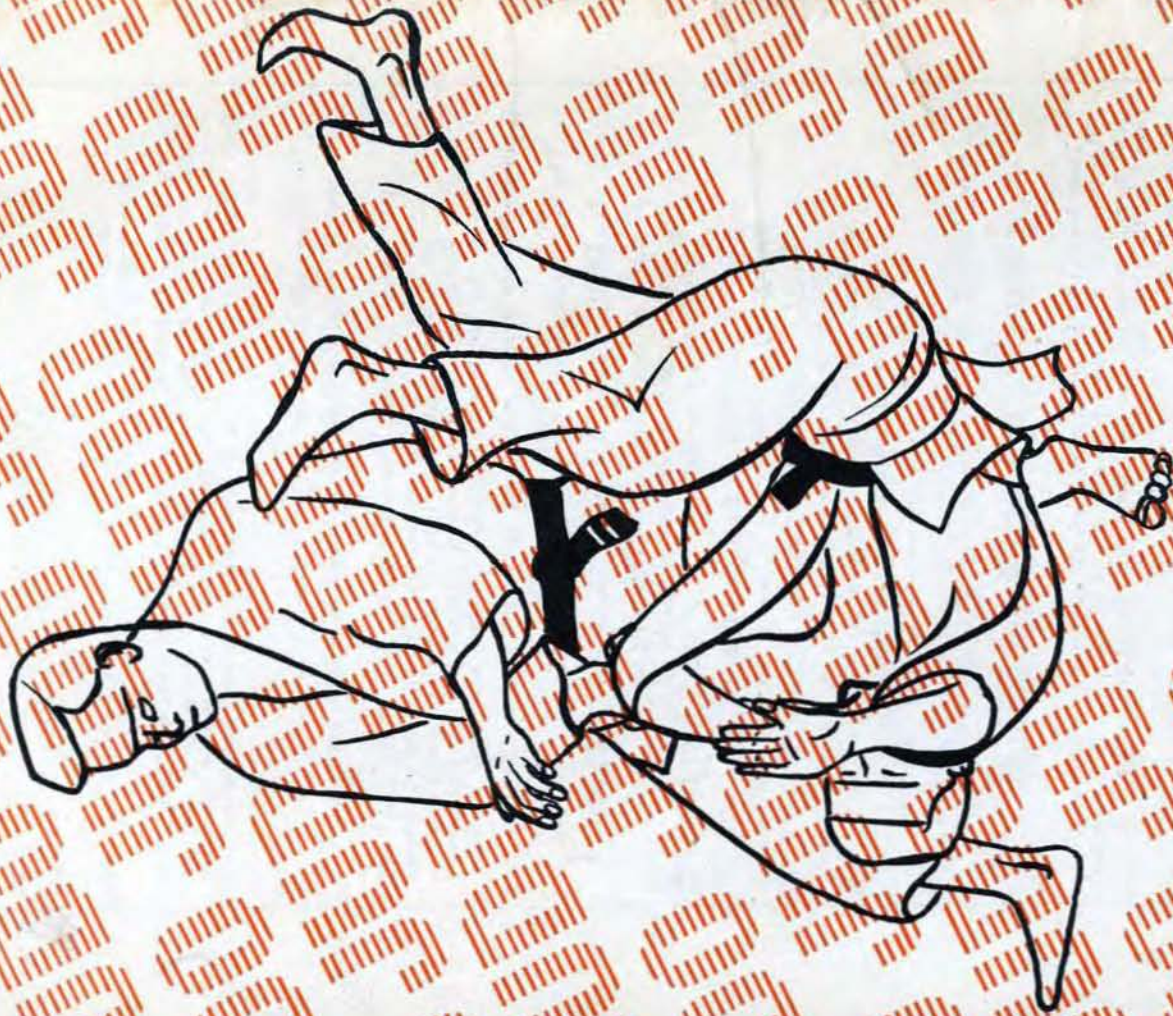


JUDO

VOL. III

MARCH 1959

No. 6



Inside

Judo Festival at Royal Albert Hall

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	LILLESALL 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	LILLESALL HALL	G. Gleeson (4th Dan)	£9 0 0d.
(Open only to men of 2nd Kyu grade or over who are coaching or wish to coach)			
<i>Course No. 90</i>			
Aug. 22nd - 29th	KINGSTON-UPON-HULL	W. Stepto (3rd Dan)	£10 0 0d.
(Open only to men and women of 6th Kyu grade up to and including 4th Kyu)			
<i>Course No. 92</i>			
Aug. 29th - Sept. 5th	KINGSTON-UPON-HULL	C. Palmer (4th Dan)	£10 0 0d.
(Open only to men and women of 3rd Kyu grade or over)			

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

The full fee should accompany any applications. Cheques, postal orders, etc., should be crossed and made payable to the British Judo Association. Application forms are obtainable from the Courses Secretary:—

F. W. PEARSON,
56, High Street, ERITH, Kent

* * * *

METROPOLITAN POLICE JUDO CHAMPIONSHIP

CHELSEA TOWN HALL

Thursday, 12th March, 1959

THIS MONTH'S COVER

S. Matsushita throwing Kaminaga to win the All Japan Students Championship 1957.

Equip your Club with

Egerton Judo Mats

**The product nearest to
the original Japanese Mat**

As used by the three Services. Satisfaction given to hundreds of Judo experts all over the country. Made of highly compressed rye straw in strong jute covers.

Sizes: 6 ft. x 3 ft. x 2½ in.
3 ft. x 3 ft. x 2½ in.

Supplied separately or with **Canvas** and **Frame** as complete, self-contained, easily assembled units. For Price List and Specifications apply direct to:

M. W. EGERTON

Straw Products
**Queen Street, Gomshall,
Guildford, Surrey.**
Phone: Shere 49

A · J · M JUDO CLUB

**GREEN MAN
BLACKHEATH HILL**

Telephone TID 2828

—
Classes for
MEN, WOMEN & CHILDREN

Special Sunday Class for
VISITORS

—
**BLACK BELT
INSTRUCTION**

—
Send S. A. E. for full particulars

MEMBER OF THE B.J.A.

SMALL ADVERTISEMENTS

Private advertisements, 9d. per word, Minimum 7/6. Commercial rates double. Add 1/- extra for box number. Address: JUDO, Ltd., 91 Wellesley Road, Croydon.

WANTED IN GOOD CONDITION copies of this magazine February 1957 (Vol. 1, No. 5). Please send postage paid to Judo, Ltd., 91, Wellesley Road, Croydon. Two shillings each will be paid for perfect copies.

JUDO. Special beginners courses. Fee £3 13 6d. includes use of outfit. Instructor P. Sekine, 4th Dan. The Judokan, Latymer Court, W.6, 3 mins. walk Hammersmith Tube. Enquiries welcomed between 6 — 8 p.m. or phone SLO 8444 (day) Riv 1282 (evenings).

THE JUDOKAN'S DOJO is open for members of the B.J.A. on Saturday's 3 p.m.—6 p.m. Dojo Fee 5/-.

BUY

your judo suits, books and all judo equipment from the B.J.A.

WHY?

Because the small profit made helps to provide you with more and better instruction. The judo suits now being supplied by the B.J.A. are made of a specially woven material and cut by experienced tailors to give maximum comfort and wear—the result of long experiment

SEND NOW

For price lists on all judo supplies, which includes details of special prices for registered members of B.J.A. member clubs and all large orders

OUR MOTTO — Top quality and service with a smile

All enquiries for judo supplies welcome

Send to:
THE BRITISH JUDO ASSOCIATION
32 North Street, London, S.W.4
TELEPHONE MACAULAY 1320

JUDO on your holiday

TESSENDERLOO GUEST HOUSE

18, Carlton Road North

Phone **WEYMOUTH 2878**

- 5 mins. walk sea and sands
- Hot and cold water
- Interior sprung mattresses in all bed-rooms
- Comfortable lounge—Television
- Cosy dining room with separate tables
- Enclosed car park 16 cars

S.A.E. for Illustrated Brochure and enjoy your holiday with us, and your judo with the Weymouth Judo Club

Resident proprietor E. G. BOON, Hon.. Sec. of Weymouth Judo Club
Club open 5 days a week — 9 a.m. to 10.30 p.m.

Excellent tatami Visiting judoka always welcome

NEWS for the keen Judoka

A tough simulation LEATHER JACKET

Made in black grained heavy P.V.C., by specialists. Extra strong zip. Cherry Leaf motif, emblazoned in Red and Judo (in Japanese) and Gold.

Special Discount to
Club Secretaries



Send NOW to Sole manufacturer — **TAWANA LTD.,**
COMAR HOUSE,
HIGH STREET,
MANCHESTER 4.

RETAIL PRICE 59/6d. each.

Sent post paid—money back guarantee

JUDO

MARCH

1959

VOL. III

No. 6

CONTENTS

	Page
SMALL ADVERTISEMENTS	1
FESTIVAL OF JUDO, 1959	3
BRITISH JUDO ASSOCIATION	7
BRITISH REGISTER OF BLACK BELTS	8
IRISH JUDO ASSOCIATION. R. Manuel	9
INAUGURATION OF METROPOLITAN POLICE CHAMPIONSHIP	12
KODOKAN GOKYO No. 2. W. Stepto	14
AREA NEWS	16
WHISPERS IN THE WIND. Veritas	21
JUDO PERSONALITY No. 29	22
THE JUDO MACHINE. D. Mann, D.O., M.R.O.	24
OKURI-ASHI-HARAI. G. Kerr	26
CLUB FORUM	28
JUDO IN SWEDEN. R. H. Lock	32
CORRESPONDENCE	33
BUDOKWAI NEWS. G. R. Gleeson	35
SABURO MATSUSHITA (5th DAN). W. Stepto	36
UNIVERSITY NEWS. W. J. Semple	38
B.J.A. GRADING RESULTS	40
SUBSCRIPTION FORMS	46

Published by the Proprietors: JUDO LIMITED,
91, WELLESLEY ROAD, CROYDON, SURREY
Telephone: Croydon 0200
SUBSCRIPTION RATE £1 14s. 0d. per annum, post free.

Editors: G. A. EDWARDS, F.C.C.S., F.I.A.C.
A. R. MENZIES

Technical Adviser: T. P. LEGGETT (6th DAN)

Advertising Enquiries to: London Office,
1, Westminster Palace Gardens,
Artillery Row, Victoria Street.
London, S.W.1
Telephone: Abbey 2207



- 1 J. Thatcher (Midlands) throws M. Leigh (L.J.S.) during the L.J.S. v Midlands Team Contest
- 2 Part of the demonstration of self-defence by the juniors.
- 3 J. Chaplin foils B. Burns during the finals of the Goldberg-Vass Memorial Trophy.
- 4 E. Dominy demonstrates how a blind person can successfully practise Judo.
- 5 Five L.J.S. Juniors after receiving special awards for merit.

Festival of Judo - 1959

This year there were no special events such as last year's visit of the Dutch team, but the programme was varied and very entertaining and, from the comments afterwards, most favourably received by the audience.

The usual type of item opened the show immediately following the Chairman's remarks—Senior, Junior and Lady Members demonstrating randori.

The show was arranged to give the members of the L.J.S. Junior Section the most publicity, and their first item was the demonstration of breakfalls, which incidentally were very well done.

The Goldberg-Vass Memorial Trophy for Kyu grade division semi-finals was the first contest item. R. Dowler of Croydon scored a convincing win over A. Tansley of the Budokwai, with a neat O-soto-gaeshi, and A. Pauls of the Budokwai was awarded a superiority over D. Delay of the Renshuden. Pauls is a 2nd Kyu, and it is the first time this trophy has been awarded that the two finalists have not both been 1st Kyu.

Then it was the Juniors turn again, with a well-rehearsed and presented Nage-no-kata by M. Coyle and G. Collins. Some technical criticisms could be made, but for two youngsters to appear by themselves in the middle of the Royal Albert Hall, and demonstrate this kata as smoothly and neatly as these two did, deserves every bit of applause they got.

An item called "Sixth Sense in Judo" gave the spectators an opportunity to see how a sightless Judoka can practise judo as efficiently as his more fortunate companions.

The semi-finals of the Dan grade division of the Goldberg-Vass Memorial Trophy were very good. J. Chaplin (L.J.S.) after a very determined attack caught A. Webb (North London) with a Sode-tsuri komi-goshi, and B. Burns (L.J.S.) put D. Barnard (Renshuden) out of the running to make the final an all L.J.S. event.

An excellent display of self-defence by the junior members of the L.J.S. completed the first half of the programme. Their timing and execution of a variety of techniques was outstanding, and the finale of this item where one boy was simultaneously attacked by several others, metaphorically speaking, brought the house down.

