

JUDO

THE NEW MONTHLY
MAGAZINE

FOR JUDOKA
BY JUDOKA

VOL. I

DECEMBER 1956

No. 3



Forthcoming Events

B.J.A. JUDO COURSES

BISHAM ABBEY

28th December, 1956-1st January, 1957. 29 vacancies only.

Instructor—Mr. G. GLEESON (4th Dan).

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D. G. BURR,

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Applications must be completed before the 28th of month preceding commencement of Course.

* * * * *

London Judo Society

**FESTIVAL OF JUDO AT ROYAL ALBERT HALL
ON 26th JANUARY, 1957**

THIS MONTH'S COVER

BRITAIN'S EUROPEAN JUDO TEAM

Five of the toughest and most agile men in the country will represent Great Britain in the forthcoming European Judo Championships, which it is hoped will take place in Vienna in the near future. Runners up last year, Britain has an even stronger team this year, which has been chosen after eliminating contests throughout the country.

Picture shows G. Gleeson, 4th Dan, imparting a tip to the rest of the team while demonstrating NAMJUJIME (Normal Cross Chokelock). D. Young (on the mat), G. Gleeson (demonstrating), W. P. Stepto and D. Petherbridge. Picture taken during a practice for the Championships.

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WANTED three offices in Victoria, Chelsea or adjacent districts. Write giving full details to British Judo Association, 32, North Street, S.W.4.

JUDO family would like to know if there is a Guest House on the South Coast where their art can be practised during holidays. Box No. 5.

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**FRESH BEGINNERS' COURSE STARTS
WEEK COMMENCING 28th JANUARY**

Affiliated to The Budokwai.

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JUDO

DECEMBER
1956

VOL. 1

No. 3

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EDITOR'S OFFICE

PHONE : CROYDON 0200

Letters of congratulation continue to roll in, but we feel particularly proud of the one received the other day from E. J. Harrison, author, journalist and judoka. He writes:

"I feel moved to add a few words of praise and appreciation to the many which you have already received from other correspondents on the subject of your new venture in judo journalism. With best wishes for the success of your courageous enterprise and its reputation in an ever-increasing circulation".

Mr. Harrison is the subject of our "Judo Personalities" this month, and the details given were so interesting that we were moved to enquire further. In a subsequent interview we were handed a synopsis of his life, and what a biography this would make. Perhaps one day we will try to publish one.

The paucity of Club news is a puzzling feature. In view of the fact that there are about 400 clubs in the country we quite expected to be inundated with news—even if only a small percentage wrote each month. The publicity should surely help membership and general local interest; so please write and enable everyone to know what is going on. The number of letters we get asking for local information re judo is now taxing our encyclopaedic abilities.

Other correspondence is now assuming quite large proportions so we must ask you to be tolerant if we are now departing from our initial promptness and taking a few more days to reply.

The cancelling of the Championships in Vienna after all arrangements had been completed was disappointing, but under the circumstances we would not wish it otherwise. There is now a possibility that they may be held in February.

In answer to quite a few enquiries, will readers please note the following:

Your newsagent is blameless for not having JUDO during the first fortnight of the month. Publication is not until the 15th, so the previous month's issue is therefore current.

Yes, we are considering the publication of a diary or year book containing all statistics regarding judo, but it will not be ready until *next* Christmas.

The Directors and Staff of "JUDO" would like to wish all its readers a Very Happy Christmas and a Prosperous New Year.

GNOTHI SEAUTON —

KNOW THYSELF (3)

James Fulton, M.S.F., M.S.S.CH.

FUNCTION OF THE SKIN

THE skin, ensheathing our whole complicated mechanism neatly and tightly, is considered to be one of Nature's natural defences for the prevention of bacteria from entering the body. So long as the skin is intact, it is a complete barrier against infection for it is mainly through punctures or breaks in the skin or mucous membrane that bacteria can enter. In most places the skin is attached only loosely by means of a connective tissue to the fatty layer beneath it but here and there it is tied down as, for example, on the palms of the hands and soles of the feet where a stout layer of fibrous tissue is interposed between the skin and the structures which lie beneath. The skin is more than just a covering for the body and has many functions. It is an organ of secretion, touch and pain, the seat of sensation and assists in regulating body temperature.

The skin consists of two layers known as the cuticle or Epidermis, the outer layer, and the Dermis or true skin, the inner layer.

The Epidermis or outer layer consists of several layers of cells and these are being constantly worn away and shed so they are gradually being replaced from within by the cells from the Dermis. The epidermis contains no blood vessels or nerves and its job is to protect the more sensitive dermis underneath. The surface is perforated by small holes known as pores which are the openings of the sweat glands and hairs project from them. Where the epidermis is exposed to constant pressure it is thickest, such as the palms of the hands and the soles of the feet. The nails are really a modified form of the epidermis.

The dermis or inner layer is quite tough and elastic and consists of two layers. The outer layer of the dermis lies directly underneath the epidermis and has minute eminences known as Papillae which are very sensitive and form the organs of touch, each papilla containing a nerve ending. The inner layer consists chiefly of fibrous tissue and fat and in it are the hair follicles, sweat glands and sebaceous glands. The dermis is connected to the bone and muscle by a layer of tissue known as subcutaneous tissue.

The most important function of the skin is to help to maintain the temperature of the blood at a uniform level day or night, winter or summer. When we feel cold the blood vessels of the skin are contracted and when we feel hot they are distended. When feeling cold, it does not necessarily mean that the internal parts of our body are any colder, it is merely the skin that is cold for it is in the skin that the nerve endings, sensitive to variations in hot or cold, almost entirely exist. The sensation

of cold promptly increases the tone and activity of the muscles often so pronounced as to cause shivering but this is really Nature's way of retaining body temperature. Other methods of retaining heat are the clapping of the hands, stamping of feet and jumping up and down. The skin may also regulate its heat loss by changing the amount of blood passing through the skin; this is known as the vaso-motor change. Flushing of the skin after exercise is due to vaso-dilation and in such circumstances the body loses a great amount of heat by radiation, conduction and convection. Every activity of any part of the body involves production of heat and in muscular activity it is estimated that three-quarters of the energy of such activity takes the form of heat. The skin has the function of controlling this heat; like the radiator of a car, which controls the temperature of the water, so the skin does likewise only in a more elaborate manner.

In man there is a nerve centre which acts as a thermostat, issuing immediate orders when the temperature is rising above or falling below normal. In the latter case it causes motor impulses to be sent thus provoking muscular contractions and glandular activity; in the former, messages which cause surface blood vessels to enlarge and, if necessary, the sweat glands to pour out their secretions. This thermostat can be knocked out of control by the taking of large doses of alcohol and an example of this is the drunken man who sometimes dies from exposure; he gets too cold for the brain cells, which regulate his vital activity, to keep alive.

The sweat glands consist of a tube turned and twisted upon itself so as to form a kind of wall from which the end of the tube issues in a corkscrew fashion through the skin towards the surface of the body. These are more numerous on the palms of the hands and the soles of the feet.

The sebaceous or oil glands surround the hair follicles into which their tubes lead. They are most abundant in the hairy parts of the body and their purpose seems to be to lubricate the hair and the surface layers of the skin. The oily secretion is known as sebum or sebaceous secretion. Sometimes the openings of the sebaceous ducts become blocked which gives rise to a condition known as Acne. The retained material may then become infected by germs giving rise to tiny pustules or miniature abscesses.

The skin also helps to keep its surface area free from the pathogenic (disease producing) micro-organisms which invade everywhere by the process of sweat tears, which bathe the skin and help to wash away the bacteria adhering to the surface. Skin disorders are many and to assist the skin in its natural functions, one should bathe frequently and after physical exercise take a shower to cleanse the skin with a brisk drying to promote tone, giving the skin a healthy feeling and warm glow. A dirty skin cannot function properly, and a slight scratch which would otherwise heal may become septic and lead to blood poisoning.

Thus, the skin is our first natural line of protection against this hard hostile unicellular world, serving as a buffer against minor impacts with

external forces. The greatest care should be taken of it for whatever muscular activity is performed, whatever we eat, it reflects on the skin; so, to keep in perfect tone, a balanced medium in all that we do, including the wearing of clothes, will assist greatly in keeping our skin in good order to perform its job as our first line of defence.

DO YOU KNOW:

THAT in forced breathing, the abdominal muscles may also assist. By contracting, they force the abdominal contents upwards and so increase the arch of the diaphragm which decreases the capacity of the thorax.

THAT during exertion, muscles other than the diaphragm and intercostals are brought into play to facilitate the necessary deep breathing; these are the sterno-cleido-mastoid and the pectoral muscles whose action is to raise the ribs further.

THAT the respiration rate at rest is approximately eighteen breaths per minute and the air entering the lungs contains twenty per cent. oxygen and seventy-nine per cent. nitrogen. On leaving, its composition is sixteen per cent. oxygen, seventy-nine per cent. nitrogen and four per cent. carbon dioxide with added moisture. The blood has absorbed the four per cent. oxygen and lost the four per cent. carbon dioxide. The nitrogen has remained unchanged.

THE DUKE MEETS POLICEMEN OF THE FUTURE.

*Radio picture received
from Sydney.*

H.R.H. THE DUKE OF
EDINBURGH continuing his
World Tour visited a
Police Boy's Club in
Sydney, Australia.

He is talking to young
WAYNE HEALEY of Redfern
a member of the club,
after watching him taking
part in a Judo demonstra-
tion.



Basic Principles in Judo (3)

T. P. Leggett (6th Dan)

GRASP a walking stick in the middle with your right hand and extend your arm, holding the stick firmly. Now let a friend try to take it away. If he just catches it and pushes and pulls he will have difficulty, and if you are stronger he will not get it away at all. But let him now try holding one end of the stick with each hand, and then slowly *twisting* the stick. You soon have to let go. It is effective to twist in either direction, but best is for him to twist so as to make your right thumb move towards the ground.

