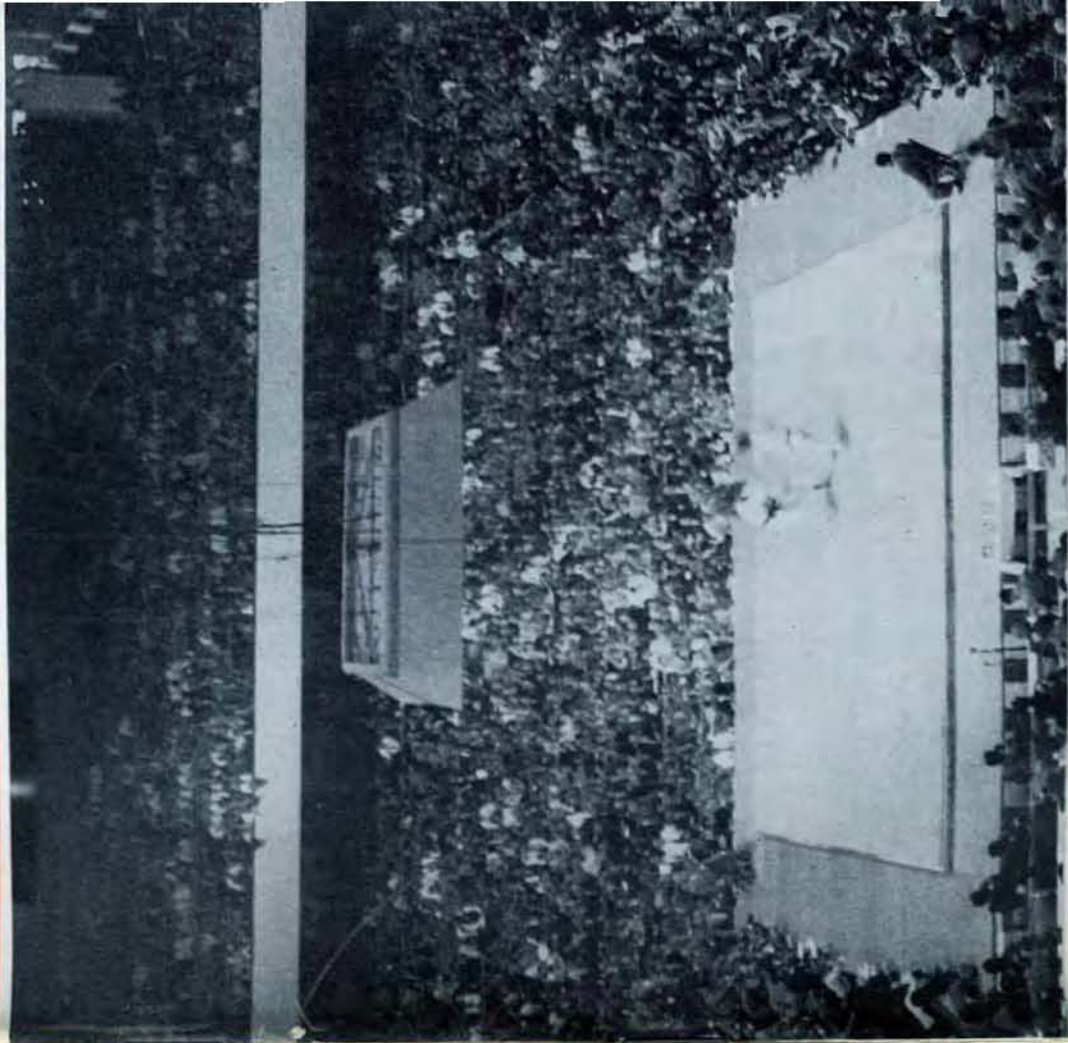


JUDO

VOL. III

JANUARY 1959

No. 4



Inside

Judo World Championships—Tokyo

2/6

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 14th	LILLESHELL 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	LILLESHELL 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)	£9 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)	£9 0 0d.
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JUDO

JANUARY

1959

VOL. III

No. 4

CONTENTS

	Page
SMALL ADVERTISEMENTS	i
THE JUDO MACHINE. D. Mann, D.O., M.R.O.	2
JUDO IN SWEDEN. R. H. Lock	4
JUDO WORLD CHAMPIONSHIPS	8
UNIVERSITY NEWS. W. J. Semple	8
AREA NEWS	11
CANADIAN NEWS	16
CORRESPONDENCE	17
B.J.A. ACCOUNTS	18
CLEAR THINKING. Gunji Koizumi	20
JUDO PERSONALITY No. 27	22
CLUB FORUM	24
BUDOKWAI NEWS. G. Gleeson	30
NEW ZEALAND NEWS. Mrs. R. Woods	32
GREAT BRITAIN v. BELGIUM. M. Woodhead and W. Stepto	34
AIKIDO. R. W. Smith	36
WHISPERS IN THE WIND. Veritas	40
B.J.A. GRADING RESULTS	42

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THE JUDO MACHINE

ITS MAINTENANCE AND EFFECTIVE USE

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

Considering that human beings have only one body to last them from the cradle to the grave, with no possibility of trading it in part exchange for a new model, it is surprising how much they neglect and misuse it.

Wild animals have the guidance of instinct to control their activities and diet. Human beings contracted out of the natural way of animal life so many generations ago that they have lost practically all their natural instincts; such natural instincts as still survive are so divorced from normal activities that they are usually more of a liability than an asset. Practically everything we do, even what we eat, we have to learn. Most people learn by imitating family or local customs — these may be good, bad, or completely out of date. Fortunately the science of Physiology provides facts (determined by a large volume of painstaking observation and experiment) which can be used to check on traditional habits. It is to everyone's advantage to do this.

DIET. This term scares off most people, as they associate it with illness or crankiness. There are, of course, specific diets for specific illnesses, but the term literally means "one's daily food." There is no need for a person who is organically sound to worry about specific diets, or to pay too much detailed attention to what they eat, merely to follow a few simple rules to keep well.

Everything which the body needs for fuel, growth, repair and resistance to disease, enters through the mouth. Here it is chewed to small pieces and mixed with saliva, which plays a very important part in digestion (to avoid indigestion always chew food — especially bread — very well). Unused substances are expelled through the anus. The two are connected by a tube, roughly thirty feet long, modified in parts (the stomach is the tube enlarged to a double-ended bag) and fitted in places with valves. In the first part—stomach and jejunum (upper part of the small intestine) the food is mixed with various chemicals which break it down into simpler substances. These are absorbed by the second part — the food substances are mainly absorbed by the small blood and lymph vessels in the illium (the lower part of the small intestine) and the excess of water is absorbed in the colon (large intestine).

The substances required by the body can be classified as under:—

(1) **Protein:** Lean meat, eggs, fish, cheese, peas, beans, lentils and nuts. Protein is needed to build and maintain muscle and most other body tissues.

(2) **Carbohydrates:** sugars and starches. Starch is contained chiefly in potatoes and everything made with flour. These are broken down into the simplest sugars (Glucose and Fructose) before being absorbed, and are fuel foods.

(3) **Hydro-Carbons:** edible fats and oils. Also fuel foods, more concentrated than the Carbohydrates.

(4) **Mineral Salts:** various and many. Some, such as those of Calcium, Phosphorus, Sodium and Iron, are needed in fairly large quantities. Others, such as Iodine, are only required in small quantities. For sound health a sufficiency of each is needed.

(5) **Vitamins:** substances which are obtained in very small quantities from various foods. Some are fat-soluble (dissolved in fats) such as Vitamin A and D; others such as B and C are water-soluble. These play a vital part in many of the chemical reactions of the body. Absence or insufficiency of any vitamin will, if long continued, cause the deficiency diseases (e.g., lack of Vitamin C, Scurvy; of D, Rickets and chest troubles).

(6) **Roughage:** the undigestible fibres from fruit and Vegetables, the outer husks of corn (bran). These provide the bulk which is very necessary for sound digestion.

(7) **Water:** sedentary workers need at least two quarts per day, to enable the skin and kidneys to function properly — active workers need far more. Everyone needs more drink in the hot weather.

The amount of food which people require varies enormously, due to various different circumstances — a heavy worker needs twice as much food as a clerk. Anyone exposed to the winds during cold weather needs more food — especially fat — than a person who is always in a warm, close atmosphere. Younger people require more food than older ones; the tall, raw-boned man usually has more active glands than the fat one, and will usually eat a great deal more.

Some dieticians state that the best combination is four parts of Carbohydrates, one of Fat and one of Protein; others, 3 parts Carbohydrate to one to one.

The amount of Protein needed per day has been variously placed at 2, 3 and 4 ounces by different prominent diet specialists. Again a naturally large person (as distinct from a fat one) needs more Protein for maintenance work than a small one, and teenagers who are still growing need more than adults who are no longer growing but only need it for repairs. Generally speaking, it is better that any error should be made on the generous side with youngsters, as they are more likely to suffer from Protein deficiency, whilst with middle-aged or elderly people it is safer to follow the lower estimate, as excessive Protein speeds up the hardening of the arteries and throws an undue strain on the kidneys.

One of the greatest sources of trouble is excess Carbohydrate. If one eats large quantities of stoggy white bread too quickly, it is not properly mixed with saliva and so is never really digested. Not only does this indigested starch ferment inside, causing indigestion and feelings of hunger, but some of the products get into the body and collect in the cells, where they attract and hold water, producing the overweight, puffy, unhealthy being. Too much sugar can produce the same effect, as well as being one of the chief causes of Catarrh and Rheumatic troubles.

Too much fat can cause indigestion and liver trouble. Fishermen

and Farm Labourers, doing heavy work under exposed conditions, need a lot of fat both for fuel and for keeping warm, but the Clerk who sits all day in a warm, stuffy office should go easy with fatty foods.

Most people eat insufficient fruit and vegetables. These provide Vitamin C and Mineral Salts (unless removed by bad cooking). They also provide roughage, which is the necessary bulk to enable the food to be pushed through the intestines (which it does by squeezing wriggly movements). Insufficient bulk will cause stagnation of the Intestines, giving rise to Indigestion and Constipation, especially in people who do not sufficiently exercise their Abdominal Muscles.

The former Royal Physician, Lord Horder, stated that, in his opinion, "Constipation was the start of most civilised illnesses."

To sum up, the best guide to a normal person's diet is that at least half of their food should be fruit and vegetables, and the remainder should be as varied as possible. Starchy foods should be on the dry side and well chewed. Don't rush meals. One always gets more good from eating a small meal steadily, than by bolting a large one. Remember St. Paul's advice, "moderation in all things."

JUDO IN SWEDEN

R. H. Lock

Before I left England in mid-July, I made enquiries in London about Judo in Sweden, but no-one could give me any definite information. However, I brought my judogi with me, determined to find a club, if one existed.

I had decided to stay here for two months, and got a job washing dishes in a restaurant. I tried to find a judo club, but few people in Gothenburg had even heard of judo, and although "ju-jitsu" meant something to them no-one had heard of a club. I tried the Tourist Bureau, the police, and nearly everyone I met without success.

