

# RECOMMENDED Publications

Title	Author	Price, Post Paid
AN INTRODUCTION TO KENDO ...	R. A. Lidstone ...	38/9d.
THE DEMONSTRATION OF THROWS ...	T. P. Leggett ...	19/0d.
THE DEMONSTRATION OF HOLDS ...	T. P. Leggett ...	19/0d.
THE DEMONSTRATION OF GENTLENESS ...	T. P. Leggett ...	19/0d.
AIKIDO ...	T. H. Makiyana ...	13/9d.
KNOW THE GAME—JUDO ...	...	3/0d.
JUDO BASIC TECHNICAL PRINCIPLES AND EXERCISES ...	G. Koizumi ...	6/6d.
TEACH YOURSELF JAPANESE ...	C. T. Dunn & S. Yamada ...	11/9d.
CHAMPIONSHIP JUDO ...	T. P. Leggett ...	19/0d.
JUDO—BEGINNER TO BLACK BELT ...	E. Dominy ...	14/6d.
JUDO COMBINATION TECHNIQUES ...	T. Kawamura ...	16/0d.
JUDO—BASIC PRINCIPLES ...	E. Dominy ...	19/0d.
MY METHOD OF SELF-DEFENCE ...	M. Kawaishi ...	17/0d.
MY METHOD OF JUDO ...	M. Kawaishi ...	19/0d.
THE COMPLETE SEVEN KATAS OF JUDO ...	M. Kawaishi ...	19/0d.
KODOKAN JUDO ...	Hikoichi Aida ...	19/0d.
CONTEST JUDO ...	S. Matsushita & W. Stepto ...	26/0d.
JUDO ...	R. Bowen & M. Hodkinson ...	5/7d.
JUDO ...	G. Edwards & A. Menzies ...	15/9d.
STANDING JUDO ...	M. Kawaishi ...	26/0d.
FIGHTING ARTS OF THE WORLD ...	J. Gilbey ...	31/6d.
KEY TO JUDO ...	C. Nakanishi ...	16/9d.
JUDO BASIC TRAINING MANUAL FOR BEGINNERS ...	G. Kerr ...	19/0d.

## PUBLICATIONS BY E. J. HARRISON

Title	Price, Post Paid
JUDO ...	4/6d.
JUDO FOR BEGINNERS ...	5/6d.
JUNIOR JUDO ...	5/0d.
MANUAL OF JUDO ...	13/6d.
JUDO ON THE GROUND ...	17/0d.
MANUAL OF KARATE ...	19/0d.

## JAPANESE PUBLICATIONS

Title	Author	Price, Post Paid
GAMES OF THE ORIENT ...	Stewart Culin ...	26/6d.
TECHNIQUES OF JUDO ...	Takagaki & H. E. Sharp ...	32/6d.
KARATE ...	H. Nishiyama & R. C. Brown ...	66/0d.
AIKIDO ...	K. Tohei ...	48/0d.
JUDO TRAINING METHODS ...	T. Ishikawa & D. Draeger ...	70/0d.
KODOKAN JUDO ...	Kodansha ...	26/6d.
THE WAY OF KARATE ...	G. E. Mattson ...	46/0d.
PRACTICAL KARATE, FUNDAMENTALS ...	Nakayama & Draeger ...	23/0d.
PRACTICAL KARATE AGAINST THE UNARMED ASSAILANT ...	Nakayama & Draeger ...	23/0d.
PRACTICAL KARATE AGAINST MULTIPLE UNARMED ASSAILANTS ...	Nakayama & Draeger ...	23/0d.



Terms: Cash with Order or C.O.D. All Orders to:

91 WELLESLEY ROAD, CROYDON, SURREY

# JUDO

VOL IX

SEPTEMBER 1965

No. 12



Inside

OVERSEAS JUDO

2/6

## Forthcoming Events

<b>SEPTEMBER</b>		
12th	N. EAST AREA TEAM ELIMS. FOR INTER AREA CHAMPIONSHIPS	
13th—17th	B.U.J.A. SUMMER COURSE (4TH KYU)	London Universities
19th	MIDLAND INTER COUNTIES MATCH	Wolverhampton
20th—24th	B.U.J.A. SUMMER COURSE	London
<b>OCTOBER</b>		
1st—4th	YOUNG MEN'S COURSE	Crystal Palace
9th	INTER AREAS CHAMPIONSHIPS OF GT. BRITAIN	Crystal Palace
14th—17th	4TH WORLD JUDO CHAMPIONSHIPS	Rio de Janeiro
24th—26th	BRITISH UNIVERSITIES V CZECH UNIVERSITIES	Prague
<b>NOVEMBER</b>		
6th	48TH BUDOKWAI "BLACK BELT" SHOW	London
27th—28th	NATIONAL TECHNICAL CONFERENCE	London
<b>DECEMBER</b>		
9th—14th	VISIT OF NATIONAL COACH	Southern
11th	DAN PROMOTION EXAMINATION	London
<b>JANUARY 1966</b>		
20th	BRITISH UNIVERSITIES CHAMPIONSHIPS	
<b>FEBRUARY</b>		
25th—27th	WOMEN'S ZADANKAI	Bisham
25th—27th	PERSONAL PROFICIENCY COURSE	Lilleshall Hall
26th	BRITISH COLLEGES CHAMPIONSHIPS	
<b>MARCH</b>		
19th—20th	NATIONAL TRIALS	
25th—27th	PERSONAL PROFICIENCY COURSE	Lilleshall Hall
<b>APRIL</b>		
1st—3rd	PERSONAL PROFICIENCY COURSE, WOMEN	Lilleshall Hall
29th—May 1st	PERSONAL PROFICIENCY COURSE	Lilleshall Hall
<b>MAY</b>		
7th	MIDLAND AREA CHAMPIONSHIPS	Birmingham
27th—30th	ZADANKAI	Lilleshall Hall
<b>JULY</b>		
16th—24th	NATIONAL COACHING COURSE	Lilleshall Hall

### THIS MONTH'S FRONT COVER

A recent picture of John Newman 4th Dan and Raymond Ross 4th Dan, taken at the Renshuden J. C. London.

## THE JUDOKAN LATYMER COURT W6 RIVERSIDE 6787, 1282

A Grading Examination, Instructional and Randori Session for any Male B.J.A. Grade will be held at the Judokan on every First Sunday in the month, 3 p.m. Dojo Fee 10s.