The Judo principle here is that the extended arm is strong for pushing or pulling, because then the joints can be locked and the arm becomes just an extension of the body, reinforced by its strength. But an extended arm is very weak against, for instance, a twisting action, because here it cannot be helped by the body. In fact, the weight of the body pins one end of the arm and prevents it following the twist, when it might be able to hold on.



This principle was much used in certain schools of Ju-jutsu self-defence. These self-defence systems are now part of Judo, though admittedly their study is a very specialized one, and for most Judo men it is enough to know the general principles involved and a few applications. Then they instinctively do the right thing even against a new form of attack.

The pictures show a couple of sequences from Aiki-do, one of the most systematically developed of the self-defence schools. In one case the Judo man's right wrist is held, and in the other the left. Note how in each case the holding arm is twisted in effecting the release.

For the general reader it may be added that without a preliminary training in Judo it would take months of daily practice to master these two tricks so that they could be brought off reliably. Still, it is worth trying them over slowly to see how they work. But like all self-defence tricks, to be really effective the expert has to perform them in a flash, before the opponent realizes just what is happening.



THE BRITISH JUDO ASSOCIATION

George Blackmore, Hon. Sec. and Registrar



THE time to write these notes comes all too soon for me. There is so much to do and so little time it seems.

One thing I must say and that is I was very disappointed to learn that the writer of the Amateur Judo Association notes in their columns reported me as having said that, the B.J.A. does not bar its members from joining his Association. For some reason best known to himself he left out the main part of my statement.

This is what I said, "that there is no rule in the Constitution of B.J.A. which says that a member of a member club should not join as a member of any other judo body". I also said, but there is a

rule which says a member of B.J.A. must not allow himself to be published as holding a grade other than that registered with the National Grading Registry of B.J.A. and recognised as such. This part is that which was left out. Why?

You note that I said that the Constitution of B.J.A. does not say a member must not join another Judo body. Remember, though, that the New Constitution of B.J.A. is now being redrafted and will be presented for ratification in January. There are many members of B.J.A. who do not agree with the Committee about membership of other bodies, as I found out in Scotland during my visit on weekend November 24th and 25th. The Scottish Area Committee quite definitely have their strong views on dual membership. The final decision will, of course, be left to the Constitution meeting. The Committee of B.J.A. leaves you as its member to direct them.

I would like you all to know that the National Judo Championships published to take place at Leicester on December 8th are nothing at all to do with B.J.A.

It is worthy to note that a number of B.J.A. members, some quite high graded, and recognised as such by B.J.A. who did join A.J.A., are returning to us. You have proved that your appreciation of our standard of Judo is what you really like. Our Association goes from strength to strength against anyone that attempts to lower the standard of Judo practice.

On a sad note I close my notes for this month. A young member of the Glacier Judo Club collapsed and died after practising Judo. I am asked to tell you that the lad's father and also his instructor wish it to

be known that Judo is not blamed for the lad's death. The post mortem showed that he had a lesion of the heart. His brother is to continue practising Judo, subject to a medical examination. On behalf of all Judoka I would like to express our deepest sympathy to the sad loss of such a brave lad. The B.J.A. Committee on behalf of you all sent a small floral tribute.

Irish Judo Association

JUDO IN DUBLIN

R. Manuel

THE Irish Judo Association was established in May, 1954, and is the only amateur Judo association in the 26 counties. Its founder members, Frank Collinge, 1st Kyu, and Chris Hanlon, 2nd Kyu, are still with us; our present membership is approximately 30 regulars and 90 or so beginners in their first few weeks of training. We are affiliated to the Budokwai from whom we have received visits by such notable Dan grades as Ian Morris, 2nd Dan, in May, 1955. Mr. Morris complimented our club in the Budokwai's quarterly Bulletin in July, 1955, saying that our standard of Judo was well on the right road and should progress, our Dojo and dressing rooms being exceptionally clean and tidy, and our Dojo etiquette leaving nothing to be desired.

Since Mr. Morris visited us we have had none other than Geoff Gleeson over, twice. Messrs. C. Palmer, 4th Dan, and D. Burr, 2nd Dan, travelled with him on his second visit, which was as recent as October last. These three distinguished visitors proved a tremendous help to us in putting on our first public display of Judo on the 27th October, 1956.

We hired Dublin's biggest public hall, known as the National Stadium, which has seating capacity for 2,500 people, and advertised our show, quite rightly too, as Ireland's first ever major exhibition of Judo. In our publicity campaign we managed to secure two broadcasts from Radio Eireann, photographs in the press accompanied by articles, together with the display of 400 posters which were posted all over the city and suburbs. It was very hard work, but hard work has its results and believe it or not we packed the Stadium and several hundred people had to be turned away. C. Palmer, who unfortunately was injured in the eliminations for the British team to represent Britain in the European Championships, took over the microphone for the night, and excelled himself as the commentator.

The highlights of the show were, of course, the expert demonstrations by Messrs. Gleeson and Burr performing Nage-no-kata, Katame-no-kata and Gonosen-no-kata. What seemed to appeal to the crowd most were

the various contests we staged; Gerry Nevin, 1st Dan, from Belfast, demonstrated his superior skill when he deposited five Judoka squarely on their backs one after the other. Gerry, by the way, is Ireland's first Black belt and he came with members of the Belfast Judo club who entered a Belfast Team in a friendly inter-city contest with Dublin; Belfast won this contest 3-1 with one match drawn. We also staged a "red and white" contest which went down very well. The best contest of the lot was left to the very end when G. Gleeson took on both the Dublin and Belfast teams and needless to say defeated the lot. Gleeson also enthralled the crowd by defeating five Judoka who attacked him simultaneously. We would like to take this opportunity of thanking most sincerely Messrs. Gleeson, Palmer and Burr for their invaluable assistance. Our public debut was a great success and we have learnt quite a lot about putting on a major Judo display.

This year our club was struck by a tornado in the form of T. McDermott, 3rd Dan. He ran a course in Belfast last Easter, and we, not knowing what we were letting ourselves in for, invited him to visit our club for a few days before returning to Glasgow. I don't think Dublin has quite got over the shock yet; he stayed with us for a fortnight and although we worked as we had never worked before, at the end of his stay we were all sorry to see him go, and look forward to his next visit.

We were honoured with a visit from G. Forbes, 2nd Dan, of the Edinburgh Judo Club last September when he came to Dublin for a week's holiday. We found him very interesting and sincerely hope that he will visit us again sometime. While he was with us we treated him to a short sightseeing tour which featured a climb of the "Kittygallagher," a 900 foot high hill a few miles south of Dublin; although small this peak commands one of the most panoramic views in Ireland. G. Forbes will not, however, forget this climb in a hurry, because a wind in the region of eighty miles per hour compelled us to climb the summit on our hands and knees.

Nineteen-fifty-six for our club has been chock full of interesting events as you will have read. Incidentally I have not mentioned that G. McElroe, 1st Dan, of the Koizumikwai Glasgow, dropped in on us for a couple of days on his way to the Lakes of Killarney. He left a very favourable impression behind, and we hope he will visit us again some time.

I must mention our very good neighbours in Belfast; we have exchanged friendly visits to one another's cities, making firm friends and greatly enhancing the Judo spirit in Ireland. Thank goodness that politics do not enter into Judo. Belfast is over a hundred miles from Dublin but we always look forward to visiting each other.

To any Judoka visiting Ireland and coming to Dublin—don't forget the Irish Judo Association extends a very warm welcome to you. A card to our secretary at 18 Ballygall Avenue, Finglas, Co. Dublin, will elicit any information required.

CHRISTMAS BREAKFALLS



THE BRITISH JUDO ASSOCIATION

INCOME AND EXPENDITURE ACCOUNT for the year ended 31st AUGUST, 1956

EXPENDITURE				INCOME			
Last Year		£	£	Last Year		£	£
	To EXPENSES OF PREMISES:			528	By Annual Subscription	604	
—	Rent	78		573	Subscriptions 1955 received during	71	675
—	Repairs and Decorating	67			current year		
—	Sundries	26	171	534	Recording Fees		668
	ADMINISTRATIVE EXPENSES:			147	Grading Cards		179
407	Printing, Stationery, Postages, etc.	491			PROFIT ON SALES:		
90	Secretarial Assistance	177		108	Blazer Badges	118	
62	Committee Expenses	45		35	Lapel Badges	36	
742	Sundry Expenses	244	957	1	Brooches	3	
30	AREA LIAISON EXPENSES		127	17	Ties	37	
—	FIRST KYU/DAN EXAM. EXPENSES		17		Books	26	
	TRAINING IN JAPAN:			151	Kits and Accessories	78	298
	Contribution towards British Instructor's Training Expenses	205		9	Discounts and Sundry Receipts		10
150	Less: Contributed by members	60	145	1474	Courses Receipts	514	1830
	EUROPEAN JUDO UNION:			826	Less: Expenses	495	18
290	Championships, (Paris, December, 1955)	255		64			
—	Less: Receipts from Elimination Contests	49		(Loss)			
290		206					
330	Subscription	40	246				
1252			1663				
	BALANCE, being Excess of Income over Expenditure carried to Accumulated Fund		185				
158			185				
1410			1848	1410			1848

BALANCE SHEET at 31st AUGUST, 1956

At 31.8.55				At 31.8.55			
		£	£			£	£
	ACCUMULATED FUND:				FIXED ASSETS:		
408	Balance at 31st August, 1955	566		75	OFFICE EQUIPMENT:		
566	Add: Surplus for year ended 31st August, 1956	185	751	56	At cost	158	
					Less: Depreciation to date	37	121
	CURRENT LIABILITIES:				JUDO EQUIPMENT:		
5	1956/57 Subscriptions in Advance	24		81	At cost	119	
621	Accrued Expenses	593	617	61	Less: Depreciation to date	50	69
				117			190
				164	CURRENT ASSETS:		
				34	Stocks at cost	163	
				869	Prepayments	82	
				1070	Cash at Bank	804	
					Cash in Hand	129	1178
1187			1368	1187			1368

REPORT OF THE AUDITOR TO THE MEMBERS OF THE BRITISH JUDO ASSOCIATION.