After a couple of weeks I saw a paragraph in a newspaper, giving the address of a club, so I went along on my free evening—I was working from 4 p.m. to 1 a.m. Unfortunately the club was shut, so I tried a few days later, with success.

This club has been in existence for nearly three years now, and is probably the only one in Sweden—although we have heard of a Dutch 1st Dan running a judo school in Stockholm, and a club may be forming there. A club may also start at the University here.

The present success of the club is due to the efforts of Bruno Adler and Karl Wörsst, who have conquered obstacles which would have made most men give up, and have taken care of most of the expenses of the club. Bruno is from Austria and Karl from Germany, although both have been settled in Gothenburg for some years.

Bruno started the club in 1955—his interest was aroused by a friend of his in the Vienna Judo Club, and a Ju-Jutsu master as well as stories of the mysterious powers of "kiai." This was in 1952, and early in 1955 he joined a school of ju-jutsu in Gothenburg run by an Indonesian "2nd Dan," who taught self-defence techniques and a few hip and shoulder throws, but the pupils were not shown Uchi-komi, or taught how to breakfall properly. The Indonesian showed Bruno a prospectus for a judo course in Holland for that summer, which he attended. Unfortunately, as he could not breakfall properly he was injured the first day, and spent the rest of the time watching in amazement. This was the first judo he had seen. The course was run by the Nederlands Amateur Judo Association.

On his return to Sweden, Bruno decided to start a club, and wrote a newspaper article which attracted about fourteen men, only two of whom were under forty years of age. There were many committee meetings and Bruno was elected President and Karl Wörsst Secretary—nearly everyone had some post. There was still no dojo, but Bruno found one after nearly losing his job because of the time he spent looking.

The first mat consisted of four Oriental carpets, valued at £1,200—one of the most expensive in the world I should think, borrowed from Bruno's employers. After the first evening's training only two men appeared for a second time—the older ones had not realised judo would be such hard work! After another newspaper article of two pages, with photographs, the membership was up to ten. It was very difficult to convince strong



Members practising KESAGATAME

In March, 1956, there was a visit from Dr. Schutter, now a 5th Dan, of Holland, with Van Elk (3rd Dan) Student Champion of Holland, a 2nd Dan and a 17 year-old 1st Dan. A demonstration was put on in the town, followed by a week's course and a grading. This was all very successful and at the grading Bruno was awarded 3rd Kyu. Five 4th Kyu and some 5th and 6th Kyu's were also awarded. There have been no gradings since, except one of the 4th Kyu's, who went to Holland this summer and was graded 3rd Kyu, and he is only 17.

The membership fluctuates, but there are fifteen regulars, and about 40 on Beginners' Courses.

The premises are at 22a Arvid Lindmansgatan, Hisingen, Göteborg, and consist of a basement with its own entrance, mat 30' x 15', showers, changing rooms, and central heating. The club is open five nights every week, and visitors are especially welcome as there is, unfortunately, little contact with the "outside world."

The photographs on the dojo wall are of Professor Kano and a spectacular shoulder-throw from the Dutch demonstration team.



HANE GOSHI by R. H. Lock on K. Wöst

*Sincere Good Wishes for a Happy New Year
from the Editor and Staff of Judo*

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Judo World Championships

TOKYO—SUNDAY, NOVEMBER 30th, 1958

Thirty-nine judoka from eighteen different countries took part in this the second World Championship. As was to be expected, Japan won the Championship, K. Sone (5th Dan) becoming the World Champion.

D. Young (3rd Dan) and D. Bloss (4th Dan) did extremely well reaching the 3rd round and quarter-finals respectively. We hope to print some eye-witness accounts and photographs in a future issue.

UNIVERSITY NEWS

British University Judo Association

W. J. Semple

On Saturday, November 25th, the B.U.J.A. held its second Championships at the Budokai. The match was between three teams of ten, each representing a region of Great Britain. Scotland was unable to make the match.

It was, therefore, fought on an all against all basis, so that each team had to fight twice. Unlike the University Championships of last spring, this championship ran very much to expected form in that North, who had by far the strongest team (3 brown, 2 blue, 5 green) won the day; while the South and South-east team having 1 blue, 6 green, 2 orange and 1 yellow, just won enough contests in the lower section of their team to beat South and South-west (2 brown, 1 blue, 1 green, 4 orange, 1 yellow and 1 white) although they lost in the higher grades. Perhaps this following of graded form is a sign of the stricter gradings now being given by the B.J.A., and is to be commended, although it does remove some of the unexpected excitement of past matches.

The results were:—

1. **North (5 contests, v. South and South-east (1 contest).** This the first event of the afternoon showed straight away the superiority of the North region and also supplied the finest throw of the afternoon when Shaw (2nd Kyu) of Manchester University produced a perfect textbook Tai-otoshi to throw his opponent beautifully and win his contest. The single point that went to the Southern team was scored by Brown (3rd Kyu) of London University with a Juji-jime.

2. **South and South-west (4 contests) v. South and South-east (5 contests).** Here as described South and South-east region won the lower contests with Judew (4th Kyu) of King's College, London, scoring particularly well with Uchi-gari; while the top three contests went to South and South-west with Hannam (1st Kyu) of Southampton University, the B.U.J.A. team captain scoring with Utsuir-goshi.

Continued on page 10

JUDO WORLD CHAMPIONSHIPS held at TOKYO, NOVEMBER, 30th 1958

[illegible]

3. **South and South-west (no contests) v. North (8 contests).** In this event the North team completely overpowered their opponents winning the lower eight contests having only Sweeney (2nd Kyu), of Bristol University, and Hannam to hold Spencer (1st Kyu), Manchester University, and Holdsworth (1st Kyu), Leeds University, to draws.

Our thanks go to Mr. T. P. Leggett and Mr. J. Barnes, the President of the B.U.J.A. for their kindness in refereeing the championships.

The winning team was:—

I. C. Holdsworth (1st Kyu) LEEDS	D. Thurnham (3rd Kyu) LIVERPOOL
G. Spencer (1st Kyu) MANCHESTER	M. Miller (3rd Kyu) LIVERPOOL
S. Heard (1st Kyu) LIVERPOOL	S. McDonald (3rd Kyu) LEEDS
H. Shaw (2nd Kyu) MANCHESTER	D. Talbot (3rd Kyu) LIVERPOOL
R. B. Williams (2nd Kyu) LEEDS	M. Cooke (3rd Kyu) LIVERPOOL



Winning Teams at the B.U.J.A. Inter-Regional Championships

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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AREA NEWS

NORTH WEST SECTION *R. F. Gellatley*

The big news from the North West this month is that the new Committee elected on October 11th is unconstitutional. I am told that a letter has been sent to the B.J.A. complaining about the new Committee, the writer asking to remain anonymous. While agreeing that anyone has a right to complain, I do think the writer should have had the courage of his convictions, and put his name to his complaint. The tentative date for the new election is January 17th. However, F. Rhoden will contact all Club Secretaries before then.



If every club sent their quota of representatives the question of one club, the K.N.K., dominating the Committee could not arise. Furthermore, the people on the Committee were elected by those present, and as the K.N.K. has only the same voting power as anyone else, what is there to complain about? The important question to ask is, who can do the most for Judo in the North West—the question of where he happens to practice Judo (when he gets time) is not of great importance.

We are hoping to have a lot of high-grade tuition in the coming year. Last year we feel that we were badly neglected. Our Secretary, Mr. Rhoden, complained that not only could we not get Dans from London, but also that he could not get any reply to his letters requesting Instructors. To not even get the courtesy of a reply from headquarters does not encourage people in the areas. It seems to us that there does not seem a lot of point in the B.J.A. helping people to go to Japan if no one but London ever sees them. London have all the high-grades they need—let us see some of them for a change.

For a start to the year we are hoping to see G. K. in February, and Geoff Gleeson also early in the year.

Despite dense fog the "Club Night" of **Metro-Vickers** Judo Club was a great success, with a really first-class display of Judo. It was a complete show in miniature. Instruction was given by Pete Connor (1st Dan), there was a two team contest, a contest for the Pastore Cup, Self-defence, and one against twelve—altogether a very worthy effort, which I believe is to be an annual event. It is an example many could follow with advantage, if they have the facilities.

The new Committee at the K.N.K. was elected last week. I am glad to see no fewer than six new faces on the Committee—including two lady members. Almost all the grades are now represented, from Orange to Black, and it is very encouraging to find so many eager volunteers.

I hear reports that beginners get "bashed" at the K.N.K. This, quite definitely, is not true. It may be that some people have not mastered the art of break-fall, and in Judo knocks have to be taken. However, if anyone ever comes to the club and feels he has been "battered," then I would be grateful if he would complain to me, so that I can take action, and bring it

up before the Committee. In the meantime, let us see more North West Judoka at the K.N.K. this coming year.

Is it possible to arrange more Black Belt gradings in the North West? The last one was twelve months last July. If we have frequent Black Belt grading, enthusiasm is maintained, and it does not become such a tremendous ordeal. Failure means another twelve months or so as a 1st Kyu, and this knowledge makes the grading assume an importance that it does not warrant. What is worse, 1st Kyu becomes the graveyard of many a good Judoka's hopes and ambitions in Judo.

In closing, may we in the North West wish *all* Judoka everywhere a very Happy and Prosperous New Year.

NORTHERN SECTION *T. F. Pettman*

By the time this article appears in print our first Area Course will be over and the next one, for 4th Kyu and below, will be in the process of being arranged. During the next twelve months it is hoped to run the above course, and one for the Ladies. Apart from this there will be an Area Display, and another Dan Grading.

The Area Committee wish to thank everyone who has helped to make the Area Show a success. A full report will appear next month. This year, the Kodokwai, **South Shields**, has taken the brunt of the organisation, but next year it will pass on to another club, and so on, until eventually it returns to South Shields. This will make all the clubs take interest when it is their turn, if not at any other time.

Following the example of the Midland Area scribe, I would like to point out that very few clubs in our area take an active part in the area events and activities. How about you, Darlington, and Bishop Auckland? Shindo Kwaisha have also lagged behind in area support. At the monthly Committee Meetings we often have difficulty in raising a quorum, and there is certainly no need for this. The meetings are held at Durham, which is pretty central for all the clubs — so how about it?

GRADINGS.—The gradings for next year are as follows:—

6th and 7th March; 5th and 6th June; 4th and 5th September; 4th and 5th December.

Please do not turn round next year and say you have not been told. The Dan Grading date will be announced later.

It is hoped that we will be able to hold an Area Dance or Dinner next year, and if we get as much support for this as we do for other Area events, I foresee that the Area Committee will be the sole supporters.

At the last gradings held in September, a lot of applicants were late in applying. In future, all forms must be in a week before the grading date, and no forms will be accepted after this time. The single exception to this rule will be the Durham County Police. I know myself that sometimes their members may not know if they can attend until the day before the grading, so they only will be allowed to apply late. I intend to stick strictly to this rule, so you have your warning.

