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# JUDO

VOL VIII

MARCH 1964

No. 6



Inside

U.S. OLYMPIC TEAM

2/6



## Forthcoming Events

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### SUMMER COURSES FOR 1964

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*(See inside back cover for full details)*

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Raold Knutsen 3rd Dan, and Keith Feltham 1st Dan, of the British Kendo Association demonstrating randori at the Brangwyn Hall, Swansea.

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# JUDO

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A. R. MENZIES, 1ST DAN.



# United States Olympic Team visit Britain

*Report and Photographs by*  
**A. R. MENZIES**



The American side led by Major Philip Porter, U.S.A.F., an old friend of the B.J.A., who at one time was the leading attraction at the Budokwai promotional Shiai, swept into London Airport at 8 a.m. on Saturday morning, 1st February, one day late and very tired. Nevertheless, they had to make a quick run through London to Paddington to get the 10 o'clock train to South Wales and the welcome awaiting them from the Mayor of Swansea, Councillor F. Shail. They had been expected for lunch and a civic reception, but the Mayor very promptly put the reception back some four hours and called it tea instead. Not many civic dignitaries would have acted so thoughtfully, but this is typical of the encouragement Councillor Shail gives to sport in his seaside community.

The Americans had landed in France on 22nd January to start a Continental tour designed to give their Olympic side experience of the European style and contest ability, and to put an edge on their Tokyo contenders. But they were not prepared for the extent of the matches arranged for them by the French in different parts of the country.

## OPPOSITE:

The United States Olympic Touring Side.

*From left to right, Hayward Nishioka 4th Dan; Toshiyuki Seino 4th Dan; Mickey Tsuchida 4th Dan; Richard Fukuwa 4th Dan; and Ben Campbell 5th Dan.*

On the 23rd they had a match in Lyon, on the 25th one in Paris, and then Lille on the 27th and Brest on the 29th, finishing up with Brussels on the 31st. The days in between were spent in travelling, and since most evenings they did not get to bed before the small hours and had to get up early to catch trains, by the time they arrived in London they were feeling the effects of both travelling and fighting.

In Swansea a full-scale display had been arranged by the Samurai at the Brangwyn Hall, by kind permission of the Mayor. Television interviews and a Press conference preceded the show, which was also well covered by local and national newspapers, and of course television.

Since the show was mainly concerned with the contests only one other major item was scheduled—Roald Knutsen (3rd Dan), of the British Kendo Association, assisted by one of his members, gave a scintillating performance of the ancient art of Japanese Sword Fighting. Supporting events included Junior Judo and a two-team race between the under-21s and the over-21s, all members of the Samurai. It is interesting to know that of the 18 members taking part only two of them were under 1st Kyu.

Two contests had been arranged with the U.S.A. side, one in the first half of the programme, and the second as the concluding item of the evening.

The American side consisted of six fighting men, a Manager and Coach, Mr. Kuniyuki. The fighters were Toshiyuki Seino (4th Dan), three times lightweight champion of the U.S.A., Hayward Nishioka (4th Dan), runner-up for the lightweight title, and Seino's chief rival, Richard Fukuwa (4th Dan), one of the famous Fukuwa brothers,





well-known in the States he has recently been runner-up, and placed third, in the middleweight category championships. The other middleweight was Mickey Tsuchida (4th Dan), Pacific Coast Champion. Both the heavyweights are well-known, Ben Campbell (5th Dan), three times champion of the U.S.A., and George Harris (5th Dan), who competed in the last World Championships, and who has also held the U.S.A. title many times.

Unfortunately Harris had suffered a shoulder injury and was unable to compete, which was a great disappointment.

Wales fielded Ernest Discombe (1st Dan), and his twin brother Anthony, also a 1st Dan. For some strange reason Ernest is a lightweight and Anthony a middleweight. John Jenkins (2nd Dan), was the second lightweight, with Ken Jones (2nd Dan), as the other middleweight. Peter Veale (2nd Dan), and Alan Petherbridge (4th Dan), filled the heavyweight positions.

Seino v. E. Discombe. The Welshman had little chance to prepare himself for the devastating attack of the American. First blow to Seino, which rocked his shorter opponent, was followed by a very snappy Uchi-mata, which took the Welshman over for a full ippon. Time about one minute.

#### OPPOSITE:

*Above.* Nishioka scoring on E. Discombe in the second of the two matches.

*Below.* Seino attacking Jenkins in the second match, the American only managed to get Waza-ari.

Nishioka v. Jenkins. Once again the Welshman lacked the experience of his opponent. A terrific attempt at Uchi-mata "yorked" the legs of Jenkins away from underneath him and Nishioka gained waza-ari. Jenkins now started to give his extremely fast opponent nearly as good as he got, but in a tangle in the middle of the mat the American got underneath and scored a good point with Tsurikomi-goshi.

Fukuwa v. A. Discombe. Fukuwa had this contest all his own way from the beginning, and scored with a tremendous O-soto-gari within the first minute.

Tsuchida v. Jones. Jones has a very upright stance and looked fairly safe in the opening seconds, as well as putting a couple of good attacks in himself, but the contest did not make the first minute. Tsuchida made a great spin entry for Uchi-mata, and Jones went over cleanly for ippon.

Campbell v. Veale. In this contest the American did not have the superiority that the preceding U.S.A. contestants had shown and Veale had him in trouble once or twice from Tai-otoshi and Harai-goshi. Campbell, however, stiffened his defence after the first few attacks and it was noticeable that Veale did not have the same effect in the later stages of the conflict. Suddenly Campbell wound round and shot his leg across Veale for left Harai-goshi, his Tokui-waza, and Veale went sailing through the air for the final ippon. A decisive win for the U.S.A. team, but considering they are their country's best players, the Samurai did well.

The second contest saw the Welsh side change round so that the Americans met the other opponent in each weight category, with Petherbridge coming in for Veale in the heavyweight class.



ing his balance they hit the edge and landed on the floor. This was a good attempt by Petherbridge and the closest that either man came to making a score. The end of the contest arrived before the

Nishioka v. E. Discombe. By now the Welshmen were more prepared for the type of judo that the Americans were handing out, and this time they did not fare so badly. Much more attack from the Welshman gave Nishioka less time to organise his own attacks and quicker defences made the American late in getting in for his waza. However, Nishioka, experienced player that he is, got through in the end and scored with a very good Tsurikomi-goshi.

Seino v. Jenkins. Jenkins, like his preceding fellow club-member, took the fight to his opponent, but it gradually changed round again and Seino started to pour in the attacks which kept Jenkins busy. Once the American got right under and threw Jenkins into the mat, but he just could not stop the Welshman putting a foot into the floor, so stopping some of the impetus, and he only got waza-ari for this. This was the only score and the first contest to go to time. A great effort on the part of Jenkins.

Tsuchida v. A. Discombe. Tsuchida proved too good for Discombe to even try any sort of technique, and the Welshman went over from a terrific Uchi-mata to settle this contest.

Fukuwa v. Jones. Jones gave the American the hardest contest so far seen. Time and again the American only just failed to go over by a hairsbreadth. Jones attacked with Tai-otoshi, stumbling Fukuwa each time a little more, and it certainly looked as though Jones must get a win here. Fukuwa made plenty of attempts

but looked very tired and was probably feeling the effects of the tour. Putting everything into a last-ditch effort, Fukuwa shoved his leg behind Jones as the Welshman came out of an attack, a terrific push and Jones started to topple backwards. He stepped back to save his balance, but went completely over, then the American, following up his advantage, whipped Jones legs away with O-soto-gari, but only for waza-ari. From this point on the contest lost any sparkle, with Fukuwa hanging on his opponent and coasting around to last out the time, which he did to give the Americans another win.

Campbell v. Petherbridge. Roughly the same build, with Petherbridge slightly on the heavier side. A good bit less action in this contest than the previous ones, but here the men were very evenly matched. Campbell, Champion of the United States and Petherbridge Champion of Europe. Campbell preferred the edge of the area to work from and the first minute was spent in moving round the edge with Petherbridge trying to work Campbell into the middle, while the American was trying to do the opposite. A few tentative leg sweeps by both men did nothing more than make them both move around a little more carefully. Then Petherbridge pulled the American round and made a good attempt at Uchi-mata. In trying to avoid the technique Campbell staggered across the mat and just as the American was los-

#### OPPOSITE:

*Above.* Seino just completing his Uchi-mata on E. Discombe in the first match.

*Below.* Jenkins standing over Nishioka who, having missed with a powerful Uchi-mata, lies doubled up on the mat.







men had got properly warmed up. Five minutes was hardly sufficient for these two, a longer match would probably have seen one or the other make a score. The decision was a Hikiwake.