I have obtained all the information and explanations which to the best of my knowledge and belief were necessary for the purpose of my audit. In my opinion proper books of account have been kept by the Association so far as appears from my examination of those books. I have examined the above Balance Sheet and the annexed Income and Expenditure Account which are in agreement with the books of Account. In my opinion and to the best of my information and according to the explanations given to me the said Balance Sheet gives a true and fair view of the state of the Association's affairs as at 31st August, 1956, and the Income and Expenditure Account gives a true and fair view of the surplus for the year ended on that date.

14 QUEEN STREET,
LONDON, E.C.4.
27th September, 1956.

STANLEY F. SMITH, F.A.I.A.,
Accountant and Auditor.

TRAINING IN JAPAN

Contributions Received up to 31st August, 1956

	£	s.	d.
Abercarn Judo Club	1	1	0
Arnot Street Evening Institute	1	1	0
Apollo Sports Club	1	1	0
Barnsley Judo Club	1	1	0
Caerphilly Wadokwai	1	1	0
Castleford Judo Club	1	1	0
Cluarankwai Judo Club	2	0	0
Croydon and District Judo Society	2	2	0
Durham County Constabulary Sports and Social Club	1	1	0
East London Judo Club	1	1	0
Edmonton Judo Club	1	1	0
Ewatts Judo Club	1	1	0
Huddersfield Judo Club	1	1	0
Charles Hyatt & Co.	1	1	0
The Judokan, London	2	2	0
Judokwai, Bristol	2	2	0
King's College Judo Club	10	6	
Kodokwai	1	1	0
Koizumi Kwai	1	1	0
London Judo Society	10	10	0
Luton Judo Club	1	1	0
Lydney Judo Club	1	1	0
N.O.R. Judo Club	1	1	0
Odorgu Judo Club	2	2	0
Oxford University Judo Club	1	1	0
Plessey Judo Club	1	1	0
Poly Men's Judo Club	2	0	0
Reading Judo Club	2	2	0
Rhyl Judo Club	1	1	0
Rochdale Judo Club	1	1	0
Rodosha Judo Club	1	1	0
Rowley Budokan	1	1	0
Royal Technical College Judo Club	1	1	0
Samurai Judo Club	1	1	0
Sekiryukwai	1	1	0
South-West Essex Judo Club	1	1	0
Tora Judokwai	3	3	0
Ulster Judo Club	1	1	0
Weir Judo Club	1	1	0
Wulfruna Judo Society	1	1	0

Total Amount Received up to 31st August, 1956 £60 3 6

JUDO IN THE U.S.A.

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

THE Second National Amateur Athletic Union Judo Championships were held at the Kezar Pavilion, San Francisco, California, on May 8th and 9th, 1954. The participation in these championships was much more widespread than in the first championships of 1953. All of the five Yudanshakwai in the United States and Hawaii sent teams, and a fairly strong team was also sent from the Strategic Air Command. Most of my experience of that year concerns the preparation of the U.S.A.F. personnel who made up the S.A.C. team, and its participation in the Nationals.



As you may have read in Judo International or other publications, a team of ten Judo and karate experts visited the United States for an extended exhibition and instruction tour in the summer of 1953. Personnel of this team included Mr. Kotani, hachidan, Mr. Otaki, Mr. Sato, Mr. Tomiki, Mr. Ishikawa, all shichidans, and Mr. Hosakawa and Mr. Kobiashi, both godans. I mention this team visit because it was due to the friendships and connections made during this three-month visit that resulted in the return of Mr. Kotani and Mr. Otaki a year later (in 1954) for the purpose of coaching the Strategic Air Command team during the last month before the second National Championships.

There were twelve judoists on the 1954 S.A.C. Judo team, three men in each of the four weight divisions which I enumerated in my article last month. These twelve men were the winners in each weight division in the First Annual Strategic Air Command Tournament, which was run in exactly the same manner as the National Tournament. Entrants in the S.A.C. Tournament, approximately 50



Professor Kotani, Mr. Mel Bruno, and Professor Otaki during their visit to the Strategic Air Command training period 1954.



Jay Damron being thrown in an exhibition contest at Travis AFB, California, 15th AF (SAC) Tournament, March 1954. The thrower is Bob Matheny, nidan. This 15th AF Tournament was held to pick a team to go to the 1954 SAC Tournament.

in number, had been previously chosen by tournaments in the subordinate commands of S.A.C. After the twelve-man S.A.C. team had been selected there was a month of severe training under the supervision of Mr. Kotani and Mr. Otaki. However, since the overall champion of S.A.C. that year was only a first kyu, with a sprinkling of moderately skilful shodans on the rest of the team, we didn't compare with the skill of the best Judo men from the five yudanshakwais.

The second Nationals themselves were a very exciting affair. One of the first big upsets was the quick defeat of Lyle Hunt, the 1953 overall champion, by Shuzo Kato, shodan, of the Seattle Yudanshakwai. I did not see this throw, but I believe it took place at the beginning of the match with a hard, clean, right osoto-gari. Another crucial match resulted in the defeat by an osaekomi of John Osako, yondan, by Gene LaBell, nidan, from the Southern California Yudanshakwai. Osako is one of the outstanding Judo men of the Chicago Yudanshakwai and was favoured to sweep the tournament. His defeat by Gene LaBell placed LaBell as champion of the heavyweight division (over 12 stone 12). LaBell then went on to defeat the 180 lb. champion, Vince Tamura, and the 150 lb. champion, Kenji Yamada, and take the overall championship.

I had an interesting afternoon and evening on the first day, meeting four opponents. My first contest, as I remember, was against a kyu grade who seemed to be almost as afraid of me as I was of him. After a few attempted waza, we went to the mat and he surrendered immediately when I began to apply okuro-eri-jime. I continued my haphazard wandering through the tournament hall by walking into an armlock applied by another kyu grade in my second match. My third contest was won with a kaieshi-squash technique, giving me two wins and a loss or three bad points. My last match was in the evening when there were 16 of us remaining in the 180 lb. division. My opponent was a nidan from Hawaii named Hirata. He had been the 180 lb. champion of Hawaii picked to come to the National Tournament; and had apparently had considerable tournament experience—at any rate, he didn't have any trouble with me. As we approached each other he stepped back a step before taking his grip. This disconcerted me slightly, and while I was in this state of mind we made a half circle of the mat. Just as we reached the edge he came in for a left hane-goshi, throwing me on the edge of the mat so that my arm and shoulder were off, but most of my body was still on the mat-ippun. From then on I could relax and watch the rest of the tournament.



The 15th AF Judo Team which won the SAC championship in 1954. In the back row from left to right are shown Walt Todd, 15th AF Team Coach. Mel Bruno, SAC Team Coach; and Morris Curtis, overall SAC champion 1954.

None of the S.A.C. team placed among the first three in any weight division. However, several men did remain in until the last day when only six or eight contestants were left in each weight division. Outstanding among these was Marvin Beamon, nikyu, who threw Lyle Hunt, the 1953 champion, for a half point with left o-goshi and then held him down for eleven seconds before Hunt escaped and threw him.

As I mentioned above, Gene LeBell was the overall champion. Throughout the tournament he displayed a very aggressive spirit, and appeared to be in excellent physical condition. The judoist who displayed the best style, as far as I could see, was Vince Tamura, of Chicago, a yondan. His entry was very rapid, and he threw to both right and left with harai-goshi and uchi-mata. When LeBell and Tamura met to decide the overall champion, LeBell secured a clean victory by stepping over Tamura's right harai-goshi and throwing immediately with left o-goshi. The team winner was Seattle, Washington, who placed three men, including Yamada as 150 lb. champion, Kato in the heavy-weight division, and Charlie Woo in the 130 lb. division.

WHISPERS IN THE WIND

GOOD for the ladies; two have written in telling us why they started Judo.

H.P.B. writes: "As a little girl I always had the yearning to do something different, but up until eleven months ago had never realized this ambition. A friend took me to a Judo club, and the seed was sown. Here, at last, I thought, was something different—! Also I was convinced that anything the 'Mere Male' could do, so could I!" she says, "starting Judo is certainly the best thing I've ever done".

In her letter Miss H.P.B. also asks how many Black Belts have been awarded to ladies in this country. Eight ladies have attained Black Belts grade during the past year, two are now 2nd Dan, and one 3rd Dan. I also find that several more are on the borders of Black Belts; some of them are tidy little "handfuls". I pity any unsuspecting male.

Miss J.S.I. writes: "One evening while on my way home alone I was faced with the choice of getting entangled with a drunk gent or beating it. I took the latter course but determined to find out more about the subject of self-defence in which I had been interested since a child. I enquired at the local Police Station but was informed that Judo wasn't practised—not in this country anyway (the year being 1954!). I stomped off, my face aflame with embarrassment, due to the ribald comments of several members of the local constabulary who peered curiously out of the window to see this young Amazon".

She did manage to take up the art, though, and continues: "My first intention had been for self-defence but like so many other judoka I have become too interested in Judo itself to worry any more with self-

defence. I have at times tried to give up the sport due to minor attacks of ill-health, but the judo bug has bitten too hard and I come back for more punishment!"

Mrs. A. relates an amusing anecdote regarding a visit she and her husband made (both judoka) to an alleged judo exhibition at a town where there was no judo club. It ended up with them giving a demonstration of the real thing, much to the delight of the audience.