1st Kyu's must give two weeks notice. No application is necessary from other Kyu grades or Novices, but all must produce their Licence. The Judokan is situated between and within 2 minutes walk of either the Hammersmith Underground or Olympia. The porters office in Latymer Court will direct you.

Personal Enquiries Welcomed between 6.30 p.m. and 8.30 p.m.

The Judokan with Two Big Dojo's Hot Showers, Central Heating and Members Bar is ideal for Beginners and Advanced Judoka. Membership is £8 8s. 0d. per annum. The cost of a beginners course, including use of outfit, is £4 4s. 0d. Private tuition can be arranged to suit the pupil at £12 12s. — for 12 lessons. Visiting Judoka are welcomed on Saturday Afternoons—3.30-7. Dojo fee 7/6. The Boys section—9 to 16 years, fee 2 gns. per quarter.

Instructors: P. SEKINE 5th Dan. D. BLOSS 5th Dan. R. BOWEN 4th Dan. O. YAMAGISHI 3rd Dan. J. BOWEN 3rd Dan. A. ORTON 2nd Dan.

## B.J.A. BOOKLET No. 4 Official Series

### *Examinations Promotion & Coach (Women)*

**5/-** Plus Postage 5d.

From  
Judo Ltd., 91 Wellesley Road, Croydon, Surrey.  
British Judo Assoc., 26/29 Park Crescent, London, W.1.

## AIKIDO

**NEW AIKIDO COURSE** commences on SEPTEMBER 13th at the CROYDON DOJO. Beginners fee £4-4-0. Advanced students £1-10-0. The Dojo was established by Senta Yamada 6th Dan Aikido, 6th Dan Judo and is run under his aegis.

FURTHER DETAILS:—

**91, WELLESLEY ROAD, CROYDON, SURREY**

Tel. CRO 9845 Evenings, CRO 0200 Day

# EGERTON MATS

- STRAW** Rye Straw Mats, 6' x 3' x 2½" Frames and Canvases.
- NEW** **JUDOFOAM** Vinyl covered 6' x 3' x 2" no frame or canvas required. Tested and Approved.
- RUBBER** Mats any length to 18' x 3' x ¾".
- FELT** Mats up to 18' x 16' covered with canvas, may be rolled to store.

For Price List apply direct to :—

## M. W. EGERTON

Straw Products  
 QUEEN STREET, GOMSHALL, GUILDFORD, SURREY  
 Phone : Shere 59



### SPECIAL PURCHASE

Large stock of  
**JAPANESE WHITE BELTS**  
 5/- each plus 9d. postage  
 cash with order.

STATE SIZE:—  
 SMALL, MEDIUM, LARGE

**JUDO LTD.**  
 91 WELLESLEY ROAD, CROYDON

### CROYDON & DISTRICT JUDO SOCIETY

91 WELLESLEY ROAD,  
 CROYDON

Telephone : Croydon 9845

Open all day and evenings for  
 general practice, beginners' classes  
 and private lessons.

**LOUNGE** - **SHOWERS**  
**TWO DOJOS** - **CANTEEN**

**Boys and girls under 16 and ladies  
 specially welcomed.**

Affiliated to the Budokwai  
 Member of The British Judo Association

# JUDO

SEPTEMBER

1965

VOL. IX

No. 12

### CONTENTS

JAPAN IN THE AGE OF WAR (Continuation) <i>Roald Knutsen</i> ...	2
MOVEMENT TRAINING COURSE ... ..	7
AREA NEWS ... ..	8
WEST OF ENGLAND CHAMPIONSHIPS <i>D. Roberts</i> ... ..	12
THE BRITISH JUDO ASSOCIATION ... ..	13
THE "CINDERELLA" JUDO CLUB ... ..	15
VARIATION ON IPPON SEOI NAGE <i>R. Ross, 4th Dan</i> ... ..	18
ALTITUDE AT MEXICO CITY <i>S. Duncan</i> ... ..	21
JUDO IN YUGOSLAVIA ... ..	22
MEDITERRANEAN NEWS <i>S. A. Bonello</i> ... ..	26
COACHING SERIES No. 10 <i>K. Ellingham</i> ... ..	27
POWER & STRENGTH THROUGH BODY MOVEMENT <i>Ivan Silver 3rd Dan</i> ... ..	28
KENDO FORUM " <i>Musashi</i> " ... ..	29
CORRESPONDENCE ... ..	31
CLUB FORUM ... ..	32
COACHING NOTES ... ..	34
JUDO EQUIPMENT ... ..	36

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, 1ST DAN.

# Japan in the Age of War

continued from August issue

by Roald Knutsen

*(Torii Masayemon and his three companions were travelling through the lands of Lord Mori Terumoto until deciding to cross to Kyushu, the southern island of Japan.)*

The days passed quickly until eventually the four ronin came to Hiroshima and there took ship to cross over the Bungo, passing many beautiful islands on the Inland Sea.

One day in July they arrived at the town of Kamikaguchi near the Higo borders. A festival was in progress centering on the local shrine and the town was full to capacity. Unable to find accommodation, the samurai intended to spend the night in the open.

The great Tosa samurai strode through the crowds looking at the sights. War had not touched this township for many years and the difference between the mainland towns and here was most marked. But even if there had been no war, there were many warriors about, retainers of the Otomo clan. Quarrelsome fellows, these. The great height of the ronin drew rude comments from three low-class samurai. Since he was a ronin and an uncouth foreigner to boot, they disputed his right to walk the centre of the road.

Gengoyemon was an experienced fighter. He knew perfectly well that these men were spoiling for a battle, though the last thing he wanted was a fight here in a strange town full of hostile *bushi*, the friends of his antagonists. So he strode along ignoring their insults, thrusting aside the peasants in his path until he reached the open road. His three friends were coming along towards him, but the Otomo samurai, growing bolder at his seeming reluctance, rudely thrust one of their number against Gengoyemon's back. Enough! He whirled round and seized the fellow round the waist and flung him bodily at his companions, breaking the man's right leg. The other two drew their swords and rushed in to the attack. The first one Gengoyemon kicked over into the dust where he lay groaning. The other, more nimble, ducked under the big samurai's arm and slashed at his leg. He leapt back to avoid the blow but tripped over the fallen body of the second assailant. With a loud shout of triumph the third Otomo man cut hard at the bearded face. Gengoyemon twisted frantically to one side—the sword's tip sliced his cheek and bit deep into the belly of the man beneath. Seizing the right wrist of the

swordsman, the big samurai twisted him over on to his back and broke his neck!

