Cold, fear, excitement, fatigue or worry temporarily raises the muscle-tone, especially of the neck and spinal muscles. Heat, or despondency, will lower it. For the efficient working of the body, all the muscles should not only be able to contract reasonably strongly, but also to stretch to their full extent.

Muscle Fatigue. If we repeatedly contract any muscles, and keep on doing so, after a while the effort to do so becomes greater until we can no longer make the movement, however hard we try. What is the cause of this exhaustion? If it is a single muscle, experiments have shown that the part which becomes exhausted first is the point where the controlling nerve "sparks off" the muscle contraction. If it is the whole body involved, the most frequent cause for cessation of vigorous movement is that the demand for oxygen becomes greater than the rate the lungs and circulation can get it to the muscle cells. If the movements are slower or only part of the body is involved, then muscle fatigue will be due to the circulation not being able to remove the "metabolites" (i.e., the waste products) fast enough.

Fatigue from slower movement, such as walking or working are partly due to the last mentioned factor, but largely due to mental tiredness. It can easily be observed how much more quickly we tire when doing something which we find boring than when we are doing something in which we are very interested or very anxious to get done.

Muscular efficiency is at its greatest at around 60%, e.g., if we have to spend all day shovelling a heap of sand and find that the maximum size shovel we can use is one which holds 100 lbs., then if we use one which holds 60 lbs., we will get more done in the day than by using any other sized shovel.

Exercise. We can all notice that if we are constantly performing any special action every day, several things will result:—

- (1) The action becomes less tiring, so we can keep it up for longer periods.
- (2) We can gradually deal with greater strains.
- (3) The muscles employed become thicker.
- (4) We can perform the action more accurately and more quickly.

The muscles become tired less easily because the circulation through them is improved, stronger and bigger because the number of muscle cells is increased, and more accurate and less tiring because the pattern of nervous control becomes more familiar and requires less and less conscious attention, i.e., it becomes automatic.

These are specific effects of any regular exercise. The general effects of exercise which employs the whole or greater part of the body is:—

- (1) To increase the lung capacity and power of the heart to enable more oxygen to reach the muscle tissues in a given time. Prolonged moderate effort is more effective and safer for this purpose than short violent spells.
- (2) To improve the organs of digestion, and the organs of elimination, i.e., kidneys, bowels and skin.
- (3) To raise the general metabolic rate, thus getting rid of undue "chilliness" and excess weight.

- (4) To improve the general circulation, thereby removing chillblains and skin blemishes, and improving all organs.

Whilst a more vigorous and purer blood supply cannot be claimed to increase the size of the brain, it does enable it to function better, and to give the owner more energy to use it.

Regular performances of well-selected exercises will loosen up the joints, strengthen the muscles, stretch the shortened ones and normalise their "tone." If muscles are not frequently stretched to their full length, they gradually shorten, thus limiting their full range of movement. If the shortened muscles are those which affect the posture, such as those of the neck and chest, then bad postural habits, e.g., round shoulders, become "set." Regular stretching will restore the full range of movement—especially if the opposing muscles are strengthened at the same time.

The normal pulling capacity tends to adjust itself to that which the muscle is habitually exerted, in the proportion of 60 to 100, i.e., if a muscle is daily exerted to 60% of its power it stays the same, if to 70% then the maximum power will increase until the ratio of 60 to 100 is reached. If only to 50%, then the maximum power will fall until it again reaches the ratio of 60:100. To increase muscle strength we should start exercising them daily at 70% to 80% of their maximum strength (not at 100% for, if we constantly did so, they would become too hard, too stiff, and too ready to cramp).

Example.—If at first test we find we can only just manage ten press-ups, then we should start at seven each day for a week, afterwards increasing at the rate of one extra each week. The daily exercises should always be around three quarters of one's total ability, steadily increasing and should always be DAILY.

For the non-athletic types who wish to become athletes or strong men, it is well to begin at the beginning and first develop the lungs and heart for, unless these are efficient, big muscles are not of much use as their exertions will soon be halted by shortage of breath, and strenuous or extremely rapid exercises attempted by those with "poor wind" may well strain the heart or injure the lungs.