Now, perhaps, some male judokas will "have a go" at telling us why they chose Judo as their sport.

At "The Budokwai" the other evening I saw and talked to some lads from an R.A.F. station. They saw some excellent demonstrations of Judo in "Katas" and "Randori". It would seem that they had not seen Judo like this before, and really enjoyed their trip.

It seems that a certain B.J.A. Yellow Belt, who calls himself varying shades of Dan grade and claims membership of the A.J.A. is grading P.T.I.s at an R.A.F. training camp. These P.T.I.s are returning to stations as graded people in some cases up to 4th Kyu after a short course in Judo by this 5th Kyu. I asked the Secretary of B.J.A. if he had anything in records on this individual and he says quite a lot; makes interesting reading. I shall have to study these records.

Let me say, here and now, that anyone that builds himself up as a "big man" in Judo, either for personal gain or for pure egoism is going to be no pal of mine.

It is surprising, to say the least, that the R.A.F. Physical Training Section does not look into the question of qualification for Judo instructors. There are some 15 R.A.F. Judo clubs who are members of B.J.A.

If you are a serving R.A.F. man and practising Judo take steps to ensure that any grades that you are awarded are as worth while as any B.J.A. grade. There is **no** Judo body in this country which can boast of better and more qualified Judo instructors and examiners than the B.J.A. They are the product of many years of Judo teaching and several of them have had years of special training at The Kodokan in Japan.

Sorry that the European Judo Championships were postponed. I learned that the reason was that the refugee problem in Austria should have first call on transport, so it was decided to call off the Championships and not cause the slightest use of any transport that could be used to get people to Freedom from terror. A very wise decision and most thoughtful, too, don't you agree?

Happy Breakfalls until next time.

Veritas

AREA NEWS

WESTERN SECTION *Clive Toye*

The Western Judo Association have fixed the date and place for their fourth championships. The date—9th February, 1957; the place—**TORQUAY** Town Hall, and it should be an even bigger and better affair than the previous three.

The first championships in 1954 were more or less private. In 1955 eight hundred spectators turned up at Bristol for the first public show. Last year a capacity 1,000 filled Exeter's Civic Hall. Now, with more trophies and more interest (and knowledge) the W.J.A. are hoping to pack the 1,500 seats at the Town Hall.

BRISTOL Judokwai will be defending the West's premier award, the Bob Taylor Memorial Trophy, which they have held both years since its inception. Bob Taylor was a member of the Bristol club who was shot while trying to stop two bank robbers in Bristol. He was posthumously awarded a 1st Dan.

P.C. Bob Rundle, 2nd Kyu, of the Plymouth City Police, will also be defending his Henly's Challenge Cup, and three new trophies will be up for competition. They are the Summers Challenge Cup, for teams of three up to 4th Kyu, presented by Mrs. Summers of Torquay to the Apollo Club, who are hosts for the show; the Cooksley Shield, for individuals up to 5th Kyu; and the 4th Kyu individual challenge cup.

It was good-bye at the W.J.A.'s annual general meeting at **TAUNTON** to secretary Fred Briscoe and treasurer Pat Whyte. Mr. Briscoe, area organiser of the C.C.P.R., was in at the start of the Association in 1953 and now only resigns through pressure of work. He will remain on the committee as C.C.P.R. representative. Mr. Whyte, prominent Taunton business man, also resigns through pressure of work. New officials are Ray Martin, Henly's Judo Club, as secretary, and Exeter Judokwai committee-man Major John Bricknell, M.B.E., as treasurer.

The W.J.A. want to express their thanks to B.J.A. newly-elected chairman Eric Miller for his attendance. Many of our members were rather worried over the B.J.A.'s new five-guinea subscription, but after Mr. Miller's clear analysis of the B.J.A.'s future plans, the B.J.A. can be assured that the West is behind them 100 per cent.

DOJO DIGEST . . . Exeter's gospel-spreading trip into Cornwall has been put off until the New Year. Organising difficulties in **TRURO** made the postponement necessary.

First grading, under Captain Harvey, M.C., Gloucestershire Regt., 1st Dan, of the Wessex Group Judokwai took place at **TOPSHAM** Barracks, Exeter. More and more recruits are joining this Army club.

Henly's Judo Club held a party on 1st December to end secretary/treasurer Bill Hewlett's reign. Judoka from Bridgwater and Exeter attended. Don Burr also turned up—and we might remind him that the abbreviation for secretary is "sec" NOT "sex."

Still on the social round, we are sorry to hear that Trevor Leggett and Geoff Gleeson cannot attend our annual dinner at **TAUNTON** on 15th December. W.J.A. chairman Peter Murphy goes on record as saying: "I am sure the ladies are going to miss Trevor's interesting conversation and free drinks this year!"

Back to Exeter after several month's wandering and working round the country comes Lou Dennett, 3rd Kyu. Lou has been practising in many other dojos, and Birmingham judoka might be interested to know that at last he has had his hair cut—forcibly.

Spare—one silver trophy. That is unless Wales soon fix up their return contest with the West. In the first meeting the West won, and they are still waiting the chance to defend their victory. Wales please note: Contest secretary is Bill Hewlett, 19 Grassmare Drive, Weston-super-Mare. And Bill would also like to hear from any exiled West country judoka who want to enter for the championships.

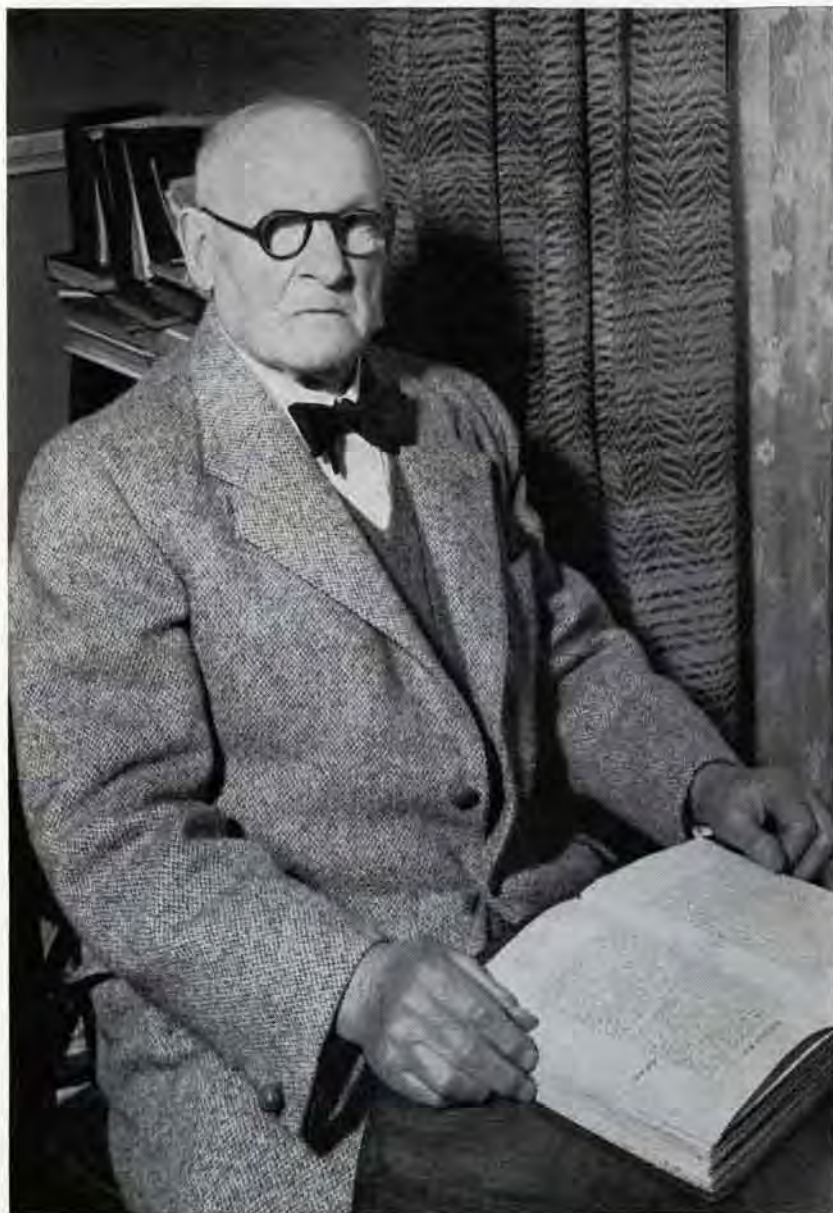
MIDLAND SECTION *J. D. Lowe*

Perhaps the item of most interest to Midland Judoka is the news that B. Cousins of the **NOTTINGHAM** Judo Club has gained his 1st Dan recently at the Budokwai. Of medium height and powerfully built Cousins possesses a strong Hane-goshi which may carry him further in the years to come. Last May he won the Midland Individual Championships, and he will prove a welcome addition to the Areas all too few Dan grades.

Plans are now afoot for a special monthly course for black, brown and blue belts. It will be held at the premises of the **COVENTRY** Judo Club and will be limited to twenty Judoka. We hope to have D. Young, 3rd Dan, the well known British International from the Budokwai, as the instructor. Such a course should provide a tremendous stimulus for those aspiring to Dan grades, and also for the present Dan grades to achieve even greater heights.

The area committee is now busy searching for suitable venues for the 1957 Area Championships. Having rejected two halls in Derby as unsuitable it seems probable that the championships will again be held at the Wulfruna Hall in **WOLVERHAMPTON** sometime around May or June, should this prove suitable. After the excellent standard seen last year, no Judoka in the Midlands will want to miss this event. A promising sign is the effort put up at **BIRMINGHAM** by our representatives Gardiner, Cassidy and Wilde who, although they failed to reach the finals eliminations in London, acquitted themselves royally.