NORTH EAST SECTION *J. Pigott*

The first thing I must say is a sad farewell to Andy Bull, who is leaving the area now he has finished his National Service, and a thank you for all the good work he has done while in the North East.

Geoff Dyke of Barnsley has a job that takes him round the area quite a lot, so be warned — the next visitor you may have could well be a very able Dan grade.

Leeds J.C. have to vacate their dojo in December, which is a great pity, as it was one of the biggest in the area, but we hope they find new quarters very soon.

Barnsley are expecting to move to larger premises in the near future, a move much needed with the number of members they have.

We welcome two new clubs to the Area, namely

Adwick-le-Street, nr. Doncaster; and Blackburn & General Aircraft J.C.,
Brough, Yorks.

P.S.—My new address is "Field Holme," Strensall, York.

WELSH SECTION *G. Thomas*

There is not much to report on this month as we are awaiting the activities mentioned last month. By the time this is in print the Film Show will have been presented, and I will report on it in the next issue for the benefit of the few (I hope) who could not attend.

One item which will, no doubt, please all of you, is that we have another 1st Dan in our ranks, namely Peter Kealle of the Samurai J.C., **Swansea**. Peter, together with John Twick (1st Dan) have plans to further their judo training in Japan sometime in the future. I am sure we all wish these two very keen judoka all the success they deserve.

The Judokwai, **Cardiff**, who for some time now have been rather in the "doldrums," have secured the services of our National Coach, Alan Petherbridge (2nd Dan) for instruction and practice. We wish them every success and, if their members support Alan, perhaps another 1st Dan will emerge from this part of Wales.

NORTHERN IRELAND SECTION *D. F. O'Sullivan*

The Annual General Meeting of the N.I. Section was held on Friday, November 6th in the Y.M.C.A. Buildings, **Belfast**. The election of officers for the forthcoming session re-established Mr. E. E. Utitz as President. Lieut.-Col. H. A. Armstrong (Vice-President) and Mr. L. G. Glasgow (Chairman) were also re-elected. Hon. Secretary is Mr. R. Christy and Hon. Treasurer and Recorder Mr. Wm. Green. Mr. G. Nevin (1st Dan) is again Area Coach. I am the Publicity Officer, Dennis O'Sullivan. A total of 21 delegates was present at the meeting.

The proposal:

"That the Northern Ireland Section Committee take immediate action to inaugurate some form of inter-club competitions in order to encourage closer co-operation amongst clubs and stimulate even greater interest in the sport."

was very enthusiastically accepted by all the delegates and the planning of details was referred to the next meeting of the Section Committee. It was, however, thought advisable to confine the competition to judoka of up to 3rd Kyu, so as to give younger and less experienced judoka a really fighting chance. More about this in the next report.

A general consensus of opinion showed that the idea of interchanging the high grades of the various clubs for organised training sessions was greatly favoured, and it is thought that such a venture will do much for Judo in Ireland.

Details of a new Insurance Scheme are always of interest to the judoka and the announcement of one involving a four shilling premium is bound to attract a considerable amount of favourable attention.

Gradings were held recently in the R.U.C. Club, **Belfast** and they certainly showed that the standard of Judo in Northern Ireland is rapidly rising. The grading judoka was Gerry Nevin.

Being an isolated province, Northern Ireland can hardly be expected to produce as yet a team capable of winning the British National Judo Championships but we can always take part. This year our team consisted of Sean Anderson (1st Kyu), Raymond Christy (1st Kyu) and Sam Anderson (3rd Kyu), and they thoroughly enjoyed every minute of contest and entertainment alike.

The two largest clubs in the province, the Ulster Judo Club and the Belfast Judo Club are at the moment involved with extensive club renovations. The latter has recently moved to new premises and the former is at this moment undertaking a full-scale redecorating scheme.

More news next month.

SOUTHERN SECTION *M. Leigh*

These are, I believe, the first Southern Area Notes, and they mark the end of our silence.

The inaugural AGM was held on November 1st at Ecsleston Hotel, Victoria, London.

There were thirteen clubs represented, and a committee of seven were elected as follows:—

Chairman	J. Capes	HOVE JUDOKWAI
Secretary	J. Gowland	GRIFFIN J.C.
Treasurer		
Recorder	A. Morphew	SUTTON J.C.
Committee	L. Stott	PENGE & ANERLEY J.C.
	J. Bussey	BOWATER LLOYD J.C.
	A. Munroe	R.A.E. J.C.
	M. Leigh	L.J.S.

All future enquiries and applications for grading should be addressed to Mr. A. Morphew, 32 Green Lane, Worcester Park, Sutton, Surrey. Will all clubs in the area please note that applications for grading must be made at least three weeks before the Grading takes place.

The committee again met on November 29th. The first Area Grading will take place at three Dojo early in March '59. The L.J.S. have open gradings up to 1st Dan, and any Southern Area member will be made very welcome whatever grade. Two other Dojo have been approached and we should have their answer by the next issue of this magazine.

It would be appreciated if those clubs who have not officially applied to join the Southern Area, do so as soon as possible; the Area Secretary will be pleased to give any information.

The cost is only one guinea and the advantages many. The area comprises **Surrey, Hampshire, Kent and Sussex**. Two applications have already been made and accepted, these are from Phillips J.C. and Mitcham Youth Club Judo section.

It was decided by the committee to ask Mr. Penfold 2nd Dan to accept the position of Area Coach, which he has very kindly accepted.

All clubs with Junior Sections please note that at 3 p.m. on January 3rd '59 a team of three Juniors and two reserves will be selected to represent the Southern Area versus the L.J.S. at the Festival of Judo at the Royal Albert Hall on the 14th of February. A letter has been circulated to all clubs in the Area giving full details.

The Juniors will pay their own expenses to the L.J.S. for the selection contests, but the team selected to appear at the Royal Albert Hall will have all their expenses paid.

Lastly if anyone in the Area has anything of interest they would like printed in this Magazine in the Area News column, please let me know; copy should be in my hands by the 7th of the month if possible. All contributions to me at the following address:

9 Gregory House, Black Prince Road, Kennington, London, S.E.11.

WESTERN SECTION *Peter J. Murphy*

As promised last month, I commence my article with a brief report of our Sixth Annual General Meeting. The representation from member-clubs was above average. I regret to have to inform you that owing to pressure of work and other commitments, Ray Martin, who has carried out the arduous duties of Secretary for the past two years, has relinquished his position. Although this was anticipated, we all feel very sorry to see him go. During his term of office, Ray has discharged his responsibilities to the utmost of his capacity, and I feel sure that all who know him will join with me in a hearty vote of thanks (Seconder K. Knott) for services rendered. One other resignation was accepted, i.e., the position of Chairman. Details of the new Committee are as follows:—

Chairman:	FRED BRISCOE,	C.C.P.R.
Secretary:	PETE MARTIN,	7 Northfields, Bishops-
		hull, Taunton.
Treasurer:	JOHN BRICKNELL.	
Registrar:	PETER MURPHY.	
Committee:	GERRY HICKS	
	PETE KELLAWAY	
	TED GOWLAND.	

The 1959 Programme will commence with the two following events:—

Saturday, January 17th.—Grading and Instruction at TRURO.

Sat./Sunday, January 24th/25th.—Blue-Brown-Black Grading and Instruction at BRISTOL UNIVERSITY.

Details of the above will be forwarded to all Club Secretaries.

Our last Gradings of 1958 produced the largest number of entries ever recorded in the West, approximately 260 Judoka took part at the four centres, **Bristol, Exeter, Swindon and Plymouth**. It was interesting to note that at least 45% of the participants were Mon Grades, and this is a most hopeful sign for the future of Judo. I only trust that in the words of G.K. himself, "that the third generation will not put up: 'House for Sale,' in very fine handwriting." Once again we are indebted to Gerry Hicks and Pete Kellaway for their able guidance and undoubted interest. Whilst on the subject of Gradings, as Registrar, I would once again draw the attention of the Secretaries concerned to procedure regarding Gradings. Applications on the

approved Form together with the necessary monies, must reach me at least seven clear days prior to the event (positively no applications will be accepted unless this rule is observed). Secretaries must produce the authorisation form before commencing the examination. All Judoka must bring Grade Cards. Secretaries when applying for Mon Grades must include the date of birth of the entrant. On receipt of new cards, please enter the Christian name and address of the holder.

* * * *

Canadian News

A. Grabher of the Toronto Institute of Judo, former member of the Budokai, recently captured the Quebec Championship Trophy defeating H. Jansen (2nd Dan) in the final.

Canada was represented at the World Judo Championships in Tokyo recently by M. Humetsu of Burlington, a fact which has raised great controversy. The Toronto Institute of Judo claims that Humetsu was not the right man and also that he was not chosen in a proper manner. The Canadian Kodokan Black Belt Association, national governing body for the sport, staunchly defends its selection, while conceding that the T.I.J. may have a point.

The T.I.J. claim the proper representation should be the best judoka in Canada and the only possible way of determining this fact would be by sending the present Canadian champion, or having an elimination contest to select a man. The Association's reply is that there is no such thing as a Canadian champion, there never having been sufficient funds to operate a national tournament. However, this will be remedied in the future, now that Canada will be sending a representative to the World Championships each year.

Humetsu was chosen at a National Council Meeting on October 19th, but protests were made much too late to change the plans. Also he was required to perform a double duty, also acting as the Canadian delegate to sessions of the World Judo Association.

The T.I.J. hope that the publicity given to this matter will result in a change of approach to the selection of Canada's representative in the future. The Association promises that carrying out this wish is precisely what is planned, as soon as practical.

The Toronto Institute also claims that Humetsu does not have the necessary qualifications, Eastern Canada champion Alfred Grabher, who competed for Britain in the 1956 World Championships, and Rene Lalonde of Quebec were mentioned.

* * * *

JUDO BACK NUMBERS STILL AVAILABLE

October up to and including January, 1957, 2/- per copy. Single copies 2/4d. post free. February, 1957, onwards 2/6d. per copy. Single copies 2/10d. post free.

For more than one magazine add 2d. extra postage only for all extra copies in addition to the magazine price.

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,

Would it not be a good gesture in the New Year for all Associations to strive at some sort of unity, even to the length of tolerance; each Association to practice with the other, if not in championships, surely as club to club?

Judo has reached a sorry state when one club says to the other, "You cannot practice on our mat as you are not of our Association." I find the average down-to-earth judoka who looks forward to his one, two or three nights per week, is quite content to get on the tatami, have his practice, and go away happy in the fulfilment of practising judo. The only time association worries clash with him is when he visits a club where they refuse him a practice because he may be of another association.

Speaking on observations, within the Glasgow Area, at the Koizumikwai, we have regular visits from A.J.A. members, and every week we are honoured by a visit from members of the B.J.A. Tora Scotia, which is situated some 60 miles from us. Consequently it follows that we welcome judoka from all associations to come for a practice. I gather from Mr. T. McDermott, Kodokan 3rd Dan, that this is the policy in Japan, where all associations of judo practice with each other.