To get a good "wind" it is necessary to regularly perform some moderate, but fairly long-continued, exercise, e.g., long distance running or swimming, or fast walking for several miles, so as to necessitate prolonged deep breathing.

Next in importance is the "muscle-corset," i.e., the muscles, front, back and sides of the lower half of the body. As it is these muscles which connect the upper part of the body, i.e., chest, shoulders and head, with the lower half, i.e., hips and legs, these are the muscles which co-ordinate the movements of the two halves. Also these muscles provide the walls which protect and hold the abdominal organs in place. The more these muscles move, the more they and the organs work, by massaging them and aiding the circulation through them.

Not only are these the most important muscles for gymnastic or athletic purposes, but if they are the weakest link in the chain, the lower spinal joints may be injured with very unpleasant results—or if the abdominal muscles are too weak, hernia or displaced organs may result.

Next in importance are the muscles of the shoulder girdle, then the legs, finally the arms.

As regard training for particular sports, after the basic development, the proportions and muscle tone to aim at varies with each sport, e.g., a runner needs very good lungs and good muscular development from the chest downwards—heavy shoulders and arms are a disadvantage. He needs moderate tone in the leg muscles for long distances, a higher muscle tone for sprinting, and no fat.

On the other hand a swimmer needs an especially powerful shoulder girdle. His muscles should be of pretty low tone and a moderate amount of fat is an advantage—especially for long distances.

The best development, and the type of exercises needed for Judo, we hope to deal with in the next article.

Budokwai News

G. R. Gleeson

During my travels round the country, which these days seem never ending (I have had two weekends free during the period Xmas to mid-May), I receive many tit-bits of news and information. Most of it is of local interest only, but some of general interest and one such piece of information that pleased me greatly was that the Sheffield Judo Club had held their own Winter Practise. It was for a week, starting at 6 o'clock. Although the initial inertia took time to overcome, by the end of the week everyone was enjoying it, so much so in fact that next year the members want it to last two weeks!!

On a visit to Nottingham I was told that, although free invitations are sent to all nearby clubs when the club has visits from instructors, virtually no one accepts. This rather upsets the home club, especially as they are apparently accused of adopting an isolation policy. This apparent indifference to instruction seems to be fairly ubiquitous over most parts of the country. Everyone seems to want to improve (note the masses at an Area grading examination), but few want to put the work in (note the poor attendances at courses). I thought at first that it may be my fault, but on asking other touring instructors it seems to be common to all. What is the matter? Is judo too hard? Is the "telly" preferred? Should we go back to the obscure, mystifying, esoteric methods of teaching judo, where the "pass sign" is merely discovered and one does not have to sweat? Or shall we persevere with the present mundane methods which anybody can learn, but which necessitate much hard work, and which among other things have made us European champions?

The Budokai witnessed some fine contests on March 1st, when the selection contests for the British team attracted about thirty applicants. Although there were some surprises, some really good judo was seen: Yearly the standards and numbers increase and I only hope that they will carry on improving. I suggested last year that the grade for the area championships should be raised; nobody agreed, but I have a feeling that by this coming championship several areas will have lost their best men because they are 2nd Dans.

There will be a summer as well as an Easter course this year at the Budokai. The August course starts on August 2nd and I shall be taking it. Some judo films will be shown, and the course members will be able

to practise during normal club sessions free. Just imagine doing three judo sessions a day! On top of this, Mr. Matsushita has promised to "drop in" as often as he can.

At the end of March the Budokai is to hold its A.G.M. It is hoped that most members will attend for there is much business to discuss and it is only fair that the members should have a voice in the coming year's activities, and the A.G.M. is the time and the place.

Irish Judo Association

R. Manuel

It would appear that judo clubs spring from judo clubs. Members who have too far to travel eventually form their own club nearer home, even if for a start, practise and premises may be on a smaller scale. The Kodokwai, Dunlaoghaire, has just been formed and by the time this goes to press will



Rab Smith, 3rd Dan, throwing Frank Collinge, 1st Kyu

CONTINUED ON PAGE 38



Kodokan Gokyo, No. 3

W. Stepto

Sasae-tsuri-komi-ashi—Propping drawing ankle throw

As you will notice this throw is very similar to Hiza-guruma, except that this time we are applying our foot to the opponent's ankle instead of his knee. A good method of practising Uchikomi is to get Uke to step forward and attack his advancing leg.