The blood was pouring from his slashed cheek soaking his haori. He stood up just as the others arrived, and bowed to Masayemon.

"Ruffians (abaremono), these Otomo, sir. I'm sorry this had to happen, but they forced the fight."

Masayemon nodded. "Yoshida! Dress that cut, please. We must return to our horses and continue on our way. These Otomo will cause us trouble if we stay. We must ride for the Higo border."

Without delaying they returned the way they had just come to a cave in the forest where they had hidden their armour and other belongings. A quarter of an hour later they were on their way, keeping to the side tracks in the trees to avoid meeting too many people.

The border crossing lay some 10 miles from the town near to the monastery on Mount Aso.

The mountains here were difficult, though not as high as those of Shinano. To the north, only six miles off, lay Mount Kuju, 5,866 feet, while Aso was 5,223 feet high. Throughout the range the highest peaks came between these two while the rest topped 4,000 feet. The climate in July was far warmer than on the main island and the four samurai were soon striding along stripped to the waist. The woods gave way to an increasing amount of bamboo, huge groves of it, and the undergrowth thickened so much that in places they had to make wide detours to find a way through.

At dusk they came to a steep down slope which they descended and burst out of the bushes with their horses—right into the midst



of an Otomo detachment, sitting resting at the side of the track. The leader took one look at these wild-looking strangers and had them arrested.

About two in the morning Masayemon, who was bound to a tree opposite Yukihiro—likewise secured, thought he heard a faint noise coming from the north. The Otomo lay sleeping a short distance away. Gengoyemon, his dressing stripped from the wounded cheek, and Yoshida were tied some distance away. Their enemies intended to take them to the nearest town for execution as bandits the next day.

Yukihiro stirred, he caught the noise, too, and glanced across at his friend. Masayemon nodded in the faint light of the setting moon. The sounds now came clearly to the trained ears of these two experienced samurai, beyond doubt a party of armed men creeping through the trees with every precaution. But the question was whether they knew of the Otomo party, or, if not, would they come close enough to find them, or whether they were Otomo themselves? The last could be ruled out, thought Masayemon. He must attract their attention in some way without warning the sentries. The latter were ashiguru.

He coughed horribly, and called for water. At first this had no effect, but eventually one of the guards slouched over and told him to shut up his noise. Masayemon coughed again, the guard banged him with the butt of his yari, smacking it against a tree. Yukihiro called across—"He has a bad disease. If he doesn't have water he'll die before morning." Grudgingly, the sentry went off to fetch the drink.

The sounds indicated that the strangers were very close now and

had heard the noise made by the prisoners.

All sounds but the natural ones of the woods died away. All four samurai strained their ears to detect the whereabouts of their possible rescuers. The sentry returned with a ladle of water which he poured into Masayemon's mouth, the water running down his face and chest.

A bowstring twanged. The guard's eyes bulged and he dropped the ladle. Masayemon lifted his feet and lashed out striking the man in the pit of the belly before he could cry out. The fellow folded up, collapsing in a heap over the samurai's legs, a long shaft protruding from the base of his neck. Two dark shapes detached themselves from the bushes and slipped over to crouch beside the two bound men.

"Who are you?" whispered one to Torii Masayemon.

"I am a samurai of the Torii clan," he replied.

"Hold out your legs"—a keen blade sliced the ropes. The bonds fell away from his arms. "Follow me—and take care, sir."

"There are two more of us, over there," Masayemon pointed to Gengoyemon and Yoshida.

"They will be released. Come . . ."

They crept away into the dark trees. Some distance away the man who had freed Masayemon stopped. "I am Miyamoto Buzayemon, retainer of the Kato. We are raiding the Otomo as a reprisal for a recent invasion of theirs. These men who held you prisoner, sir, are they Otomo?" Masayemon nodded, massaging the circulation back into his arms.

"They have our swords and other belongings. We fell into them

by surprise and had no chance; but I can tell you that it is rare for my enemies to have that sort of opportunity. Please permit us to help you, my friend."

Gengoyemon was helped along, his face bathed in blood from the open wound.

"You had better remain here, my stout friend. With that wound you'd be better off out of the fight." Masayemon urged, but the big man refused, saying:

"A mere scratch like this won't keep me out of any battle."

At the third hour, just before the dawn, Miyamoto Buzayemon had his men in position round the encampment. He chose to attack as the guard was being relieved for the last time, the samurai swarming out into the clearing from all sides. The Otomo, though caught unawares, were alert and on their feet within seconds of the attack being launched. Swords flashed dully in the faint starlight. Friend and foe had to come very near before recognising each other, despite the white hachimaki that the Kato men wore round their heads. A sharp fight, the clearing full of struggling warriors. The wounded fell moaning beneath the stamping feet. In a few minutes the battle was decided and the surviving Otomo fleeing into the trees: Buzayemon withdrew his men to the edge of the clearing to await the daylight.

Dawn came, and with it the execution of the enemy wounded according to the custom. Twelve Otomo dead, Buzayemon was angry since he had planned to wipe out the whole group. His losses were two dead, light considering.

Gengoyemon's wound was washed and dressed, but the cut was angry and inflamed. The four samurai recovered their swords and

equipment, and since they were ronin they elected to remain with their rescuers and give them the benefit of four additional warriors. The Higo men numbered 50; fierce, highly-trained samurai all. As was the Kyushu custom they sported aggressive sideburns and mustaches, though it was generally admitted that Gengoyemon's black beard and scarred face presented the most formidable look of all.

Miyamoto Buzayemon was in his late twenties and employed as a fencing master to Kato Masayuki, a blacksmith who had seized power in Kumamoto some years before. His fencing style, he told Masayemon, was the Kurama-ryu using a sword with a 27-inch blade. Both agreed to fence when they had an opportunity. Yukihiro said the Kurama-ryu was a formidable one which had afforded him some problems when last he had encountered it; he, too, would look forward to crossing bokken with Buzayemon.