The overall score was very much in favour of the U.S.A., nine wins and one draw, but for a club side the Samurai did very well.

During the following day the U.S.A. team rested in Swansea, travelling to London on Monday morning for a contest against a combined side of the Renshuden and Budokwai, at the Budokwai, before flying to Holland for the last match of their tour.

As at Swansea the American side consisted of five men instead of six since Harris was still unable to participate. Two matches were scheduled with the combined side changing over for the second contest.

Brockbank, the first of the combined side, succumbed to a *shime waza* from Nishioka, giving the U.S.A. team the lead. Watson, the second man, was bounced on *Uchi-mata* from Seino, but the American only got a *waza-ari* from it. He repeated it for another *waza-ari* to win the contest. Landing Watson on his head instead of his back gave the Englishman a second chance, but the result was inevitable after the first *Uchi-mata*.

Bradbury went down to *Ko-soto-gari* for a winning point to Fukuwa, the first of the middle-weights. Luck then changed for

the combined side in the shape of McWade, who drew with Tsuchida, one of the most powerful middle-weights in the U.S.A.

Only one heavyweight contest per round. In the first Ryan went the distance with Campbell, but the American got the decision.

The second match saw Watson out against Nishioka. The American scored with *Ko-uchi-gari* for *waza-ari*, and then threw the combined representative with a beautiful *Tai-otoshi* to win the contest. Brockbank sailed up into the air on a *Hane-goshi* from Seino. Both the American lightweights showed excellent form on their tour, and only once in the four matches they took part in did one of them fail to make a decisive score in the opening minutes of the contest.

A win to the combined side from McWade when he took the decision from Fukuwa, but Bradbury lost on an *Uchi-mata* to Tsuchida. The heavyweight contest saw Campbell against Sweeney, and this also proved to be a win for the combined side when Sweeney picked Campbell up with *Ushiro-goshi* and scored *ippon*.

The American side were very pleased with their tour, and Campbell was of the opinion that the foreigners at the Kodokan would be surprised at the standard of club judo in this country, which was a compliment indeed from one of the toughest Americans in the judo field and Japanese-trained himself.

Having completed their tour with a match in Holland the American side departed for the States, except Campbell and Tsuchida, who returned to Wales for a short holiday at the invitation of Alan Petherbridge. From there they are both scheduled to go to Japan, presumably to get into trim for the Olympics later this year.

#### OPPOSITE:

*Above.* Jones of the Samurai Club going over to the *Uchi-mata* of Tsuchida in the first match with the United States Olympic side.

*Below.* Ben Campbell of the U.S.A. throwing Veale of the Samurai with his *Tokui-waza Hidari Harai-goshi*.



# Judo in the Tokyo International Sports Week

by PHILIP S. PORTER

## Chairman National AAU Judo Committee of the United States

The Nihon University Hall in Tokyo was the site of the Tokyo Sports Week Judo contests. There were twelve players in each of the four Olympic categories, except for one withdrawal each in the Heavyweight and Open Divisions. Most of the players were Japanese, but some outstanding men from other countries took part by invitation from Japan.

The Olympic three man pools were used, producing one winner from each of the four pools. These four players then fought a single elimination bracket.

In the lightweight division, Airman First Class Tosh Seino, USAF; U.S. and Pan American Lightweight Champion, Schmidt of Germany; Bourreau of France; and You of Korea were the non-Japanese entries.

Seino met Schmidt in the first round, disposing of him with Hane-goshi (wazari) and Hane-makikoni (ippon) without too much trouble. The other man in the pool with Seino and Schmidt was Matsuda of Japan, one of the top young Japanese lightweights who tore up on the Russians during the Japanese tour of that country winning all contests with his favourite left Uchi-mata. Matsuda beat both Seino and Schmidt to win his pool. He took Schmidt with a fast left Uchi-mata for a full point. His method is to pull very strongly with his right hand, forcing his opponent down and forward into a deep left stance. He then holds a deep grip around the collar with his left hand and takes a deep left stance himself, which puts him halfway into his Uchi-mata. He hit Seino with this trick several times but was able to score only a half point and consequently won the decision. Seino attempted right Tai-otoshi and Hane-goshi several times but was unable to break Matsuda's deep stance. This match was a very fine showing for Seino who, in his first

big international contest stood up to one of the three or four top Olympic potential lightweights in Japan.

As can be seen from the attached chart, Kagiwara, Tomita, and Shigeoka, all of Japan, formed the second pool. In this pool we had two tremendously strong lightweights, Tomita and Shigeoka. In fact, these three men were so evenly matched that not a single half or point was scored in their pool matches. Shigeoka won with two decision victories over the other two.

The third pool featured Nakatani who is now training at Meiji University with the big tough boys. His mat work is outstanding, as he proved by pinning Iwatta, the winner of pool No. four and Japan's most well known lightweight. The contests of pool three again were hard fought with Nakatani winning with two decisions to take the pool. The fourth lightweight pool contained Bourreau of France as well as Iwatta. Bourreau is one of the best French lightweights and is tremendously strong. He was able to hold both of his Japanese opponents out for some time but Ichioka succeeded in turning him over for two Waza-ari and then Iwatta beat him by a decision without very many effective attacks except perhaps one good left Kouchi-gari.

Matsuda met Shigeoka in the semi-finals and scored very neatly with a combination technique. Shigeoka attacked a few times on the right where his speciality is shoulder throw. In defence Matsuda took an even deeper left stance than usual and then Shigeoka faked right and kicked Matsuda's left foot out with Kosoto-gari to score a Waza-ari and later the decision. This is not to say that the remainder of the contest wasn't hard fought. It was actually a furious battle with both men attacking left and right with hardly a pause. In the other semi-final Nakatani and

Iwatta fought continuously for a few minutes with foot techniques and then in one of the scrambles Nakatani secured Kami-shiho-gatame and scored a full point with it.

This left Shigeoka and Nakatani as the finalists and what a tremendous battle this was. The skill and flexibility of these top lightweights is astounding. They are much stronger pound for pound than any heavyweight will ever be. Tomita at 150 pounds for instance is the third strongest Judo man in Japan according to a series of tests just administered to all Olympic potentials. The old term "Pocket Hercules" which used to be applied to the famous Yukio Tani of London describes these men well. In the final match Shigeoka repeatedly tried both Ko and O-uchi against Nakatani's lead left foot keeping him pretty well unsettled. At the same time Nakatani was trying sweeping techniques constantly against Shigeoka. He also used his big trick which is left Uchi-mata. Shigeoka, while unsettling his opponent with foot techniques, occasionally slips in his big one, which is shoulder throw on the right. This furious exchange kept up for several minutes until Shigeoka suddenly blasted in with a left Osoto gari which got him a Waza-ari, to the delight of the audience. We thought it was all over for Nakatani but he kept right on boring in and within a minute knocked Shigeoka to one knee and then like lightning attacked the other leg with Osoto gari and smashed Shigeoka down for a Waza-ari.

The crowd now went wild as the two players were even, each with a Waza-ari. Both men now redoubled their efforts and fought right up to the closing bell. In this exchange Shigeoka got in quite well a couple of times with his Seoi and so won the decision at the end, a beautiful exhibition of Judo.

In the middleweights there were five foreigners competing: Jim Bregman of the U.S., Hoffman of Germany, Grossain of France, and two Kims of Korea. Kim, U. Teh, who is a Tenri University student and has spent most of his life in Japan, was the outstanding competitor in pool one. He threw Jimmy Bregman with left Tsurikomi-goshi and beat Sato with a decision. Bregman looked well against two top middleweights in spite of losing both his contests.

There was a tremendous upset in the second pool when Hoffman beat Seki on a decision. Hoffman has spent some time training at Tenri and is a really outstanding middleweight. In his contest with Seki, Seki tried his deep left Tsurikomi-goshi repeatedly. Almost every time he did this Hoffman threw his right leg competely over Seki's head which was near his right hip and fell backwards into Juti-gatame. Seki managed to get out a couple of times but once Hoffman really had him and nearly tore his arm off before they went outside. This was the only effective action of the whole match and Hoffman won the decision to the amazement of everyone there. The other man in the pool, Matsuzaka, was defeated by Seki on a decision but defeated Hoffman with a Waza-ari Ouchi and a decision, and was therefore the winner of the pool. Pool number 3 of the middleweights was won by Okano. Okano is reckoned to be about the most skillful Judo man in Japan right now. His style is very smooth and soft and he won against the other two men in his pool with full points. He uses both left and right Seoi and Tsurikomi-goshi with equal skill and speed and can follow up with a lightning like Osoto on either side if his opponent holds back the least bit.