Engaging in the right natural posture, make Uke step back on his right foot, by taking a step forward with your left foot. Take a short step back with your left foot, then step to the right just in front of his left foot with your right foot, transferring all your weight on to it and with your right toes pointing inwards. At the same time, pulling strongly with your left hand, break Uke's balance to his right front corner; Uke should now be bringing his right foot up to recover his balance. From this position apply the sole of your left foot to the front of his right ankle (Fig. 1) and throw him by continuing to turn your body to the left, pulling strongly out with your left hand and up and over with your right.

It is important to notice that you must not bend your body at the waist; if you do you will not get a sufficiently strong pull with your left hand. You must also try and keep your left elbow up as high as

possible, at least level with your own shoulder, otherwise you will be unable to stretch Uke's body out and up onto his toes.

Figure 2 illustrates what happens when you do not pull correctly with the left hand. Here Tori is in a crouched position and Uke has had plenty of time to bend his knees and get into a defensive posture.

The next most important point to remember is that you must turn the left side of your body away from your opponent, and step deeply into him when you step across with your right foot. Figure 3 shows what is meant by stepping in deeply, and this, if done correctly, will help the all-important pull with the left hand. Notice also how Tori steps to the side and out of Uke's line of approach. Failure to do this will enable Uke to defend by pushing down with his arms, and invariably Tori ends up on the ground with Uke on top.

As in Hiza-guruma, this throw can be performed on the left without completely changing your hold. Transfer your right hand from Uke's left lapel onto his left sleeve, and push up with your left hand under his right elbow (Fig. 4).

This is another of those throws which is used extensively for breaking up your opponent's defence, and it is a throw which a small man can excel at.

In Japan, during one of the inter-university matches, a very small and light judoka (about 140 lbs.) threw Miyake (4th Dan), captain of Waseda University, who weighs 270 lbs., high into the air with Sasae-tsuri-komi-ashi. Miyake had successfully stopped the techniques of some formidable

judoka during the course of that day, but none of them, up to that moment, had attempted ashi-waza.



be affiliated to us, for the benefit of high grade instruction and gradings. We wish them every success.

On the cover of last month's issue there was a photograph of Matsushita throwing Kaminaga. At that time they were the two strongest young men in Japan and captains of their respective universities. They had met many times and were quite familiar with each other's techniques. I noticed, during that very long contest, that Matsushita attacked many times with ashi-waza to break up the rock hard defence that Kaminaga had built up against his Harai-goshi.

I recommend lower grades to make use of this waza in practising renraku-waza. Some examples are right Sasae-tsurikomi-ashi into right O-uchi-gari and left Sasae-tsurikomi-ashi into right Harai-goshi.

IRISH JUDO ASSOCIATION continued from page 35

Another reason for new judo clubs is that the members of a club have a difference of opinion on how it should be run, and this can lead to a split and the formation of another club. Dublin is no exception, for this is more or less what happened here some years ago and today there is the Judokwai, run by Con Maguire.

A "cold war" existed until recently when an unofficial invitation from members of the Judokwai was taken up, and some of our more experienced members paid a visit, with mixed feelings. A very enjoyable evening was spent by all, and throws were swapped in as friendly an atmosphere as could possibly be desired. On comparing notes afterwards we found that we emerged the more victorious, our judo style having moved with the times, whereas the Judokwai are still doing the "arm round the back" style. We intend to give our now friendly neighbours every encouragement, with a view to eventual affiliation.

We are very pleased to announce at long last the opening of a junior section, under the capable supervision of Seamus Kavanagh (2nd Kyu). The future of every judo club, if it wishes to produce Dans, depends on the strength of its junior section, and it gives us great pleasure to realise that we now fall into line with the leading U.K. clubs in this respect.