They moved into the forest once more, striking east in the direction of Takeda. This area was drained by the head-waters of the Tsurugawa. High tangled mountains with bare peaks rising out of densely forested gorges, almost sub-tropical in their vegetation. Somewhere in these wilds were the fugitives from the battle. The further they penetrated, Masayemon and his friends congratulated themselves on missing this wilderness on the preceeding day, though it was admitted that they had done so only by accident.

Buzayemon said: "There are many gangs of bandits here, gentlemen. Men who have fled from the law in Hyuga, Bungo or Higo all make for this region. It is one of our objects to kill some of these vermin."

About mid-morning they caught the first of the Otomo fugitives and

struck off his head. A few minutes later as they were walking alongside a cool mountain stream two arrows were shot out of some trees high on the face of the ravine, falling harmlessly into the turf near the leaders. Buzayemon instantly ordered a chase to be made: the samurai forded the stream at a run, fitting arrows to their bows. The wounded Gengoyemon, helped by Yoshida, crossed more slowly.

The cliffs began immediately on the far bank; at some period or other there had been a landslip here, but now the tumbled rocks were thickly covered with brush and bamboo. Climbing swiftly, they spread out in a long line to prevent their attackers escaping along the slope. Masayemon and Yukihiro shared the honour of first sight of the enemy, and shouted down the news to Buzayemon and a group of the Higo samurai to their left. There were four or five men up there trying to circle a great outcrop or rock.

Three arrows zipped past the two friends from below, but they fell short. The slope was fast becoming steeper and they were glad of the help afforded by the slim bamboos to pull themselves up. Another arrow whistled up to bury itself in a bamboo stem beside one of the enemy. He checked, missed his footing, and came rolling down the bare rock. Yukihiro drew his katana . . . With a sudden slash he parted the head from the trunk and the two went bouncing down the cliff leaving a bloody trail where they passed. Shouts of approval came from below.

An arrow from the enemy plucked at Masayemon's sleeve; he dropped behind a rock. More shafts hissed down from the belt of bamboo. The Higo men were strung out across the open patch and were forced to drop quickly into the meagre cover. Judging by

the number of arrows there were 10 or so men above them. Buzayemon signalled to the warriors on his right wing who were still in the undergrowth to work round and get above the bowmen. Everyone lay still among the rocks under the blazing sun, glad of the breather; to move was to invite a shaft.

Masayemon, higher than anyone else, lay some 20 yards from where the enemy was hidden, he could see that they could climb no further, only cross to the right. There was one man doing that now . . . He raised his bow, difficult in this position . . . A shrill scream told eloquently of his success. The arrow sank deep into the enemy's side making him reel dangerously on that steep slope. He was down! An arrow snicked past Masayemon's vision making him duck hastily. When he cautiously raised his head again the bandit had fallen and was slipping down towards a lip of rock above a ten-foot drop.

The samurai on the right flank reached their objective and Buzayemon called out to the bandits to surrender. His answer was a flight of arrows. But now it was their enemies' turn to be pinned down. One at a time the exposed warriors crawled from cover to cover either to the right or left to the welcome shelter of the canebreaks; there, among the long, cool fronds, they re-grouped and agreed on a plan of attack.

Twenty men on the right climbed up to join the archers. The others crawled directly up towards the bamboo thicket. Buzayemon gave a shout, signalling a concentrated shower of arrows.

They rushed the thicket and were on the bandits before they could shoot back. Resistance was crushed in seconds and 10 corpses were left strewn about the blood-splashed

ground when the victors returned to the river, where Gengoyemon and Yoshida were waiting.

Descending the steep cliff, Torii Masayemon reflected on the strange impermanence of man. How he could pulse with vital life

for many long years only to crumple up, his nose flattened to the earth, at a slight arrow-wound. Musket-ball, yari, yumi-ya or katana all reduced the recipient to the same inert, useless bundle; produced the sudden sagging at the knees; caused the spirit to fly either to heaven or to hell.

---

## **MOVEMENT TRAINING COURSE**

There has long been a need for women Judo players to have the opportunity of being guided into constructive thought concerning the elementary principles of movement, with particular application to their own movement. With the formation of the National Women's Council of the British Judo Association the need becomes greater, as the Council is now aware how much movement education can be of value to women Judo players in achieving much more fluent and efficient Judo skills.

The presentation of movement training to representatives of various organisations, at the conference "Judo for Women" held in Derby, in November, 1964, provoked much thought, and in consequence many groups have taken steps to educate themselves on movement training.

As a result the C.C.P.R. (North Midlands Region) have arranged, in co-operation with the B.J.A. Midland Area, and National Women's Council, a practical course which will cover the elementary principles of movement.

The course will be under the direction of Miss Joan Franks, Lecturer at Anstey College of Physical Education, Warwickshire.

Mrs. Margaret Johnson, 1st Dan, B.J.A. Midland Area Coach for Women, Secretary of the National Women's Council, will take a session showing the application of Judo to movement.

The course is a residential week-end on 12th/14th November, students arriving on Friday night, and will take place at Lea Green Sports and Youth Training Centre, near Matlock, Derbyshire.

Sixteen residential places and 10 non-residential places are available and preference will be given to Area Coaches; Coach Award Holders; Club Instructor Award Holders. Since it is anticipated that although the course will be of interest to all women Judo players, it will be of particular value to those involved in the teaching of women.

Further details and application forms may be obtained from: C.C.P.R., 125 St. Anns Well Road, Nottingham.

# Area || News

## **NORTH EASTERN AREA** *Phyllis Elliott*

The Area has been rather quiet during the last few weeks, due to many being away on holiday, but routine events have still been taking place. The first Women's Only Area Examination in this Area was held in July and was very well attended. The Contest Training Sessions are still being held on the first Sunday of every month, though for the men, the September and October ones have had to be cancelled for eliminations. The women's Contest Training sessions will be held as planned on these months.

September will be a busy month; on **September 12th** the Eliminations for the Area Team to represent the Area in the Inter-Area Championships will be held at Castleford, beginning at 11 a.m. On **September 5th** the Eliminations for Individual Championships at the Area Show will be held at Castleford, beginning at 11 a.m. The Eliminations for the Team Championships at the Area Show will also be held at Castleford on **October 3rd**, beginning at 11 a.m. Full details of these events are in the Area Circular, a copy of which goes to every club secretary, and to many of the Area Dan grades—so if you don't get the news of Area events see your club secretary!

Also in September—on the 18th—will be held the second annual Open Team Championships at Huddersfield for the Jack Pearson Trophy.