Enshu won pool number 4, beating Grossain with Osoto and Tanaka with a decision. In the semi-finals of the middleweight division, Kim beat Matsuzaka on a close decision and Okano also had a furious match with Enshu and won a close decision. In this match both Okano and Enshu attacked constantly with left and right techniques and Okano actually threw Enshu off the mat with Ouchi mata.

In the finals Okano set Kim up beautifully by banging him with two or three very fast and hard left Seoi attacks. In between, however, Kim was constantly attacking himself with left hip techniques and foot sweeps. The attacks of Okano were dangerous enough to make Kim react in a strong right stance however, and without a seconds hesitation Okano flashed in for a right Tsurikomi-goshi and took Kim over as neat as a pin. This throw was so fast that everybody, including Kim, was caught flatfooted.

This completed the contests on Saturday, the 12th October with Shigeoka and Okano being crowned the light



and middle weight champions of the Tokyo International Sports Week. On Sunday, the 13th October, the heavy-weight and open categories were fought. In the heavyweights, one of the pools had only two men and Sakaguchi won this one on a decision. The second pool contained three top players with Rogers, the 260 pound young giant from Canada being matched against two top Japanese players. Rogers lost both of his contests in uneventful decisions; his plan, apparently, being to counter and secure mat work which he was unable to do. The only score in this pool was a Waza-ari won by Kamiya over Rogers with Ouchi. Shigematsu came out the winner with two decisions.

Nakano won pool number three and Maejima took the fourth pool with victories over Glahn of Germany and Yoon of Korea.

In the semi-finals Shigematsu scored a beautiful Tai-otoshi over Sakaguchi to go on to the finals. Nakano then had a terrific battle with Maejima, barely beating him on a decision.

In the heavyweight final Shigematsu and Nakano had a terrific battle, both attacking right and left with Ouchi-mata and other techniques. Neither man was able to score and Shigematsu won the decision to become the heavyweight champion.

The open category was extremely interesting. As in the heavyweights, there was a withdrawal in pool one and Mickey Tsuchida of the U.S. fought Murata, four times All Japan Police Champion in the only match of this pool. Mickey started for him and Murata was lurking, waiting for a chance. This chance came when Tsuchida tried Tomoe-nage and Murata jumped in for Kesa-gatame which won him a full point. Mickey was outweighed by about fifty pounds in this match but looked very capable and strong against one of Japan's top heavyweights. He was later to beat the European open category runner up, Tempesta of Italy, during the good will contest at Tenri, confirming his fine fighting spirit and technique.

In the second pool Murai beat Ka'o on a decision and then won a forfeit from Tempesta who had also been choked out by Kato in another match. This made Murai the pool winner. The most exciting pool of the whole open

division was number three in which Ben Campbell threw the All Japan University Champion, Asada, with a beautiful left Harai-goshi. Unfortunately, Ben was caught by Matsumoto of Tenri in a mat hold and lost a full point. Since Matsumoto lost only a decision to Asada, he was the pool winner and Ben was unable to continue. Campbell has shown amazing improvement in the last year and especially since the 1963 National AAU Tournament. The experience he gained during the Pan American Games and the good will contests which followed has been of great benefit to him as were the eight important International Matches he fought during this Sports Week and the three succeeding contests. During these eight contests Ben was never thrown for a full point by the best heavyweights in the world. He scored one beautiful full point himself and won a decision over a very tough opponent at Tenri. He was held down once, drawn once, and lost some close decisions. He is easily the best player America has ever produced and deserves tremendous credit for sticking out the Meiji University training for two and a half years, a thing which no other American has had the technique or guts to do. In fact, most foreigners who go to Meiji for practice attend once and then are either afraid or physically incapable of returning again. This includes all of the foreigners, big and small, who train in Japan. The only exception may be Paul Maruyama who has also trained at Meiji in the last few months.

While on the subject of university training, we might take note of the fact Tsuchida is the only American who has been able to stick it out at Tenri and his technique and fighting spirit show it.

The last pool of the open division was won by Takata who uses a very nice right side Seoi-otoshi. This is the true Seoi-otoshi with the right hand dropping back to hold the opponent's right thigh as he turns him over. It is not the throw many people erroneously call Seoi-otoshi which is actually Seoi-nage with the right leg stuck out. Takata drops in very low for his technique which might ordinarily allow his opponent to jump around and over him. His right hand, however, prevents this and he turns many good men over quite easily. Koga, the great stylist

of previous years, has lost a lot of his zip and was unable to throw with his famous spinning left Uchi-mata. In these contests he was eliminated by Takata. In the semi-finals Murai won over Murata with a very hard ouchi for a full point and Takata scored a close decision over Matsumoto. The finals were fought between the young champion Murai who is about six feet three inches and weighs 237 pounds and Takata who is considerably shorter and weighs about 190 pounds. Both are from Meiji and work out regularly together. Takata tried his favourite Seoi several times but was almost countered by Murai who was also attacking with Osoto-gari. Then Murai was able to get Takata into Tateshihogatame and scored a full point after thirty seconds of very secure holding.

Thus the Tokyo International Sports Week ended much as everyone had presumed except for a few upsets. Notable among these were Hoffman's victory over Seki by decision, Campbell's beautiful throw against Asada, and Kim U. Teh's progress right up to the finals after beating some of the top Japanese middleweights. The outstanding im-

pression of the contests was of the great depth the Japanese have in top players. All of these men are extremely flexible in their attacks and have enough good waza, both right and left, to be able to pick off their opponents one way or another. They are also really flexible and shifty on defence and can mount attacks out of what appears to be very bad situations. The bulk of the foreign players, including four Koreans, two Germans, two French, one Italian, and four Americans, lack some of these all round abilities except for Campbell, Kim, and Hoffman who have trained in Japan for a long time.

It would be my personal opinion that if we trained very hard and give some international competitive experience to our top people during the next year, we have a very good chance of placing second or third overall in the Olympics next year. A great deal depends on the draw, however, as there will be no seeding in the Olympics and one of the top foreigners could meet the Japanese entry in any division in one of the pools and might never get a chance to show his true skill in comparison to the other non-Japanese men entered.

## Womens National Zadankai

The Women's National Zandankai, will be held at the Samurai Judo Club in Swansea, South Wales on Saturday, March 21st and Sunday, March 22nd. The instructors will be the National Coach Geof Gleeson (5th Dan) and Miss Pauline Wilson, Technical Representative of the C.C.P.R.

The Zadankai is open to all women instructors who are current licence holders of the B.J.A. of 3rd Kyu and above.

Since the course is non-residential members must make their own arrangements regarding accommodation, a list of recommended hotels has been circulated but the lucky ones will be those who manage to enjoy the hospitality of Mme. and M. Bavart, who are very experienced in looking after judo folk. Recent guests there included the Marquis of Queensberry, and the U.S.A. Olympic team.

All applications should be sent to the organiser, Miss E. Viney, "Antiques", 27 Chesil Street, Winchester, Hants.



# CLUB

# FORUM

## LONDON

**LONDON JUDO SOCIETY.** *Eric Dominy writes:*—At every examination I see, the standard appears to improve especially in the higher Kyu grades, some of the 1st Kyu at the recent examination at the L.J.S. showed really good technique and some excellent waza resulted. Some of the entrants still have dirty outfits, and this shows a complete lack of interest in the examination by the people concerned and this must be shown in the results achieved.

The next examinations at the L.J.S. will take place as follows. Sunday, 3rd May, 10.30 a.m. up to 5th Kyu inclusive, 2.30 p.m. 4th to 2nd Kyu inclusive; Sunday, 10th May, 2.30 p.m. 1st Kyu. Please note there will be no general practice after 7.30 p.m. on Monday, 4th May, as the examination for L.J.S. members up to 3rd Kyu takes place at that time.

The series of inter-club matches arranged by B. Harrington continues. A team visited the Budokwai and was soundly defeated. A fortnightly series of matches has been arranged with the Budokwai, to take place at weekends. Other matches are being arranged and any club interested should contact B. Harrington at the L.J.S.

I was very pleased to be invited to report the European Police Judo and Wrestling Championships for the police review. These take place at the Royal Albert Hall on April 8th. Since many countries in Europe have their best men in police forces these championships should be well worth seeing.

The 1964 Festival of Judo will take place at the Crystal Palace National Recreation Centre. The provisional date is Saturday, 27th June, but if the mild winter speeds up the completion of the building, it may be possible to bring the date forward. This will be the first judo show at this centre, and good as I hope the judo will be the centre itself is well worth seeing. Clubs will be sent details and entry forms for the tournament in due course.