One of the attractions of the Festival is the number of contests which are presented. This year besides the individual events, a challenge match had been arranged between the Midland Area (National Team Champions) and the L.J.S. The result was a win for the Midlands by three contests to two. Outstanding among the contests were J. Thatcher's superb Koshi-waza on M. Leigh, and the very excellent performance put up by J. Gowland against A. P. Wilde. Usually Wilde manages to finish his contests in a few seconds, with his devastating Harai-goshi—this time Gowland, who is very small compared with him, made such furious attacks that Wilde was rather put off his stride and on one occasion Gowland succeeded in bringing him down. However, the Midlander recovered well and first scored waza-ari

with Harai-goshi and a few moments later clinched the matter with a full point from the same technique. The results of the match are as follows:

L.J.S.	v.	MIDLANDS AREA
B. Burns	lost to	J. Lowe
J. Gowland	lost to	A. Wilde
B. Abbott	won from	K. Webber
M. Leigh	lost to	J. Thatcher
J. Chaplin	won from	H. Hobbs
L.J.S. 2		Midland Area 3

A self-defence item given by Peggy Sullivan and Eric Dominy gave the ladies a little more room in the programme. The most exciting part of this item was when Miss Sullivan nearly threw her attacker off the mat, to the accompaniment of a loud cry "mind the edge."

GOLDBERG-VASS MEMORIAL SHIELD (KYU GRADES)

W. Morgan (Cradley Heath)	R. Dowler			
R. Dowler (Croydon)		R. Dowler		
R. Hall (Budokwai)	J. Evans			
J. Evans (Judakan)				
L. Booth (Huddersfield)	L. Booth			
J. Hollington (Renshuden)				
J. W. Hodgson (Barnsley)	J. W. Hodgson			
P. Westripp (Defoe)				
A. Tansley (Budokwai)	A. Tansley			
F. Smith (Griffin)				
N. Lewis (Judokan)	R. Finch			
R. Finch (Wilfruna)				
R. Shears (Northampton)	B. Mowll			
B. Mowll (E.R.A.)				
G. White (Taki Judokwai)	G. White			
M. Power (North London)				
H. Bernard (Budokwai)	H. Bernard			
G. Rushworth (Shrewsbury)				
M. O'Brien (L.J.S.)	M. O'Brien			
B. Perryman (Coventry)				
P. West (Judokan)	P. West			
A. Garner (Spalding)				
D. Delay (Renshuden)	D. Delay			
H. Scudder (Griffin)				
A. Pauls (Budokwai)	A. Pauls			
A. Spicer (Northampton)				
F. Wainwright (E.R.A.)	G. Yates			
G. Yates (Met. Police)				
T. Terrett (Defoe)	P. Taylor			
P. Taylor (Judokan)				
H. Hurst (Huddersfield)	T. Wedlock			
T. Wedlock (Budokwai)				

THE ABOVE DIAGRAM COMMENCES WITH THE SECOND ROUND.

Another event by the Juniors was a team contest between the Juniors of the L.J.S. and a representative team of boys from the Southern Area. The contestants had been selected for their style in preference to their contest ability, and this made the event very interesting to watch. L.J.S. won by two contests to one.

The variety, skill and enthusiasm which these boys put into their bouts certainly came up to the best standards of British Judo—a few more matches of this calibre at our major shows would be of enormous help in strengthening the junior interest throughout the country.

The results were as follows:—

L.J.S.	v.	SOUTHERN AREA
J. Harrison	lost to	G. Carter
G. Hall	drew	D. Scaife
B. Jacks	drew	P. Lane
R. Nazer	won from	B. Evans
R. Benham	won from	P. Brandall
L.J.S. 2		Southern Area 1

The finals of the Goldberg-Vass Trophy made a fitting finish to the evening's entertainment; the Kyu grade division being first.

GOLDBERG-VASS MEMORIAL TROPHY (DAN GRADES)

J. Chaplin (2nd Dan)	J. Chaplin			
L.J.S.				
F. Pearson (1st Dan)				
Budokwai				
J. Burke (1st Dan)				
Renshuden				
G. Dyke (1st Dan)				
Barnsley				
W. Wilde (1st Dan)				
Derby Olympus				
G. Webb (2nd Dan)				
North London				
P. Bailie (1st Dan)				
North London				
M. Leigh (1st Dan)				
L.J.S.				
J. Gowland (1st Dan)				
L.J.S. and Griffin				
V. Maynard (2nd Dan)				
Budokwai				
J. Ryan (2nd Dan)				
North London				
D. Barnard (2nd Dan)				
Renshuden				
G. Thorngate (1st Dan)				
Renshuden				
R. Raine (1st Dan)				
North London				
I. Corti (1st Dan)				
Islington				
B. Burns (1st Dan)				
L.J.S.				

THE ABOVE DIAGRAM COMMENCES WITH THE SECOND ROUND.

Dowler, short and thick-set was opposed to Pauls, a fairly tall well-built judoka. Dowler attacked consistently with left Sode Tsuirkomi-goshi, and right O-guruma, which in the opening minutes failed to budge Pauls at all. Then Dowler got under his taller opponent, but unfortunately was so near the edge of the mat that Pauls managed to get away. This happened twice more and, after the last attempt, just as they were about to take hold again, Dowler scored waza-ari with a quick Ko-uchi-gari. The contest continued in this style until the end, when Dowler got the verdict.

The Dan grade contest was a very hard-fought affair. It seemed at the start that Chaplin would make it his fight, and he certainly rocked his much larger opponent with several Tomoe-nage and Tsuru-komi-goshi. However, Burns was very cool in this his first public contest, and he only very narrowly missed putting Chaplin down with two very good Uchi-mata. Both times he had his opponent completely up in the air but Chaplin managed to put a hand down and so saved himself from being thrown. At the end of extra time Burns was awarded the decision.

The referee for all the contests was Mr. C. Palmer (4th Dan) of the Budokwai, who handled them with his usual skill.

This year's show was better than most, and the prominence for the juniors augers well for them in the future. A criticism of the organisers was the reprimand made to certain clubs over the public address system. It would have been much better had it been done privately, and was certainly not good publicity to mention domestic matters to all and sundry.



Left: D. Dowler of Croydon receives his trophy from a representative of the Japanese Embassy—Right: B. Burns of the L.J.S. being presented with his trophy.

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.

Subscriptions to Judo Ltd., 91 Wellesley Road, Croydon, Surrey.

Rate: £1 6s. 0d. per annum including postage.

THE BRITISH JUDO ASSOCIATION

OFFICIAL NOTES

The National Inter-Area Championships, 1959, will be held at the De Montfort Hall, Leicester, on Saturday, September 26th. The Midland Area Association is organising this year's championships, and all other areas will be receiving details from them in the near future regarding teams and entries.

The Executive Committee have agreed that the British Universities Judo Association will be accepted as an Area Association for championship purposes, and will, therefore, be invited to take part in this year's event at Leicester. If a club in the London Area will volunteer to sponsor the formation of the London Area Association within the next few months it will be possible to accept an entry for these championships from the Metropolis. At present only the eleven area associations now existing are eligible plus the B.U.J.A.

British Universities Judo Association

The Executive Committee agreed at their last meeting to accept from the British Universities Judo Association a block subscription to cover all their member clubs. This means that university clubs will only be accepted into membership of the B.J.A. through the B.U.J.A. and such clubs will, of course, no longer be listed under the area associations within which they are situated. The B.U.J.A. have agreed, however, that all their clubs will also join the area associations within which they are situated for an annual subscription of £1 1s. 0d. Such clubs, however, would make the usual payments for taking part in grading examinations, courses, etc., which are organised by the area. This is necessary since grading records for university clubs will still be held by area associations. This arrangement will come into effect from September 1st, 1959.

International Matches

The European Judo Championships will be held in Vienna on Saturday and Sunday, May 8th and 9th, 1959. Mr. G. Gleeson, National Coach, has been appointed Team Manager, and Messrs. C. Palmer (4th Dan) and J. Capes, General Secretary, appointed delegates to the European Judo Union Congress which meets in Vienna over the same week-end.

The British team, which was selected on Sunday, March 1st, will be listed in the Official Notes of the next issue of this magazine, and will comprise five judoka plus one reserve plus any individuals whom the Technical Board consider are of a sufficiently high standard to contest the Individual Championships.

A France versus Great Britain match is being arranged for the second half of 1959, in the Stade Coubertin in Paris. It is hoped once more to

use this match for "bleeding" new judoka, especially provincial judoka, in international contests. The actual number of contestants for this French match is yet to be agreed, but if present proposals are accepted a team of ten would be selected.

Referees' Course

Mr. G. Gleeson attended the E.J.U. Referees' Course in Saarbruck, Germany, from February 4th-8th. As a result of this course it is hoped that Mr. Gleeson will be included on the European referees' panel for international matches. A letter has already been forwarded to the E.J.U., informing them that Mr. Matsushita is available to officiate at their championships in Vienna.

British Register of Black Belts

A. P. HARRINGTON

Secretary, Register of Black Belts.

CORRECTIONS

F. Marr should be H. Marr.

F. Wilde „ „ A. P. Wilde.

NEW MEMBERS

E. Mossom, 3rd Dan.

M. R. Leigh, 1st Dan.

A. Bain, 1st Dan.

Margot Sathaye, 1st Dan.

P. Purves, 1st Dan

PROMOTIONS

J. Ryan, 2nd Dan

G. Webb, 2nd Dan

N.B.—Will the following Black Belt holders, or anyone knowing their present addresses, please contact the Secretary, in order that he may forward on their Kodokan Diplomas:—

J. H. Appleby.

J. S. Sneath.

J. R. Burns.

L. E. Wayman.

H. R. Legge.

J. A. Wilkinson.



Irish Judo Association

R. Manuel

Sorry we have not appeared in the news recently; we hope to rectify this from now on.

We have just completed a very interesting and compact weekend course and grading by Scottish Coach R. Smith (3rd Dan) who visited Dublin with his wife.

Fifty judoka were examined, a task which was thoroughly done taking almost two hours to complete. Congratulations go to Con Dolan, Seamus Kavanagh and Vincent O'Connor on succeeding in attaining their 'blues'.

The club now has two browns, four blues, half a dozen greens, and numerous other colours. We had high hopes of one or two entrants going to London for last month's National Tournament but, unfortunately, owing to last minute injuries and hitches we shall have to wait until next year.

Rab is a first-class instructor with an excellent system wherein he explains and gives reasons for every movement or exercise, and how it affects each



Rob Smith (3rd Dan) throwing Seamus Kavanagh (2nd Kyu)



Rob Smith, 3rd Dan throwing Frank Collinge, 1st Kyu technique. Everybody learned from him a better sense of judo values, and in time we hope his teachings will show results. We hope to issue another invitation soon.

One or two 1st Kyu's were disappointed at not being able to enter for their Black Belt, but we must stick to the rules which stipulate that two members of the Technical Board must preside at such an examination. We are getting in touch with our six County neighbours in this connection.

A small party of Japanese have arrived in Dublin on business. Included in their number is a Mr. Okopo (3rd Dan) who has come along to see us and started practising judo again after a lapse of ten years. Almost immediately, however, Mr. Okopo sustained an arm injury in his work and consequently his criticism and advice already seriously handicapped by language, is now even more impaired. However, there are not many Irish clubs that can boast of having a Japanese 3rd Dan in their midst.

In closing, we would like to send greetings to James McWade (2nd Dan) who practised with us last August. We now have two ex-Osaka Judo club members in our club, a 4th Kyu and 5th Mon.

Would James Kavanagh, 2nd Kyu, please write to us. Everybody misses his Tsurikomi-goshi, and would like to know how he is faring abroad.





Inauguration of the Metropolitan Police Judo Championship

In recent years the interest in Judo as a sport has become most apparent in the Metropolitan Police. Various Divisions have formed their own Judo Sections and progress has been most encouraging.

The Metropolitan Police Judo Club, which forms the core of these Sections, has visited the Continent to participate in Club contests, travelling as far as Vienna to meet the Austrian Police in contest. It must be appreciated that members do so in their off-duty hours, and at their own expense, thus showing their enthusiasm.

The Committee of the Judo Section of the Metropolitan Police have taken note of the increasing number of officers now practising Judo, and at a recent Committee Meeting, passed the following resolution:—

"To further the sport of Judo in the Force an Annual Championship will be held, the winner of which will receive and hold in Division for the following year, a silver Trophy presented to the Metropolitan Police Athletic Association by Sir Milson Rees."

The inaugural Championship will be held at the Chelsea Town Hall on Thursday, 12th March, 1959, under the rules of the British Judo Association. An invitation has been sent to the Royal Canadian Air Force Police, stationed in Germany, to send a team to meet the Metropolitan Police in a club match on this occasion, and it is hoped that the invitation will be accepted.

All officers serving in the Metropolitan Police and holding a grade in Judo are invited to participate in the Championship. Entry Forms can be obtained on application from Inspector John, Sec., M.P.A.A., 11, Great Scotland Yard, S.W.1.

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 **specialy 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

DE LUXE POCKET DIARY FOR 1959

handsomely bound in scarlet calf leather gold blocked JUDO on front cover.