Tickets are already on sale—in fact, over 70 have been sold at the time of writing (which is a month before you will be reading this)—for the Annual Area Show and Championships, which will be held at St. George's Hall, Bradford, on **October 23rd**.

September will also see the beginning of the Area League, which promises to be a very successful venture. Again, see your circular for details.

The next Area Examination will be at Leeds Athletic Institute and is open to men of 3rd and 2nd Kyu only, on September 12th, beginning promptly at 10.30 a.m. The next of the popular monthly Coaching Sessions is at Bramley Judo Club on September 19th, from 10 a.m. to 1 p.m.

Don't forget that for all of these events you need a current B.J.A. licence—and many of you hold one which expired at the end of August.

Workshop Judo Club have been able to move to new premises, at 18 Potter Street, Workshop, and to extend their mat area; visitors are welcome. Pontefract Handicraft Boys' Club have at last gained permission to build their own dojo, which will be complete with showers and dressing rooms, but until then they continue to practise at Castleford.

## **NORTHERN IRELAND** *W. Banks*

After the excitement of the Home International we are now looking forward to the Inter-Area Championships. Subject to raising the necessary funds, we intend sending our strongest team yet, and dare we hope that Northern Ireland might take its place among the victors of this competition.

We would like to thank the teams competing in the Home International for their friendliness, high standard of sportsmanship and first-class contest ability. We hope that everyone who travelled to Belfast enjoyed their stay, for our part the Home International pushed Judo ahead by at least a couple of years.

A contest training session similar to the Olympic training sessions has been organised to take place on the first Friday of each month commencing 3rd September, 1965. We are hopeful all budding champions will attend.

Club Instructors' Courses will be held on the 8th, 15th and 22nd September and the examination is being arranged for Saturday, 25th September. A coaching course week-end is being arranged for the 3rd, 4th and 5th of December, it is hoped that Mr. Welsh, North West Area Coach, will be the instructor. Members are expected to attend this course.

The Area is pleased to have the services of two more Dan grades, P. Agnew and R. Hanna. Gerry Nevin deserves our congratulations on achieving his 2nd Dan.

We feel that things are really beginning to happen in the Area at long last, and trust that the fresh thinking and new ideas which have been forthcoming will make all the difference to the future.

## **LONDON AREA** *Don Burgess*

Area Coach Don Burr is reorganising the monthly training sessions held at the Budokwai on the last Sunday in every month. Sessions will now be divided into two parts as follows:—

**Part I.** 10.30-11.30. Senior Grade training, with special emphasis on competition (1st Kyu and above).

**Part II.** 12.00-1.00. General training including Kata, etc. (All grades male and female).

The Inter-Area Championships will be held this year at Crystal Palace on Saturday the 9th October. The trials to select a team to represent London will be held at the Budokwai on Sunday, September 5th, commencing at 10 a.m. sharp. 1st Kyu to 2nd Dan inclusive are eligible to compete.

## **MIDLAND AREA** *Keith Brewster*

I must first of all apologise generally to all who have written to me over the past couple of months and had to wait some time for a reply. A recurrent disability necessitating treatment and rest has forced me to be as inefficient as the majority of our administration and as apathetic regarding our progress, as the general judo player. As there can never be any excuse for this attitude in myself, neither for much longer with continuing circumstances will there be for all of you!

Continuing the decision to plan over twelve months ahead, all promotion examinations dates for 1967 in the Midlands have been scheduled. Confirmation of venues is all that is now awaited. The following are reminders of promotion exams in the near future. October 9th—Men: Shin Wa Kwai, Grimsby; Ryecroft Jk., Notts. Juniors: Stafford J.C. Women: Kettering. October 10th—Men: Judokwai-Leicester. October 17th—U.G. and 6th Kyu: Judokwai-Leicester. Dan Grading at Boldmere J.C., Sutton Coldfield on same date (Entrants 1st Kyu and 1st Dan. Applications to Mr. A. E. Onions,

62 Oakwood Road, Boldmere, Sutton Coldfield). November 13th—Men: Bennetts Bank J.C., Wellington, Premier J.C., Kettering. November 14th—U/G and 6th Kyu: Judokwai-Leicester.

Mr. G. Gleeson, the National Coach will again be visiting the area from October 27th to November 7th. His Schedule will include a Pre-Coaching Exam at Derby Olympus J.C. on 30th, 31st October, a Dan Grading for Women at the B.A.I. (Ladies) J.C. on 6th November and a Young Mens' Course at Solihull J.C. on 7th November.

A welcome change from the usual bickering between clubs in the same town or city. On August 9th in order to consolidate and strengthen Judo in that region, the Kettering J.C. and the Premier J.C., Kettering, amalgamated. Congratulations on breaking the usual run of petty idiocy.

The next weekend course for men at Lilleshall Hall is Friday evening November 5th (bring your own fireworks) to Sunday, November 7th. This course is already more than half full, although due to an increase in cost of accommodation and meals, the fee is now £4 inclusive. Applications for places to K. Brewster, 38 East Bond Street, Leicester.

Other residential courses are on 22nd-24th October for Men and Women at Skegness, Lincs., instructors Mrs. M. Johnson (Midland Coach, Women) and Mr. J. Challen, C.A.H., and on November 12th-14th a course in movement training in Judo for women at the Lee Green Centre, Matlock. All applications for both these courses to C.C.P.R., N. Midland Region, Bank Chambers, 128, St. Ann's Well Road, Nottingham.

With the formation of the Worcester County League, the majority of Midland Counties are in a position to organise and encourage inter-club activities. The initial enthusiasm of the members of these new County bodies must be put to good use by their organisers. We shall otherwise end up with just a weak link in a chain which already has very little else.

Starting August 26th there is to be a "County Night" every Thursday evening at 8 p.m., when members of all clubs in the vicinity will be welcomed at the Derby Olympus J.C. for instruction and practice.

Finally, may I remind members of the Midland Area that on October 9th their representative team will be competing in Inter-Areas Championships of Great Britain at the Crystal Palace. Last year they must have had all of seven or eight supporters there!

#### **NORTHERN HOME COUNTIES AREA** *V. H. Maynard*

Congratulations to the Rio-bound pair, Alan Green and Eddie Brockbank who came top of the lightweight pool at the Crystal Palace eliminations for the World Championships. The Area produced a record number of entrants for this event, all of whom did well. There is now no doubt that the Northern Home Counties Area is going to provide the biggest share of the newcomers to the International scene in the immediate future.