The newly laid vinyl covered tatami are a great success. The fast surface and slave-driver Ted Mossom, have greatly improved L.J.S. judo. Personally I like practising on them very much and falling on them very little. This answers your kind enquiry Mr. Editor, I find them very hard to fall on. Despite extractor fans they get very damp on the surface from condensation and the result is that outfits get dirty very quickly. A film of ice was seen on the tatami at another club recently.



Members of the Croydon Junior Club. *Left to right, Back row:* David Lawrence, Championship Shield runner up, and Lindsay Cup winner; James Scaife, Challenge Shield winner for third time; Robert Dench, Championship Shield winner and Kauert Trophy winner. *Front row:* Clifford Widdows, Challenge Shield runner up; William Harper, Merit Trophy winner; David Garcia, Contest Shield winner; Gary Poole, Contest Shield runner up.

## CROYDON

**CROYDON & DISTRICT JUDO SOCIETY.** *Hon. Secretary writes:*—The annual Junior section championships were held recently and proved very successful. Over 175 parents and friends attended the meeting and as well as seeing the final contests in three weight categories they were also entertained by various demonstrations.

The judo course now being run by Senta Yamada (6th Dan) is proving very popular, free to club members, visitors are welcome to attend on payment of a 5/- dojo fee. The Aikido course, held on a Monday evening, also under the direction of Mr. Yamada, is continuing most successfully. Regular beginners courses are held on a Monday, the next one commencing on the 16th March.

## EUROPEAN POLICE JUDO & WRESTLING CHAMPIONSHIPS

ROYAL ALBERT HALL, LONDON

8th APRIL, 1964

For full details see inside back cover





# AIKIDO

## No. 22

by Senta Yamada,  
6th dan Judo,  
6th dan Aikido

## WRIST TECHNIQUES 4

In the last article I explained how to execute a wrist turn technique from the regular posture, this technique is No. 1 wrist turn technique in the Kata, but there are many variations of this movement, and this time I am going to explain one of these starting in the reverse posture, against an adversary armed with a dagger, illustrated in Figure 1.

As he attacks you with his right hand holding the dagger, check

his arm from the outside with your left arm, pivoting on your left leg to avoid his lunge, Figure 2, then grasp his wrist with your left hand in the reverse grip as described in the previous article. Now begin to turn your body swinging from your right foot and bring your right hand to grasp his wrist. Both thumbs should press in the centre of the back of his hand with your fingers curled round the inside of his wrist. Continuing to apply pressure to his hand and wrist, step to the rear with your left foot, pulling his wrist towards your body in the direction you are turning, see Figure 3.

Continue this movement until your opponent is thrown to the ground, Figure 4, controlling his position whilst he is on the ground







in the manner described in the last article.

The next wrist technique is applied by grasping your opponent's right hand with your right hand in the reverse grip (described in

Figure 2 of last month's article). This will be explained in Kata style and is the 13th movement in the 15 basic techniques.

Face each other in the regular posture, that is with your right foot forward. Check your opponent's attacking arm from the outside with your right hand and at the same time push his elbow using your left hand to try to break his balance to his front, the natural reaction is for your opponent to resist bringing his elbow down as shown in Figure 5. Now grasp his wrist with your right hand in the reverse grip placing your thumb on the inside of his wrist and your fingers on the back of his hand, Figure 6.

Start turning his hand anti-clockwise to yourself, and place your left hand above your right hand with your left thumb on the back of his hand, fingers on the



inside of his wrist, Figure 7. Continue to apply pressure with your hands, turn your body on your right foot swinging your left foot

to your rear so that your opponent is thrown to his right front corner, then control him as previously described, see Figure 8.

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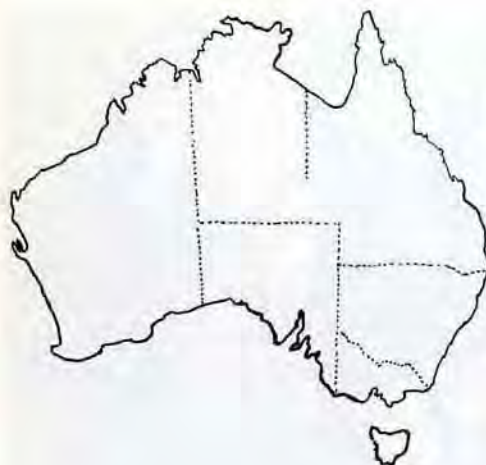
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## REPORT FROM AUSTRALIA

By DENIS HOLLAND

In my last article I went into some detail about the emergence of what could, I suppose, be termed as unorthodox judo. I propose to continue this theme by discussing the "new weapons" with which the still emergent judo countries are supplementing our sport.

It is reasonably certain that what I have to say applies in some measure at least to such countries as Russia and Turkey; but as I naturally know this country best, my remarks in this instance will concern only Australia.

Firstly we must not forget that judo in Britain is more than 60 years of age. In this period judo has become stereotyped and *change* regarded as a naughty word.

During the last two years many good judoka have arrived here from Britain. Well trained they may be in pure orthodox judo, but most were immediately unsettled by a combination of three things—namely: unorthodox counters, varied, competent newaza and the fact that Australian judoka in all weight categories are very strong.

Now countering, of course, is in the curriculum of most judo schools in Britain; but countering here is aggressive, almost savage, and appears to be used more frequently than direct attack techniques.

I know two or three people here in Sydney who are capable of giving some of our top judoka at home a good deal of trouble by the mere use of unorthodox countering. An opponent who stands like the proverbial Rock of Gibraltar and grabs at you with extreme power whenever you launch an attack can give the straight-attack-technique man a bit of a complex about attacking at all. I stress again that many unorthodox counters are fantastically strong.

The purist may wince; for he is normally the type of judoka who disdains and just cannot be bothered with counters. But I know of no other object in contest save the object of putting down your man (albeit awkwardly) and the referee isn't much concerned how this is accomplished provided you adhere to the rules of contest

judo—a perusal of these rules makes one aware of how really wide they are.

Now to Newaza. The average judoka here is much stronger than his counterpart in England. And some of the best here are good by any standards. I don't know what the situation is now, but three years ago very few clubs at home concerned their members with groundwork. There are judoka here (already powerful newaza men) who in their efforts to get even better regularly play with wrestlers because they know by hard experience that wrestling techniques on the ground are stronger than those applied in judo.

To any sceptical readers I may have, let me ask them if they have ever tried to hold a good wrestler. Go along to your local wrestling club and try it. Even when wearing judogi, the best osaekomi in the world will not hold the strong wrestler. He is equipped with sufficient power and know-how to "bridge out" of even the strongest hold-down.

It is precisely this power and know-how that we must endeavour to incorporate into judo.

I shall not give any marks to the man who now stands up and declares that these are wrestlers and not judo men. This is nonsense! All over the world at this time wrestlers are donning judogi, learning a few techniques and the rules, and then soundly beating many of our top judo men on the ground.

My third and final point is weight training. Again I shall refer only to Australia; but the situation would appear to be the same in most new judo countries. Judoka

here are very strong. Many are regularly doing weight training. It is absurd to say that it doesn't help. The power to Bench-press 200 lbs. *must* give you stronger Kuzushi.

I understand there is a division of opinion at home over the question of weight training for judoka. How there can be a difference of opinion about such a logical help in judo training is beyond the writer.

I sum up by urging that United Kingdom judoka regularly train with weights, pay more attention to advanced and strong countering, and work hard at Newaza.

An important decision which I heartily applaud has been reached in Sydney. It is that in future the New South Wales Amateur Judo Association will no longer sanction women's tournaments. I have long disliked the sight of puffing, panting red-faced women pulling around on tatami in contest. There is grace and deportment to be obtained in the study of suitable kata, and what is important, femininity is heightened and not decreased. I hope other States will follow the pattern of change.

The Australian Championships, during which the team to represent Australia in Tokyo will be chosen, are to be held in Sydney on 30th May. In my next article I will discuss the judoka who, in my opinion, rate the best chance of representing their country.

I conclude this month on a sad note. Eric Steele (4th Dan) of the International Club, has recently lost his wife after a long illness. I offer sympathy to Eric and hope that his sport returns him mental peace and quietness when he again puts on judogi.



# Combined Budokwai/Renshuden Side versus U.S.A.

Photographs by MORRIS KILLEN

Three remarkable photographs of Toshiyuki Seino 4th Dan, of the United States attacking his opponents, Brockbank and Watson of the Combined side.