Here are just a few of the contents:—

- ★ B.J.A. Grading Syllabus for adults.
- ★ B.J.A. Mon Grading Syllabus for juniors.
- ★ Glossary of Terms.
- ★ Eight pages of captioned photographs illustrating a selection of 37 throwing and groundwork techniques by T. Kawamura (7th Dan) on white art paper.
- ★ Sixteen pages British Isles Maps.
- ★ Thirty-two pages perforated Memo section.

SPECIAL REDUCED PRICE

POST **4/6** FREE

JUDO LTD.

Phone: CROYdon 0200

**91 Wellesley Road
CROYDON**

Kodokan Gokyo, No. 2

HIZA-GURUMA — KNEE WHEEL

W. Stepto

This throw is similar to sasae-tsuri-komi-ashi, except that the opponent is thrown by applying the foot to his knee rather than to his ankle.

Engaging in right natural posture, step forward on your left foot, making Uke step back with his right. Take a short step back with your left foot, and then step to your right, quite a small step, just outside his left foot and with toes pointed inward. While making these last two movements you must attempt to break Uke's balance to his right front corner. When you have stepped to the side, and as he is bringing his right foot up to recover his balance, apply the sole of your left foot to the outside of his right knee (Fig. 1) and throw him by continuing to turn your body to the left, pulling out and down with your left hand, and up and over with your right.

To get this throw off successfully it is most important that when you apply your left foot to his knee you must turn the left side of your body away from him (Fig. 2). If you have stepped onto the ball of your right foot and pointed the toes inward you will have already done this, and effected a strong tsuri-komi.

To perform this throw on the left you must not forget to change your right hand grip from Uke's left lapel to his left sleeve (Fig. 3). This will still leave your left hand gripping his right sleeve, and in order to help tip him over, lift up and then across to the right with your left hand by holding the sleeve under his right elbow.



Look carefully at randori and you will see how very different this throw can look; sometimes a man is rolled over, or literally sent flying. The famous little Osawa (6th Dan) was expert at this throw and used it frequently as an approach to groundwork. In this case he would very gently place his foot on the opponent's knee, the man would seem to fall over at his feet, and down he would come on top of him for groundwork. Of course the answer was that he had caught his man very beautifully, but unspectacularly, off balance. At other times he seemed to get his opponent running forward, and this time the man would describe a large circle in the air as he went over.

This is a good throw for breaking up the opponent's defence and is used equally by small men to create the opportunity for another throw, and large men who often use it as their second throw for scoring full points. Mr. Matsushita used to use this in Japan against men who were beginning to build up a defence against his Harai-geshi. When performed quickly in contests it is often difficult to tell which throw has been used; Hiza-guruma or sasae-tsuri-komi-ashi.

As I have mentioned, it need not be a very heavy throw, and for this reason in Japan it is almost the first throw the children are taught. I think for beginners, at first it would be better to practise attacking the opponent's advanced foot in preference to the foot at the rear as perhaps this does not require such precise timing. While practising, try to place your foot on the opponent's knee as gently as possible; the knee is very susceptible to injury. By attacking the opponent's knee gently and accurately you will be able to trap the knee by using the sole of the foot and wrapping the toes round the outside of the knee (Fig. 4) which should prevent him escaping.



AREA NEWS

SOUTHERN SECTION *M. Leigh*

The Committee met on the 18th January, when the Treasurer's Report was read by Mr. Morphew. The salient fact is that the area has a credit of £25 14s. 0d. (which isn't very much for an area to run on).

Thirty clubs have yet to pay their area subscriptions, and it would be much appreciated if they did this as soon as possible.

The area will be staging a display some time in the summer. Guildford has been suggested as the venue, and we hope to have very strong support from all our clubs.

The first area gradings are to be held at the following clubs:—

LONDON JUDO SOCIETY, Sunday, February 22nd.

Novice up to and including 5th Kyu, 10.30 a.m.

4th Kyu up to and including 1st Kyu, 2.30 p.m.

BOWATERS JUDO CLUB, Sittingbourne, 2 p.m., Saturday, March 7th.

Novice up to and including 2nd Kyu.

PORTSMOUTH JUDO CLUB, Portsmouth, 2 p.m., Saturday, March 7th.

Novice up to and including 2nd Kyu.

A special advanced course is to be held at Lilleshall (Nr. Birmingham) from April 20th to 24th. The course will be run by Mr. Gleeson (4th Dan) and will cover such things as refereeing, organising gradings, contests, etc. The normal cost would be around £8, and participants would have to pay their own fare return to Birmingham. The area has been invited by the B.J.A. to nominate two judoka, from whom the B.J.A. will accept a nominal fee of £2 10s. 0d. The rail-fare, food, lodgings and course are all paid for. This concession, of course, applies to all areas.

The Committee meet again on February 28th, when the members will nominate the judoka.

MIDLAND SECTION *E. Price*

There is not a great deal to report this month, as I have to write these notes before the L.J.S. Festival of Judo, on February 14th, so I am in the peculiar position of wishing the Midland team the best of luck, although these words will not be read until after the event.

One rather startling item of news was given to me by John Thatcher (1st Dan). On January 10th, John was conducting a grading examination at **Shrewsbury**. He had some 2nd Kyus who were trying to attain their 1st Kyu, so he gave them the customary line-up. One member of the line-up was 15-year-old John Harris, of Shrewsbury J.C., who succeeded in throwing every one of the 2nd Kyus, each one with a different technique!

I first saw John at the first Area Championships in 1956. If I am correct in putting his age now at 15, he must then have been only 12, and very small for his age, but he defeated Ron Hanson, of my own club, in the preliminary rounds of the Junior Championship. He was himself defeated in his second contest by David Ryde, of Derby.

In 1957, John reached the final of the Junior Championship, only to be defeated by his old rival, Ron Hanson; precisely the same result was repeated in 1958.

I am not certain that I have given John's age correctly, but two members

of his club have both told me he is still within the junior age limit, so he should have quite a future before him if he sticks to judo. London has produced a 16-year-old 1st Dan, so I think it is about time the Midlands did the same, and it looks as if we have a likely candidate.

Before leaving the subject of Juniors, I should like to thank Mr. Gleeson for his excellent article on the Junior Syllabus in last month's issue. It is quite a long time now since I last taught Ashi-waza to my Juniors, and the general standard has improved tremendously in consequence.

I seem to have started something with regard to ladies' judo, and I should now like to clarify the following points:—

(1) There has certainly been no collusion between Veritas and myself. I do not know who Veritas is, and I do not agree with all that he has said on this subject.

(2) I am not personally greatly concerned as to whether the ladies have a championship or not, but I fail to see why they should be denied one if they want it.

(3) I do not know how many ladies want a championship, but Margaret Morris, of Wolverhampton, most decidedly does want one.

(4) Some people tell me that my articles are much too self-opinionated, and that I am supposed to be writing area news, not voicing my own opinions, but it is surely also part of my job to give expression to any strongly-held opinion which comes from any judoka in the area, whether I agree with it myself or not. I gave expression to Margaret's opinion, and that is all.

As there is nothing to report from other clubs this month, by own club wishes to raise the question of visitors to the dojo.

We have no permanent use of our dojo, but have to pay a hire charge every time we use the room, and since our essential expenses are rather high, we feel that visitors from other clubs should pay the same dojo fees as our own members. We normally insist on this, but difficulty has sometimes arisen in the past when we have had visitors of higher grade than any of our own members.

We have no wish to quarrel with Brown and Black Belts, still less to turn them away from our dojo, but we think that the following stipulation is reasonable. If a Brown or Black Belt wants a free evening's practice at our dojo, then he should spend part of his time in giving us some instruction. If, on the other hand, he prefers to use us as cannon fodder to practise his own technique, without so much as a single word of advice to any of us, then we feel that he should pay our normal dojo fee.

Most high grades, we have found, are very helpful, but one or two are not, and it is to those very few that these remarks are addressed. What do other clubs do in this respect?

By now, all club secretaries should have received the circular about the fourth Midland Area Championships, to be held at the Wulfrun Hall, Wolverhampton, on Saturday, April 4th, 1959. Indeed, by the time you read these words, your entries should be in.

NORTH EASTERN SECTION *A. Thornley*

In opening my notes this month I should like to welcome to the North Eastern Area the Hull Young Peoples' Christian and Literary Institute Judo Club—quite a big club in title and membership. Also Leeds City Police

Judo Club, who are instructed by Alan Grace (1st Kyu), of Leeds J.C. To these two new clubs, and indeed to all our member clubs, if ever you are in difficulties don't hesitate to get in touch with me so that your area committee can help you solve your problems.

The first date for your diary this year is Sunday, March 22nd, when there will be the first Area Grading of 1959. The venue once again will be Leeds J.C. and as in the past the grading will start at 11 a.m. All clubs will have had notice of this grading before these notes are published, so no club can say they did not have enough time to get their applications in. Whilst on the subject of gradings I think I should mention that no person will be able to hand their names in on the day of grading as this causes no end of work for our already overworked recorder, Fred Latham. Whenever I write the name of Fred Latham I shudder to think what a job he must have at quarterly grading times. I should like to thank Fred for the really first-class job he is doing with the recording as well as being treasurer of Sheffield J.C.

Recently a five-man team from Barnsley J.C. accepted an invitation for a friendly match with Leeds University J.C.—the University team being led by Barney Williams (2nd Kyu) and the Barnsley team consisted of Geoff Youle, Colin Campbell, Alec Wilson, Gordon Barrett and yours truly. After three drawn contests Barnsley won the last two and won the match. This visit certainly gave members of both clubs a tonic. Personally I think that this type of evening out is very encouraging especially to us lower grades as it gives opportunity to practice our techniques on judoka other than our club members.

Bob West, the secretary of Bradford City Police J.C., and I were chatting recently about the success his club is experiencing of late, due to the untold efforts of Harry Broxup, Terry Ramsden, Eric Hill and Adrian Fisher, all of Bradford Y.M.C.A. J.C. Bradford seems a very good centre for our sport, the city boasts three thriving clubs and recently I received a letter from a Mr. B. Hoyle, 16 Lister Lane, Bradford, 2, who would like to start a new club at Eccleshall Congregational Church. Any offers from you keen Bradford lads who might live near Eccleshall Church?

In next month's notes I hope to be able to give you the date and venue of this year's N.E. Area Championships and 1st Annual Show. Also I hope to announce the opening of Barnsley's new dojo—this should be a spacious dojo and quite easy to reach from the town centre.

WELSH SECTION *G. Thomas*

The free gradings have been held in Cardiff and Swansea. Representatives of the Technical Board, namely, Mr. Geoff Gleeson and Mr. Dennis Bloss, both 4th Dan, visited Swansea on the appointed dates to conduct senior grading examinations. What a waste of time and money! Two 4th Dans of the highest calibre instructed TEN men and examined SEVEN men for up-grading. To think that the majority of Welsh judoka would pass up the chance of practising with and receiving instruction from TWO 4th Dans. How pathetic!

For the benefit of the few who may be interested in the higher gradings, the following is a summary of the 1st Kyu and upwards examinations:—

Six 1st Kyu's fought up to three contests each amongst themselves: the three winners then faced a line-up of 3 greens, 2 blues and 2 browns. I am sorry to report that not one went further than the blues. In the theoretical part of the examination lack of knowledge of Japanese terminology and principles of judo was evident. I hope the participants will excuse my

criticisms, but for the readers' benefit the remarks are directed toward myself as well as the other lads.

One judoka excelled himself, namely Russ Lewis (1st Dan) who was trying for his 2nd Dan. His judo was excellent, and the techniques he used were Harai-goshi, Seoi-otoshi, Ura-nage, Utsuri-goshi and attempted Ashi-waza against the eleven members of his line-up.

WESTERN SECTION *Peter J. Murphy*

It is with much regret that I have to inform you of the death of Tokumi Kubo, 1st Dan of the Dorchester Judo Club. Mr. Kubo was a Japanese, employed in this country for over 40 years, the Founder Member of the Dorchester Judo Club and until his untimely death, their Chief Instructor. This tragic loss will be felt by all those Judoka who knew Mr. Kubo, both as a man and an Instructor.

WEST OF ENGLAND CHAMPIONSHIPS—Y.M.C.A. PLYMOUTH. On the 21st March, the Sixth Annual Championships will take place at **Plymouth**. Geoff Gleeson, 4th Dan, National Coach and Technical Adviser to the West, are among the many Black Belts who will be present. These Annual Championships have been in the past, a very good source of revenue, and I sincerely hope that all Judoka will do their utmost to attend. If you have not yet purchased your tickets, please obtain them from **J. Picken, 20 Chestnut Road, Peverell, Plymouth.**

It has always been suggested that the West should have their own Magazine, this suggestion has now become a reality through the endeavours of Les Ford of the Exeter Judokwai. This is purely an area publication, and we hope to receive news and views from all Clubs in the Western Area. It is a Quarterly Magazine for an Annual Subscription of a paltry five bob, and I wish it all success.