Don't forget to come along to the Coaches and Club Manager Conference at the new Buckinghamshire Youth Centre at Aston Clinton, Nr. Aylesbury, on Sunday, September 5th at 10.30 a.m. A full day of exchange of ideas on coaching advertising, club management, films, etc., etc., this is the first of what we hope will be an annual event. We will examine aspects of judo club life which have not previously been discussed above club level.

A Coach Award and Club Instructor's Award Examination will be held in the Area at the beginning of December and a pre-exam course for this will

start on the 12th September. Enrolment forms can be obtained from J. Griffin, Dept. Area Coach, 19 Clement Street, Ware, Herts. The course will be on Sundays from 10 a.m. till noon and the nine sessions will be at Ruislip, Wembley, Walthamstow and Hoddesdon.

Some really hard training with people of international contest standard, as well as some contest hints and tricks, and normal type coaching from the Area Coach can be had if you join the Area Contest Training Course which is being held at the Renrukan, Villiers Hall, Villiers Street, Uxbridge, on Sunday afternoons from September 12th.

Reading Judo Club's large 24 x 48 Japanese mat will be the scene of a grading up to 1st Dan on Sunday, 31st October. For those who live near Reading the club have training sessions on Mondays with high-grade instruction. For full details contact *Ian Green, Reading Judo Club, Bridge Hall, Oxford Road, Reading.*

#### **SOUTHERN AREA** *Miss P. Hogg*

The Southern Area Championships held at Croydon on the 18th July produced a record entry and the competitions ran almost continuously from 11 a.m. to 8 p.m. A hard day for competitors and officials, but one that was thoroughly enjoyed by all concerned. The results in the respective categories were:—

##### **Beginner to 3rd Kyu :**

J. R. Andrews (*Ashford Judo Club*), Winner.  
J. Elkington (*Portsmouth J.C.*), Runner-up.

##### **2nd and 1st Kyu :**

C. Godden (*Ashford Judo Club*), Winner.  
F. Milbourn (*Bowaters*), Runner-up.

##### **Dan grade :**

M. Leigh (*Crawley J.C.*), Winner.  
P. Martin (*New Forest*); I. Silver (*New Forest*), Joint runners-up.

The team to represent the Area in the 1965 Inter-Area Championships was also selected from this Championships and is as follows:—

M. Leigh, C. Baker-Brown, R. Manuel, P. Martin.  
Reserves: D. Phillips, D. Vaines.

The Area wish to congratulate Messrs. C. Godden, M. Richer and D. Nunn on their promotion to 1st Dan, and Roy Manuel for his promotion to 2nd Dan.

The 1965 Inter-County match will be held on Sunday, the 31st October, venue to be advised. The prizes are ready—would counties please select their teams.

Coaching sessions within the Area for October and November have also been arranged as under:—

##### **Surrey :**

O-DO-RYU, Surbiton. 6th October 8 p.m.; 13th October 8 p.m.; 20th October 8 p.m.; 24th October 10.30 a.m.

*Continued overleaf*

**Kent :**

BOWWATERS, Gillingham. 3rd November 8 p.m.; 10th November 8 p.m.; 17th November 8 p.m.; 21st November 10.30 a.m.

**Sussex :**

CRAWLEY J.C. 17th November 10.30 a.m.; 14th November 10.30 a.m.

The National Coach will be visiting the Area in December, so all prospective candidates for the Coach Award examination should take every opportunity to attend these pre-coaching sessions.

A promotion examination for women members of the Association, up to and including 1st Kyu, will be held on the 29th September. For full information of time and venue please contact Miss E. Viney, 27 Chesil Street, Winchester, Hants.

---



---

## WEST OF ENGLAND CHAMPIONSHIPS

### D. ROBERTS

---



---

"The most successful championships yet" this was the unanimous opinion of experienced Judo players at the West of England Championships at Pinehurst School. An enthusiastic crowd of over 500 saw a standard of Judo skill which would be hard to match in any comparable show.

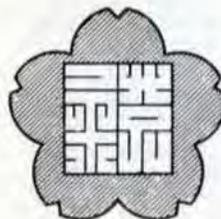
One of the highlights of the event was the competition for the Bob Taylor Trophy, in which five-man teams from Pinehurst and Plymouth met in the final. Plymouth won by a narrow margin of three contests to two to snatch victory from the home club.

In the Cooksley Shield competition Ken Stimson, of Pinehurst, opposed Jeff Brown, of Exeter, for the title. Last year these same players were the finalists when Brown won, at that time they were both 1st Kyu, this year they are both 1st Dan. The contest was very hard fought with Stimson doing his best to take the advantage, but Brown proved to be the more experienced fighter and scored with a waza-ari which he held on to to take the decision at the end.

In the Pinehurst Junior Championships, P. Ashmore beat A. Brett in the over 14 class, Ferris defeated Martin very quickly in the under 14 category.

Tony Sweeney, 4th Dan, British Olympic team member, was one of the special guests, and he gave a display of his skill and technique to the very appreciative audience. Tony Sweeney is one of the few players to gain a 4th Dan without actually going to Japan for training.

The trophies were presented by Mr. W. Gillespie, Principal of the College. David Roberts, Maurice Heather and Bill Bryant were the organisers.



# THE BRITISH JUDO ASSOCIATION

## OFFICIAL NOTES

### National Open Judo Trials

The final set of Trials for 1965 was held at the Crystal Palace National Recreation Centre on Saturday, 7th August, and attracted some 160 competitors and officials.

The main purpose of these Trials was to select a team to represent Great Britain in the forthcoming World Championships in Brazil, and we are pleased to announce that the following competitors were selected:—

LIGHTWEIGHT CATEGORY: A. Green, E. Brockbank, J. Trick (reserve).

MIDDLEWEIGHT CATEGORY: R. Ross, G. Kerr, J. Bowen (reserve).

HEAVYWEIGHT CATEGORY: A. Macconnel (Team Captain), A. Sweeney, J. Gallon (reserve).

OPEN CATEGORY: B. Jacks, S. Hoare, R. Barraclough (reserve).