# DIARY OF EVENTS

## MARCH

1st	MIDLAND PRE-OLYMPIC TRAINING
1st	OLYMPIC TRAINING N.H.C.
1st—5th	PRE-OLYMPIC TRIAL
8th	NATIONAL SELECTION CONTESTS
14th	MIDLAND DAN GRADING, 1ST KYU, 1ST DAN
15th	MIDLAND PRE-OLYMPIC TRAINING
20th—22nd	LILleshall HALL COURSE, MEN
22nd	OLYMPIC TRAINING N.H.C.
27th—30th	EASTER COURSE BUDOKWAI

Wulfruna  
Beaconsfield  
Moscow  
Aldershot  
Leicester  
Derby  
Shropshire  
Romford  
London

## APRIL

2nd—3rd	P.E. ASSOCIATION COURSE ST. BEDES
4th—5th	MIDLAND AREA COURSE
5th	SPECIAL GENERAL MEETING
8th	EUROPEAN POLICE WRESTLING & JUDO CHAMPIONSHIPS
10th—12th	LILleshall HALL COURSE, MEN
17th—19th	CLUB COACHES COURSE
25th—26th	EUROPEAN JUDO CHAMPIONSHIPS
25th—26th	QUARTERLY GRADING EXAMINATIONS

Durham  
Dudley  
London  
London  
Shropshire  
Skegness  
Berlin  
Midlands

## MAY

2nd—3rd	MIDLAND AREA COURSE
10th	9TH MIDLAND AREA CHAMPIONSHIPS
16th—18th	WHITSUN COURSE BUDOKWAI

Dudley  
Birmingham  
London

## JUNE

14th	ELIMINATIONS FOR AREA TEAM
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Midlands

## JULY

11th—18th	SUMMER COURSE, INVERCLYDE
18th—19th	QUARTERLY GRADING EXAMINATION
18th—25th	SUMMER COURSE, INVERCLYDE
25th	OLYMPIC SELECTION CONTESTS

Largs  
Midlands  
Largs  
Crystal Palace

## AUGUST

1st—7th	SUMMER COURSE BUDOKWAI
29th	INTER AREA CHAMPIONSHIPS

London  
Crystal Palace

## SEPTEMBER

27th	MIDLAND AREA A.G.M.
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Derby

## OCTOBER

16th—18th	LILleshall HALL COURSE
24th—25th	QUARTERLY GRADING EXAMINATION

Shropshire  
Midlands

# Area || News

## NORTHERN HOME COUNTIES AREA Vivien C. Fryer

The Northern Home Counties Area will hold their annual show on Saturday, 25th April, at **Enfield**. Details will be sent to the clubs later. Eliminations will take place in the morning, and during the afternoon it is hoped to show the film "Teaching Judo". There will be six categories in the Championships, 1st Kyu and above, 2nd Kyu and below, Ladies, Under-18s, Juniors, and a team event.

Vauxhall Motors have opened their new dojo, this is in their new recreation building on the sports field. Japanese tatami are on order and are expected to arrive by April. The club's Championships were held there on 13th February.

The next Area Examination will be held at **Bedford Judo Club** on 7th March. Reading Judo Club will also hold an examination on 15th March and Wadham Lodge on the 20th.

Olympic Training is going well, and regular sessions are held at **Beaconsfield** and **Romford**.

Wadham Lodge Judo Club was the venue for a film show for Essex County Council Officials, the subject being, of course, the methods of teaching judo in schools.

The National Coach will visit the Area on 2nd-7th July, so those who wish to take the Coach Award note the dates and start training.

The Oxford v. Cambridge University Judo Contest took place this year at the Town Hall, **Oxford**. There was also a contest between the combined Universities and Oxford City Judo Club. A report will appear in the next issue.

Once again a plea for more information from me, and a request for names and addresses of Brown and Black belts in the Area from the Secretary.

## NORTH EASTERN AREA Bob West

The National Coach will be visiting the Area from 23rd June to the 28th, and will be taking a Coach Award examination on 27th and 28th. Those wishing to take the examination contact Mr. Keith Ellingham as soon as possible.

New club in the Area is the **Bramley Judo Club**, with showers, modern changing rooms, and a very large mat area, visitors are more than welcome. Castleford Judo Club have offered their premises to the Area for examination purposes, and the committee would like to take this opportunity to thank the club for their assistance. Mr. Bott the principal of Leeds Athletic Club, is a staunch supporter of judo and has a flourishing section under the instruction of Mr. Roebuck. Area members might like to make a visit to



the club where they can be sure of a warm welcome. Sheffield Judo Club have just finished a Kangeiko which was very successful. Steeles Judo Club have opened a new dojo of 900 sq. ft. which should make the practice there very much better.

On the youth side the Sedbergh Boys Club have now purchased Japanese Tatami and have their first contest on the new area against Bradford Police Boys Club this month.

Huddersfield have formed a Ladies only class which operates on Sundays from 2.30 to 4.15 p.m., visitors welcome. In the club match between York and Harrogate the York club emerged the victors.

#### MIDLAND AREA *Keith Brewster*

The progress of the Area in 1963 exceeded all expectations and promises to improve even more this year, in spite of the fact that many club secretaries are still not doing their job properly. I am still waiting for the names of P.R.O.s. five months after my original request.

Congratulations go to Brian Evanson, founder member of the Wellington J.C. and Stan Turbin of the Halesowen J.C. on their promotion to 1st Dan. **Wellington** have just recently formed a junior section, and their participation in the Area junior events is expected.

Further congratulations go to Gerry White of Coventry selected as reserve for the International Match in Berlin, and Mike Jackson of the Judokwai-Leicester and Keele University selected for the Under-21 International in Paris.

Area coaches have an exceptionally busy time in the next few months. Margret Johnson, the Midland Area coach for women, has been particularly busy. Do not forget the pre-Olympic training at **Derby Olympus** on March

1st and the 15th, and the weekend course at **Lilleshall Hall** on April 10th to 12th.

The North Midlands Region of the C.C.P.R. are making an all out effort to assist us, particularly with pre-examination Certificate courses. Miss Barbara Tyas, one of the C.C.P.R. representatives, has herself taken up judo, and was introduced to the sport at the Lilleshall Hall course on January 10th.

Of particular note in the C.C.P.R. programme is the course at the Y.M.C.A. **Skegness**, Lincolnshire, on April 18th-19th, under the National Coach and including instruction by the Ladies coach Margret Johnson.

For further information write to the C.C.P.R. North Midlands Region, Bank Chambers, 125 St. Ann's Well Road, Nottingham.

To ease the pressure of lower grades at the Area examinations, the Derby Olympus J.C. are restarting monthly examinations for 4th Kyu and below, open to any member, they start on March 7th at 2 p.m. and will be held on each subsequent first Saturday in the month.

Mr. Watanabe will be running a course on April 4th-5th and May 2nd-3rd at Dudley any member of the Area is welcome to take part. The Lilleshall Hall course under Mr. Watanabe on March 20th-22nd is now full and no further applications can be accepted. Applications can be accepted for the course on October 16th-18th.

If there is anything that the Area can do to assist yourself or your club please ask, we will do our best. If you can do anything that will help your Area, do your best. Information and news to *Keith Brewster*, 38 East Bond Street, Leicester. Leicester 23668 (home), Leicester 50015 (business).

Mr. A. Reading of the Birmingham Athletic Institute has been chosen for the Under-21 International in Paris on 22nd-23rd February.

#### SOUTHERN AREA

The Annual General Meeting of the Southern Area was held at the Croydon & District Judo Society's premises on Sunday, 16th February, 1964. Satisfaction was expressed at the progress of the Area during the last year—both financially and technically, and it was felt that this state of affairs will continue. There are now 111 Clubs in the Area; and 2,532 senior and junior licences were issued.

Officers for the ensuing year were elected as follows:

<b>Chairman.</b>	G. A. Edwards.
<b>Secretary.</b>	Miss P. Hogg, 2nd Kyu.
<b>Treasurer.</b>	Miss S. Thwaites, 1st Dan.
<b>Recorder.</b>	Mrs. E. Jarnot, 2nd Kyu.
<b>Area Coach.</b>	I. Silver, 3rd Dan.
<b>B.J.A. Executive Committee Rep.</b>	J. Wilkinson, 1st Dan judo; 1st Dan Aikido; B.J.A. Coach.
<b>Committee Members:</b>	J. Gowland, 1st Dan; B.J.A. Coach. J. Pluckrose, 1st Kyu. Miss E. Viney, 1st Dan; B.J.A. Coach. J. Capes, 1st Dan judo; 1st Dan Aikido.