A Blue-Brown-Black Course was held at Bristol University Dojo last month. All Clubs were informed, but from the poor attendance, I feel that insufficient attention had been paid to the circular. This course was run at an approximate cost of £40, and although this is a calculated expense, high grade instruction is difficult to obtain and courses like these should not be ignored. Geoff Gleeson, 4th Dan and Doug Young, 3rd Dan officiated, and although the handful of Judoka who attended appreciated the individual attention, I cannot but deplore the apparent lack of interest displayed by absent members.

The Truro Grading, which incidentally took place at **St. Austell**, proved to be very successful. Pete Kellaway, 1st Dan, braved the snow, ice, fog and generally awful conditions, to supervise the proceedings.

I understand from Charlie Chipchase that **Taunton** Judokwai have been fortunate enough to secure new premises. Good luck Taunton and may your Judo go from strength to strength. We propose to christen the new Club with the Eliminations for the Area Championships on Saturday, March the 7th.

SCOTTISH SECTION *W. Hislop*

The Scottish Area Committee have arranged a mass grading for the West of Scotland. The venue is the Police Training College, **Glasgow**, made possible by the help and co-operation of our Hon. President, Chief Det. Supt. R. V. Colquhoun, to whom our thanks are due.

A recent Dan grading held there brought together 13 judoka who competed for a higher grade. Due to a misunderstanding, two 1st Kyu's could not be upgraded, there not being a three month interval between the

gradings; and a 1st Dan could not be promoted due to lack of the necessary number of examiners. Let others profit by our experience.

Club gradings have included the Tora Kita (**Dunfermline**), Examiner R. Trainer (1st Dan), also the Perth J.C. were hosts to the Dundee Y.M.C.A. and Tora Kita for a united grading under W. Hislop (1st Dan).

The Tora Scotia quarterly grading will be held on the 8th March, with judoka contesting from the Yoshin Judokwai (**Gorebridge**), Azami J.C. (**Grangemouth**), Tora Kawa (**Mussleburgh**) and various other clubs. The examiners are R. McKinnon (2nd Dan) and W. Hislop (1st Dan).

The week-end course held on the 7th and 8th February at **Largs Sports Centre**, in co-operation with the Scottish Council of Physical Recreation was a success technically, but I feel that judoka in the many clubs throughout the area let us down by not giving a better turn-out. The Instructor was R. L. Smith (3rd Dan) Scottish National Coach, and he put the judoka through a lot of hard work over the week-end. Once again we must thank the S.C.P.R. for the use of a fine sports centre, chock-full of comfort and facilities.

Incidentally the Scottish Area have organised two separate week long courses for the summer holiday period, dates 11th to 18th July, and 18th to 25th July. The course is open to all members of the B.J.A. Enquiries should be sent to the: *Area Secretary, W. Hislop, 38 Bank Street, Galashiels. Phone 2396.*

The Budokan J.C. **Edinburgh**, under the direction of G. Forbes (2nd Dan) and A. Bull (1st Dan) held a Kankeiko from the 1st to 8th February—one week of hard training starting at 6.30 a.m. till 7.30 p.m. (and the best of luck).

The annual show, Kawamura Trophy team contests and an open Dan grade competition is arranged for Friday, 17th April, at the Eldorado Stadium, **Edinburgh**. Judoka will enjoy a feast of judo in the shape of Saburo Matsushita (5th Dan), G. Gleeson (4th Dan), and R. L. Smith (3rd Dan). The following day, Saturday, April 18th, there will be a grading for prospective Dan candidates, also an opportunity for 1st Dans to have a go—2nd Dan!! Having witnessed Matsushita in action I can only say that it will be a great week-end for Scottish judoka.

The area has been strengthened with the various new clubs that are springing up all over the place, the latest being the Lochaber J.C. **Fort William**, **Peebles**, **Hawick**, **Kelso**, and the Kersewell College for Boys J.C. **Carnwath, Lanarkshire**. The area has now got about forty clubs throughout Scotland, and there is room for plenty more. A reminder to all clubs—if the Annual Membership Fee is not paid by the 1st March you are no longer considered a member of the British Judo Association and as such are not eligible for grading, courses, or contests organised by the Association.

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

I can now inform you that it has been decided to hold an Easter Course again this year. It will take place at a venue to be arranged on Saturday, 28th, Monday, 30th, and Tuesday, March 31st, 1959. All the necessary arrangements are now in the hands of the Hon. Secretary.

A number of clubs have recently requested reductions in the B.J.A. subscription, and these have already been forwarded to the proper authority.

With regard to our inter-club competition, entries have been received from six clubs. The draw for matches took place on Monday, January 19th; the names of ten judoka willing to act as referees in the competition have also been obtained.

The following are the names of those judoka who have submitted their names for inclusion in the panel of instructors:—

<i>Name and address</i>	<i>When not available.</i>
G. Nevin, 23 Manor Street, Belfast.	Wednesday.
W. Orchin, 21 Eccles Street, Belfast.	Tuesday, Thursday.
W. Murray, 31 Westway Gardens, Belfast.	Friday.
S. Anderson, 75 Vulcan Street, Belfast.	Tuesday, Thursday, Saturday.
R. Christy, 13 Brooklyn Avenue, Bangor.	Tuesday.

Those clubs wishing to take advantage of this scheme are asked to make arrangements directly with those concerned at the above addresses by post.

At the most recent section committee meeting the question of a section badge was discussed, and all delegates were in favour. Designs were called for the next meeting.

LATE NEWS. Now to hand the draw for matches in the Inter-club League. The first took place on February 9th (R.U.C. v. Y.M.C.A.) and the last is arranged for March 25th. At the moment all clubs are in the process of picking the strongest team possible to represent them in what promises to be a very exciting and closely fought competition. Perhaps we will have a better idea as to what club is most likely to emerge victorious when the time for the March report has come round, as at least half the matches will have been fought then.

* * * *

Whispers in the Wind

Aikido

Mr. Smith's articles on this subject are making me very interested—although I must admit to a profound ignorance regarding this art. As, to me, the articles are a wee bit confusing, can anyone explain in a few short sentences **exactly** what it is, and how it differs from judo?

Old Age

J.K.M.'s letter in the last issue recalls to my mind that many years ago when I used to practise regularly at The Budokwai, there were two judoka there, one over 60 and the other 65 who firmly believed that their fitness was due entirely to their twice weekly randori; and I—many years younger—could not even shift them! Although they took many falls from the experts, I believe they are sound and well to-day. I should hate to think they are the exceptions and not the rule.

An excuse

I must cut short my notes this month owing to extreme pressure of work. With much trepidation I 'phoned the Editor, only to find that my would-be apologies were greeted with a disgusting show of hearty cheerfulness. He wants the space! Such is the reward of great writers!!

Veritas



Name : ALAN A. ZIPEURE.

Born : 1914 (Montreal P.Q., Canada).

Profession : Company Director.

Started Judo at the Budokwai in 1949.

1st Dan, 1953.

2nd Dan, 1955.

Represented Britain in the 1st Kyu individual championships in Paris, 1951.

Business Manager, British Team, 1957.

Ex-member Executive Committee of B.J.A.

Area Liaison Officer B.J.A. during his term of office.

Past Secretary British Register of Black Belts.

Other activities have included Amateur Boxing, Wrestling and Athletics.

Hobbies : Judo and Dancing.

THE JUDO MACHINE

ELIMINATION OF WASTE

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

LAST time we dealt with the nutrition of the body. This time we will consider the reverse side of the coin, namely, the elimination of the waste products.

Apart from the substances which are not absorbed in the digestive tract and simply passed out, we have the unwanted or excessive substances which are absorbed, or which are produced in the further digestion and re-syntheses. For instance, when protein is broken down in the intestines, we have the production of ammonia. Should this be permitted to come into contact with the general nervous system, it would cause convulsions. The blood from the intestines goes directly to the liver, in which the ammonia is combined with carbon di-oxide to form urea. The urea, which is comparatively harmless, circulates in the blood until it reaches the kidneys which get rid of it via the urine.

There are several other substances, such as phosphorous, sulphur, potassium, and sodium compounds which are taken in excess of the body's requirements, and removed in a similar manner.

Apart from the above we have the 'exhaust' substances, which are produced by the body cells activity (metabolites).

All body cells obtain the energy to perform their various tasks by oxidizing (burning) blood sugar. The resulting waste substances (i.e. carbon di-oxide and water) are carried off by the blood, and removed by the organs of elimination.

The body cells are continuously wearing out and, although some of the waste substances so produced are used again, others have to be eliminated. The organs of elimination are, the lungs, which get rid of most of the carbon di-oxide and a large amount of water; the kidneys, which get rid of some of the carbon di-oxide and most of the urea, uric acid and most of the excess mineral salts, and all other waste materials; and the skin which gets rid of water, some of the urea and mineral salts.

The kidneys are the chief 'filter-plants' of the body. The blood constantly circulates through them, and excess of water is removed, along with excess of any other substances. The urine thus formed drips down a tube from each into the bladder where it accumulates until there is enough to be worth discharging. The kidneys are vital organs. It is possible, with care, to live without one, but without one working a person will die, very uncomfortably, in a few days. As no method has yet been discovered of fitting a person with plastic kidneys, it is as well to look after them and not overwork them by giving them too much table salt or alcohol to eliminate.

The Chief purpose of the lungs is to get oxygen into the blood and remove excess carbon di-oxide. The three chief ways of injuring the lungs are:—

(1) by inhaling harmful fumes and dust, especially sharp dust such as fine silicious or metallic substances.

(2) overstrain, by constantly undertaking more vigorous physical strain than the lungs have been developed to deal with—this is also the easiest way to strain the heart.

(3) under use. If a person constantly avoids all exercise and spends nearly all their time in an overheated, bad, atmosphere, they adopt a quick, shallow type of breathing. The lungs, never being used to their full extent, do not develop, and the odd corners at the top and bottom are never used and so degenerate. In this unhealthy condition they are far more easily infected by tuberculosis, etc.

To guard against two and three, the simplest way is to frequently exercise in the fresh air by smart walking, running, swimming, etc., which would not only make sure that the lungs are fully used but will develop them so that they can deal with whatever strain the person's muscles may throw upon them. In passing it is as well to point out that, before building massive muscles to perform strong-man feats, it is as well to develop powerful lungs, in order that the heart and lungs can deal easily with the enormous demand for oxygen which these muscles will make during their vigorous efforts.

The skin consists of two layers; the lower called the dermis, or true skin, is a mass of living cells containing hair follicles (hair roots) sweat glands, sebaceous glands, and nerve endings; and an outer layer of tough dead cells (the epidermis). These are the cells of the dermis which are constantly pushed outwards by new ones and die, forming a protection for the true skin. They are continuously being rubbed away, except when a part is bandaged—and this explains the flakes of dead skin when a bandage is removed that has been left on for a few days.

The sebaceous glands secrete an oil which exudes through the pores on to the epidermis and keeps it supple, thus preventing chapping and cracking, which would otherwise result. If these pores become choked with dirt then chapping and soreness will result. On the other hand, too much cleaning with hot water and soap can give the same result, especially in cold weather, by the excessive de-oiling.

Some people have very dry skins. They should only use super-fatted soap and never hot water on their faces and hands during the winter. In fact, if there is a good deal of east wind they should only wash once per day, cleaning in the interim by rubbing in almond oil and wiping off with a clean rag.

The sweat glands are always secreting water. As long as no moisture is apparent we call this process perspiring. When we are hot then the process is speeded up and drops accumulate, which we call sweating—this is for the purpose of preventing the body from overheating. If anyone wishes they can get a good idea of the amount of heat required to vapourise water by pouring a pint of cold water into a saucepan, and noting how long it takes to boil. Then, with the gas at the same pressure, note how much longer to boil dry.

Continued on Page 35

OKURI-ASHI-HARAI

Demonstrated by Yoshimi Osawa (6th Dan)

Written by George Kerr (3rd Dan)

This technique is one of Mr. Osawa's best. He uses it very much, combined with his "Sode-tsurikomi-goshi". There are many versions of Okuri-ashi-harai, but this method is the one that Mr. Osawa prefers. As the reader will probably notice, Mr. Osawa is demonstrating it on the left, as he always throws to that side in practice. For the people who throw on the right side just reverse the throw.

Stand in the left natural posture (Hidari Shizentai) as in figure (1). As your opponent draws back his left leg, step forward with your right foot. At the same time as you step forward with your right leg, begin to push your opponent's left arm upwards with your right, while your left arm pulls out to your left side, breaking your opponent's balance to his right side, as in figure (2). From this position your opponent will try to regain his balance by stepping back his right leg. As he does this take another small step forward with your left foot, then a big step with



your right, and at the same time sweep his right ankle with your left foot, as in figure (3). When you sweep your opponent's ankle, sweep from the hip, and make sure that you follow through with your leg. (This is a point Mr. Osawa stresses when he teaches this throw.) As you sweep you must push down with your hands, as in figure (4).