We wish to make special mention of the officials, consisting of referees, time-keepers and recorders who so willingly gave of their time to carry out these all important tasks, which played no small part in ensuring that the day was a successful one, and whilst Headquarters, as is its usual practice, wrote to each one individually thanking him for his support, we would like to take this opportunity to publish below a letter received from Mr. Charles Grant (4th Dan), who was the Trials Umpire, and we at Headquarters wish to be associated with his comments.

"As the National Trials ran so smoothly I consider a report as such superfluous.

"I do, however, wish to express my appreciation and thanks to those who made the Trials a success, namely, our Chairman, the planning and work put into the organising of the Trials, all officials, referees, recorders, time-keepers, etc. Also the lads handing out the red and white belts who got many a 'thank you' from the competitors themselves, who showed excellent sportsmanship.

"It was, of course, the combination of all these that made my job a simple one."

As a result of experience gained in holding these Trials, it is becoming obvious that to continue to hold these as a one-day event, even with only three weight categories, is undesirable, and for the future such Trials will be of a minimum of two days. This will at least ensure that the event can be dealt with without a rush and that the preliminary pools may be increased in size, thus allowing more than one competitor to go forward to the next round.

Such is the amount of work required to hold these Trials that serious consideration must be given to the establishment of a special Committee to deal with every aspect of the organisation. This will include the responsibilities of administration, appointment of officials, selection of teams, venue, etc., and it is hoped that such a Committee will receive the support of the Technical Board, the Executive Committee and, of course, the competitors.

If such a Committee receives the support as is hoped, details will be made available in this magazine for the information of members who may be interested in serving.

### National Inter-Area Championships

We would again remind members that the 1965 Inter-Area Championships will be held at the Crystal Palace National Recreation Centre on Saturday, the 9th October. Teams will be based on those of 1964 but we would draw members' attention to the fact that in 1966 it is anticipated that National Area Teams entering this event will be in the five European weight categories.

We would take this opportunity, in order that there should be no misunderstanding, as to the eligible grades for such teams, to clarify the position. Team members are required to hold British Judo Association grades between 3rd Kyu and 2nd Dan, inclusive.

### Promotions

The following recommendations for promotion to and within the Dan degree have been approved by the Technical Board.

#### To 1st Dan

J. Pritchard	Warrington	C. Godden	Ashford
J. Shumsky	Cherry Leaf	W. Black	I.J.A.
M. Murray	Renshuden	J. Dugdale	Imperial College
W. Outhen	Renshuden	J. Sirkett	Green Man
D. Sharkey	Renshuden	M. Richer	Orpington
S. Kimura	Renshuden	D. Nunn	Medkwa
A. Bucknall	Shrewsbury	A. Curtis	Pinehurst
W. Bilton	Budokwai	B. Cheesman	Met. Police
R. Barrett	Budokwai	P. Szenikuiti	Vauxhall

#### To 2nd Dan

K. Ellingham	Mountain	W. Jones	Regent St. Polytechnic
M. Thomas	Deeside	R. Manuel	L.J.S.
B. Strettle	Preston	H. Welsh*	Army J.A.
S. Kavanagh	I.J.A.		

\* omitted in error from previous published list.

# The "Cinderella"

## Judo Club

In 1964 the Amateur Athletic Union's Judo Handbook listed the Sacramento Judo Club's total membership as 35 students. Actually, it was much lower than that figure. So low, in fact, that if one member wanted to practice he had to telephone another member to meet at the "club" for a workout. The "club" consisted of a draughty, dirty toilet-size room ignobly located in an area politely called the lower rent district and impolitely called skid row, where students sometimes had to step over the prostrate and reeking forms of the local inhabitants who, oblivious to the character developing qualities of sport, believed that athletic endeavour consisted of repetitively lifting a cracked glass of sediment filled Muscatel to one's stubble surrounded mouth.

Formed in 1934, the club boasted a membership of the same size in 1964 as it had in its first year—indicating that its 30-year growth rate was something less than amazing. The central conversation in this drab little room was an equally central board running the length of the centre of the mat and which was reputed to have caused more injuries in its time by just being there than all the combined accidental or intentional injuries of the members resulting from training. It might be added that the only showers ever felt in this citidel of perspiration were the ones God sent in the winter.

On one side of the club was located a revival church and on the other side a used record shop. When all three of these establishments were in operation at once and when the three began to compete with each other for any passing listener's attention, one might say that the inharmonious noises emitted from within sounded like a zoo band. There have been quieter wars.

Now, in exactly one year from the time when the members decided to "come alive" and start growing, the Sacramento Judo Club is located in a new, completely facilitated, wall-to-wall sanitized club with a membership in excess of 200 boys and girls. Still run as a non-profit club, the responsible people, through hard work and endless hours of devotion, have turned their sweat pit into one of the most magnificent sports Judo centres in the world.

The new club boasts four separate practice rooms in its 7,500 square foot building; a lounge, library, dormitory, store, offices, steam bath, trainers room and a canteen. The club, under the leadership of Ben Campbell, a former U.S.A. and Pan-American Games Champion, had collected material from every major successful Judo club in the world before embarking on their "Grand Plan." Paperwork from the Kodokan Judo Institute in Tokyo, the French Federation of Judo, the British Judo Association as well as countless individual clubs was collected and pored over to select the best qualities or organisation, planning and management.



### PRESENTATION

TROPHYS — WRIST WATCHES — CLOCKS  
CIGARETTE BOXES — DISHES — ETC.

Write for details:

91 WELLESLEY ROAD, CROYDON, SURREY

The results are that now interested boys and girls can learn Judo any afternoon or evening from teachers, all holders of Black Belts, who have themselves spent years in competitive Judo and many of whom have studied in Japan itself, where they learned the real Judo as it should be taught and learned. The club advisors are Mr. Hiroshi Matsuda and Mr. Ted Ikemato, the original two men who brought sport Judo to Sacramento from Japan in the early 1930s.

Extending every effort, the boys and girls give about 10 demonstrations per month to civic, fraternal, educational and church groups in an effort to break down the stereotyped attitude about what Judo really is. Along the same line, every extra dime left over at the end of each month after the club bills are paid goes towards club improvements.