Members attending the Lilleshall Hall Course.







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Here are twelve suggestions designed to lead to the best possible performance by the Great Britain team at the 1968 Olympic Games. Use your skill to select EIGHT suggestions likely to be of the greatest benefit and place them in order of importance.

Print the identity letters of your selections in the appropriate places in the first downward column of the entry form. The other columns are for additional attempts.

You may make up to a maximum of 12 attempts on each entry form, and send as many official entry forms as you like. A donation of 3d. to the Olympic Appeal Fund must be sent for every attempt and a donation of 3/- will entitle you to twelve attempts.

A panel of judges will award the prizes to the senders of the three entries they consider best. In the event of ties, an eliminating contest will be held. A copy of the full rules may be obtained by sending a s.a.e. to the organisers of the contest.

The Judges, and Members of the B.O.A. Council and employees of the B.O.A., their agents and I.C.T. Ltd., and their families, are not eligible to enter.

All winners will be notified by post.

CLOSING DATE FOR ENTRIES—27th JUNE, 1964.

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# Wu Shu - China's Ancient Art of Self-Defence

by Tsai Lung-yun

Wu Shu Department, Shanghai Institute of Physical Culture.



During the 1956 national Wu Shu tournament in Peking, over 100 participants ranging in age from 18 to 80 were given physical check-ups by the physiological faculty of the Peking Institute of Physical Culture. Studies were made of the condition and functioning of their circulatory, respiratory and nervous systems, and of the speed of their reflexes. The conclusion was that practitioners of Wu Shu had achieved excellent health.

Dr. Chu Mien-yu of the Peking Medical College has studied the effects of Taichichuan ever since this form of Wu Shu was introduced as a form of physical therapy in Chinese hospitals in 1956. The result: Wu Shu has curative effects in the treatment of such chronic diseases, as high blood pressure, ulcers, neurasthenia, tuberculosis and osteoarthritis.

The stories illustrate the efforts made by New China in the past few years to put this ancient Chinese art of self-defence on a modern scientific basis. With Wu Shu's renewed popularity, a systematic study of Wu Shu in all its varieties, its origin, development and prospects has been conducted since 1953 by the State Commission of Physical Culture and Sports.

Literally meaning "fighting arts", Wu Shu has a history dating back thousands of years. Many believe that their earliest forms developed from the skills of attack and evasion acquired by our early forefathers in battling wild animals. Later these were supplemented by experience and skills of combat between men. As society progressed these techniques grew more perfect and diversified.

According to Chinese annals, as early as 4,000 years ago "Horn-Bucking Game", the earliest known form of Wu Shu, was introduced by a clan leader as a military training programme.

In the Spring and Autumn period (722-481 B.C.) and the Warring States

period (403-221 B.C.) displays of dancing, archery, fencing, wrestling and skill with various weapons were common among the nobility. An ambitious prince enlisted some 3,000 skilled fencers in his manor, all at his expense.

During the Tang Dynasty (618-907 A.D.) very few young men were ignorant of the fighting arts. The great poet Li Po was keen on sword-play at the age of 15.

Some of the experts in the arts, inspired by the general artistic level then attained, invented a special kind of stage performance based on Wu Shu. General Pei Min and Madam Kungsun were two of the best-known performers. "He tosses his sword hundreds of feet into the sky. Leisurely he stretches out his hand holding the sheath to receive it. The sword falls right into the sheath through the air", a Tang author wrote of the marvellous performance of the general.

In the Sung Dynasty (960-1280 A.D.) Wu Shu made further progress as an annual national boxing tournament was held in the capital. Amateur clubs for boxing, fencing and skill with other weapons were set up throughout the country.

In the Ming Dynasty (1368-1644 A.D.) Wu Shu produced many schools and styles, each with its distinctive features and movements.

Today the great variety of forms of Wu Shu may be classified into two sections: training for combat and for exhibition.

The combat-training section falls into five categories, each with its own movements, rules and body-training effects.

(1) Hsiang Po (San Shou), or Chinese boxing: In this form of Wu Shu, the contestant may strike his opponent from any angle, on almost any part of the body with his feet, hands, elbows or knees. In its old form it was a deadly fighting technique that made skilful use of a knowledge of anatomy. The Hsiang Po experts knew those points of the body which, upon pressure, produced temporary paralysis. The Japanese jiu-jitsu is derived from it.

There are eight basic movements with the hands and the same number with the feet. The tactics include "a skilful combination of surprise actions

## OPPOSITE :

Old people practice Taichichuan at Peking's Chuang Shan Park. A form of "shadow boxing" marked by its slow movement, Taichichuan is particularly favoured by elderly people.



and inactions at right moment" and "to advance, one must first retreat to catch the opponent unprepared; to retreat, one must first advance to disengage the opponent".

(2) Tui Shu or pushing with the hands: The two contestants stand face to face and employ movements of the elbows, wrists, palms or fingers. An experienced fighter by merely touching his opponent's arms, can discern the slightest changes of muscular tension. Taking advantage of these minute changes, he can skilfully evade attacks and push his opponent off balance. Since all the movements are comparatively slow and leisurely, this form is favoured by people of middle age and older.

(3) Shuai Chiao, or Chinese wrestling. Unlike international wrestling, a win is declared whenever one contestant is off his feet, after which he may get up to start a new bout. Prone wrestling is forbidden in order to avoid serious injuries.

(4) Fencing with swords is much like international fencing, except that no protective gear is used. Over 16 basic ways of using the sword are applied.

(5) Fencing with spear is like that practised in Japan. This is also considered rather dangerous since no protective equipment is used.

Wu Shu's exhibition section comprises over 1,000 different styles practised in various parts of China. They are performed solo or in groups, with or without weapons. Some of them have become an element in the training of Chinese actors, dancers and acrobats; also as a recreation and a way of overall body training. Chinese physicians sometimes prescribe it as a form of physical therapy.

Over 400 of them are performed with weapons, including the sabre, spear, sword and club. The remaining 600 are played without weapons. These are known as "Chuan Shu" or shadow boxing, one of the most popular schools today.



Seventeen-year-old Liu You-chen makes a difficult pose in the graceful, dance-like sword display.



Health-giving Wu Shu engages a family of practitioners — 82-year-old Wang Tzu-ping (right), his daughter Wang Chu-jung and grandson Wang Chien-cheng.

In learning Chuan Shu the boxer first works alone, repeating and memorizing a series of gymnastic movements—sometimes flowing dance-like, sometimes sharp and adroit—like those of hand-to-hand combat. It is not until he has thoroughly mastered them that he begins to perform with a partner.

The Changchuan, one of the best-known styles of shadow boxing, stresses the development of strength, speed and powerful action. It is favoured by young people.

Taichichuan, also one of the most famous styles, calls for rhythmic motion, relaxation, development of flexibility, and co-ordination of movements, breathing, and attention. This form is favoured by middle-aged and elderly people. It is also widely used as physical therapy in China today.

Perhaps the most amusing styles are those that imitate the movements of animals—the monkey, duck, tiger, and

eagle. In the monkey imitation, the boxer leaps forward and backward, his body crouched and his knees bent, the weight of the body resting on the toes. By adopting the movements of this animal, the boxer develops extraordinary speed and agility. This technique is used by actors in the famous Peking opera, *The Monkey King*.

Since China's liberation in 1949, Wu Shu has shown renewed vitality. A national Wu Shu meeting has been held every year. Each of the 10 institutes of physical culture in various parts of China, the nation's highest institutions for training sports personnel, has a Wu Shu department to train young people in this ancient art. To popularize the art, textbooks have been compiled and rules and regulations for contests and performances have been set. In a recent Wu Shu tournament in Nanking, an 11-year-old girl carried off the title in the Changchuan event, a proof that this ancient art is being carried forward by the younger generation.



# KENDO forum

by Musashi of the  
Shinto Ryu

The year 1964 promises to be one of great activity in the Kendo field throughout the world. It is this year that it is hoped a World Kendo Federation will be created embracing the Kendo organisations in Japan, the United States of America, Brazil, Hawaii, the Phillipines, Formosa, Korea and Europe. Now, at the beginning of February, I hear of widespread interest in Australia and New Zealand and of the intention to develop dojos there! At last the English-speaking *budoka* are stirring.

Here in England the Shinto-Ryu *dojo* has well and truly launched a Junior Group with eight youngsters aged between 6½ years and 14 years. The youngest is also the most experienced at the moment, an unusual event, I'm sure. Great interest is felt in Japan at this new extension to the study of Kendo here. In the United States there are many children learning Kendo, especially among the *dojo's* of North and South California. By all accounts the discipline in these *dojo's* is stricter than in Japan and this is considered to be an excellent thing by many sensei, since it produces a strong *esprit de corps* in the juniors and they enjoy and take pride in learning Kendo well.