Talking about Dans, we are sending our two Brown Belts, F. Colling and the writer, to Edinburgh on April 18th, to enter for their Black Belts. It will be our future policy to send our 1st Kyus to the U.K. for Dan gradings. Some of our Blue Belts are very strong indeed, and it is anticipated that it will not be long before they earn themselves a return ticket to a Dan grading centre.

We regret that we have seen very little of our Japanese visitor—Mr. Okopo (3rd Dan), who is still recovering from his injury. However, this did not prevent him from enjoying a visit to Dublin Zoo, as seen in the photograph, holding lion cubs.



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Anderson, J.	5th ..
Dobin, P.	5th ..
Young, J.	5th ..

O'Sullivan, J.	5th ..
Boxall, T.	5th ..
Cotton, C.	5th ..
Berenfeld, A.	5th ..
Barrow, J.	5th ..
Turner, B.	5th ..
Tugby, L.	6th ..
Ikin, H.	6th ..
Barnes, J. R. A.	6th ..
Coverman, S.	6th ..
Sheiman, J.	6th ..
Harris, G.	6th ..
Cartwright, J.	6th ..
Dodd, J.	6th ..

LADIES POLY JUDO CLUB 12th December, 1958 By A. P. Harrington

Dietrich, A.	6th Kyu
Jackson, P.	6th ..

R.A.E. JUDO CLUB

14th Dec. 1958. By J. Gowland	
Trusler, A.	4th Kyu
Hawk, J.	5th ..
Jones, E.	5th ..
Cliff, A.	6th ..
Ede, J.	6th ..
Pain, R.	6th ..
Ryan, D.	6th ..
Hawyes, G.	6th ..

LADIES R.A.E. JUDO CLUB 14th Dec. 1958. By J. Gowland

Penn, W.	6th Kyu
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R.A.E. JUDO CLUB 1st January, 1959 By G. R. Gleeson

Butler, J.	5th Kyu
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RESEARCH G.E.C. JUDOKWAI

19th Jan. 1959. By E. Mossom	
Jackson, D.	3rd Kyu
Pulman, A.	4th ..
Salter, R.	4th ..
Slater, G.	4th ..
Merryfield, L.	4th ..
Rickard, D.	6th ..
Hunt, R.	6th ..

JUNIOR BOYS RESEARCH G.E.C. JUDOKWAI

19th Jan. 1959. By E. Mossom	
Walker, J.	4th Mon
Lilley, P.	3rd ..
Hodgson, M.	2nd ..
Martin, A.	2nd ..
Duffield, M.	1st ..
Scott, A.	1st ..
Percy, J.	1st ..
Mallin, M.	1st ..
Curtis, G.	1st ..

R.U.C. JUDO CLUB 23rd October, 1958 By G. K. Nevin

Twaddell, D.	4th Kyu
Lynas, W.	4th ..
Cowden, W.	5th ..
Lamont, W.	5th ..
Fleming, P.	5th ..

R.U.C. JUDO CLUB 30th October, 1958 By G. K. Nevin

Leathem, G.	3rd Kyu
Bingham, T.	4th ..
Beattie, T.	4th ..

R.U.C. JUDO CLUB 7th February, 1959 By G. K. Nevin

Beattie, T.	3rd Kyu
Millar, R.	4th ..
Swaffield, B.	5th ..
McKnight, D.	5th ..
McKnight, D. A.	5th ..
Benson, J.	5th ..
McCann, W.	5th ..
Gilmore, J.	6th ..

SOUTHAMPTON JUDOKAS

21st February, 1959 By K. M. Hodgkinson	
Packer, R. W.	2nd Kyu

SOUTH WEST ESSEX JUDO CLUB

30th Jan. 1959. By H. Hyde

Hync, M.	2nd Kyu
Jolly, E.	5th ..
Stanley, M.	5th ..
Andrews, A. B.	5th ..
Gates, G.	5th ..
Walker, J.	5th ..
Smith, D.	5th ..
Hall, J.	5th ..
Flynn, P.	5th ..
Bowling, M.	6th ..
Playell, D.	6th ..
Noble, F.	6th ..
Wood, J.	6th ..
Nash, R.	6th ..
Springate, R.	6th ..
Pethers, G.	3rd ..
Kodesh, R.	4th ..
Allen, J.	5th ..
Turner, J.	6th ..
Marshall, B.	6th ..
Armstrong, F.	6th ..
Marchlewicz	6th ..