In almost every constitution of a Judo club worthy of the name, there appears a clause "to promote and practice Judo regardless of creed or colour"—how nice it would be to add, "or Association." Wherever the axe falls, then one finds oneself in that or this association. Fair enough, but let us still all be friends, and not pawns in a game of strife, which can achieve nothing.

PETER REID.

Sir,

I am chief Instructor at the Queensland Police Youth Club situated at Lang Park, Brisbane, and hold a 1st Dan. I have upward of 100 boys training two nights a week, and their thirst

for knowledge of Judo is always first in their minds.

It is good to keep up with all branches of Judo and those who partake in this excellent sport. The boys are keen to have their Dojo known everywhere, and I am continually corresponding with everyone I can for something of interest to hang on their Dojo walls.

Our boys give displays for different functions, and just recently they performed before a crowd of 10,000 people at what was called a "Strawberry Festival," and were given a great ovation. They have a breaking-up party in December, and a distribution of cups and medals will be made.

I would deem it a great pleasure to hear from any club in England, of their activities, and to exchange news and views. The ages of the boys range from 10-25 years.

With the Compliments of the Season from the Police Club Boys and their Instructor.

HOWARD WINSEN,
31, Cricket Street,
Petrie Terrace,
BRISBANE, Queensland,
AUSTRALIA.

Sir,

With regard to the article in your November edition by Mr. G. Thomas, referring to Mr. C. Allen of Pontypridd (A.J.A.), we of the Mountain Ash B.J.A. Club have a very good opinion of him, and he has done quite a lot for our club.

We have often visited the Pontypridd Club and have had a very good night there.

If ever we ask Mr. Allen to visit our club there is no hesitation on his part, and if there were a few in the B.J.A. with his spirit then judo in the valleys would prosper.

J. BENNETT,
Mountain Ash J.C.

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

THE BRITISH JUDO ASSOCIATION

INCOME AND EXPENDITURE ACCOUNT for the year ended 31st AUGUST, 1958

EXPENDITURE		£	£	INCOME		£	£
1957				1957			
	TO EXPENSES OF PREMISES:			961	By Annual Subscriptions	1640	
81	Rent	91		955	„ Recording Fees and Grading Cards	976	
36	Sundries	26			„ PROFIT ON SALES:		
			117	398	Kits and Accessories	707	
	„ ADMINISTRATIVE EXPENSES:			80	Books	46	
287	Salaries and Secretarial Assistance	566		235	Badges, Brooches and Ties	179	
290	Committee and Technical Board	334		1	Sundries (Loss)	3	
382	Printing, Stationery, Postages, etc.	644				929	
327	Sundry Expenses	425		72	„ SUNDRIES	54	
			1969				
104	„ EUROPEAN JUDO UNION		929				
70	„ AREA LIAISON AND INSTRUCTION EXPENSES		225				
136	„ SUNDRIES		—				
72	„ DISPLAYS		33				
917	„ BALANCE being excess of Income over Expenditure carried to Accumulated Fund		326				
2702		3599		2702		3599	

BALANCE SHEET at 31st AUGUST, 1958

	£	£		£	£
1957			1957		
	ACCUMULATED FUND:			FIXED ASSETS:	
751	Balance at 31st August, 1957	1668	110	Office equipment less depreciation	141
917	Add: Surplus for year ended 31st August, 1958	326	55	JUDO EQUIPMENT less depreciation	44
		1994	300	SUNDRIES	1
386	CURRENT LIABILITIES	663		CURRENT ASSETS:	
			296	Stocks at Cost	707
			427	Debtors and Loans	507
			866	Cash	1257
					2471
2054		2657	2054		2657

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 these books. I have examined the above Balance Sheet and 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 me the said Balance Sheet gives a true and fair view of the state of the Association's affairs as at 31st August, 1958, 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.
23rd October, 1958.

(Signed) STANLEY F. SMITH, F.A.I.A.
Accountant and Auditor.

(Above Statement of Accounts condensed for reproduction purposes only.—Ed.)

CLEAR THINKING

G. Koizumi

JUDO students are often puzzled over the technical differences of various teachers in which they sometimes seem to contradict each other. To understand and appreciate the difference requires clear thinking.

If you study with a little care and system you will find that the differences are mainly in the methods of effecting TSUKURI—opening, or the manner of KAKE—application, not in the nature of Tsukuri and Kake themselves. Then, looking further into the technical details, you will find that while one teacher commences Tsukuri on the opponent when he is passive and in a balanced state, the other operates by following the opponent's movements, pushing, pulling, advancing or retreating. A third may include in Tsukuri tactics or pre-Tsukuri action, such as feints, which are applied to prompt the opponent to an action by way of reaction. In such a case the initial action might be exactly opposite to that in the first two cases.

These differences may have developed through efforts to prevent the opponent from countering the mental and physical habits, but the original cause is idiosyncrasy, the individual inborn characteristics. In the study of human affairs it is necessary to recognise and accept as a basis the fact that we are endowed with faculties all of which are in a different degree of development and the sum total manifests itself as idiosyncrasy, natural aptitudes, personality, individuality. We are also influenced by glandular secretions, which again differ in extent according to the individual. So it will be seen that the possibility of developing varied styles and methods is endless and we do so in spite of being under one master on the same system, and that the study of Kata, the basic standard, is so important for all Judoka.

Clearing the nature of the differences thus will help you to understand and appreciate the merits of different teachings and styles. However, the selection of suitability depends on your personal experience and the maxim: "Maximum efficiency and minimum effort". The motto for Judoka should be "Listen, think and digest", for mere arguments will not take us far.

The logical process of clear thinking should be carried further in order to understand and appreciate the value of Judo and its application to life. Put yourself a question, "Why do I want to learn Judo?" Then follow your answer with "Why?" and "What for?" until the quest reaches the reality of "I", "What is I?" "What is the innate want of I?" Finding answers to these questions is finding the way to fulfil the reality of life, also the elements and materials for lasting happiness and

contentment of mind, in which God and man are united—although the final question "What is the end?" may still remain unanswered, except in the form of a conception or hope based on innate desires. However, by then you will appreciate the wisdom that preserved the sphere of eternal imagination for man.

As an answer to the first question, let us take one of the most common, especially for the uninitiated, "I want to learn Judo because I want to be able to defend myself against any physical assault". Then ask yourself "Why?" An answer might be based on the instinctive sense of self-preservation, "I want to attain a sense of security so as to be able to conduct myself in a manner satisfying to myself". In other words, "I want a counter to my inferiority complex—lack of self-confidence". Then ask "What is this ever persisting 'I'?" "I" is a term recognised and accepted commonly and vaguely to represent a person, in a subjective sense, to distinguish him from other persons. But if it is placed under microscopic examination you will find that behind the so-called "I" or "official I" there is another "I" who often contradicts the "official I". The "official I" might be described as "mind dominated I" the other "intuitive I". The fact of the matter is that "I" asserts a want of security. The mind, as prime minister of a government, then starts to work out a scheme for providing the want of its master "I". Collecting information, deliberating circumstances produces the proposal of learning the art of Judo. "I", then, accepts the proposal, saying "I do not like fighting or the use of force against fellow man, for it settles nothing and will not create the condition of unity and harmony in which alone security is found, but it is the best way. I shall have to accept it as an evil necessity".

Now, let us look into the mind. The mind is very susceptible by nature and easily stained by colours in contact with other coloured minds. It is also capable of staining others with even darker tints than its own. So, the process of staining each other is progressive without limit. Thus the mind of man, through all stages of its development, is subjected to this process of impregnation of colours, such as dark colours of fears, suspicions, prejudices, traditions, misunderstandings, misconceptions, some in the forms of religion, in the popular conceptions of ethics and economics, in politics and ideologies. The result is that it can no longer perceive subjects or a long view. Hence the proposal of a short term scheme, such as using the art of Judo for self-protection, which subsequently would produce a state of affairs contrary to the want of "I", which is security—at the end culminating in the series of vicious circles in which the mind of man is found to-day.

This process of clear thinking must be applied to all human conceptions if we are to find the way of conduct satisfying to the innate life or "I". Without the foundation of clear understanding, no permanent and useful construction can be built. Therefore the first and vital importance for "I" is to clear those dark colours from the mind which prevent clear thinking and proceed to find the way to work with Nature, in which man finds unity with God.

Continued on page 35



Name : DOUGLAS P. MANN.

Born : 1910.

Profession : Member of the Register of Osteopaths.

2nd Dan.

Member of Budokwai since 1936.

Judo Instructor to the Imperial College, London, 1946-48.

Judo Instructor at King's College, Strand, since 1948.

Treasurer of the British Black Belt Register. Founder Registrar of British Black Belt Register until March, 1958.

Hobbies : Judo, swimming, reading, writing essays.

Contributor for many years to the Budokwai Bulletin, "Judo," and many other publications.

Club Forum

BRADFORD

Y.M.C.A., BRADFORD. *Hon. Secretary, J. A. Fisher, writes:*—It is such a long time since there has been news of this club that it may well be thought we have been erased from the field of judo. However, this is entirely the opposite. Our club has been extremely active, giving displays and exhibitions for all and sundry, including high schools, parents' clubs, police and boys' clubs and garden fetes. Instruction has been given liberably by H. V. Broxup, E. Hills and T. Ramsden, our 1st Kyus, and we have been so inundated with requests for shows that we have had to refuse church groups and other smaller societies so that we could fulfil our own club and social programmes.

All who have been refused have been given a timely reminder that at least three months notice must be given if they want our services, truly a satisfactory position to be in, which goes to show that Judo is well to the fore in Bradford.

Our club acted as host to the N.E. Area for the gradings in the middle of the year, which were a great success. The eliminations for the N.E. Area Team for the championships were held in the bigger premises of the Bradford City Police Dojo, thanks to the kindness of the police authorities.

The Annual Display was held in our Assembly Hall or Ballroom on October 27th, and it was packed to capacity. Self-defence, one against twelve, blindfold randori with one not blindfold, were very capably performed by H. V. Broxup (1st Kyu), Miss M. Grogan (4th Kyu), self-defence; E. Hills (1st Kyu) against 12; T. Ramsden (1st Kyu) against B. Hume (4th Kyu), blindfold.

The Ladies' Section organised by Miss P. Richards (2nd Kyu) and her very capable band of followers was a treat that the audience was not slow to appreciate, and after performing many throws and break-falls they left the tatami amid great applause. In other words the ladies showed, that although they all had more than their fair share of beauty, they were quite capable of being as tough and as rough as the men were if any unwanted hooligan should overstep the mark.

We had the A.G.M. on November 3rd and, as usual, it was well attended by the Ladies' Section, but many of the male judoka were conspicuous by their absence. However, many do work late and live far afield, but we who attended were rather disappointed as views of the club cannot be fully aired when only one-sixth of the members are present.

Because of the great success of the Annual Dinner, 1957, we decided to have our Christmas Dinner this year at the Queen's Hotel on December 13th.