**Bushi Budokai, Portsmouth.** This *dojo* with its tremendously keen membership, celebrates its first anniversary on the 14th March, and Mr. Vic Cook (1st Kyu), has

arranged for an Anniversary Shiai in honour of the occasion. A large contingent of kendoka from other *dojos* will be attending— and there is a possibility of the Mayor of Portsmouth, himself being present.

Miss Etsuko Horie, 2nd Dan, Mr. Jock Hopson and Mr. Keith Feltham, will show Kendo kata to add to what promises to be a most successful evening.

**Toda Shigemasa (1563-1625).** Toda Shigemasa was a very noted swordsman in his period and was known to his contemporaries as "Meijin Echigo" or the Master Echigo—(his full name and title was Toda Echigo-no-kami Shigemasa. His father was a master of the Chujo-ryu style of kenjutsu and Shigemasa succeeded him in this, developing his technique and originating the Toda-ryu. He served three generations of the Maeda clan.

It is related that on one occasion Maeda Toshitsune asked Shigemasa to teach him the secret technique of *Muto-ori*. (This was a technique of grasping the opponent's hand in such a manner as to prevent the opponent attacking and without using one's own sword.) Maeda Toshitsune took a sword and stood facing Shigemasa. But the fencing master said:

"As this is a secret technique,

I am worried that someone may see me doing it now and so learn the art. Suppose that somebody is watching from behind the sliding door"?

Toshitsune instinctively turned round to look. At that instant Shigemasa took hold of Toshitsune's hand, remarking, "This is the secret technique of Muto-ryu"!



The youngest kendoka at the Shinto-Ryu Kendo dojo showing jodan kamae.



# Malaysia Judo Federation

DING NAM SENG

The first judo examination of this year was held at the Penang Judo Club. A total of 44 candidates took part in the examination, ranging from 6th Kyu to 1st Kyu. The examinees were judged by a panel of five Dan grades, and in attendance throughout the period there was a qualified medical practitioner.

The candidates were examined in the following, breakfalls, throwing and grappling techniques, and contest ability, the last item is of course the most stringent of all

the tests, and provided the spectators with plenty of thrills and excitement.

As soon as the practical side of the examination was over the judges retired to consider the results and scrutinise the candidates performance, also taken into consideration were the examinees' character, regularity of attendance, enthusiasm, sporting spirit, and the time spent in practising judo.

A supplementary examination will be held shortly for the vete-

*Below Left.* Miss Lim Law Choo throwing Miss Ooi Swee Geok with Osoto Gari: Both are members of the Penang Judo Club, Penang.

*Below Right.* During the grading on 26th January, 1964, Mr. Lye executing the Harai-goshi on Mr. Chuah.



Lady Members of the Penang Judo Club, Penang, Malaysia. The Instructor, Mr. Ding Nam Seng is in the background.

rans who are members, mainly doctors, engineers, accountants, etc., they are mostly middle-aged and started judo late in life, but have as much enthusiasm as the younger members. For the first time also an examination for the Ladies will be held, most of them joined the self-defence side of our activities but are now taking up judo proper.

Our members are at present

training hard in preparation for the Malaysian Judo Championships which will be held in May at the Malaysian capital, Kuala Lumpur. At this time a team to represent Malaysia in the Olympic Games will be chosen.

The Asian Games will also be held at Kuala Lumpur in 1965 and will include judo, proving just how popular the sport is becoming in this part of the world.

## Keith Padgham

It is with regret that we have to announce the sudden death of Keith Padgham on 29th January. He was a long standing member of the Bromley and Beckenham Judo Club and his passing will be sadly noticed by his many friends and acquaintances.



# Book reviews

## "The Demonstration of Gentleness" (Ju-no-kata)

By T. P. LEGGETT (6th DAN) AND DEMONSTRATED BY DR. JIGORO KANO

Published by W. Foulsham & Co. Ltd.

Price 18/-

This is the third in the "Renshuden Judo Library" series. The first two on Nage-no-kata and Katame-no-kata were reviewed in the January issue. The fourth book in the series is reviewed below.

This book comprises a complete set of photographs of the kata demonstrated by Dr. Jigoro Kano. They were taken especially for instruction purposes and were presented to Mr. Leggett in 1939 by the then President of the Kodokan, Jiro Nango, with instructions to use them for Judo in Britain.

Although the photographs were taken when he was at an advanced age, they clearly show Dr. Kano's admirable posture, balance and suppleness. They also clearly show the kata and are (in the author's words) "an authoritative demonstration by the genius who founded Judo". Most of the photographs were taken from the position of Joseki. Where, for clarity, they were taken from elsewhere, the author has inserted line drawings by T. Broadbent, 1st Dan, to show the view from Joseki.

The text amply supplements the illustrations. It is clear, direct, simple and more than adequate. The introduction is a gem in itself. It gives the aims behind the practice in the kata, together with the method of practice and reason.

Like the previous books in this series, this is far superior to any previous description of the kata. This book too, will be a valuable addition to any club library or the bookshelf of any keen judoman and can equally be considered as essential reading for kata performers.

F. W. PEARSON.

## "Championship Judo"

By T. P. LEGGETT (6th DAN) and KISABURO WATANABE (5th DAN)

Published by W. Foulsham & Co. Ltd.

Price 18/-

This is the fourth in the "Renshuden Judo Library" series and covers tai-otoshi and o-uchi-gari attacks. It aims (in the author's words) "to introduce the reader to general attacking Judo movement, using as examples the throws which are centred round Tai-otoshi". It performs this aim admirably.

The text starts with a basic analysis of tai-otoshi and then in detail covers some key points such as left hand pull, foot position, right hand, the slip, throwing the weight in and different points of contact. It describes "circling uchikomi" in which tori makes successive attempts which uke jumps over. It also explains "uchikomi with a pillar" and "the chase" which is only slightly different from "circling uchikomi". Another good idea is "Comparisons" where there are four photographs each of the preliminary step, the turn and the throwing action. This clearly shows the amount of variation even when performed by the same man.

It includes the sukashi counter to uchi-mata, tricks of holding, using a jumping tai-otoshi as a counter (which is also the subject of a flicker), two counters to tai-otoshi (hiza-guruma and ko-soto-gari), renrakuwaza of o-uchi-gari into tai-otoshi, the dangers of a feeble o-uchi-gari, throwing the weight in o-uchi-gari, ouchigari-taiotoshi rally and ko-soto-gari into tai-otoshi. Under the title "The 'Y'" is an excellent

explanation regarding the combining of o-uchi-gari and tai-otoshi which stresses that as much as possible of the preliminary movements of the two throws should be identical. The book concludes with a series of contest pictures with clear and graphic commentaries.

The many illustrations are excellent. Most of them are of Mr. Watanabe and many of them were taken from actual practice at full speed with a camera specially designed for analysis of sports movement. Much of the value of these photographs is owed to Mr. John Newman, 4th Dan, who makes (in the author's words) "a more vigorous and determined opponent than the lay figure of so many judo books".

The tai-otoshi illustrated is not the version normally referred to as "basic" but is Mr. Watanabe's own version. Some people might feel that this is a fault whereas I feel that this is the strength of the book. As mentioned in the book, the "basic" form is for people who slip in a tai-otoshi if the chance occurs. This book is for the specialist. It would seem to be most useful to tai-otoshi men but in my opinion, it will prove useful to specialists in almost any throw. It might have proved even more useful if the book had dealt with the attacks centred round tsurikomi-goshi which, to my mind, is the most useful basic throw for it can easily be changed into any of the koshi-waza, seoinage or even tai-otoshi. Nevertheless, this is a book which has been long overdue and can be thoroughly recommended to all judomen.

F. W. PEARSON.

## The Crystal Palace National Recreation Centre

The Crystal Palace National Recreation Centre's main purpose will be to train coaches and leaders; to help promising young men and women to improve their skill in their chosen sport and to make available to Britain's top rank sportsmen and sportswomen training facilities which will compare favourably with any which are provided at home or abroad. Within the limits of the site which covers 36 acres, every effort has been made to provide first class facilities for training, practice and competition in as many sports as possible.

The Centre will have the finest provision for both swimming and athletics. The Amateur Athletic Association will use the centre as its national training headquarters and the facilities for training and competition are in accordance with its recommendations. Smaller governing bodies like the British Amateur Gymnastic Association, the Amateur Basketball Association, the All England Netball Association and many others will for the first time have an adequate home where they can hold national championships and other important events.