Continued on page 24



Name: ERNEST JOHN HARRISON, Knight of the Order of the Grand Duke Gediminas of Lithuania, 3rd Class.

Born: 1873.

Business or Profession: Freelance Translator and Publicist

Age when started Judo: About twenty-one. Now 4th Dan.

One time Editor of Japan Herald and also Japan Advertiser.

Correspondent for London Daily Mail during Russo-Japanese War of 1904-5.

Appointment in 1919 as Secretary to the British Mission to the Baltic States under the then Colonel now Sir Stephen Tallents.

Appointment as acting British Vice-Consul in Lithuania under Wing Commander Richard Barrington Ward.

Appointment in 1921 as Press attaché to the Lithuanian Legation in London.

Examiner in Russian, Lithuanian and Polish at the Post and Telegraph Censorship in 1941.

Honorary member of the Lithuanian Association of Great Britain (only non-Lithuanian).

Hobbies: Foreign languages, Walking, Physical Training, Music, Cats.

Scotland, part of Great Britain and north of the English border, was indeed honoured by having two officers of the British Judo Association visit them a few weeks ago. Mr. E. G. Miller, chairman, and Mr. G. Blackmore, secretary, made the long journey north, the former to Edinburgh, the capital, and the latter to Glasgow, "no mean city".

I was pleased to meet Eric Miller at **EDINBURGH** and to take him along to the Tora Scotia where he looked around, met some of the lads and put in a brief but strenuous bout of practice. In dining out later in the evening, we met a few more at Tora's rendezvous, Mary Hare's. Sunday morning saw us travelling through to that city in the West, **GLASGOW**, with Bill Hislop and Allison Hogan accompanying us in the coach. Here at the Police Training College we once again met Mr. Blackmore, where the Scottish Administrative meeting was to take place. Mrs. Brown, secretary of the Scottish Council of Physical Recreation, had also been invited and was awaiting our arrival. Following introductions all round the meeting got under way about half-past two.

Subsequent discussions were based mainly on the future of the B.J.A. as an entity, as one unified whole, and relationships (as was to be expected) were very friendly indeed; and, in fact, no finer ambassadors could have come amongst us. Without any reservations whatsoever we feel that the basic foundation for a clearer understanding has been established.

One point which received the fullest discussion and one which we Scots are generally suspected of having more than a passing interest, was certain financial arrangements. No attempt was made at the meeting to arrive at a conclusion, as in such a matter haste would be utter sacrilege. So in case I prejudice the outcome of a meeting arranged for the 16th instant I shall reserve my comments.

The meeting closed about 6.30 p.m., much too late for the Kirk but we enjoyed a meal afterwards arranged by the courtesy of our chairman, Det. Inspector Colquhoun (pronounced Ko hoon) and from there we strolled for a few miles, or so it seemed, to the Osaka J.C. premises.

The club was in full swing, the dojo advertising its presence by thuds and the odour of active sweat prevailing. The Osaka certainly appear to be actively interested in spreading Judo in the West. The club secretary, Steve Kingalis, travels to **DUMBARTON** twice weekly to teach at the Osakawai. Founded by the Osaka, this club of 25 members is now going from strength to strength. Steve and Bill Robertson have started another club in Londonderry which opened last September. The Kosaka has 20 members who will take a course this month from their founders and Donald Purdie (1st Dan) also of the Osaka. James McQuaide (1st Kye) and G. Gauchin (2nd Kyu) are teaching at Glasgow Y.M.C.A. Tom McAllister (1st Kyu) at the Royal Tech. and Frank Aitken the Glasgow Police.

News from **KILMARNOCK** from my old friend Roger Trainer of the Cluarankwai is that recently they have given several demonstrations to the Young Farmers' Association which brought a few members to Judo. Roger himself has started a new club at the town of Robert Burns, **AYR** in the Whitets Community Centre with a nucleus derived from his own club who live in that town.

I was fortunate enough to be able to spend a week-end at the Hills Hotel, **LARGS**, in the West of Scotland recently, which is to be administered by the S.C.P.R. The Hills Hotel has accommodation for 60/70 students and/or coaches and stands in 78 acres of ground. Facilities are to be made available for every sport and it is hoped that Scottish Judo will play its part.

I hope in the next issue of this magazine to be able to present a full report of this amazing project, which I trust will be of the greatest import to Scottish Judo.

RESEARCH for JUDO

C. Forrester, Univ. Coll. Oxford.

PART I

The Problem

It was recently suggested by the instructor of a large club that a record of the development of their judoka should be kept, in an effort to predict, if possible, the performance of a beginner by comparing his height, body-weight, and basic skills with that of members of the original research group. No doubt he made this suggestion because he had under his control a large number of young members, with ages ranging from seven to sixteen. Young lads cannot object, at least not to their Judo instructor!

However, the remark contains the germ of an important idea. Too many potentially great performers are at present discouraged by repeated failures at grading hurdles, and begin to wonder if these can be overcome. Often they give up in desperation just at the point of success. Many of us know promising young brown belts who have given up attempting the hardest barrier of all—doubly difficult now that Kawamura's visit has raised all the standards to an unprecedented level. Apart from this, there are many who are striving helplessly after the wrong aim, while their talents lie in another direction. I am speaking in particular of the type who would make the ideal teacher, one endowed with the necessary grasp of theory, who knows his groundwork, kata, and terminology, as well as a few good contest throws, and who is not basically a contest man. We know that not all can hope to excel at the match, so why should not the others apply their particular talents to the ultimately more creative teaching of the sport?

To help these two types—the discouraged man losing confidence in his chances of ultimate success, and the teacher, wrongly cast as a contest man—we hope to apply the fruits of a little research, limited in scope at first, in order to test its own usefulness.

What is our basic problem? We have to create our hypothesis first—to suggest what abilities are most likely to make the ideal Judoka, and then to test our guesses, and see if they fit the facts. If they do, we can then, by testing a beginner or a discouraged old-stager, give him advice on his best plans—much as the vocational guide suggests a career, or the psychologist gives aid in emotional difficulties.

The Plan

What then are the things we might test? Obviously, balance would be one. A good co-ordination between the muscles and the eye (or balance sense) would be another choice. A third might be the speed of reaction to stimuli [e.g., an opponent's attack]. Perhaps intelligence might be taken into account, being of rather more application to the teacher than to the contest man. And finally the driving force behind the judoka interest.

Let us list these:—

BALANCE
MUSCLE-EYE CO-ORDINATION
REACTION SPEED
INTELLIGENCE
INTEREST

Unfortunately the last, the most vital, cannot be measured in the laboratory. Only personal judgement, faulty at best, will help here. And at present we may leave intelligence out as being less directly connected with a muscular performance than the other factors.

Now we are three—balance, muscle-eye co-ordination and reaction speed. And fortunately these can be tested with some degree of accuracy.

With the recommendation of Oxford psychologists, we have selected for our experiments the Oseretsky Test for the first two factors, balance and co-ordination. This comprehensive ability test is a well established one, published originally in Russian, and since then widely used in European countries. It was selected because the initial test “guinea-pigs” will be the juniors, who will, it is hoped, be more patient with the long series of tests that will be necessary in the preliminary research. Luckily we have in this group one of the largest gathering of junior judoka in Britain, which will give a fair selection of results.

The test is for children in the age group of four to sixteen—wide enough for our present problem. Altogether it will comprise measurements of static and dynamic co-ordination, motor-speeds, simultaneous actions, and efficiency of movement. Balance will be incidentally measured.

After this we will perform simple experiments on the speeds of reaction of the control group, though this will mean the use of a certain amount of apparatus and cannot be carried out immediately.

The Results

What, then, do we hope to get out of these tests? It may seem to some that making a child hop, or clap his hands, or walk along a straight line, is a trifle childish in itself. But the results obtained from these tests will be preserved, and later compared with records of progress in Judo. Naturally a certain number of the original guinea-pigs will leave before much can be found out about their probable performances, but we may even then be able to find some connection between their lack of staying power and their inherent abilities. Naturally these tests will be much more revealing and valuable in the case of adults, but it is in the children that the really first class Judoka should be sought. Adult testing would proceed if the provisional attempts proved valuable.

If and when such research revealed a general trend, it is hoped that we could predict a good performer, and if necessary select him for special training to help him over the peculiar difficulties that hinder the particularly gifted. This may be thought a revolutionary approach to a task formerly left to rule-of-thumb techniques, but it is in principle no more mysterious than the “11 plus” tests which are now in use, and which have been employed in America for some time.

PART TWO

There will possibly be a second part in this research—the direct investigation of Judo ability by simple bodily measurements of weight, bone length, strength, etc. This is a scientific extension of the original idea of the instructor.

It has been known for a long time that performances can be related to body build. We can point to the characteristic wiry, thin, tough physique of the long-distance runner as a typical example—wrestlers as well tend to have a uniform type of heavy, fat-muscled body. The reliance on weight in rowing crews has in fact a scientific foundation, for the tall, heavy man, with medium muscle structure, and good stamina, is most likely to succeed in this sport. Similarly we hope to find out what the ideal Judoka would look like.

Don't for a moment imagine him to be the Mr. Universe type. Far from it. In a recent article Dr. I. J. Macqueen has pointed out that these men are highly Mesomorphic—a scientific way of saying they're mostly muscle! On the other hand, the perfect Judoka is more likely to have a nicely balanced mixture of bone, muscle, and fat, or what could be described as a Ectomorphic-Endomorphic-Mesomorph! The name means little, but the idea behind it might be worth while investigating. This system of typing men by their physique, and predicting their physical performances by that, is known as the Somatotype System, and has been used to pin down the abilities of runners, wrestlers, boaters, and even the Beautiful Body League. Why not apply the fruits of this research to Judo, to help us catch up with our late start in the West?

That is all for the present. Later, we may discuss further applications of science in helping judoka over physical and psychological hurdles.