Before the meeting ended we were sorry to learn that Mr. M. Buckley, our popular and hard-worked Treasurer, has had to resign due to Service requirements. Not many Judo clubs can boast a qualified chartered accountant as treasurer, and we have much to thank him for. The club is in a comfortable financial position due very greatly to his unflagging devotion. Miss P. Richards (2nd Kyu) was elected the new Treasurer, and we wish her the success of her predecessor.

The Judo Championships at Manchester were attended by a cheerful group from Bradford, and all had a most enjoyable outing. Mr. L. Smith (2nd Kyu) became our N.E. Area representative, and without his constant attendance at their meetings we would be very short of news.

We are practising mental judo in order to get the Y.M.C.A. Board of Directors to extend our premises. We have a section which is getting larger and larger, with a waiting list of 40 male judoka. As the Y.M.C.A. rightly point out they do not cater only for judo. They have, however, granted us another room apart from the main dojo, for one night per week, which is greatly appreciated, and they have kindly decided to open the dojo all day Saturday if need be. A very fair proposition considering the fact that other clubs in the Y.M.C.A. are after the same thing.

I would like before closing to move a little to the general instead of the particular for a few lines, and state how very grateful we are to those judoka who never take part in a public display or rarely get public recognition for their services. They give their time unstintingly to prepare tatami and seats for displays, can always be relied on to turn up and see the job done well. These are the real backbone of a club, the people who can be found in every club, giving not words and useless promises, but material help.

Wishing all Judoka, especially those who are just starting, a great deal of encouragement, a Happy Christmas and Bright New Year to all. Please note that my address is now 74 Beechwood Avenue, Wibsey, Bradford, 6.

JUDO AT SEA—H.M.S. OCEAN



Left to right: Top row J. Cook (Instructor), Bradshaw, Geary, Davey
Bottom Row Brown (Secretary), Frankland, Williams, Hilton

OCEAN JUDO CLUB. *J. Cook writes:*—Sunday, November 30th, found our members at the Plymouth Judo Club, hoping to be successful at the Area Grading. We were very pleased to find ourselves the proud holders of four 5th Kyu, and ten 6th Kyu, the ironical note being that I, the instructor,



Members of the Ocean Club in action left TOMEONAGE, right IPPON SEONAGE.

failed for the 2nd Kyu. Better luck next time, at least I had a jolly good session with senior grades.

I now find myself in the unhappy situation of leaving the golden goose just when it begins to lay the golden eggs. My new job is Judo Instructor to the Naval Police at Portsmouth. However, from information received, we are lucky to have coming to us a 2nd and 3rd Kyu, which augers well for the future.

LONDON

LONDON JUDO SOCIETY. From "Kyu":—**Grading.** The December grading, spread over the whole of the day, was attended by over 250 judoka, 24 clubs being represented. At future gradings both dojos will be made available all day, and the length of time some unfortunates have had to wait in the past will be halved.

Next Grading. This will take place at L.J.S. on Sunday, March 1st; arrangements will be as follows:—

10.30: 5th Kyu and below. Anyone really unable to attend in the morning may attend in the afternoon if notice is given.

2.30: 4th Kyu and above, up to and including 1st Dan.

Will club secretaries please note that these are official B.J.A. gradings under the National Technical Board and, therefore, B.J.A. rules regarding

them must be followed. Application to attend the next grading should be made through the National Registrar, John Capes, or the Area Registrar, as appropriate. We have no objection to helping out by doing a special grading if someone is missed from his club's list, but at the last grading of the 24 clubs represented not one application including our own, was made correctly.

We fully appreciate that some clubs cannot reach us on a Sunday morning because of travelling difficulties. In these cases there is no objection to all the members, including those below 4th Kyu, arriving in the afternoon — but please let us know in advance.

Finally, this is not an official Southern Area grading, but we have no objection to clubs making it one. They will be very welcome.

Visits. Brian Abbott visited Kettering and spent a week-end teaching and grading. Eric Dominy visited B.P. (Kent) and Blackburn clubs. At Blackburn there was some excitement during the grading. The club premises are old and somewhat inflammable, the dojo being as large as that of the Budokwai, and in the middle of a contest smoke began to creep through the floorboards in ever-increasing quantities. No one took the slightest notice except three spectators, who silently vanished through the door and, later, equally silently re-appeared. It seems that the occupant of the ground floor, a carpenter, had managed to set fire to some shavings whilst lighting a fire — but all was well.

Annual Dinner Dance. This takes place at the Mostyn Hotel, W.1, on Friday, January 9th. If any of our friends who have not obtained tickets would like to attend there may be a few left. The inclusive price is 16/6.

Displays. As well as the Festival of Judo, which takes place at the Royal Albert Hall on February 14th, the Police have their annual display at Chelsea Town Hall on March 12th. I am told that an interesting programme is being arranged which will include the Metropolitan Police Judo Championships.

BLACKPOOL

THE KEIDOKWAI JUDO CLUB. *Hon. Secretary, J. D. Parker.* **Report on the A.G.M. of the Keidokwai Judo Club held on Wednesday, November 12th, 1958.**

After the usual preliminaries the Secretary delivered his Annual Report concluding with details of club membership at the present time. Total membership 71; ladies 27 and gentlemen 44. Graded members 14; ladies 2 and gentlemen 12.

The fifth Annual Buffet Dance was arranged for December 16th, 1958.

The main item on the agenda was brought about by the receipt, by the Secretary, of the B.J.A. notice that affiliation fees were now due. After a lengthy debate it was proposed that this club withdraw its affiliation to the B.J.A. forthwith. This motion was carried by a majority vote. From the debate the following points should be observed.

This club has been affiliated to the B.J.A. for some considerable time and, whilst affiliation fees have been paid direct to London and also to the N.W. Area in Manchester this club in particular has received no direct benefit. It was thought that the money could be put to better use in the running of this club.

One of the reasons for not receiving benefit directly is the fact that we are too far away from headquarters and, if the B.J.A. wished to support the clubs which in their turn support the B.J.A., then they should be prepared

to tour the various areas to visit clubs and not just the clubs around the area headquarters at that.

Whilst this club no longer wishes to associate itself with the B.J.A. at the moment, there are a few of our members who wish to retain their affiliation and it is hoped that the B.J.A. will permit this.

This club is to carry on on its own. There is no wish to affiliate to any other Judo organisation as it is felt that we would not receive any better support from any other organisation.

Perhaps other area members would wish to comment on whether their club **in particular** receive any benefit whatsoever and, if so, what benefit.

SWANSEA

SAMURAI JUDO CLUB. *B. George, Hon. Secretary, writes:—*The venue of the club's second annual display was held at the noted Patti Pavilion, named after the internationally-famous opera star, Madame Patti.

Full house notices appeared before the show commenced.

Mr. G. Koizumi (7th Dan) addressed the enthusiastic audience on the different aspects of Judo, pointing out the great increase in popularity of Judo in Britain.

Following the address came the Randori, performed by some of the leading Black Belts. Ukemi Waza was demonstrated by R. Lewis, the captain of the Welsh team, and 19-year-old John Trick, the youngest Black Belt in Wales. This was followed by a brilliant display of Nage-no-Kata by Mr. S. Matsushita, who was aided by the National Coach, G. Gleeson (4th Dan).



S. Matsushita, T. P. Leggett, A. Petherbridge, G. Koizumi, G. Gleeson at the Samurai Clubs Annual Display



Some of the youngsters who took part in the Samurai Clubs Show

The finals of the Gordon Clarke Trophy, open up to 3rd Kyu, was won by T. Evans (3rd Kyu), with Kesagamate against J. Jenkins (3rd Kyu).

A. Petherbridge (2nd Dan), Welsh National Coach, and G. Gleeson gave a dynamic display of Judo and Ju-Jitsu.

The Ladies Section of the Samurai Judo Club gave an exhibition of Randori.

Next came the junior boys, who gave a delightful show of Randori, with A. Petherbridge and G. Koizumi providing the opposition for two 11-year-olds, Lyn Rees and Alan Jones. Young Rees was also the boy's club champion, and great prospects lie ahead for him.

The Samurai Club Trophy was won by P. Veal (1st Kyu), defeating A. Bennett.

The final of the Samurai Judo Club Competition was won by A. Petherbridge, who defeated R. Lewis.

The audience were spellbound with a beautiful demonstration of Go-nosen-no-kata, performed by T. P. Leggett (6th Dan) and G. Gleeson.

The highlight of the evening came when Mr. Matsushita gave a glittering performance of Judo, in the one-against-ten event, defeating his opponents with the utmost ease, and showing a class of Judo which is rarely seen in this country.

Special mention must be made of Mr. R. V. Ricci, who gave an informative commentary.

ANDOVER

RAFAKWAJ JUDO CLUB. *H. Jones, Hon. Secretary, writes:*—The Club's second Annual General Meeting takes place next week, and it promises to be a lively one. The main arguments will centre around subs. The Committee are going to try and persuade the members to pay quarterly subs, instead of the present weekly one.

The last grading took place on November 8th, and the examiner was Mr. P. Walker (1st Dan). Results should be through shortly.

We experimented, so as to give more time, by holding the grading on a Saturday, but unfortunately quite a few of our members were playing football and could not attend.

The next grading should take place in January.

BEDFORD

BEDFORD JUDO CLUB. *Mr. J. Darlow writes:*—One correction to the December report. The club still has the benefit of Mr. J. J. Zwetsloot in his capacity as Honorary Secretary.

The only vacancy on the committee was recently filled by Mr. T. Wyth, and the Saturday time-table has been arranged thus:—3-4 p.m. Boys; 4-5 p.m. Men.

By the time this appears we shall have had a grading on December 13th by Mr. M. Woodhead (1st Dan), who will have joined the R.A.F. for National Service two days later at nearby Cardington.

Budokwai News

G. Gleeson

By the time of reading, the results of the World Championships will be known (Sone was the winner). However, I will not say anything about them as I expect there will be a full account in another part of the magazine.

The Budokai members, Bloss and Young, who were two of Britain's representatives, were interviewed on television before they took off for their trip over the pole to Tokyo. It seems that, at last, the various news agencies are taking a real interest in genuine Judo. As to the Championships themselves, there was nothing unexpected. It was rather unfortunate that Bloss was beaten by Pariset, but still I do not know any details, so I will not comment.

The team against Belgium had a resounding success, the results fully backing the B.J.A.'s decision to, wherever possible, put provincial judoka in such teams. Although the Captain (Stepto) and Woodhead were from the Budokai, the other three (Petherbridge, Hobbs and Wilde) were not, but all three had been to courses at the Budokai, so it looks as if we are still getting on with the game! In spite of the background talks the Budokai seems to be contributing to active Judo.

Talking of television earlier, reminds me that Mr. Petherbridge and I did a show for the West of England I.T.V. last month. It was the second in a series that the Western I.T.V. are doing. They were very impressed with our first show, and so have arranged with us to do a series showing not only Judo but other kindred "Do's", i.e., Kendo, Aikido, etc. Once

again genuine Judo seems to be making progress among the general public. I feel that if real Judo is shown and with polish, there is no reason why it should not be popular with the audiences. The key is, in my opinion, that authenticity must be backed with imagination and intelligence.