There are many opportunities where you can get this throw. A good one is when your opponent attacks with Migi Uchi-mata. Try to ride it, and when your opponent moves out, and back into the same position as in figure (2), take a little step in, and sweep his right leg with your left. This movement consists of three steps. The first is a big one, the second step is a small one, enabling you to get into a position which will allow you to make another big step with the leading foot, and to sweep with the following foot. Mr. Osawa advises that, to make yourself familiar with this foot sequence, you should sometimes practise it alone as a solo exercise.

Mr. Osawa is very well known for this throw, and he has caught many top-ranking judoka with it. In 1948 he used it to throw Kijiro Ishibashi (5th Dan) Tokyo Champion 1954-55, in the East v. West match in about 30 seconds. In 1950 he beat Shimizu (7th Dan) with it as he tried to take his grip at the beginning of the contest. In 1952 he threw Kumuda and Katsuki, both 6th Dan. Mr. Osawa has caught many others with this throw, but these are a few outstanding ones.



Club Forum

CAMBRIDGE

CAMBRIDGE JUDO CLUB. *From H. R. Street* :—Judo has at last got a "foot-hold" in Cambridge. I know that the University has been going strongly for some time now but, mainly due to lack of space, have had to restrict membership to University men only.

We have had the good fortune to obtain a large hall in Cambridge and turn it into a dojo. This "turning-into" process has been going on for two weeks now, with hordes of people painting, scrubbing and crawling all over the roof.

We already have three green belts, two orange and a yellow, as well as 18 others, plus five ladies. To date we have held six sessions—Tuesdays for the grades and Wednesdays for beginners.

As a matter of interest we are using something new in the way of a mat, obtained from the Newmarket Judo Club. Newmarket had a visit from Mr. C. Palmer, when he examined some cork mats obtained by the club for use as a base for a judo mat, and confirmed their suitability. We have tried them covered with canvas and they make a very fast mat. Some old felt was used to lay on the cork and make it a bit softer for the beginners.

The Newmarket club are re-selling the corks they do not require at 42s. a packet of 12, size 3 ft. x 2 ft. x 1 in.

Anyone interested in what turns out to be quite a cheap mat should contact me at 254 Cherryhinton Road, Cambridge, as I am also the Hon. Secretary of the Newmarket club. Also anyone wishing to join the newly-formed Cambridge Judo Club—the same address.

BEDFORD

BEDFORD JUDO CLUB. *M. J. Darlow writes* :—By the time these notes appear the 8th Annual General Meeting will have taken place on February 26th. The main items on the agenda are subscriptions and changes in the constitution affecting voting rights.

The next grading will be on Saturday, April 4th, although it has not been decided who will be the examiner.

BRADFORD

Y.M.C.A. JUDO CLUB. *J. A. Fisher writes* :—We have started our year in great style by inviting Mr. Matsushita to come north to the Bradford Police Dojo (which was kindly loaned to us by the Chief Constable, because the Y.M.C.A. premises, although very comfortable, were not spacious enough). He arrived on Friday, January 9th, for a full week-end of instruction, during which he "disposed of" the black belts of the area, but as is common here in the north, we get our money's worth no matter how we finish.

Mr. Norman Hurst (2nd Kyu) acted as "dummy" during the instruction, and during that period he took plenty of punishment. Mr. Robert Owen West bided his time, but eventually met Mr. Matsushita in randori, putting up a very good show.

On January 12th many judoka were hobbling back home, but all were highly delighted with the course. Mr. Matsushita told us he thoroughly

enjoyed his visit, and now boasts that he is able to sing the chorus of "Ilka' Moor b'aht 'at" with the best of Yorkshiremen.

Mr. J. Pigott, Mr. A. Bull and Mr. D. Logan (1st Dans) were present during the instruction, and no doubt learned quite a lot from the maestro.



Standing (l. to r.)

N. Hurst, P. Paul, E. Hills, R. Hume, D. Berwick, A. Hurst, L. Smith

Kneeling

N. Holmes, D. Logan, S. Matsushita, A. Fisher

WINCHESTER

WINCHESTER JUDO CLUB. *Miss O. P. Hancock writes* :—Our club held a special practice night on Saturday, December 20th. Various items were presented, including a two-team contest, the opponents being paired according to height, and general randori. All the spectators were very interested in these items, although many were not judoka.

At 9 p.m. a toast was drunk to our chairman, Mr. M. A. Hill (1st Dan), of the Portsmouth Judokwai, and to our visitors who included the Southern Area Coach, D. Penfold (2nd Dan) and members from Kyudan, Portsmouth, Rafakwai, Salisbury, and Southampton.

Immediately following this, an amusing game was played, whereby the participants had to guess the name of a famous judo personality, or a judo term or article, which was pinned on their backs. As there were prizes for the first two correct answers the guessing and quizzing was fast and furious.

The rest of the evening was spent in talking and discussing judo and its problems while partaking of the refreshments provided. A book and a pair of judo slippers were raffled amongst the guests and both were won by judoka.

The party broke up at about 11 p.m. and was immensely enjoyed by all those present. It certainly proved that a little social contact does an enormous amount of good amongst judoka who normally only meet for practice.

Our dojo is at St. Peter's Hall, Chesil Street, Winchester, and is not far from the bus station. Any judoka who cares to call will be made most welcome. Practice nights are Wednesdays (except the third in each month), Fridays and Saturdays, 7 p.m. to 10 p.m.

LONDON

LONDON JUDO SOCIETY. From "Kyu":—This month has been rather quiet in that the administrative side of the club has been concentrating on the Royal Albert Hall Festival whilst the Black Belts, under John Chaplin, have been working hard, determined to prove that, had the Southern Area selected all L.J.S. men for the National Area Championships, they would have won. By the time you read these notes you will know whether they succeeded. I am writing before the match.

Visits and Visiting. These have been very few for the reasons I have already given. Dominy did visit St. Albans to grade but, as far as I know, that is all. A visit to Northampton has been arranged for next month.

I read in this magazine and in letters in the office comments from clubs in difficulties with instruction and grading. It is a strange thing that since the Area system got into full swing requests for help from our Black Belts have practically ceased. The reason escapes me unless it is that the areas fail to pass on requests for assistance from individual clubs. It is a fact, however, that after years of regular weekend visits all over the country our Black Belts, from third to first Dan, are for the first time relaxing at home at weekends and are enjoying it. Questioning George Chew and Eric Dominy I was told that they are getting used to staying at home and were quite happy to continue to do so. What does beat me is that well known figures in the judo world are allowed to retire whilst clubs, so I'm told, leave the B.J.A. because they are unable to obtain assistance.

Annual Dinner and Dance. Held at the Mostyn Hotel, W.1, as usual this, the main social event of the club's year, was a great success. A first class meal and dancing to a well known B.B.C. band were divided by a few short speeches by the club's President, Admiral Sir John Eccles, who is no figure-head but a second Dan in his own right, Chairman John Lowe, and the Deputy Commissioner of Police, Mr. Webb. Mr. Webb is President of the Metropolitan Police Judo Club.

The 120 members and friends present voted this the best dinner-dance yet. I must say I quite agreed.

Visit of Ichiro Hatta. Ichiro Hatta, one of our vice-presidents, visited the club last month. In his office of vice-president of the Japanese Olympic committee he is touring the world making arrangements for the 1964 Olympic games which take place in Tokyo. A reception was held at the home of John Lowe, to which all our Black Belts and some guests were invited. Unfortunately his visit was short and he was unable to practise.

Late News. I have just heard that Mike Leigh, 1st Dan, has agreed to visit St. Alban's Judo Club every other week. This should improve the standard and bring it into line with the club's very fine premises. Unfortunately Mike was caught in the fog after his first visit and did not get home until 1.30 in the morning. This appears to be a misfortune which regularly befalls Black Belt visitors to St. Albans.

TAUNTON

TAUNTON JUDOKWAI. D. R. Yorke writes:—At the beginning of the year the Taunton Judokwai moved into new premises at Bath Place. We rent this from The Friends—more popularly known as the Quakers—and it is to them we must offer our gratitude for the help and encouragement they showed.

Our dojo is one very large room, with a ceiling height of twenty feet. We decorated it in rather striking colours, two-thirds of the walls being in apple-green, and the lower third in maroon. A Dressing Room was built, four electric fires hung artistically on the walls, and four powerful lamps installed with special shades to ensure good light.

The tatami, of white canvas, is roughly twenty-five feet square. Later we propose to buy genuine Egerton mats.

To those of our West Country friends, who will by now have visited our new dojo, I am sure you will agree that for a provincial club it is striking.

Training now takes place on every night of the week except Sunday. Our actual allocation is:—

Monday	Seniors & Juniors
Tuesday	Seniors
Wednesday	Seniors
Thursday	Ladies only
Friday	Juniors only
Saturday	Seniors

You will notice that Thursday night is for the Ladies. Another surprise for our Western Area friends.

About a month ago we formed a Ladies Section, and ran a short but intensive press campaign prior to this. The result was good, and we have quite a few ladies now learning judo and self-defence. No-one would suggest that all our new members will stay for ever, for like any worthwhile sport, the weak of will soon give it up.

The ladies are being instructed by Charles Chipchase, our 1st Kyu Instructor, assisted by Pete Reading (1st Kyu) and myself (don't smile) 5th Kyu. It is quite astonishing the effort they have put into their training, and several are already showing an early aptitude for judo.

Our lads have shown marked keenness since we moved into these new premises. The less said of the old quarters the better. Training is becoming more stabilised, although I suppose our club is no different to most other provincial clubs, in that we still lack a progressive system of training.

Recently we held our Annual General Meeting. Although every member was informed some time prior to it, only eighteen turned up. Black mark for that. It certainly shows a lack of respect and interest if a member cannot attend what is virtually the most important date in a club's year. I do not intend to go into details of the meeting, except to say that the same officers were re-elected, and were thanked for their very hard work during the previous year.

Several of our members travelled over three hundred miles to see the recent L.J.S. Show. Frankly, it was most disappointing, except for the Juniors, who were superb. One or two of the contest items were interesting, but the sight of a well-known Black Belt throwing himself around the mat in a strange self-defence demonstration was pathetic. One layman near me commented, "Blimey, she ain't touched him!"

JUDO IN SWEDEN

R. H. Lock

The most important news this month is the result of our grading, which in fact took place in mid-December. Mr. F. Jensen (4th Dan) of Randers, Denmark and his two 1st Dan assistants were here for a couple of days and we all worked hard.

The club was divided into two groups—Mr. Jensen himself taking the smaller group of more advanced judoka, and the two 1st Dans took the others. We went through all the throws in Kawaishi's book (except the sutemis) until we knew them, at least theoretically and in order. Ground-work was covered in a similar manner. I must admit I prefer the system



SHIME-WAZA demonstration by F. Jensen, 4th Dan and one of his pupils

used in England, where a smaller number of the more basic techniques is concentrated on really hard. If you try to learn too many techniques at once you acquire perhaps only a superficial knowledge of many ideas, instead of a better understanding of a few. Mr. Jensen also demonstrated some formidable self-defence techniques, and his pupils gave Nage-no-kata.

The results of the grading were very satisfactory; Bruno Adler, the club's founder, whose last grading was 2½ years ago, was awarded 1st Dan, and two 1st Kyu's were also given. One of the 1st Kyu's is Karl Wost, Bruno's chief assistant, and the other is Rolf Johansson, who is only 17, but strong and six feet tall. Rolf was one of the earliest members of the club and has been practising for about three years, and has twice spent his summer holidays in Holland on judo courses. He has a very good Harai-goshi and Okuri-ashi-harai, and is strong on the ground. He will spend a month in Holland again next summer—just for judo.

We also gained a 2nd Kyu in a young Dutchman, who did very well in his contests, some 4th Kyu's, and many 5th and 6th. Two of the 4th Kyu's had only started judo two months before—one of them is the young Hungarian I mentioned last month, who is now convalescing after a kidney illness, but we hope to see him back on the mat in a week or two.

Practice in the Chalmers Technical College club had to stop for two weeks owing to exams, but will start again in mid-February. Unfortunately, they have to share a gymnasium and it is difficult to keep a serious dojo atmosphere with ping-pong on one side and weight-lifters dropping two hundred pounds on the floor on the other.

We now have contact with the Stockholm club, and believe that two or three others exist in that part of Sweden, and are trying to get in touch with them also.

At the end of March Mr. Kenshiro Abbe will be coming over here for a week's course, and we hope to put on a display in Gothenburg with his help. We are looking forward very much to his visit, and hope we can learn a lot from his expert teaching.

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,

Having devoted countless adult hours of a long life to the practice of judo I hasten to assure your correspondent J.K.M. that while attending the Kodokan in Tokyo many years ago I heard of only one fatality resulting from a heavy fall which was subsequently ascribed by the doctors to the victim's chronically weak heart. Admittedly no manly sport is exempt from misadventures, sometimes serious, but I feel sure that if reliable statistics of all our sports were available they would inductively and conclusively prove that judo's record compares

very favourably indeed with boxing, football, baseball, cricket, tennis, skating, mountaineering, among others. And irrespective of fatal accidents no trained judoka can ever incur the risk of such painful disfigurements as all too often befall professional boxers even early in their careers.