ST. ALBANS JUDO CLUB

6th Feb. 1959. By E. Dominy

Mills, T.	5th Kyu
Cosgrove, J.	5th ..
Noble, D.	5th ..
Anderson, R.	5th ..
Linsdale, M.	5th ..
Gladwell, A.	6th ..
Welyczko, I.	6th ..
Aislabie, D.	6th ..

LADIES ST. ALBANS JUDO CLUB

6th Feb. 1959. By E. Dominy

Woodcock, B.	3rd Kyu
Berrall, P.	5th ..
Hathaway, A.	5th ..
Smith, C.	6th ..
Crombie, R.	6th ..

SUTTON JUDO CLUB 31st August, 1958 By G. W. Chew

Matthews, G.	4th Kyu
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ULSTER JUDO CLUB 30th October, 1959 By G. K. Nevin

O'Sullivan, Dan	2nd Kyu
Taggart, J.	3rd ..
Calvert, B.	4th ..
O'Sullivan, Dennis	4th ..

ULSTER JUDO CLUB 23rd October, 1958 By G. K. Nevin

Kirkpatrick, E.	4th Kyu
Henry, E.	4th ..

LADIES ULSTER JUDO CLUB

23rd October, 1958 By G. K. Nevin	
Gibson, C.	4th Kyu
Clifford, J.	5th ..

ULSTER JUDO CLUB 13th December, 1958 By G. K. Nevin

Davidson, R.	4th Kyu
Doyle, A.	4th ..
Doherty, M.	5th ..
Ruth, W.	5th ..
Parkinson, F.	6th ..
Donnan, W.	6th ..
Hendron, J.	6th ..
Armour, S.	6th ..

LADIES ULSTER JUDO CLUB 13th December, 1958 By G. K. Nevin

Thompson, J.	5th ..
Malcolm, M.	5th ..
Dummigan, V.	6th ..
Thompson, M.	6th ..

ULSTER JUDO CLUB 7th February, 1959 By G. K. Nevin

O'Sullivan, Dennis	3rd Kyu
Couch, R.	4th ..
Gilkinson, W.	5th ..

LADIES ULSTER JUDO CLUB

7th February, 1959 By G. K. Nevin	
Clifford, J.	4th Kyu

WALLINGFORD JUDO CLUB

7th February, 1959 By G. Thorngate	
Say, B.	4th Kyu
Hobbs, C.	4th ..
Witts, H.	5th ..
Reed, A.	6th ..
Davis, M.	6th ..

Farmer, R.	6th ..
Price, J.	6th ..
Nettleton, C.	6th ..
Elliott, R.	6th ..
Howes, M.	6th ..

WALTON AND DISTRICT

30th Nov. 1958. By E. Dominy	
Livesey, J.	4th Kyu
Ong	6th ..
Benham, R.	6th ..
Nutt, R.	6th ..
Everett, G.	6th ..

JUNIOR BOYS WALTON AND DISTRICT

30th Nov. 1958. By E. Dominy	
Eagland	2nd Mon

ZENYOKAI JUDO CLUB

8th Dec. 1958. By W. Tate	
Richards, J.	6th Kyu
Bennett, H.	6th ..
Northart, L.	6th ..
Spence, M.	6th ..
Game, P.	6th ..
Henderson, R.	6th ..
King, L.	6th ..
McConnachie, K.	6th ..
Stables, B.	6th ..



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FESTIVAL OF JUDO — CORRECTION

Regarding the report in our last issue of The Goldberg Vass Memorial Trophy (Dan Grade Division). For W. Wilde (1st Dan), please read A. P. Wilde. We wish to apologise for an error concerning this event, A. P. Wilde was unable to enter and G. Webb was awarded a bye.

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	(Published in collaboration with The Budokwai for B.J.A.)		2/6	5d.
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Name and Address of Club.....

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Date..... Signature.....

I enclose remittance value..... being the premium for
units for the ensuing twelve months.

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