John Cornish (1st Dan) is finally ready to go to Japan. He has saved up enough money, and for the last two years has been studying Japanese in readiness, as well as practising hard. I think he has done a great job, showing that if the desire is strong enough the way can always be found. He has, I think, set a fine example for others, the only thing is will they follow it or, as is so often the case, just mumble complaints? May I take some of this space to wish him the best of luck.

Next month (February 2nd-8th) for those who are interested, is the Budokai's Kankeiko (winter practice). It starts at 6.30 a.m. and goes on till 7.30 a.m., or when people have to go to work. It is, of course, more a character test than a physical test, to see who has the strength of will to get up two hours or so earlier for a week to do something rather uncongenial in an attempt to make progress. Normally, there are about twenty or thirty people there, dropping to about fifteen to twenty by the end of the week. I wonder what the score will be this year? Last year they came in from quite long distances, some giving others a lift, some staying in others' houses if they lived too far away themselves. Once again, if the desire is strong enough, the way can be found.

I mentioned last month that several celebrities had joined the Budokai. The latest, who is taking private lessons, is Dr. Hans Hass, the famous under-water photographer and investigator.

May I remind those who write to the club for Instructors, that they can only do so much, and if you do not get a reply by return of post, please curb your patience—we are trying our best. Our Black-belts do as much as they can and most of them are away a lot, but the demand these days seems to be getting even bigger and, though we can cater for most, sometimes there is a slight delay, which we hope you will excuse.

REVISED B.J.A. GRADING SYLLABUS

The B.J.A. Technical Board have just issued a revised Grading Syllabus, which comes into operation on the 1st January, 1959

All our Diaries now have an addenda slip inserted; and they are the **ONLY** publication giving the up-to-date syllabus. The supply is limited, and an early application is therefore advisable.

If recipients of diaries already despatched will send a 3d. stamp, the addenda slip will be posted back immediately without further charge.

New Zealand Judo Federation News

Mrs. R. Woods

The North Island Championships which were to have been held in Auckland at Labour week-end, October 25th, were cancelled owing to lack of support from the North Island clubs.

Early in December the Japanese training ship "Umitaka Maru" is visiting Wellington, and my husband and I have been invited to a cocktail party at the Japanese Embassy to meet the officers and students of the ship, and to arrange for the judoka on board to come along to the club. The Wellington Y.M.C.A. Judokwai is being thrown open to all Wellington judoka to take advantage of this visit. A further article on these events will be given after they have taken place.



The above photograph is of Mr. & Mrs. L. R. Wood, taken on the occasion of their marriage at St. Martins Chapel, City Mission, Wellington, on 30th August last. Both Mr. & Mrs. Wood first practised Judo in England, having now graded to 1st Dan and 2nd Kyu respectively, and Mrs. Wood as Miss Rita Johnson has written news of New Zealand in previous issues.

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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INTERNATIONAL MATCH

GREAT BRITAIN v BELGIUM

M. Woodhead and W. Stepto

On the morning of November 7th, the British team, accompanied by Mr. Koizumi and Mr. Matsushita, left for Bruges as guests of the Belgian Judo Federation, to participate in an international match on the Saturday.

Boarding an early train at Victoria, we left the cold and foggy air of London, soon to be embraced by the even colder and foggier air of Dover. Although one or two of our party threatened to be ill, we had a calm crossing and arrived at Ostend quite fit. A short train journey to Bruges, where at the station we found waiting for us a magnificent view of this very old town; with its typical step gabled houses, patrician palaces, medieval ramparts and picturesque canals—not to mention its laughing people.

The match was held in a large theatre which was almost full. Along one side of the mats there was a deep drop into the orchestra pit; upon seeing this one's first thoughts were "whoever falls down there it must not be me."

The teams were as follows:—

BELGIUM

WATHIER (2nd Dan).
DOCQUIER (2nd Dan).
GULDEMONT (3rd Dan).
DE ROUCK (3rd Dan).
OUTELET (3rd Dan), Capt.

GREAT BRITAIN

H. HOBBS (1st Dan).
A. WILDE (1st Dan).
A. PETHERBRIDGE (2nd Dan).
M. WOODHEAD (1st Dan).
W. STEPTO (3rd Dan), Capt.

Wathier (2nd Dan) v. H. Hobbs (1st Dan). Wathier, the more experienced judoka, started off confidently and slowly, thinking perhaps that young Hobbs, in his first international and overawed by the occasion, would go on the defensive. However, Hobbs started a series of attacks with ippon-seoinage, and continued with this attack for the first three minutes. Wathier once nearly countered Hobbs with Harai-goshi, but looked most dangerous when attacking with Tsurikomi-goshi. He moved in very fast and low for this, and could lift Hobbs completely off the floor, but could not turn him over. In the fourth minute Hobbs attacked for the first time with Ko-uchi-gari and scored waza-ari. Hobbs did not sit back on his win but continued attacking with Seoi-nage, and once or twice finished on all fours from this attack when Wathier tried Shime-uaza unsuccessfully. Winner—Hobbs.

Docquier (2nd Dan) v. A. Wilde (1st Dan). This was nothing short of a magnificent win for Wilde—the whole thing lasted about five seconds. No sooner had they taken grips than Wilde attacked with his very strong Harai-goshi, taking Docquier over high and fast and catching him completely by surprise.

This was a perfect throw and, coming so quickly, really impressed the audience, who re-acted with loud spontaneous applause. Winner—Wilde.

Guldemont (3rd Dan) v. Petherbridge (2nd Dan). Guldemont, this year's Belgian Champion, is undoubtedly their biggest man, weighing about fifteen stone. Petherbridge started off by attacking with Uchi-mata and Osoto-gari with Guldemont on the defensive at first, but after being lifted high off the

ground with Uchi-mata, Guldemont attacked with his very fast Hane-goshi and Okuri-ashi-harai, not however making any impression on Petherbridge. To try and break up Guldemont's defence, Petherbridge attacked with left Sasae-trusrikomi—ashi and right Uchi-mata, but was unable to score. Petherbridge never looked in trouble, and on the whole had the edge on the Belgian Champion. Result—Draw.

De Rouck (3rd Dan) v. M. Woodhead (1st Dan). De Rouck, who is reported to be dangerous on the ground, repeatedly tried Tomoe-nage, hoping to be able to continue into groundwork. Woodhead avoided these attacks easily and, on one occasion, dragged De Rouck across the mat, almost succeeding in getting a straight arm-lock. The surprising point about this contest was that Woodhead, although on with a more experienced and higher grade opponent, played stylish and correct Judo throughout the contest. De Rouck, for his part, was on the defensive, and seemed mesmerised by Woodhead's fast and varied attack. Woodhead, right through the contest, attacked with Tai-otoshi and O-uchi-gari. Result—Draw.

Outelet (3rd Dan) v. W. Stepto (3rd Dan). Outelet advanced quickly with his elbows drawn tightly into his sides, obviously preparing to effect his favourite waza—Tai-otoshi. Stepto tried to prise open his defence, attacking with O-uchi-gari which, upon Outelet countering, sent both contestants hurtling through the stage backcloth. Both were attacking very strongly with Renrakuwaza but, although the contest was very much alive, and held everyone in suspense, neither showed any superiority until the fourth minute when "Pepper" with a feint to the left, spun through for Migi-harai-goshi at lightning speed, sweeping the Belgian Champion clean off his feet. A great achievement as those who have come to grips with Outelet will agree. Winner—Stepto.

During the evening Mr. Koizumi went on with the children, and the audience were very much impressed with his gentleness. The finale, of course, was Mr. Matsushita's faultless one-against-ten, which included the whole Belgian team. Using mainly Harai-goshi and O-soto-gari, he threw the ten in well under three minutes.

This was a great achievement for our young 1st Dans. To win and draw against higher grade men in their first international was quite a feat. This is also a boost for the provinces as, in case it is not known, Wilde is from Derby and Hobbs from Dudley. In spite of living in towns where there is no high grade instructor, it is due to their own efforts and through attending courses given by high-grade men (they were at the Matsushita/Ishii Course) they have made the grade.

A thank you must be extended to Mr. Koizumi, whose presence throughout the trip gave the team great moral support.

CLEAR THINKING *continued from page 21*

The task of putting this way into operation demands conviction, courage and strength of character, also what is loosely called self-sacrifice. Such qualities are nourished by training on the Judo mats. Technical achievement is really subservient to mental and spiritual accomplishment in Judo.



"All right then, you first; but leave some for me"

AIKIDO

R. W. Smith

K. Tohei (8 dan Aikido) is one of the leading aikido teachers in the world. I have not yet recovered from a demonstration he gave five years ago. Some time ago I was made trustee of an article by this master. After considerable correspondence I have finally secured permission to publish this article. It should be read in conjunction with the one by A. Holtmann and B. Tsuji in my "Complete Guide to Judo" and with K. Tomiki's recent book. My commentary will follow the article proper.

What is "self"? Close to us though it may be, this question is most incomprehensible. Many of us unknowingly take "self" for granted. Few of us are cognizant of its real value.

Often things just do not work out the way to please us. A man is incapable of willing even his own affairs. He is taken ill against his will; he is trifled by his fate. He becomes enraged when he knows he should not be, and feels despondent when he knows he should be courageous. "Self" is so powerless that it cannot even help one control his own life.

Yet, is this genuine "self"? Is one's ego really so helpless in this mortal life? How can the intrinsic nature of one's life be so powerless and worthless when it is said that man is the lord of all creation?

Here we are overlooking a matter of great magnitude. When we received the gift of life in this world, we were charged with an important mission: to strive to realise evolution and progress of this world according to the guiding principles of the universe. In order to fulfil this important mission and fully demonstrate the inherent quality of man,

we have been gifted with a great power by the miraculous will of the Creator. We often overlook this marvellous power.

What is the nature of this power then? It is the extraordinarily exquisite and superb power that is imminent in every living man. It is the latent power of man. Anyone can give forth his power when an occasion presents itself. A man is merely displaying this latent power when he carries an exceedingly heavy thing out of a fire, jumps a considerable distance in an emergency, or produces a brilliant idea in the face of an unusual difficulty. An illustration of this power is seen in the words of Mencius: "I dare to face an enemy of ten thousand men," or in the fact that Joan of Arc, a mere maiden, ably triumphed over a powerful enemy and saved her country from defeat and shame. This latent power is demonstrated most vigorously when one's body and soul are co-ordinated and unified with the universe.

Once a man discovers this gratifying power within himself, the awareness that he is a possessor of this mighty power will enable him to find a bright light in his life. When a man reaches the stage where he can use his latent power at will through incessant training and practice, he will have the confidence that he is capable of winning over fate and improving his health, and he then can triumphantly stride the path of his life. The contribution to mankind would be immeasurable if every man put forth this power in his everyday life. Every man should take the decisive step toward awakening to his latent power and endeavour to use it instead of deploring uselessly his misfortunes and inadequacies.