Nor have I ever known a veteran or retired judoka to suffer any grave effects from frequent falling in either practice or contest. It should be emphasised that no pupil is allowed to engage in either practice or contest with another pupil until he has learnt how to fall on the mats provided in all

judo schools. Although, therefore, not even this precaution can be guaranteed as in all circumstances foolproof, it should surely suffice to dispel the fears of all save the most timid of those contemplating the study of judo. If I may be permitted to cite myself as a case in point, even today in my 86th year and after innumerable falls in both practice and contest I am not conscious of any serious physical disability due to judo, notwithstanding the fact that I have inevitably, during my active days on the mat, sustained minor injuries to sinews, muscles and joints but which have not left any permanent ill effects in their wake.

E. J. HARRISON.

Sir,

I am writing this not as a secretary of a specific club but as a judoka who has participated in gradings and watched gradings and courses during the past four years. Please understand that whilst making the following criticism I am in no way objecting to the judo of the Dan grades, or their performances on the mat.

However, as a person who has to deal with quite a number of accidents in my profession, I am appalled at the off-hand way in which Dans deal with accidents which occur on the tatami. How a Dan grade can judge from a distance of 10 to 12 yards whether a person is hurt or not, I do not know, but I do know that many specialists would not even attempt to diagnose an injury at anything like that distance.

Although I am sure that many judoka do try and pull the wool over the eyes of the instructor with regard to injury, etc., the Dans should always bear in mind the maxim "it is better to be safe than sorry"—a judoka has only one life. Incidentally I have not been injured but "they also serve who only stand and wait".

J. A. FISHER.

Sir,

I pass these notes on in the hope that they may be useful to other instructors. On visiting schools in the Glasgow area under the Education Authorities Youth Club Movement, in almost every instance the problem has been the production of suitable mats.

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

The schools are mostly new, and have excellent gymnasiums, but the only available mats are of the coir-hair-fibre type suitable for box-horse and gymnastics, but not suitable for judo because of the resulting burns and abrasions and uneven surface.

I found that good use can be made of such mats by putting them close together and covering overall by carpet felt to produce an even surface, and then covering with canvas. The best results are for brass inserts to be let into the floor and screwed eyebolts inserted when judo is in progress, this to ensure that the top canvas is stretched taut by ropes and eyelets. Again, however, the difficulty is that the authorities do not wish to have fixtures let into the gym floors, so we have to be satisfied with tucking the ends in. Six of these mats will give an area of approximately 16 ft. x 12 ft.

Evening school classes create an interest in the sport, and once pupils have shown an aptitude they can join a proper judo school. It is my earnest desire that judo will in the future become an active part of the sports in all schools, when provision will be made for proper judo mats by the various authorities. I believe our friends in England are more fortunate in this direction.

P. REID.

Sir,

Reading your February edition of "Judo" I see a reference to a tragic accident sustained by a young soldier incurred while practising Judo.

This is not quite true, the injury was incurred while doing a normal gymnastic exercise.

The doctor at the coroner's court said it was a thousand to one chance it happening to anyone; and the coroner brought in a verdict of accidental death.

Gunner Sid Fretwell was one of the most liked persons and genuine judoka I have met.

If you would like to pass this letter on to (JKM) you can. I know Sid would like this to be said for the sake of Judo.

D. MORRIS.

Budokwai News

G. R. Gleeson

This year's Kankeiko went off well this time. About twenty-five people turned up every morning for the week, it did of course vary slightly from day to day, but in the main it stayed around that figure. Unfortunately I was unable to attend all the days due to other commitments, but I did get a full report from the 'second in command.' The weather this year was much kinder than previously, there being no snow or blizzards. A further distinguishing feature about this year was a regular attendance of four ladies. I do not know how they coped every day, but I was surprised that they finished the time out.

During the last few days of the course I had to attend a referees course organised by the E.J.U. in Germany. The course lasted three days and was under the supervision of Mr. Abe 7th Dan. Representatives came from all over Europe, the total number being twenty-two. Of this number seventeen (of which I was one) passed the examination at the end of the week. The regulation as it stands at the moment is that from now on all referees for the various European Championships will have to be chosen from among people who have passed through this course. The general standard was not very high, and the instruction was not as good as that I received in Japan, but under the circumstances I suppose that little can be done at the moment to improve this standard.

In transit home I stopped off at Amsterdam to watch the Northern Counties Championships of Holland. For such national championships the Dutch have introduced weight classification—light, middle and heavy. I am afraid that I was not very impressed with the result. Black-belts were winning by only superiority over 4th and 3rd Kyus. How does this happen when the size is the same? The judo style during the rest of the matches was interesting to watch, it being so different from the style as seen in England. We may not be as systematic in our training as they, but I feel that we have little to be ashamed of regarding comparative skills.

I seem to have come to end of matters of interest at the Budokai early this month. However one cannot live at high pressure all the time, peace must reign occasionally and even the Budokai has occasions when it is not doing anything. So with that sobering thought I will close the notes for this month.

THE JUDO MACHINE *continued from page 25.*

The best way to keep this important organ, the skin, healthy and resistant to infection, is to have two hot baths or showers per week, and a quick dip into warm or cold water each day, followed by a vigorous towelling.

The odour of sweat should not be objectionable. If it is, it shows either that the person is not too healthy, or that their skin needs a little more contact with water.

The action of both the skin and kidneys is improved by drinking a fair amount of water every day—a minimum of two pints in cold weather for those who are of sedentary habits, and considerably more in hot weather and for those of vigorous habits.

Saburo Matsushita (5th Dan)

W. Stepto

By now many of you will have had the opportunity of practising with Mr. Matsushita. Still more of you will have done the next best thing and watched him practising from the side-lines. Those who have met him will, I am sure, agree that as well as being a wonderful judoka he is modest, polite, and has a very likeable personality. In this article I propose to give some details of his judo career.

Born in Kagoshima, Kyushu, the southernmost island in Japan, he became fond of sport at an early age and until he was fifteen went in for high-jumping, baseball and 'playing' at sumo; this is a style of wrestling performed only in Japan. On entering High School he started practising judo, and that soon became his main sport.

He had a fine chance from the start as this school, Kagoshima Commercial High School, is reckoned to have the strongest school judo section in Japan, and has always at least one hundred black belts on its strength. At that time, Mr. Yoshimatsu, three times All-Japan Champion, was one of the school instructors, so young Matsushita had the privilege of practising with him almost daily for three years. Every day he had one hour's walk to and from school, and after the two hour training session each afternoon at school and the walk home he would practise at a machi-dojo run by Mr. Yoshimatsu.

Within five months he reached the first rung of the ladder and gained his 1st Dan at 15 years. He was then awarded 2nd Dan at 16 years, 3rd Dan at 17, and 4th Dan at 18; which is about the average school record for a top young contest man in Japan. There is no All-Japan High School Individual Championship, but he was High School Champion for his area (Kyushu) when he was 17 years old.

On reaching 18 he entered Nihon University, one of the four strongest in Japan, and in his first year gained a place in the University team. In the same year he reached the quarter-finals in his first attempt at the All-Japan Students Championship. The following year, at 19, he became All-Japan Students Champion—the youngest ever. In the same year, still 19, he went in for the All-Japan Championship for the first time.

In 1956, when he was 20, in the All-Japan Students Championship he lost on a decision in the quarter-finals to Yoneda of Tenri University, who went on to become champion. Again entering in the All-Japan Championship he lost on a decision in the 3rd round to twice All-Japan Champion Matsumoto (7th Dan).

The year 1957 was his busiest and most successful. In April he became Tokyo Champion. This was perhaps a greater achievement than it appears as Tokyo is the strongest area in the country, and most of the top men enter this tournament to try and secure for themselves a place in the All-Japan.

In the May All-Japan Championships he met the ten World Champion Natsui (7th Dan) in the first round and lost on a decision; they were both favourites and there was very little to choose between them. Later, in August, he became All-Japan Young Men's Champion (under 27) defeating Kaminaga of Meiji University by scoring waza-ari with sasae-tsuri-*komashi*. Then, in November, he became All-Japan Students Champion for the second time by again beating Kaminaga (4th Dan and second in the



Saburo Matsushita

last World Championship), this time not on a decision but with a clear point, a beautiful harai-goshi, his favourite technique, in the 30th minute.

Two months later, shortly after his 22nd birthday, in recognition of his fine contest record, he received his 5th Dan from the Kodokan. 22 years is now the minimum age at which a young man in Japan can become 5th Dan, and at that time he was the only 22 year old 5th Dan in Japan.

The year 1958 saw him again in the All-Japan Championship and once more as luck would have it, he drew one of the favourites in the 1st round, Yamashiki (6th Dan) whom he lost to on a decision. To give you an idea of the calibre of his opponent, Yamashiki, a policeman and third in last year's World Championship, after severely injuring his shoulder by being thrown out of the mat area by Matsushita in the 1st round, went on through to the final, where he lost by only half point to Sone.

Since his arrival in England, Matsushita has lost weight, and I think he now goes about 190 lbs, and is 5ft. 10½ins. in height.

Due to his outstanding contest record, he will probably become a Kodokan Special Instructor, along with Mr. Daigo, Mr. Kawamura and Mr. Osawa. He will also instruct at his old University.

Mr. Matsushita is over here to learn English and, along with myself, to act as resident instructor at the new Renshuden Judo Club, which is now very much in action, and situated in the Regents Park area. However, I will tell you about the new club in the next issue.

Mr. Matsushita is willing to travel to B.J.A. clubs for week-end courses, etc., and I hope as many clubs as possible will benefit from his stay in this country.

UNIVERSITY NEWS

British University Judo Association

W. J. Semple

During the last two months, the Committee of the B.U.J.A. have been working to put this association on a firmer footing in British Judo. The main result of this is, that starting from the next financial year, the B.U.J.A. will have a more independent position within the B.J.A., in fact it will have very much the position of an Area Association. The arrangements in fact, are :—

- (1) The B.U.J.A. will pay the B.J.A. a block subscription of £50, to cover the subscriptions of all member clubs.
- (2) The B.U.J.A. will enter a team in the B.J.A. inter-area championships (this September).

The main results of these two facts are that

- (1) University clubs will pay National subscriptions direct to B.U.J.A. and not through the local area associations. However, the University clubs in the various B.J.A. areas will still continue to pay the £1 1s. 0d. area fee at present in operation for University clubs. In fact it is hoped that there will be no loss of contact between individual clubs and their local area associations.
- (2) The B.U.J.A. will be able to claim up to £20 back from the block subscription of £50 to the B.J.A., as long as this money is spent on courses and gradings.
- (3) It is hoped by entering a team for the B.J.A. inter-area championships to advertise the presence of University judo more fully among other clubs and the public in general.

The B.U.J.A. has also, as an association, made arrangements to join the Budokwai as it is felt that much use is made of this club, and the association should therefore be affiliated to it.

I am sure that the B.U.J.A. will be able to show good returns in the future for the generosity and help being given to it now by the B.J.A. Committee and the Budokwai.

The B.U.J.A. Summer Courses have now been arranged for the long vacation. They will be held at the Budokwai under G. Gleeson. The dates are :—

1. September 13th—19th, for those up to and including 4th Kyu.
2. September 20th—28th, for those of 3rd Kyu and above.

Each week will cost £1 10s. 0d. per head, of which £1 must be given as a deposit beforehand. It is hoped that there will be a greater attendance of women than last year.

RUBBER MATS

These are becoming increasingly popular, and experience has shown their advantages are :—

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

CANVAS

We can offer best quality canvases in any required size, with eyelets spaced in any desired position.

18-oz.	-	-	16/-	per sq. yd.
15-oz.	-	-	15/-	" "
12-oz.	-	-	14/-	" "
10-oz.	-	-	13/-	" "

ALL PRICES PLUS P.T.

Carriage extra on all prices. Terms: cash with order

JUDO LTD.

91 WELLESLEY ROAD, CROYDON

Phone : CROydon 0200

THE BRITISH JUDO ASSOCIATION NATIONAL GRADING REGISTRY AND RECORDS

32 NORTH STREET, LONDON, S.W.4

GRADING LIST No. 34

Copies of Lists Nos. 1-11 may be obtained from the Registry. Send stamped addressed envelope.