A rare throw — SUMI-GAESHI

CONTEST GLIMPSES (3)

T. P. Leggett

The picture, from the final rounds of an all-Japan championship, shows a very unusual throw. I do not mean that it is little known, for it comes in the Nage-no-Kata or Fifteen Basic Throws, and as such is known to all Black Belt Judo men. But it is rare to see it even attempted in contest. You can see from the photograph how it works. (The Japanese terms, Tori for the man who executes a trick and Uke for the victim, are convenient for these descriptions.) Uke had been standing in a very crouched position, knees well bent. Turn the picture upside down and you will see what his posture must have been. Tori managed to break his balance to his left front corner, and then Tori slipped down on to his back. When Uke first felt his balance going he instinctively tried to support himself on Tori by his hands, but now Tori has taken away even that support by himself going abruptly to the ground. Uke was left leaning forward on tiptoe. Tori pushed his left foot against Uke's right thigh (it is still there in the picture) and with the lifting action of this foot and a twisting pull with the hands, he is pitching him right over on to his back.

Technically this throw is nothing like so difficult as, say, Hane-goshi (Spring Hip) and you may wonder why it is not tried more often. The trouble is that an expert like Uke can nearly always twist so that he

does not land on his back. Of course, it is not too difficult to flop down and some of the other man after you are hoping for a throw but view to groundwork, the referee will not allow you to do that. Unless in his opinion there is a genuine attempt at a throw which has some prospects of turning the other man right over, he will not let you go to the ground. All Judo men should understand this point. It is no use going down yourself and just rolling the opponent over on to his knee or side in a travesty of a throwing action and then hoping to go into groundwork. The referee will not permit it, and if you persist he will penalise you by a decision against you.

Figs. 1, 2 and 3 show how you can twist out if he gets you free, as he very often



FIG. 1

which brings him into position for groundwork. It is a tricky and beginners are not advised to try it, but a high-grade contest man would execute it almost instinctively.

Next time you see a demonstration of Nage-no-kata (Fifteen Basic Throws) have a good look at Sumi-gaeshi. It is No. 12. You will see that the throw is made when Uke's leading arm is trapped under Tori's armpit. The reason (and there is a reason for every tiny point in the Kata exhibitions) is that it would not be sound Judo to attempt this throw without excluding the possibility of the twisting action.

If you study the first picture again you will see that Tori is



FIG. 2



FIG. 3

holding both the opponent's sleeves (already something of a rarity) and he has pulled Uke's left arm right through and off the ground. This magnificent technical tour-de-force must have come as a great surprise to the opponent. I may add that Sumi-gaeshi is specially suitable for Judo men with long legs, and it may possibly have a greater future among long-legged Westerners than in Japan.

BOOK LIST *Continued from page 43*

JUDO

E. J. Harrison

3/3 post free

A popular book written by E. J. Harrison the first Englishman to obtain a Dan grade at the Kodokan in Japan. It gives a close insight to Judo and its development through the eyes of a professional journalist who is an acknowledged authority on Japan and things Japanese. A complete description of many throws and groundwork techniques with line drawings and photographs make this an absorbing book.



TWELVE JUDO THROWS

G. Koizumi

3/9 post free

This extremely interesting little book is invaluable to the novice and more advanced student alike, complete with illustrations it covers twelve throws, all of them demonstrated by Mr. Koizumi himself, and includes several pages on "Tsukuri" breakfalls, and methods of training, etc. Also in this the 4th edition the complete British Judo Association grading syllabus is described.



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Lists No. 12 onwards will be published as part of Judo Magazine.

APOLLO JUDO CLUB, TORQUAY		BRIDGWATER JUDOKWAI	
7th July, 1956		6th October, 1956	
Boston, T.	4th Kyu	Reed, D.	5th Kyu
Dodimead, D.	4th "	Saunders, G.	5th "
Dawe, R. D.	5th "	Ball, V.	6th "
Tonkiss, S.	5th "	Lott, D.	6th "
Ashton, J.	5th "		
Watts, V.	5th "		
Moss, D.	5th "		
White, G.	5th "		
Janes, C.	5th "		
Wakeman, M.	6th "		
Thomas, L.	6th "		
Pearce, C.	6th "		
Robins, B.	6th "		
Taylor, A.	6th "		
APOLLO JUDO CLUB, TORQUAY		BRISTOL JUDOKWAI	
6th October, 1956		7th July, 1956	
Tonkiss, S.	4th Kyu	Codd, P. T.	1st Kyu
Watts, V.	4th "	Lomax, R.	3rd "
Thomas, L.	5th "	Gadd, D. A.	6th "
Hardwell, T.	6th "	Williams, R.	6th "
Best, D. E.	6th "	Collins, F.	6th "
BECKENHAM JUDO CLUB		BRISTOL JUDOKWAI	
23rd October, 1956		6th October, 1956	
Pierce, M.	4th Kyu	Brooks, R. D.	2nd Kyu
Brown, D.	4th "	Stowell, P.	2nd "
Leyceit, C.	4th "	Chick, A.	3rd "
Copson, A.	4th "	Daye, R. R.	4th "
Hasdell, J.	4th "	Powell, J. W.	4th "
Strachan, R.	4th "	Woodman, N.	4th "
Frost, T.	4th "	Coomber, T.	4th "
Dudley, R.	5th "	Edwards, G.	5th "
Beaton, H.	6th "	Gadd, D. A.	5th "
Howe, D.	6th "	Hoare, E. J.	6th "
Gould, H.	6th "	Philpott, M.	6th "
		McDonnell, C.	6th "
		Smith, R. C.	6th "
JUNIORS		BRISTOL UNIVERSITY JUDO CLUB	
BECKENHAM JUDO CLUB		6th October, 1956	
23rd October, 1956		Greenham, L.	3rd Kyu
Jones, B. K.	5th Kyu	Tan, J. C.	3rd "
		Summers, H.	6th "
		Goodland, F.	6th "
		Wilkins, R.	6th "
		Gingell, A.	6th "
LADIES		CHERRY LEAF JUDO CLUB, OLDHAM	
BECKENHAM JUDO CLUB		9th September, 1956	
23rd October, 1956		Wood, E.	3rd Kyu
Ambrose, Miss J.	5th Kyu	Broadbent, J.	4th "
Hunt, Miss H.	6th "	Martin, H.	5th "
		Barker, C.	5th "
		Stuttard, B.	6th "
BEDFORD JUDO CLUB		DARLINGTON JUDO CLUB	
11th August, 1956		14th September, 1956	
Gadsdon, P.	1st Kyu	Roberts-James, J.	2nd Kyu
Tang, A. R.	3rd "		
Giles, T.	4th "		
WOMEN		BRIDGWATER JUDOKWAI	
WOMEN		7th July, 1956	
WOMEN		Kellaway, P.	1st Kyu
WOMEN			
WOMEN		BRIDGWATER JUDOKWAI	
WOMEN		11th August, 1956	
WOMEN		Gillard, R.	5th Kyu
WOMEN		Lang, J.	6th "
WOMEN			

DUNLOP (BIRMINGHAM) JUDO CLUB

24th October, 1956
Williams, C. D. 1st Kyu

DURHAM COUNTY POLICE JUDO CLUB

14th November, 1956
Preece, G. D. 3rd Kyu

EXETER JUDOKWAI

7th July, 1956
Birkett, J. 3rd Kyu
Lewis, C. S. 5th "
Pullen, F. 5th "
Willingham, A. 5th "

EXETER JUDOKWAI

11th August, 1956
Heller, A. 5th Kyu
Robinson, L. 6th "

FISONS JUDO CLUB

9th September, 1956
Alum, R. 5th Kyu
Boyd, J. 5th "
Kell, C. 5th "

HARLOW JUDO CLUB

19th October, 1956
Hutchings, M. 4th Kyu
Dale, J. 5th "
Laycock, A. 5th "
Chesham, R. 5th "
Watson, B. 6th "
Green, A. 6th "
Massey, R. 6th "

LADIES HARLOW JUDO CLUB

19th October, 1956
Grey, Miss A. 5th Kyu
Jenkins, Miss M. 5th "
Webb, Miss B. 5th "
Harrison, Miss V. 6th "
Howarth, Miss L. 6th "

HARMSWORTH JUDO CLUB

27th October, 1956
Ackland, B. 5th Kyu
Addy, G. S. 6th "
Bliss, A. 6th "
Cornell, B. 6th "
Hancock, H. 6th "
Hickling, R. 6th "
McDermid, W. 6th "
Pascoe, K. P. 6th "
Pollen, G. 6th "
Sanders, S. 6th "
Thurman, E. 6th "
Vincent, B. 6th "

HARROGATE & KNARESBORO' JUDOKWAI

30th September, 1956
Waitman, E. 2nd Kyu
Hawley, P. 2nd "
Thorpe, C. 3rd "
Chamberlain, M. 3rd "
Spellman, A. 3rd "
Murray, D. 4th "
Cooper, G. A. 5th "

Booth, T. 5th "
Martin, M. 5th "
Dobby, J. 6th "
Ellerker, G. 6th "
Wilkinson, G. 6th "
Wilkinson, N. 6th "

HENLYS SPORTS JUDO CLUB

6th October, 1956
Elkin, R. 4th Kyu

HOUNDSTONE CAMP JUDO CLUB

7th July, 1956
Tann, F. 3rd Kyu
Hindle, D. 5th "
Davies, P. 6th "
Gosney, B. 6th "
Duncan, L. 6th "
Stalley, A. 6th "

LADIES HOUNDSTONE CAMP JUDO CLUB

7th July, 1956
Carter, Miss S. 5th Kyu

HUDDERSFIELD JUDO CLUB

30th September, 1956
Armitage, J. 5th Kyu
Armitage, R. 5th "
Irving, R. 6th "