Body and soul must be co-ordinated. From antiquity many sages have urged the world to awake to various practical methods of co-ordinating body and soul. But there have been no easy ways to achieve this. In the Far East some methods of training for this purpose include secluding oneself deep in a mountain, standing naked under a waterfall or fasting. Few people can, however, carry out such ascetic practices as these nowadays, nor is it feasible to permit students to try them indiscriminately. It is even rarer for one to learn a way of physical application of this latent power.

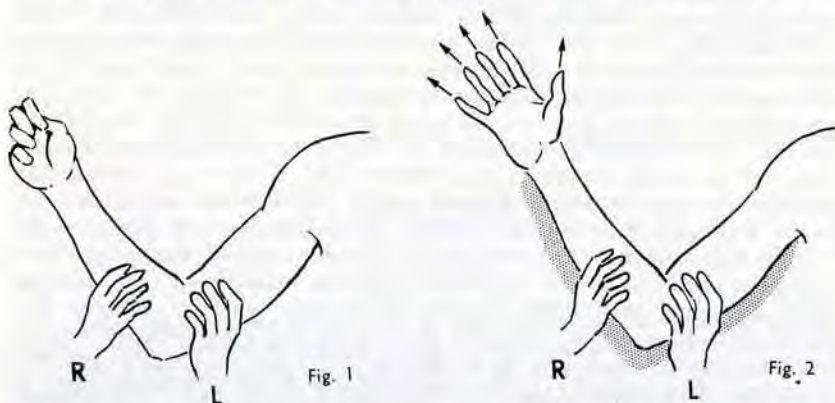
Aikido is a means of tapping the latent power and demonstrating it bodily. In short it is an art of co-ordinating body and soul. Many people look upon **Aikido** as a superior aspect of **Bushido**, or the way of the warrior. This is too superficial a view. In **Aikido** a marvellous energy is created through co-ordination of body and soul. It is a display of the energy of body and soul that are working in perfect unity. The energy is a consequence that follows training of body and soul which is conducted in accordance with a specified law.

The techniques of **Aikido** are methods through which the law of soul is physically manifested fully through the movements of the body. There should be no immoderation or unpreparedness. This is the reason why **Aikido** is not only the way of co-ordinating the body and soul, but also is a way to keep fit and is a way of self-defence if need be. What is the law of soul? In a few words, it means to let the soul function in a concentrated and positive manner. The law of body signifies certain postures and movements of the body in which the law of soul can be displayed physically with ease. Unified and positive

use of the soul will become possible spontaneously through the practice of **Aikido**. In **Aikido** an opponent is not someone you are to compete with. He is a man who will help test you to ascertain whether or not you are conforming to the law within. If you are in error, the opponent will not move as you expect him to. If you are in accord with the law, you will be able to control him with ease. Once the correct techniques have been learned the bodily movements will follow naturally the principles of unified and positive use of the soul.

Let me further illustrate the law of body. First we will take an arm for an example :

Double your right fist tightly and concentrate your strength in your arm. Now let a friend grasp your triceps with his left hand, fingers inside, and your forearm with his right hand, fingers inside. He should then try to push your forearm back, bending it so it closes down on the



biceps (Fig. I). Even with all your strength opposing him your friend will be able to bend your arm easily. The reason ? You are depending on bodily strength alone.

Next, open your hand fully and don't strain. Then, try to think intently that your spiritual strength is running along the bottom side of your arm and spurting outward to infinity (see shaded line, Fig. II). Pay no heed to your friend's hands being on your arm. He should then try to bend it in the manner stated above. Your arm will prove more difficult to bend : it now has remarkable strength. Comparing the two situations, in the latter in which spiritual strength is used, the bottom side of the arm has a natural roundness.

This way of using the energy is a fundamental applicable to all cases involving use of an arm. One should always endeavour through intensive practices to learn to use this technique together with the soul. Opening the fist aims to make it easier to discharge the spiritual energies. A clenched fist indicates an unconsciously passive use of the soul. It is immaterial whether the fist is closed or not once one has learned to use his soul positively, *i.e.*, when one is able to discharge his spiritual energies at will.

To be continued



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Whispers in the Wind

Again the Ladies

Please note there is certainly no collusion between Mr. Price of the Midlands Area and myself as regards ideas for something special for the ladies in the shape of a national display and/or championship, etc. We both appear to have written along the same lines in the last issue; and I heartily endorse his suggestion that an opportunity could be found in the 1959 National Inter-Area Championships. And by "opportunity" I mean something BIG — not the usual small items slipped in as an afterthought as has been the habit of organisers in past shows; that is if they have been lucky enough to get included at all. By the way, I am still waiting to hear from a "knowledgeable lady" in response to my previous request.

And again the Southern Area

The element of secrecy still seems to dog this Area. Whilst not expecting a fanfare of trumpets, the least I had hoped for was official details of Committee, etc. Just the bare announcement in the B.J.A. Official Notes of the inaugural and first meetings; and it was left to "Kyu" of the L.J.S. to break the eagerly awaited news. The poor old Eastern Area haven't even had as much publicity as this.

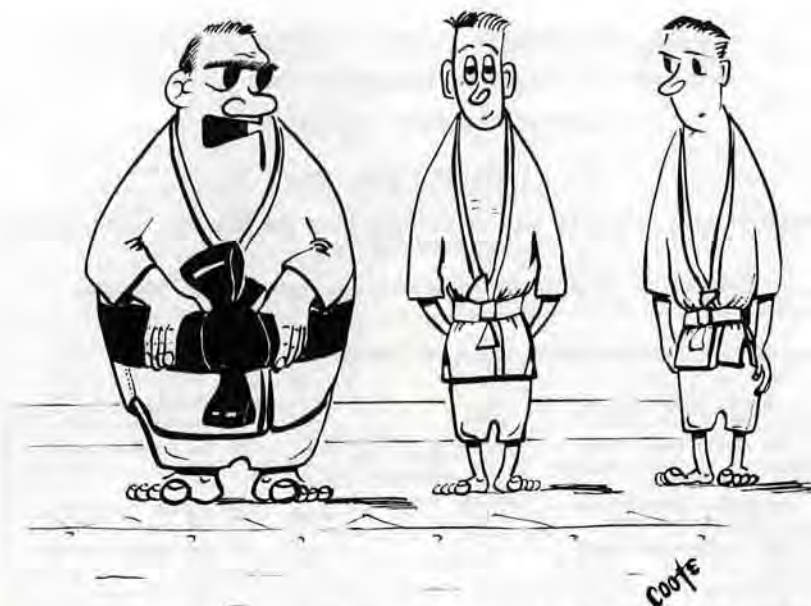
I was so surprised on learning from "Kyu's" notes that Croydon were not represented (I was under the impression that they have been the biggest grumblers) that I took the trouble to try and find out why. The Secretary tells me that arrangements had been made for two of their more important members to attend; and it was not discovered until too late that neither of them were able to go. A bit odd, I thought. However, it seems that a suitable letter of apology was subsequently sent to the B.J.A.

It must be magic!

Now, Mr. P. C. Clegg of Bowaters (Sittingbourne) J.C., how the . . . can either "Kyu" or myself know what is going on unless it is published or we are told. Neither of us is telepathic; and neither of us have the confidence of the inner circles of the B.J.A. Committee. And why has all this alleged spade work been done on the quiet by a very small and apparently unimportant private club? Did London Judo Society, Portsmouth or Croydon know about this?

Diaries

This week I received from the Editor a complimentary copy of the new diary, and it certainly is a vast improvement on the last one. I have never before seen a pocket diary containing pages of photographs on fine art paper; and the tear-out memo sheets are a boon to a note-taker like myself. A fine little book (I am *not* being paid for this "plug"); and I just cannot see how it can be produced for 7/6d. in view of the obvious tiny demand.



One more crack about Humpty Dumpty and some-one's going to have a great fall!



What's the defence for this one, Dad?

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OSAKA JUDO CLUB 30th August, 1958 By The Technical Board Borton, R. 1st Dan		TORA SCOTIA JUDO CLUB 30th August, 1958 By The Technical Board Scott, R. 1st Dan	
SAMURAI JUDO CLUB 5th October, 1958 By The Technical Board Veale, P. 1st Dan		NORTH LONDON JUDO CLUB 3rd September, 1958 By The Technical Board Webb, G. 2nd Dan Ryan, J. 2nd ..	
		LEICESTER JUDOKWAI 21st August, 1958 By The Technical Board Johnson, F. J. 1st Dan	

B.A.I. MEN'S JUDO CLUB

12th July, 1958
By J. Cooney

Haywood, H.	4th Kyu
Tibbins, W.	4th ..
Ryan, J.	4th ..
Treadwell, V.	5th ..
Lester, G.	5th ..
Higgs, E.	5th Kyu
Bone, T.	5th ..
Parsons, R.	5th ..
Simms, T.	5th ..
Hulbert, J.	5th ..
Ward, G.	5th ..

BIRMINGHAM KOIZUMIKWAI

12th July, 1958
By J. Cooney

Butler, D.	4th Kyu
Handy, C.	4th ..
O'Connor, J.	5th ..

LADIES BIRMINGHAM KOIZUMIKWAI

12th July, 1958
By J. Cooney

Stokes, B.	5th Kyu
Evans, K.	6th ..

JUNIOR BOYS BIRMINGHAM KOIZUMIKWAI

12th July, 1958
By J. Cooney

Gillon, C.	2nd Mon
Southall, D.	2nd ..
Weston, P.	1st ..
Weaver, V.	1st ..
Fountain, G.	1st ..
Cotton, R.	1st ..

JUNIOR GIRLS BIRMINGHAM KOIZUMIKWAI

12th July, 1958
By J. Cooney

Connelly, M.	2nd Mon
James, W.	2nd ..

DEFOE JUDO CLUB

31st August, 1958
By G. W. Chew

Tucker, J.	5th Kyu
------------	---------

GRIFFIN JUDO CLUB

25th May, 1958
By G. W. Chew

Smith, F.	3rd Kyu
Alexander, ?	3rd ..
Mehmet, L.	4th ..
Byrne, J.	4th ..
Hutson, K.	5th ..
Gibbon, K.	5th ..
Franks, D.	5th ..

HARLOW JUDO CLUB

19th September, 1958
By G. W. Chew

Carey, T.	2nd Kyu
-----------	---------

THE JUDOKAN

1st Sept.—6th Oct., 1958
By P. Sekine

Evans, J.	1st Kyu
Wilding, A.	3rd ..
Hazel, L.	5th ..
Simpson, B.	5th ..
Duruz, G.	5th ..
Carey, D.	5th ..