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

JUNIOR BOYS A.J.M JUDO CLUB 4th December, 1958

By A. Moore	
Forman, B.	4th Mon
Reed, B.	4th "
Chippis, R.	3rd "
Seaman, T.	3rd "
Allcin, J.	3rd "
Adams, C.	2nd "
Thirkettle, A.	2nd "
Pembroke, D.	2nd "
Lewis, B.	1st "
Richards, W.	1st "
Jarvis, J.	1st "
Sibthorpe, D.	1st "
McWeeny, T.	1st "
Ross, J.	1st "

A.J.M JUDO CLUB 7th December, 1958

By A. Moore	
Blackburn, A.	3rd Kyu
Carrington, A.	3rd "
Groom, J.	4th "
Green, W.	4th "
Coppings, B.	4th "
Jones, C.	4th "
Dore, L.	5th "
Bamborough, A.	5th "
Wood, D.	5th "
Campbell, T.	5th "
Powell, H.	5th "
Field, D.	5th "
Lowe, A.	5th "
Garbutt, B.	5th "
Hunter, D.	6th "
Thompson, C.	6th "

LADIES A.J.M JUDO CLUB 7th December, 1958

By A. Moore	
Ashlee, M.	4th Kyu
Green, T.	5th "

ALTON JUDO CLUB 7th December, 1958

By L. Crews	
Harding, L.	3rd Kyu
Mackrell, J.	4th "
Knight, A.	4th "
Brown, J.	5th "
Barbey, R.	5th "
Giles, G.	5th "
Graham, R.	5th "
Andrews, T.	6th "
Browne, R.	6th "
Nother, T.	6th "
Radford, G.	6th "

LADIES ALTON JUDO CLUB 7th December, 1958

By L. Crews	
Ridgeway, G.	5th Kyu

A.W.R.E. JUDO CLUB 7th December, 1958

By L. Crews	
Fedden, P.	3rd Kyu
Saywell, J.	3rd "
Sullivan, K.	4th "
Windell, B.	5th "
Chick, M.	6th "

BECKENHAM JUDO CLUB 1st December, 1958

By The Technical Board	
Brown, D.	1st Kyu

BETTSANGER JUDO CLUB 6th December, 1958

By The Technical Board	
Jackson, M.	5th Kyu
Brown, E.	6th "
Carter, R.	6th "
Fuggley, F.	6th "
Mitchell, C.	6th "
Poppleton, R.	6th "

BOSTON JUDO CLUB 13th December, 1958

By F. Pearson	
Belton, P.	5th Kyu
Sellers, A.	5th "
Virgin, C.	5th "
Goodliffe, V.	5th "
Brockett, C.	6th "
Howe, W.	6th "
Guest, J.	6th "
Manning, J.	6th "
Carter, P.	6th "

LADIES BOSTON JUDO CLUB 13th December, 1958

By F. Pearson	
Howe, P.	6th Kyu
Savage, Y.	6th "
Walsh, M.	6th "
Senior, D.	6th "
Moody, E.	6th "

JUNIOR BOYS BOSTON JUDO CLUB 13th December, 1958

By F. Pearson	
Rivett, M.	2nd Mon
Hancock, D.	1st "
Manning, D.	1st "
Manning, G.	1st "
Hope, J.	1st "
Allwell, C.	1st "
Fendyke, Ray	1st "
Fendyke, Rob	1st "
Jackson, G.	1st "
Beck, K.	1st "
Hoyle, D.	1st "

BOWATER LLOYD JUDO CLUB 2nd December, 1958

By The Technical Board	
Farrow, P.	6th Kyu

LADIES BOWATER LLOYD JUDO CLUB 2nd December, 1958

By The Technical Board	
Clarke, Mrs. B.	6th Kyu

THE BUDOKWAI December, 1958

By The Technical Board	
Hawke, A.	1st Kyu
Reay, A.	1st "
Bancroft, R.	1st "
Pyke, L.	1st "
Guinness, J.	2nd "
Trant McCarthy	2nd "
Orella, J.	2nd "
Bellamy, P.	2nd "
Cabuche, R.	3rd "
Johnstone, C.	3rd "
Wheaton, E.	3rd "
Ford, E.	3rd "
Wright, E.	3rd "
Graydon, R.	3rd "
Rawlings, D.	4th "
Walder, H.	4th "
Curry, J.	4th "
Alston, G.	4th "
Riddell, C.	4th "
Knight, W.	5th "
Bunn, S.	5th "
Bell, P.	5th "
Hopkins, K.	5th "
Mc Manus, P.	5th "
Marcham, D.	5th "
Bates, P.	6th "
Burke, C.	6th "
Schusman, B.	6th "
Cowburn, M.	6th "
Thomson, D.	6th "
Green, D.	6th "
Rothwell, A.	6th "
Blount, F.	6th "

LADIES THE BUDOKWAI December, 1958

By The Technical Board	
Groves, L.	6th Kyu

JUNIOR BOYS THE BUDOKWAI 19th December, 1958

By G. R. Gleeson	
Phillips, B.	4th Mon
Ball, H.	3rd "
Clark, B.	3rd "
Wittrock, C.	2nd "
Samuals, M.	2nd "
Nowak, R.	2nd "
Matsumura, M.	2nd "

Ohki, M.	2nd "
Bancroft, D.	2nd "
Harper	1st "
McDonald, B.	1st "
Ohki, A.	1st "
Brummer, I.	1st "

CENTYMCA 5th December, 1958

By The Technical Board	
Fenmore, G.	3rd Kyu
Hamilton, L.	3rd "
Carter, B.	4th "
Swaine, D.	6th "
Farrugia, W.	6th "
Walker, G.	6th "

COMMANDOKWAI 13th December, 1958

By S. Harnisch	
Sayer, J.	3rd Kyu
Jefferey, R.	3rd "

COVENTRY JUDO CLUB 6th December, 1958

By The Technical Board	
Perriman, B.	1st Kyu

CROYDON AND DISTRICT JUDO CLUB 20th December, 1958

By W. Stepto	
Dowling, D.	1st Kyu
Turney, A.	2nd "
Relph, C.	2nd "
Forsyth, R.	2nd "
Stanley, J.	2nd "
Galloway, W.	3rd "
Le Lieve, D.	4th "
Dove, F.	4th "
McGuire, W.	5th "
Cook, J.	5th "
Foster, M.	5th "
Malcom, M.	5th "
Hodges, L.	5th "
Kirsch, T.	6th "
Langridge, R.	6th "
Thurston, B.	6th "
Irwin, S.	6th "

At The Budokwai on 1st December, 1958

By The Technical Board	
Meek, A.	1st Kyu
Dwyer, J.	3rd "
Ryan, T.	4th "

LADIES CROYDON AND DISTRICT JUDO CLUB 20th December, 1958

By W. Stepto	
Elliott, M.	4th Kyu
Briars, G.	6th "
Hicks, M.	6th "
King, M.	6th "
Havard, M.	6th "
Harrison, H.	6th "
Hadley, D.	6th "
Nelson, M.	6th "
Hodgetts, M.	6th "
Connor, F.	6th "
Irwin, O.	6th "

JUNIOR GIRLS CROYDON AND DISTRICT JUDO CLUB 20th December, 1958

By W. Stepto	
Lloyd, J.	3rd Mon

Priestley	3rd "
Chapman, S.	3rd "
Tribe, C.	2nd "
Swain, G.	1st "
Oxford, M.	1st "

JUNIOR BOYS CROYDON AND DISTRICT JUDO CLUB 20th December, 1958

By W. Stepto	
Brookes, C.	5th Mon
Holloway, R.	4th "
Evans, B.	4th "
Scaife, J.	4th "
Hayward, M.	4th "
Swain, A.	3rd "
Howard, C.	3rd "
Bates, R.	2nd "
Lindsay, N.	1st "
Kelly, J.	1st "
Allies, P.	1st "
Scrivener, M.	1st "
McSharry, M.	1st "
Norton, C.	1st "
Morton, J.	1st "
Bradshaw, S.	1st "

DE HAVILAND, HATFIELD JUDO CLUB 6th December, 1958

By The Technical Board	
Cross, L.	4th Kyu
Wallis, D.	4th "
Wickens, A.	6th "

DOVER JUDO CLUB 13th December, 1958

By S. Harnisch	
Knight, A.	3rd Kyu
Stone, J.	4th "
Kemp, D.	5th "
Prior, E.	5th "
Robins, L.	5th "
Beeching, L.	5th "
Philpott, R.	5th "
Beardsall, P.	5th "
Townley, L.	5th "
Norris, R.	5th "
Thornton	5th "
Freeman, J.	6th "
Ewins, W.	6th "
Crofts, G.	6th "
Coles, R.	6th "
Bell, W.	6th "
Cox, E.	6th "
Parkinson, E.	6th "
Palmer, K.	6th "
Inwood, W.	6th "
Howell, L.	6th "

EAST ESSEX JUDO SOCIETY 5th and 6th December, 1958

By The Technical Board	
Ferrant, B.	4th Kyu
Lewzey, J.	5th "
Oxley, G.	5th "

FAVERSHAM JUDOKWAI 31st November, 1958

By E. Doinay	
Cotton, N.	1st Kyu
McCombe, R.	2nd "
Brown, A.	4th "
Marsh, J.	4th "
Guttsell, R.	4th "
Smith, A.	4th "
Stevens, B.	5th "

JUNIOR BOYS FAVERSHAM JUDOKWAI 31st November, 1958	
By E. Doinay	
Stevens, R.	2nd Mon
Hibbin, B.	2nd "

GREENFORD JUDO CLUB 25th September, 1958

By L. Crews	
Wait, J.	2nd Kyu
Hayden, R.	3rd "
Ruddick, T.	4th "
Gannon, J.	5th "
Ogusthorpe, S.	5th "
Douds, J.	5th "
Lewis, M.	5th "
Grimdale, E.	6th "
Guhke, R.	6th "
Hocking, C.	6th "
Rimington, D.	6th "
Barlow, J.	6th "
Patterson, G.	6th "
Perry, B.	6th "
Ellis, M.	6th "

LADIES GREENFORD JUDO CLUB 25th September, 1958

By L. Crews	
Drake, J.	5th Kyu
Gould, P.	5th "

GRIFFIN JUDO CLUB 30th November, 1958

By B. Abbott	
Capel, D.	3rd Kyu

HASTINGS JUDO CLUB 6th December, 1958

By The Technical Board	
Charman, F. P.	4th Kyu
Brooks, K.	4th "
Gorridge, E.	5th "
Ellis, J.	5th "
Hart, D.	6th "
Piper, D.	6th "
Smith, P.	6th "

HATFIELD TECHNICAL COLLEGE 6th December, 1958

By The Technical Board	
Randall, J.	6th Kyu
Maitland, R.	6th "
Barker, P.	6th "
Gilson	6th "
Feltham, R.	6th "

HERTFORD JUDO CLUB 1st December, 1958

By The Technical Board	
Green, J.	3rd Kyu
Gummer, R.	4th "
Pest, D.	5th "
Wichelo, P.	5th "
Wilkinson, J.	6th "
Hewett, T.	6th "

HORNCHURCH JUDO CLUB 1st December, 1958

By The Technical Board	
Tann, F.	1st Kyu
Pipkin, T.	4th Kyu
Jones, D.	6th "

IMPERIAL COLLEGE JUDO CLUB 1st December, 1958

By The Technical Board	
Fox, C.	5th Kyu

ISLINGTON JUDO CLUB1st December, 1958
By The Technical Board

Gough, R.	5th Kyu
Brady, P.	6th "
Salafia, R.	6th "
Webster, D.	6th "
Pattison, R.	6th "
King, D.	6th "
Daniels, M.	6th "

KINGS LYNN AND DISTRICT JUDO CLUB6th December, 1958
By The Technical Board

Knoll, J.	6th Kyu
-----------	---------

KYUDAN JUDOKWAI6th December, 1958
By M. Hill

Dymond, A.	6th Kyu
O'Connell, S.	6th "

JUNIOR BOYS KYUDAN JUDOKWAI6th December, 1958
By M. Hill

Davies, C.	2nd Mon
Hobbs, T.	1st "
Sheridan, P.	1st "

LONDON UNIVERSITY1st and 5th December, 1958
By The Technical Board

Chooi, A.	4th Kyu
Lohan, S.	6th "
Nurney, M.	6th "
Pimm, A.	6th "
Wiseman, A.	6th "

LUTON JUDO CLUB11th December, 1958
By W. Stepto

Watkins, F.	4th Kyu
Shanley, N.	4th "
Moore, J.	4th "
Gibson, P.	4th "
Bryce, J.	4th "

JUNIOR BOYS LUTON JUDO CLUB11th December, 1958
By W. Stepto

Dorbon, R.	2nd Mon
------------	---------

MARCONI JUDO CLUB13th December, 1958
By M. Woodhead

Larter, L.	5th Kyu
Gower, N.	5th "
Fynn, D.	5th "
Bayliss, J.	5th "
Travers, S.	5th "
Rowe, R.	6th "
Reynolds, M.	6th "
O'Shea, M.	6th "
Harrington, R.	6th "
Davies, L.	6th "
Dance, E.	6th "

LADIES MARCONI JUDO CLUB13th December, 1958
By M. Woodhead

Jones, B.	3rd Kyu
Smith, E.	5th "
Chapman, N.	5th "
Reynolds, J.	6th "