LADIES HUDDERSFIELD JUDO CLUB

30th September, 1956
Rowbottom, Miss B. 6th Kyu

IRISH JUDO ASSOCIATION

24th October, 1956
Collinge, F. 1st Kyu
Hanlon, Chris 2nd "
Manuel, R. 2nd "
O'Connor, V. 3rd "
Mooney, J. 3rd "
Myers, J. 4th "
Girvin, A. 4th "
Begley, M. 4th "
Fulham, W. 5th "
Doyle, N. 5th "
O'Donovan, J. 5th "
Shields, T. 5th "
Kavanagh, J. 5th "
Homan, P. 5th "
McDowell, G. 6th "
Small, M. L. 6th "
McGurk, W. 6th "
Kavanagh, M. 6th "
Plowman, E. 6th "
McMahon, A. 6th "

KEIDOKWAI, BLACKPOOL

7th September, 1956
Midgley, D. B. 3rd Kyu

KINGS LYNN & DISTRICT JUDO CLUB

9th September, 1956
Keith, J. B. 1st Kyu
Constable, J. 2nd "
Constable, D. 3rd "
Judd, C. 5th "

KITA-NISHI-KWAN, MANCHESTER

7th September, 1956

Miles, W. 1st Kyu
Cocksey, E. 1st "
Allcroft, A. 1st "
Lever, J. G. 2nd "
Kurazawa, E. 2nd "
Tomkinson, E. 2nd "
McWatt, D. 3rd "
Flook, J. 3rd "
Mercer, K. 4th "
Knowles, T. 4th "
Smith, P. 4th "
Lavender, R. 4th "
Wright, G. 5th "
Kemp, S. 5th "
Cutler, B. 5th "
Kiernan, D. 5th "
Berrier 5th "
Derbyshire, R. 6th "
Atkinson, D. 6th "
Milner, E. 6th "
Rowan, N. 6th "
Johnson, T. 6th "
Pierce, K. 6th "
Deakin 6th "
Winnington 6th "
Dyer 6th "

LOWESTOFT KYUKWAI JUDO CLUB

9th September, 1956
Pinkney, D. 3rd Kyu
Pavett, B. 4th "
Saunders, D. 4th "

LUTON JUDO CLUB

11th August, 1956
Partridge, W. 6th Kyu

MATSUMACHI JUDOKWAI

19th October, 1956
Francis, B. 2nd Kyu
Randell, M. 4th "
Lyons, T. 3rd "
Goodhead, H. 4th "
Campbell, J. 5th "
Healy, T. 6th "
Henley, C. 6th "
Brooks, B. 6th "
St. John, D. 6th "

MIDDLESBROUGH JUDO CLUB

4th November, 1956
Deehan, F. 2nd Kyu
Harris, R. 3rd "
Brignall, D. 3rd "
Howard, D. 3rd "
Hewett, A. 4th "
Hoare, K. 4th "
Farrell, M. 4th "
Hill, J. 5th "
Denwood, D. 5th "
Cowen, A. 5th "
Pickering, R. 6th "
Cunningham, M. 6th "
Oliver, C. 6th "
Ferne, D. 6th "

LADIES MIDDLESBROUGH JUDO CLUB

4th November, 1956
McCabe, Miss M. 4th Kyu
McIntyre, Miss A. 5th "

4th DAN at 21

G. Whyman, Kodokan, Tokyo

MANY interesting things happen in the Judo world but I think there is none so pleasant as seeing a young man making headway. It is quite likely that you have heard of the special students of the Kodokan, the Kenshusei, that group of a dozen or so who are regarded as the most promising Judoka in the Tokyo area.

It is of one of them that I am briefly writing about, Teruo Kaminage, a student of Meiji University, famous for its Judoka.

Like many of the people here he started rather young, being in high school when he first ventured on to the mat. His 1st Dan came in more or less the usual amount of time and it was not until partaking in the Black Belt contests that he began to make headway. It was in one of these contests that he beat 22 opponents. In the grading contests here as long as one can keep on winning one can remain on the mat, so they were 22 consecutive wins.

After that showing the grading panel decided to bypass 2nd Dan and awarded him 3rd Dan.

It was about this time that I arrived in Japan and soon learnt that he was a strong (in the skilful sense that is) Judoka but nevertheless, I was still surprised to see, for one usually only hears of such things, in his last appearance gain another 12 wins, naturally against 3rd Dans.

Using both right and left waza, particularly right O-soto-gari and left Tia-otoshi he produced 11 straight wins, one decision, and when showing clear signs of fatigue was forced to a draw. Again,



Teruo Kaminage demonstrating his favourite Waza.

as so often happens when a man beats more than seven opponents, he received instant promotion.

Now at 21 years of age, and having progressed at the average rate of a Dan grade a year, it certainly looks as if he has a promising future in the Judo world.

A word about his favourite waza, Tia-otoshi. In the photographs one cannot fail to notice the long continuous push-pull of the hands and, what is equally, if not more important, is the rather large turning movement of the body which is easily discernable by the position of the shoulders in the photograph. Truly a powerful turning action, a movement so necessary in all types of throws in Judo, and a point which would prove worth while to concentrate on during training.



TERUO KAMINAGE

B.J.A. GRADING RESULTS *Continued from page 32*

Bean, Miss A. 5th ..
Smart, Miss F. 5th ..
NDOLA AMATEUR JUDO CLUB
29th October, 1956

Routhan, M. 5th Kyu

R.A.F. GAYDON JUDOKWAI

16th November, 1956

Barrow, B. 4th Kyu
O'Rafferty, D. 4th ..
Clarke, C. 5th ..
Cohen, R. L. 5th ..
Fell, N. J. 5th ..
Heslton, B. 5th ..
Thomas, R. I. 5th ..

RICHMOND (YORKS) Y.M.C.A. JUDO CLUB

4th November, 1956

Hastings, W. 4th Kyu

Maskell, A. 5th ..
Helgesen, K. 6th ..
Garlick, B. A. 6th ..
Osborne, J. G. 6th ..
Brown, A. R. 6th ..
Wheatley, D. 6th ..

U.S.K. BORSTAL OFFICERS JUDO CLUB

28th October, 1956

Don, A. E. 3rd Kyu
Russ, M. 4th ..
Richards, K. 4th ..
Simpson, C. 4th ..
Hard, C. J. I. 4th ..
Hemden, K. 4th ..
Breach, K. 5th ..
Hale, B. 6th ..

WARRINGTON JUDO SOCIETY

7th September, 1956

Atherton, W. 4th Kyu

WINDSOR JUDO CLUB

26th October, 1956

Pearce, G. 2nd Kyu
Wall, R. 2nd ..
Jarvis, B. 3rd ..
Cox, B. 4th ..
Barelay, J. 4th ..
Eisenlohr, A. 4th ..
Essan, P. 5th ..
Blackman, L. 5th ..
Toll, W. 6th ..
Watkins, A. 6th ..
Morris, E. 6th ..

YOSHIN-RYU, WINGATE, CO. DURHAM

19th February, 1956

Waites, C. G. 4th Kyu
Waites, J. F. 4th ..

WOMEN JUDOKA of the KODOKAN

Yvonne Myers, 2ND DAN

THE women's section is in a large airy dojo on the third floor of the Kodokan, the mat area being about 60 tatamis or roughly two-thirds the size of the big Budokwai dojo. This, however, is usually divided into two, one half being kept for the beginners and the other half for those practising.

Beginner's classes are held for two hours a day, every day of the week except Sunday, for three months, and during this time the girls (the average age of those starting is around 16) devote four nights to kata



Yvonne ("Basher") in action at the Kodokan

and the remaining two to throws. I was rather impressed by the way they are taught ground-work, which is to teach them katame-no-kata and at the same time as they are instructed in each technique, are also told the variations and the opportunities in randori. However, ground-work is not very popular with the majority of the women, who only practise it when on with Noritome 5th Dan, who is an expert on the

ground. Every night they have breakfall practise for about 20 minutes, so that by the end of three months, they have no fears whatsoever about being thrown. Their breakfalls are far more proficient than my own after five years, and also a good many people's back home.

Gradings are held every six months, the system being to test all kyu grades on their randori (not in contest though, their progress is observed during their practise periods by the senseis), breakfalls and most important of all here, kata; but taking into consideration also the number of times they practise a week; the length of time they have held their present grade; character and style. There is one 2nd kyu here whom the 3rd Dans cannot or can very rarely throw, but she will never be upgraded until her style improves.

With regard to 1st Dan, no one is considered who has not been doing Judo for at least two-and-a-half years and then a very high standard of kata is required. The path towards the 6th Dan is carefully marked, so that anyone who has the time and attends fairly regularly will ultimately arrive at this destination. Roughly it takes three years to 1st Dan, two more years to 2nd Dan, three to 3rd Dan, four to five to 4th Dan, six to 5th Dan and from five to seven years for 6th Dan. It must be remembered, of course, that many girls start at the age of 13-15 years old and, therefore, most of the 2nd and 3rd Dans are only 19 to 23 years of age.

There are three women 5th Dans who act as instructors to the beginners, and the chief sensei of the women's section is a man who is 7th Dan, but in addition to these are many other 6th and 7th Dan men who often visit the women's dojo and practise with all those present. These men include such well-known contest men as Osawa 6th Dan and Ishibashi 5th Dan. Incidentally, I have quite often seen many of the men who are considered to be the top ranking contest men, come along to study and perfect their kata with the women teachers, before some big show in which they are going to perform; for it is freely admitted here that the women are the masters of kata, and it is really a pleasure to watch them gracefully executed by the yudansha. As one can see, in contrast to England where women devote themselves almost exclusively to randori and are graded on contest, the accent in Japan for women is laid upon kata and a smooth supple movement in everyday practise.

UNIVERSITY NEWS.—Continued from page 40.