JUNIOR BOYS THE JUDOKAN

1st Sept.—6th Oct., 1958
By P. Sekine

Brandon, D.	4th Mon
-------------	---------

THE JUDOKAN

6th October, 1958
By P. Sekine

Hale, J.	4th Kyu
Noyce, D.	5th ..
Featherstone, R.	5th ..
Owen, R.	5th ..
Anstis, G.	5th ..
Green, A.	6th ..
Jolly, R.	6th ..
Auton, J.	6th ..
Mann, W.	6th ..
Aston, B.	6th ..
Akerman, ?	6th ..

JUNIOR BOYS THE JUDOKAN

6th October, 1958
By P. Sekine

Woolsey, I.	4th Mon
Humphrey, P.	3rd ..

KYUKWAI JUDO CLUB

14th September, 1958
By C. S. Palmer

Clarke, M.	4th Kyu
Baldwin, F.	5th ..
Fox, J.	6th ..
Prentice, S.	6th ..
Peel, G.	6th ..

LADIES

KYUKWAI JUDO CLUB

14th September, 1958
By C. S. Palmer

Malet-Warden, M.	6th Kyu
Smith, R.	6th ..
Denton, A.	6th ..
Brundell, C.	6th ..

JUNIOR BOYS KYUKWAI JUDO CLUB

14th September, 1958
By C. S. Palmer

Moir, I.	2nd Mon
Clarke, D.	1st ..

LEICESTER JUDOKWAI

21st August, 1958
By The Technical Board

Farenden, F. J. E.	1st Kyu
Bullock, D.	3rd ..
Beck, B. A.	4th ..
Forryan, R.	4th ..
Gilbert, T.	4th ..
Stevens, T. A.	6th ..
Stevens, F. J.	6th ..

JUNIOR BOYS LONDON JUDO SOCIETY

31st August, 1958
By G. W. Chew

Bolton, R.	5th Mon
Hens, A.	4th ..
Nixon, D.	4th ..
Proctor, D.	4th ..
Yardley, G.	3rd ..
Perry, R.	3rd ..
Corcoran, D.	3rd ..
Barnes, P.	3rd ..
Down, R.	3rd ..
Hall, G.	3rd ..
Wilkinson, F.	3rd ..
Moss, G.	3rd ..
Chambers, G.	3rd ..
Harrison, J.	3rd ..
Heron, C.	3rd ..
Ireland, T.	3rd ..
Jacks, B.	3rd ..
Kravitz, M.	3rd ..
O'Brien, P.	3rd ..
Stonnard, P.	3rd ..
Wales, M.	3rd ..
Corke, J.	2nd ..
Egan, M.	2nd ..
Clark, P.	2nd ..
Perry, D.	2nd ..
Adams, L.	2nd ..
Galbraith, A.	2nd ..
Willison, P.	2nd ..
Collins, G.	2nd ..
Coyle, M.	2nd ..
Davies, A.	2nd ..
Day, P.	2nd ..
Murphy, R.	2nd ..
Radmall, P.	2nd ..
Martin, B.	2nd ..
Donovan, A.	2nd ..
Rouch, M.	2nd ..
Scott, D.	2nd ..
Abbott, T.	1st ..
Barnett, A.	1st ..
Casey, S.	1st ..
Cast, D.	1st ..
Coleman, D.	1st ..
Flett, D.	1st ..
Gilbert, J.	1st ..
Gillam, D.	1st ..
Hannah, R.	1st ..
Kiely, J.	1st ..
Kullenburg, P.	1st ..
Lee, B.	1st ..
Peyman, R.	1st ..

Norton, J.	1st ..
Winn, E.	1st ..
Norton, J.	1st ..
Pain, Roy	1st ..
Pain, Roger	1st ..
Suckling, J.	1st ..
Fittuck, D.	1st ..
Hart, D.	1st ..

JUNIOR BOYS LONDON JUDO SOCIETY

4th October, 1958
By G. W. Chew

Roylands, B.	2nd Mon
Oakley, P.	2nd ..
Shirman, V.	2nd ..
Irving, B.	2nd ..
Matthews, K.	2nd ..
Elkins, A.	2nd ..
Tucker, A.	2nd ..
Finn, M.	2nd ..
Wray, R.	2nd ..
Stonnard, E.	2nd ..
Lowe, J.	2nd ..
Denyer, R.	2nd ..
Jones, P.	2nd ..
Luiddem, A.	2nd ..
Lockwood, R.	2nd ..
Hallums, J.	1st Mon
Fifield, A.	1st ..
West, G.	1st ..
Ellis, B.	1st ..
Elkins, P.	1st ..
Rowlands, J.	1st ..
Drew, P.	1st ..
Harris, M.	1st ..
Timms, R.	1st ..
Elliot, R.	1st ..
Harris, D.	1st ..
Stack, A.	1st ..
Smith, A.	1st ..
Goldsmith, P.	1st ..
Roberts, E.	1st ..
Willars, G.	1st ..
Simmonds, B.	1st ..
Webber, A.	1st ..

NEWMARKET JUDO CLUB

26th November, 1958
By G. R. Gleeson

Stringer, A.	5th Kyu
Welham, T.	6th ..

NORWICH JUDO CLUB

14th September, 1958
By C. S. Palmer

Preston, D.	4th Kyu
Wegg, G.	4th ..
Armstrong, R.	6th ..

JUNIOR BOYS O-DO-RYU JUDO CLUB

16th September, 1958
By J. Wilkinson

Carpenter, P.	2nd Mon
Martin, B.	2nd ..
Donoghue, M.	1st ..
Elliot, J.	1st ..
Herriott, G.	1st ..
Heaver, D.	1st ..
Ramsay, B.	1st ..

SENIORS O-DO-RYU JUDO CLUB

11th September, 1958
By J. Wilkinson

Howard, B.	5th Kyu
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SHARD END JUDO CLUB

12th July, 1958
By J. Cooney

Asher, D.	4th Kyu
Plant, W.	5th ..
Hatcher, D.	5th ..
Wilding, G.	5th ..
Charthers, M.	5th ..
Spencer, G.	6th ..

SUTTON JUDO CLUB

31st August, 1958
By G. W. Chew

Bennett, D. S.	6th Kyu
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USK BOSTAL OFFICERS JUDO CLUB

14th September, 1958
By D. A. Petherbridge

Breach, K.	2nd Kyu
Williams, B.	3rd ..
Manley, H.	3rd ..
Clark, A.	3rd ..
Johnson, T.	5th ..
Francis, D.	6th ..

VAUXHALL MOTORS JUDO CLUB

4th September, 1958
By P. Walker

Duggan, D.	4th Kyu
Balchin, P.	5th ..
Clement, W.	6th ..
Horton, L.	6th ..
Richards, H. G.	6th ..

JUNIOR BOYS VAUXHALL MOTORS JUDO CLUB

4th September, 1958
By P. Walker

Blyth, R.	3rd Mon
Cousins, J.	2nd ..

WALLINGFORD JUDO CLUB

1st September, 1958
By I. Thomas

Hobbs, C.	5th Kyu
Say, B.	5th Kyu
Wallis, C.	5th ..
Crooke, R.	6th ..
Polley, K.	6th ..
Parker, M.	6th ..
Turner, M.	6th ..
Lorgbottom, M.	6th ..

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		£	s.	d.
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	STANDARD quality. Sizes : Medium, Small and Large ...	1	6	0
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	STANDARD quality ...	16	0	
	Special child's ...	12	6	
	All Trousers Postage 1s.			
Belts.	Any colour ...	3	6	
	Complete outfit with belt (adults) £2 15s. only.			
	" " " (childs) £1 17s. 6d. only.			
	Postage (adults) 2s. 6d. Postage (childs) 1s. 9d.			
	Complete STANDARD outfit with belt (adults) £2 2s. only.			
	Postage 2s.			
Slippers.	Genuine Japanese ... (11½" only)	17	6	
	Postage 11d.			
	ZORI, all rubber, British made ...	15	0	
Fundoshi.	Finest quality longcloth, 36" x 12". Suitable for everyday wear ...	2	6	
	(Three for 7/-) post free.			
Mats.	Straw : Size 6' x 3' x 2½" ...	4	10	0
	Rubber : " 4' x 2' x 7/8" ...	3	12	6
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	(Lighter weights at cheaper prices.) Carriage extra.			
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	Vol. I (12 issues), fully bound ...	2	5	0
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	Postage 11d.			

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	(Edited and translated by E. J. Harrison)			
TECHNIQUES OF JUDO		Shinzo Takagaki and Harold E. Sharp	27/-	1/6d.
	"KNOW THE GAME"—JUDO		2/6	5d.
	(Published in collaboration with The Budokwai for B.J.A.)			
JUDO		M. Feldenkrais	7/6	8d.
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JUDO		E. J. Harrison	3/-	5d.
SPORT OF JUDO		Kiyoshi Kobayashi	18/-	1/6d.
JUDO		H. Klinger-Klingerstorff	6/-	6d.
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THE MANUAL OF JUDO		E. J. Harrison	9/6	9d.
KODOKAN JUDO		Hikoichi Aida	18/-	11d.
	(Edited and translated by E. J. Harrison)			
JUDO—BASIC PRINCIPLES		E. Dominy	16/-	11d.
FIGHTING SPIRIT OF JAPAN		E. J. Harrison	25/-	1/1d.
MY METHOD OF JUDO		M. Kawaishi	18/-	11d.
	(Edited and translated by E. J. Harrison)			
TEACH YOURSELF	SELF-DEFENCE	E. Dominy	6/-	7d.
JUDO INSTRUCTOR		M. G. Harvey, M.C.	9/6	7d.
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JUDO FOR WOMEN		E. J. Harrison	4/6	5d.
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Name in full.....(Mr., Mrs. or Miss)

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

Address

Name and Address of Club.....

I wish to insure against the risk of injury whilst practising Judo. I am in good health and free from physical defects or infirmities and I agree that this declaration shall be the basis of the contract and I will accept the policy subject to its normal conditions.

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

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

(In the case of scheme (b) only the club name and address need be filled up provided *all* members are participating, and only the Secretary need sign. State number of members.)

INSURANCE

We are pleased to announce that our insurance scheme has been specially devised for the benefit of Judoka, and is therefore thoroughly recommended.

The rates are reasonable, and cover is extended to those in this country practising Judo anywhere in the world, but please note it does not include the travelling to and fro. In addition, proposals will be considered from anyone abroad who wishes to participate, but special application must be made.

The scheme can be operated in two ways:—

- (a) **Personal Accident.** An individual policy made out in the name of the insured.
- (b) **Group Accident.** One policy in the name of the Club; and to qualify at least four members per club are required. Should all members wish to enter it is not necessary to specify names—just the number and amount of premiums. If only a proportion of the members are interested just state names and addresses.

Please indicate whether you require (a) or (b).

The new benefits briefly are:—

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(Disablement means inability to follow normal occupation)

PREMIUM 15s. PER ANNUM PER MEMBER

Fill up the form on opposite page and post to us together with the amount of calculated premiums. You are covered immediately you receive back the receipt for the premiums.

In addition to the above we are now able to undertake the insurance of club property and third party risks. In fact any problem in connection with yourself or your club can be considered, so let us have your queries.