MEDKWAI JUDO CLUB30th November, 1958
By E. Dominy

Russ, K.	2nd Kyu
Demeter, S.	3rd "
Lillis, F.	4th "
Diprose, G.	4th "
Barth, T.	5th "
Barr, G.	6th "
Lloyd, J.	6th "
Deeley, W.	6th "

MITCHAM YOUTH CLUB JUDO CLUB30th November, 1958
By E. Dominy

McMillan, R.	6th Kyu
Boxall, D.	6th "
Prigg, B.	6th "
Aslett, T.	6th "
Brooker, D.	6th "
Brooker, P.	6th "

NANDOKWAI6th December, 1958
By The Technical Board

Loyden, F.	4th Kyu
Shed, S.	6th "
Waller, A.	6th "
Everest, J.	6th "
Farrant, G.	6th "
Roberts, P.	6th "

JUNIOR BOYS NANDOKWAI6th December, 1958
By The Technical Board

Bentley, G.	3rd Mon
Brownings, D.	2nd "
Richards, K.	2nd "
Hennell, R.	2nd "
Everest, E.	1st "

NETTESWELL JUDO CLUB9th October, 1958
By J. Catling

Hardisty, E.	2nd Kyu
Farthing, W.	2nd "
Mott, R.	3rd "
Tranter, D.	3rd "
Newcomb, K.	5th "
Rowland, R.	5th "
Day, P.	6th "

LADIES NETTESWELL JUDO CLUB9th October, 1958
By J. Catling

Coe, B.	6th Kyu
Agombar, J.	6th "

JUNIOR BOYS NETTESWELL JUDO CLUB9th October, 1958
By J. Catling

Sugg, B.	2nd Mon
Shepherd, C.	2nd "
Thomson, M.	2nd "
Shipman, K.	1st "
Abbott, B.	1st "
Badmon, D.	1st "
Walsh, A.	1st "
Sawyer, T.	1st "
Powley, R.	1st "

NORTH LONDON JUDO CLUB3rd December, 1958
By The Technical Board

Solomons, D.	2nd Kyu
--------------	---------

O-DO-RYU JUDO CLUB1st December, 1958
By The Technical Board

Manning, E.	1st Kyu
Stewart, M.	3rd "
Baker, S.	3rd "

O-DO-RYU JUDO CLUB2nd December, 1958
By J. Wilkinson

Carpenter, J.	4th Kyu
Gow, N.	4th "
Howard, B.	4th "
Stasiak, E.	4th "
Stone, A.	4th "
Howard, A.	5th "
Reefer, B.	5th "

LADIES O-DO-RYU JUDO CLUB2nd December, 1958
By J. Wilkinson

Iaxton, J.	5th Kyu
------------	---------

LADIES OXFORD CITY30th December, 1958
By Dr. R. Morris Owen

Pattison, D.	4th Kyu
Baldwin, S.	5th "
Taylor, J.	5th "
Hill, P.	5th "
Siekeniwitz, J.	5th "

PEGASUS JUDO CLUB6th December, 1958
By The Technical Board

Bauers, C.	5th Kyu
Burns, H.	6th "
Eggleton, A.	6th "
Frith, T.	6th "
Macqueen, W.	6th "
Sargent, D.	6th "
Tait, R.	6th "

JUNIOR BOYS PEGASUS JUDO CLUB6th December, 1958
By The Technical Board

Jeans, W.	1st Mon
Smith, B.	1st "

PLESSEY JUDO CLUB1st December, 1958
By The Technical Board

Hughes, H.	1st Kyu
Julier, W. C.	2nd "

PORTSMOUTH JUDOKWAI1st, 3rd, 5th, 6th Dec. 1958
By The Technical Board

Carr, B.	3rd Kyu
Boyd, A.	4th "
Benjamin, R.	4th "

PORTSMOUTH JUDO CLUB6th December, 1958
By M. Hill

Burke, F.	4th Kyu
Honey, B.	5th "
Luckham, R.	5th "
Pringle, W.	6th "
Chevis, R.	6th "
Gilbert, R.	6th "

LADIES PORTSMOUTH JUDO CLUB6th December, 1958
By M. Hill

Maycock, T.	5th Kyu
Featherstone, C.	6th "
Hanson, M.	6th "

RENSHUDEN30th November, 1958
By B. Abbott

West, W.	5th Kyu
Luckman, G.	5th "

RENSHUDENAt The Budokwai
5th December, 1958
By B. Abbott

Wichard, B.	6th Kyu
Ballard, B.	6th "
Truscot	6th "
Steer	6th "

SMITHS JUDO CLUB6th December, 1958
By The Technical Board

Blatt, L.	4th Kyu
Ebury, J.	5th "
Stack, K.	6th "
Pesci, J.	6th "

S.E.E.T.C. JUDO CLUB8th December, 1958
By J. Burns

Pearce, H.	2nd Kyu
Waite, R.	4th "
Radford, G.	4th "
Tickner, H.	4th "
Unstead, R.	5th "
Harvey, W.	5th "
Dorney, T.	5th "
O'Sullivan, P.	5th "
Parker, D.	6th "
Cooper, H.	6th "
Kerley, M.	6th "
Dorney, C.	6th "
Matloub, A.	6th "

LADIES S.E.E.T.C. JUDO CLUB8th December, 1958
By J. Burns

Pearce, M.	5th Kyu
------------	---------

LADIES SOUTHAMPTON JUDOKAS6th December, 1958
By M. Hill

Parker, P.	5th Kyu
------------	---------

SOUTHAMPTON UNIVERSITY6th December, 1958
By M. Hill

Clarke, A. G.	5th Kyu
---------------	---------

LADIES SOUTHAMPTON UNIVERSITY6th December, 1958
By M. Hill

Shepherd, R.	5th Kyu
--------------	---------

SOUTH WEST ESSEX T.C. JUDO CLUB30th November, 1958
By E. Dominy

Baker Brown, C.	1st Kyu
Wood, A.	2nd "
Adams, B.	4th "
Nathan, A.	5th "

VAUXHALL MOTORS JUDO CLUB11th December, 1958
By W. Stepto

Considine, M.	3rd Kyu
Clement, W.	5th "
Richards, H.	5th "
Aitken, R.	5th "
Barry, T.	6th "
Bryant, N.	6th "
Calvert, S.	6th "
Newman, V.	6th "

LADIES VAUXHALL MOTORS JUDO CLUB11th December, 1958
By W. Stepto

Richards, P.	6th Kyu
--------------	---------

JUNIOR BOYS VAUXHALL MOTORS JUDO CLUB11th December, 1958
By W. Stepto

Cousins, J.	3rd Mon
-------------	---------

WATFORD JUDO CLUB2nd, 3rd, 5th December, 1958
By The Technical Board

Bonney, G.	3rd Kyu
Clay, H.	4th "
Gardiner, M.	5th "
Marcham, D.	5th "

LADIES WATFORD JUDO CLUB2nd, 3rd, 5th December, 1958
By The Technical Board

Pickles, K.	6th Kyu
-------------	---------

JUNIOR BOYS WATFORD JUDO CLUB8th October, 1958
By M. Leigh

Hillard, D.	2nd Mon
Collins, C.	2nd "
Thurston, A.	2nd "
Cobey, R.	2nd "
Pomfret, D.	2nd "
Lees, A.	2nd "
Buckland, J.	1st "
Greenard, K.	1st "
Macintosh, J.	1st "
Pullen, G.	1st "
Wallis, I.	1st "
Cassidy, D.	1st "
Tiltman, R.	1st "
Gorringe, E.	1st "
Purdy, D.	1st "
Draper, P.	1st "

WINCHESTER JUDO CLUB6th December, 1958
By M. Hill

Flux, M.	4th Kyu
Cooper, T.	6th "
Edge, G.	6th "
Haines, H.	6th "
Lovelock, A.	6th "
Newman, P.	6th "
Walton, S.	6th "

LADIES WINCHESTER JUDO CLUB6th December, 1958
By M. Hill

Daly, C.	5th Kyu
Brembridge, S.	6th "
Rideout, M.	6th "
Berry, A.	6th "

JUNIOR BOYS WINCHESTER JUDO CLUB6th December, 1958
By M. Hill

Falkingham, R.	1st Mon
----------------	---------

PUBLICATIONS

We regret that TECHNIQUES OF JUDO and THE SPORT OF JUDO are temporarily out of stock. Further supplies of JUDO WITH AIKIDO are now available.

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.

You cannot do better than purchase all your Judo requirements from us.

		£	s.	d.
Jackets.	Best quality obtainable. Sizes : Medium (for the average person), Small and Large ...	1	17	0
	STANDARD quality. Sizes : Medium, Small and Large ...	1	6	0
	Special child's (to fit 8-year-old and up) ...	1	5	0
	All Jackets Postage 1s. 6d.			
Trousers.	Large or Small (adults) ...	18	0	
	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.			
	Postage (adults) 2s. 6d.			
	" " " " (childs) £1 17s. 6d. only.			
	Postage (childs) 1s. 9d.			
	Complete STANDARD outfit with belt (adults) £2 2s. only.			
	Postage 2s.			
	Carriage paid on three or more sets.			
	ZORI, all rubber, British made ...	15	0	
	Postage 11d.			
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 2 1/2" ...	4	10	0
	Rubber : " 4' x 2' x 7/8" ...	3	12	6
	(Made specially for ease of handling where mats have to be laid down and taken up frequently)			
	Strip pattern : Any lengths up to 18'. 3' wide x 3/4" ... per sq. ft.	8	6	
	Carriage extra.			
Canvas.	Best quality (heavy 18-oz.), eyeletted exactly as required ... per sq. yd. approx.	16	0	
	(Lighter weights at cheaper prices.)			
	Carriage extra.			
Binders.	In leathercloth, for holding Vol. I, 12 issues. Labelled "Judo" ...	12	6	
	Postage 11d.			
	Vol. I (12 issues), fully bound ...	2	5	0
	Postage 1s. 6d.			
Gi-bags.	A handy draw string bag in heavy quality canvas for holding Judo gear—but suitable for all purposes ...	12	6	
	Postage 11d.			

Terms : Cash with Order or C.O.D. All Orders to :
JUDO LTD., 91 WELLESLEY ROAD, CROYDON.

Books below are fully recommended Judo Publications.

Publications.	Title	Author	Price	Postage
MY METHOD OF SELF-DEFENCE	M. Kawaishi		16/-	11d.
	(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.
JUDO ON THE GROUND	E. J. Harrison		16/-	10d.
HIGHER JUDO	M. Feldenkrais		12/6	11d.
JUDO	E. J. Harrison		3/-	5d.
SPORT OF JUDO	Kiyoshi Kobayashi		18/-	1/6d.
JUDO	H. Klinger-Klingerstorff		6/-	6d.
JUDO FOR BEGINNERS	E. J. Harrison		4/6	5d.
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.
BASIC TRAINING MANUAL	G. R. Gleeson		4/-	4d.
THE COMPLETE SEVEN KATAS OF JUDO	M. Kawaishi		18/-	11d.
	(Translated by E. J. Harrison)			
PHYSICAL TRAINING FOR MEN	E. J. Harrison		4/6	5d.
PHYSICAL TRAINING FOR WOMEN	E. J. Harrison		4/6	5d.
JUDO FOR WOMEN	E. J. Harrison		4/6	5d.
JUNIOR JUDO	E. J. Harrison		4/6	5d.
DEFEND YOURSELF WITH JUDO	A. P. Harrington		15/-	10d.
TEACH YOURSELF JAPANESE	C. T. Dunn, B.A., and S. Yanada		10/6	9d.
A COMPLETE GUIDE TO JUDO	R. W. Smith		27/6	11d.
JUDO BASIC TECHNICAL PRINCIPLES & EXERCISES	G. Koizumi		6/-	5d.
JUDO—BEGINNER TO BLACKBELT	E. Dominy		12/6	11d.
JUDO WITH AIKIDO	Kenji Tomiki		21/-	11d.

Terms : Cash with Order or C.O.D. All Orders to :
JUDO LTD., 91 WELLESLEY ROAD, CROYDON.

To JUDO LTD., 91 Wellesley Road, CROYDON

Please send me JUDO every month, for which I enclose remittance for £1 14s. 0d. for twelve issues, post paid.

" 18s. 0d. " six " " "
" 9s. 0d. " three " " "

Commence with issue.

Name

Address

INSURANCE

To JUDO LTD., 91 Wellesley Road, CROYDON

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

This 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 domiciled in this country practicing 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 :—

- Personal Accident.** An individual policy made out in the name of the insured.
- 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 :—

- Death by accident **£1,000**
- Loss of two limbs or the sight of two eyes or of one limb and the sight of one eye by accident **£1,000**
- Loss of one limb or the sight of one eye by accident **£500**
- Weekly compensation following disablement by accident (excluding a franchise on the first seven days) for 100 consecutive weeks for any single disablement **£5 per week**

(Disablement means inability to follow normal occupation)

PREMIUM 15s. PER ANNUM PER MEMBER

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