The London County Council decided at an early stage that the whole responsibility of maintaining and running the Centre should be entrusted to an experienced national body of representative character. After full consultation with all concerned, it was decided that the ideal body to run the Centre would be The Central Council of Physical Recreation. The C.C.P.R. has therefore been consulted on all aspects of the sports facilities and the Centre will be leased to the C.C.P.R. by the L.C.C. Mr. Emlyn Jones, formerly a technical adviser to the C.C.P.R. and a well-known television commentator on sport has been appointed Director of the Centre.

What will the Centre provide? There are three main features—a Sports Hall, a Stadium and a Residential Hostel planned on a 36-acre site in the middle of the Crystal Palace grounds.

Continued overleaf





THE NATIONAL RECREATION CENTRE, Crystal Palace, seen from the south. Designed and constructed by the London County Council, the Centre adjoins the National Exhibition Site. Britain's first International Sports Festival and Exhibition will be held on these two adjoining sites from 11th to 21st August, 1965. In the foreground lies the stadium and stand, seating 14,000; in the background the Sports Hall and residential hostel.

### The Sports Hall.

The Sports Hall will provide covered space for training in a wide range of sports, a facility found in few existing centres.

It is 284 feet long, 266 feet wide and 70 feet high and will contain the main indoor sports arena, the training halls and other facilities for indoor training and instruction, a swimming hall with three pools, general changing rooms and seating for spectators.

On the west side of the public concourse is the indoor arena with a hard wood floor 150 feet by 100 feet. This is large enough for two lawn tennis, three basketball or nine badminton courts and can be sub-divided by nets into three equal areas. There are balconies at each end, one of which has a 100' hitting wall and can take a full-size lawn tennis, netball or basketball court; the other of similar size gives access to a coffee bar, press or discussion rooms and administrative offices. There are three levels of general fluorescent lighting available and provision has been made to highlight the competition area (100' x 60') and boxing ring. The arena has retractable seating for about 1,400 spectators and additional seats can be extended on the balconies to increase the capacity to 2,000. With the seating extended there is ample space for a lawn tennis, basketball or netball court.

To the east of the concourse are the three swimming pools—

a 55-yard, eight-lane racing pool to Olympic standards with a depth of 6' 9" and equipped with an electronic timing device accurate to 1/100 second;

a diving pool to Olympic standards with a maximum depth of 16 feet, with platforms at 10, 7½ and 5 metres, two 3-metre and 2 1-metre springboards; water agitation during diving being provided by high pressure water jets;

a teaching pool 2' 9" deep which can be covered when events are taking place in other pools.

Observation windows accessible from a low level corridor make under-water viewing and photography possible in both racing and diving pools. Further ports in the racing pool provide underwater flood lighting for display purposes.

Seating accommodation for 1,760 and standing room for 100 spectators of swimming events is provided in an upper and lower gallery. The capacity can be increased to over 2,000 by the use of temporary seating when the teaching pool is covered. Access is from the public concourse.

Other facilities in the Sports Hall will include—

three training halls each 60 feet by 34 feet for boxing, fencing, gymnastics, keep fit and dancing, judo, table tennis, weight lifting, wrestling and other sports;

an indoor cricket school (105' x 56') with four nets and designed in such a way that it can be used for golf practice and for practicing several other sports;

six squash courts (four with a spectators gallery);

a lecture room, medical inspection room, two first-aid rooms, two discussion or press rooms, offices and a coffee bar;

Extensive changing rooms with locker and shower facilities for those using the indoor and outdoor training areas and a wet/dry swimming changing system.

On two sides of the Sports Hall are tarmac surfaced practice areas which include two flood-lit lawn tennis courts. These courts are also suitable for netball and basketball.

### The Stadium.

The Stadium which is sited near to the Crystal Palace railway station and is partially excavated from the hillside will have accommodation for 12,000 spectators of whom 4,000 will be under cover. The stand is sickle shaped and faces east-northeast thus protecting the spectator from sun glare. The seating in the stand is constructed basically of reinforced concrete with a considerable number of precast concrete units and is partially covered by a cantilevered canopy supported from 40 feet high concrete legs held by steel tension tubes. Team changing-rooms, referees' room, a first-aid room, stores and public lavatories are provided under the stand.

Provision is being made for—

a 440 yard seven-lane running track (nine lanes on the straight) with low-level flood lighting for training after dark;

an association football, rugby or hockey pitch in the area enclosed by the track which, for evening events, will have full-scale floodlighting from four 165 feet high towers.

Adjoining the Stadium is—

a covered seven lane 120 yard cinder track with long jump and pole vault pit—the first covered track of its kind in the country.

All the foregoing have lighting for evening training. There are also two large grass practice pitches for rugby, association football and hockey and four hard tennis courts. These complete the facilities provided within the centre for training purposes.

The British Judo Association Olympic Selection Contests will be held at the Centre on the 25th July, and their inter-area Championships will also be held here on the 29th August.



# The Cherry Blossom and the Samurai

Senta Yamada

"Flowers are Cherry Blossoms and Human Beings are Samurai". This is an old Japanese saying which means that the best flowers are Cherry Blossoms and the best human beings are Samurai.

They are similar in that they both have a type of beauty and purity which is not intrusive nor arrogant, and like the breeze they disappear without regret.

The Cherry Blossom was used as a symbol by the Samurai, because it epitomised the real spirit of their existence.

The Samurai of old Japan were men well versed in the arts of fighting. They raised the level of their art to the highest degree possible, and being dedicated men, applied their abilities to the good of their fellows.

To them the skill and secrets of their craft were held almost in reverence, almost as a sacred trust, to be meted out against all that was evil and distressing.

To a great extent they compared with the "Knights of the Round Table" who championed the cause of the under-privileged. Ethically and morally they were of a high order, but there was one special thing built into their pattern of life. They were still humble men.

They accepted their role, and lived the best they could without using their accomplishments to attract undue attention to them-

selves, nor for their own particular benefit.

The Cherry Blossom, the symbol of the Samurai, lives on. Nowadays it is used by many judo clubs as a badge, and quite aptly so, if the Judoka remember to live up to the badge and make it more than a symbol, rather a living force, helping them to improve themselves in daily life.

A typical example of a half-life, or wrongly directed effort came to a conclusion recently in the death of Kikida zan, who was a top-line wrestler. His skill was well-known in many countries including Japan and the U.S.A. and wherever he was matched he won his contest. Nobody stood even the slightest chance against his tremendous strength and well practised skill.

It was disappointing to find a man so accomplished in some respects, also arrogant, boastful and selfish to those around him. His power in wrestling gave him a completely false impression of himself as a "whole man". His arrogance caused many a barroom fight and one day a few weeks ago during a fight a young lad stabbed him to death. He had no time to apply his particular power, in fact as a direct result of his special abilities he made enemies which ultimately lost him his life in sordid circumstances.

This kind of happening, unfortunate as it is, shows us power in

its true perspective. It shows there are many different kinds of strength. The strength of kindness, strength of selfishness, spiritual strength, muscular strength, and so on. Many instances could be cited, and particularly understood should be the fact that muscular skill in defeating other people is the least impressive of them all.

It would be so much better if a man practised judo hard, and through it learned how to be a better citizen, than how to win every contest in the calendar.

It was the standard of the Samurai to understand how to be a "whole man" by using the many strengths in life correctly.

I well remember a lesson taught to me by Mr. Mifune (10th Dan). Every Sunday morning we used to practise together when I was in Tokyo, and during one of these practices I asked him what he considered to be his best age for contest. He replied "now", he meant of course that he won the battle of everyday life, not necessarily judo contests only.

He was in many ways a shining example and even at his age was very quick and vital with his judo, although not very strong, as was expected.

From all this we can draw some conclusions. That even high grade judoka who are strong in contest, can lose ultimately by being weak in other ways off the mat. Also that grades and belts sometimes hinder a man's progress, and rarely by themselves enhance it.

Nowadays there seem to be two distinct groups of judoka. Those who have a pre-occupation with certificates, belts and knowledge, and those who have a pre-occupation with strong muscle power and contests. But there are many people who want to practice hard without either of these two ends in mind, merely wishing to pursue judo for judo's sake, to improve themselves as "whole people", and we find that this group, the most important of all are as yet uncatered for. It would be a welcome move to make room for them.





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**Royal Albert Hall, London**

**APRIL 8th, 1964**

**Doors open 6.30 p.m.**

**Countries Competing:**

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GERMANY

FINLAND

FRANCE

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