N.P. In this respect university students might not know that the Budokwai has a class for them every Wednesday with a dojo fee of 1/-.

We want to start the series of sketches on individual clubs next issue.

In order to avoid difficulties of choice, and jealousy in the matter of preference, we are going to pick the names at random, selecting the next club as we proceed. Perhaps this will stop all arguments!

That's all for this issue. Please keep the letters pouring in!

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The Final Fling of the Age of Chivalry?

The Ladies Try the "Gentle Art of Judo"

Norman Shrapnel

"JUDO course for ladies," said the prospectus. It looked formal, even demure, on paper. Not for some moments came the backwash of horror at the thought that what a lady used to achieve with a frozen lift of the eyebrow might now require a head or arm lock, or a heave clean over the shoulder. The age of chivalry, it seemed, was about to endure its final fling.

Purposefully, sometimes in pairs but for the most part singly, the ladies arrived. They gathered in a room completely bare except for some rolled mats and, on a wall, the text in large letters of the hymn "The Lord is my Shepherd." They were about to start a course of eight two-hour sessions—with ten more to follow in the new year if this one took on—for the study of an art fervently dedicated to the idea that the Lord helps those who help themselves.

The two organising bodies, the Central Council of Physical Recreation and the Manchester Education Committee, made it clear that they were under no liability for any injuries the ladies might sustain in their studies—still less, one inferred, for any that their new-found accomplishment might subsequently inflict on others. None would be likely to get what they did not deserve. But violence of any damaging sort, it was reassuring to find right at the start, is not the idea at all.

"To Conquer by Yielding"

Judo, the name now commonly given to jiu-jitsu, which has long been practised by both sexes in Japan, is sometimes translated as "to conquer by yielding." According to a Mr. Feldenkrais, an expert who had the embarrassment of founding the Jiu-Jitsu Club de France not long before the Germans marched into Paris, the word means the gentle art or the principle of giving way. He



(Photo by courtesy of The Manchester Guardian)
The Instructor gives a demonstration



(By courtesy of The Manchester Guardian)

A Student demonstrates on the Instructor

has written a book in which he says that irascibility and quarrelsomeness are weeded out among those who learn the art. "But when fighting is unavoidable they will stick to it with the tenacity of an Irish terrier, never losing their tempers, and certain to win."

He adds that it is properly taught in a special hall called Dojo, meaning Buddhist monastery: an indication of the spiritual nature of the art's beginnings. The Manchester ladies had to make do with the more mundane setting of the Chorlton Central School. This was, nevertheless, dramatically powerful, in a stark way. The ladies had gone to change, and the polished floor was empty again but for the reflection of those verses on the wall. Inspired by these, one's memory toyed with Dryden:

"Arms and the man I sing, who forc'd by fate
And haughty Juno's unrelenting hate . . ."

For "Juno" must we now substitute "Judo"?

Suddenly, upon this austere stage, like a character in the No drama of Japan, stepped a dark, attractive, slightly-built young woman in a loose-fitting jacket, green sash, and wide trousers reaching half-way down her calves. This was Miss Eckersley, the instructress. She strode briskly past a verse which said "Goodness and mercy all my life shall

surely follow me," and while her class was putting the final touches to its preparations for the fray she found time to talk about the progress of this no-longer-alien art in England.

Judo "Votaries"

According to Mr. Feldenkrais there are something like five and a half million Juro "votaries" in the world and it seems that not a few of these are to be found in big English cities like London and Manchester. Miss Eckersley sketched a fascinating picture of what goes on any day of the week in the exotic reaches of Great Ancoats where one finds the Kita Nishi Kwan, the Northwest School of Judo. Here hundreds of people, including some women, regularly practise their art. "We aim to do better than the Japanese," said Miss Eckersley earnestly. She is a Green Belt holder, about half-way up the Judo hierarchy of skill. The British Judo Association is anxious that students should make sure that instructors claiming these internationally recognised grades are really entitled to them. People are trying to cash in, financially, on the growing popularity of Judo, they say, and it can be a dangerous business in the wrong hands.

Today we are in the junior temple, and now the mats were unrolled and the novices trooped in. There were tall girls and short girls, thin girls and powerful girls, clerky-looking girls in spectacles and a dazzling platinum blonde. Some looked determined, some apprehensive. They wore slacks or shorts or jeans of many colours, and all had bare feet.

Talk—and Demonstration

Miss Eckersley gave a brief, firm talk in which she explained (for those who had not read Mr. Feldenkrais) that Judo meant "the way of gentleness." And soon she was daintily humping over her shoulder a large girl in brown slacks, bringing her down on the mat with a lively demonstration thud at which the novices gave a murmur of admiration. Entering into the spirit of the evening, the ladies were soon throwing Miss Eckersley. She appeared delighted with their progress. "Did you see that?" she exclaimed, rising to her feet for the fifth time and pointing to a large fair girl, smiling quietly to herself. "She threw me before I'd even shown her how!"

"A day's rest"—we were reminded of Mr. Feldenkrais once again—"may be advisable after the first lesson." One believed it. But there are many more sessions and plenty of time for these novices to learn about the first leg throw (O-soto-gari), the first hip throw (O-goshi), and the enormous fun of the throw known as De-ashi-barai, which Mr. Feldenkrais calls "as clean as a slip on a banana-skin or a fall when skating." Even if the ladies do not get as far as the sacrifice throw (Sutemi) or the refinements of strangulation (Shime-waza), it is clear enough that their husbands and gentlemen friends will have much to look forward to.

UNIVERSITY NEWS

Colin Forrester



THIS month the talking points will be scattered, and the news from various sources. In the next issue we will begin the first of a series on the individual clubs, taken in order.

First, I would like to say a word in defence of the ladies. Why is it that they so seldom figure in the Judo clubs in our universities? Admittedly Oxford is attempting to gain them admittance at the moment, and Cambridge allows them to join [though it must be admitted that at the present time not one single member of this large club of ninety-five judoka is a girl]. Apart from these, there is a distinct

lack of interest shown in the ladies, as far as I have been able to discern. Edinburgh, Glasgow and Manchester make no comment about their existence at all, leaving one in doubt if they are represented in these clubs. Why this condition exists I am unable to tell. Admittedly some of the universities are a trifle old fashioned, not to say stuffy, about mixed Randori [perhaps with some reason!], but there is surely no objection to girls joining, even if only in the status of pupils of self defence. I would welcome more views on this matter, and some more information on the individual club practises.

Could not the talent at some of the university clubs be co-ordinated into a group effort to discover some good training techniques? There is nothing to complain of in the instruction; there are high grades in plenty who seem willing to take the students under their wings. For example, D. Mann (2nd Dan) works for the newly started King's College J.C., Manchester has D. Jones (1st Dan), Cambridge has J. Konshul (3rd Dan). Charlie Palmer (3rd Dan) used to coach Edinburgh at one time, and Burr, Bloss, and Gleeson have all taken vacation classes at various times. With such backing we have a firm basis for improvement. But this requires much more organised effort among the students themselves. Frequently these instructors are only part-time, and in between visits life has to go on as well as may be. To use this time efficiently a regular pattern of practice, formed with a sound knowledge of training method, would have to be used. Cambridge used a mass training method for their 'varsity team some years back, with good results. But the dangers of this is that the individual character of the sport tends to become ignored. Methods should be fixed in broad principles, not in minute detail. Here is a chance for those with a flair for experimentation and research among the club secretaries.

Continued at foot of page 36.

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Our special offer still holds good, and details have again been printed on page 45. This was the offer for those who might have missed it:

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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 Judo should be without this vastly interesting work.



JUDO

M. Feldenkrais

7/11 post free

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 a throwing ground-work technique 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.



JUDO FOR BEGINNERS

E. J. Harrison

3/9 post free

Especially written for the novice. All the basic throws and groundwork technique are described, with comprehensive line drawings illustrating the finer points. Several chapters are devoted to grading procedure, exercises, breakfalls, hygiene, free practice, and contests, etc. This book gives a first class introduction to the uninitiated in the art of Judo.



HIGHER JUDO

M. Feldenkrais

13/3 post free

With a preface by Gunji Koizumi 7th Dan, this comprehensive work deals entirely with Katame-waza or ground work, containing several hundred line drawings taken from photographs of Mikonosuke Kawaiishi 7th Dan and the author. Every possible aspect of groundwork is carefully considered and explained. Many of the techniques shown are relatively unknown in this country, and will prove useful additional material to the keen Judoist.



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 "Atemiwaza", "Kata", Training principles, contest practice, and many other branches of Judo essential to the beginner and the advanced Judoist alike.



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.



Further Books on page 30

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 opposite page and post to us together with the requisite amount of money.

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 |

(Death is NOT included.)

Premium £1 per annum.

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

Do not be wise after the event!

**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 8s. 0d. for twelve issues, post paid; commencing with month

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.....

SEE SPECIAL OFFER ON PAGE 41 BEFORE FILLING IN THESE FORMS.



Have you filled up the
forms overleaf?



Don't forget

BACK NUMBERS OF JUDO

ARE STILL AVAILABLE

You can purchase your requirements from us with confidence, as we will not recommend anything unless it has our approval.

		£	s.	d.
Jackets.	Best quality material guaranteed not to rip at first use. Sizes: Medium (for the average person), Small and Large	2	0	0
	Postage 1s. 4d.			
Trousers.	Large or Small	1	0	0
	Postage 10d.			
Belts.	Any colour	3	6	
	Complete set, £3 only. Postage 2/- extra. Carriage paid on three or more sets.			
Slippers.	Genuine Japanese ladies' and small and medium men's, others later	16	0	
	Postage 11d.			
Mats.	Arrangements now being made. Details in a future issue.			
Canvas.	Ditto.			

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	<i>Title</i>	<i>Author</i>	<i>Price</i>	<i>Postage</i>
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