Believing in club publicity and that the best publicity of all is a strong competitive team, Campbell has brought the club students from the "also ran" class to a group of mat tigers who have won two Western States titles and several PAU and Jr. Olympic titles this year alone. Because of this, Sacramento, the Californian state capital, which has never particularly been known as an athletic or cultural paradise, is now becoming "the place to go" if one wants to learn Judo in California. Many people who inhabit the city and have in the past equated sport with fighting over bond issues, handicaps with political minorities and Judo with legalised mayhem are beginning to take an active interest in this growing club and it is common during practice sessions to find lawyers, doctors, teachers and truck drivers all sharing their common interest of helping youth through sports.

Are you interested in seeing this fascinating pastime whose PHYSICAL (strength, co-ordination, grace, timing), MENTAL (self-confidence, quick reactions) and MORAL (humility, love of mankind) training are used throughout the world as a character developer? If you are, drop in any week evening at the club's new location. Everyone is welcome.

Note Club's new address: 8401 Jackson Road, Perkins, Sacramento, Calif., U.S.A.



### WE IMPORT TATAMI FROM JAPAN

Specially made to meet European requirements.

Each mat is covered with Grade 1. P.V.C. and backed by specially woven rush matting.

For the past five years demand has exceeded supply, but with the help of our Japanese manufacturer a greater number of these mats are now being imported by us.

All orders are taken in strict rotation and accepted subject to availability.

**JUDO LTD. 91 WELLESLEY ROAD, CROYDON, SURREY  
CROYDON 0200**

## New Consignment of **DOJO SLIPPERS**

now available

Although specially imported as dojo slippers they are equally suitable for House, Beach, Bathing, etc.

### VARIOUS COLOURS

ALL SIZES IN INCHES

Prices :

Sizes	Sizes
8½" — 9½"	10" — 11"
<b>5/-</b>	<b>6/-</b>

Sizes :—

8½"	—	9"	—	9½"
10"	—	10½"	—	11"

Plus 1/2 per pair, postage



ORDER NOW FROM

**JUDO LIMITED, 91 WELLESLEY ROAD, CROYDON**

# A VARIATION ON IPPON SEOI NAGE

**RAY ROSS 4th Dan**

During the last couple of months quite a few people have asked my opinion on Judo books. Not having read many myself I suggested they read the Judo magazine, but this advice did not satisfy them, be-

cause although keeping up to date with the latest news and reporting on contests and championships, it did not contain much in the way of instruction.



It is because of this that I am writing this article and I hope it proves beneficial to the Kyu grades who do not have a Dan grade teaching them.

The first photograph shows Mr. Hashi, 4th Dan, Tenri University, holding in Migi shizentai (right posture), Mr. Hashi is Tori in the sequence that follows.

Tori enters for Ippon Seoi Nage, Figure 2, bringing Uke up on to his toes, Tori should also be on his toes at this stage. Having attempted to throw unsuccessfully, because Uke is physically the stronger, Tori begins to reach down with his right arm to secure a grip under Uke's right knee, clearly shown in Figure 3. Notice that Uke has regained his balance and his feet are firmly planted on the mat. However, Tori by maintaining his pull with his left hand keeps Uke bent at the waist.

Figure 4 shows the next step. Tori drops down on to his right knee, on to an imaginary line drawn parallel between Uke's feet. Tori's foot reaches the mat toes up, some distance past Uke's heels. Tori's right hand takes a firm hold without actually gripping the material of the trousers, behind Uke's calf muscle.

By increasing his pull and turning his head away to the right Tori throws Uke, illustrated in Figure 5, using his right arm, which has been straightened, rather like the sweeping leg of the Harai-goshi technique.

Another method used by many Judoka in Japan is to let their leg fall to the outside of Uke's right foot as in Tai otoshi.

Judoka who already use Ippon Seoi Nage will not find this variation too difficult to try. However, I think those who do not have a working knowledge of the more conventional method should not try the variation until they do.



# Altitude at Mexico City

At the request of the British Olympic Association, The British Association of Sport and Medicine has formed an "ad hoc" Medical Advisory Committee to the British Olympic Association, with Sir Arthur Porritt as Chairman.

This Committee is investigating the possible effects of the 7,500 ft. altitude of Mexico City on the performances, health and arrangements to be made for our Olympic team of 1968.

These investigations are by no means yet complete, but the following Interim Report is submitted.

- (a) There are no worthwhile tests which can be carried out in this country before the Games, which will be of value to indicate the standard of performance or the capacity of acclimatisation of competitors in Mexico City.
- (b) There is no suitable method of obtaining acclimatisation to altitude artificially in this country before leaving for Mexico City. The only satisfactory method is to live over a period at this altitude.  
Such acclimatisation, if obtained, will be retained only for a short time after returning to a lower altitude. It is unlikely that any permanent physical advantage can be expected by competitors taking holidays at an altitude similar to Mexico City sometime before the Games.
- (c) Little information of value can be obtained by touring sports teams from this country competing in Mexico City or places of similar altitude, in the years prior to the Games, unless they acclimatise there for a similar period of time as will be employed by the Olympic team in 1968.
- (d) Olympic competitors can expect for the first few days in Mexico City to be aware of their pulse beat at rest and during exercise; to be more tired than usual after exertion and to wish to rest more. These effects disappear after two or three days.
- (e) As a rough generalisation, Olympic Sports and the events in them can be divided into three groups:—
  - (i) "Explosive" events—100m to 400m athletic events, etc.
  - (ii) "Intermittent endurance" events/sports—boxing, fencing, hockey, etc. In such sports it is possible to obtain periodic "rest" periods.
  - (iii) "Continuous endurance" events—e.g., 1500m upwards in athletics, most swimming events, some cycling events, rowing, canoeing and the cross-country run in modern pentathlon. (Competitors in these have no opportunity of "rests" and for them they train deliberately to disregard fatigue and pain).

- (f) Performances in "explosive" events can be expected to improve perhaps because of reduced air density. Experience has shown that the results obtained in "Intermittent and Continuous endurance" events are likely to be adversely affected compared to those obtained at sea level.
- (g) In the Olympic Village team members are recommended to continue their normal training diet, but fluid requirements may be slightly increased. Body weight should be checked periodically.
- (h) Breathing oxygen BEFORE competition will have no value, since the body cannot store oxygen.

The Committee are still investigating the following problems and a further report will be issued.

- (a) What is the minimum time before competition for the team to arrive in Mexico, in order to obtain sufficient acclimatisation?
- (b) What modification of normal training schedules should be employed during the acclimatisation period in the Olympic Village?
- (c) What are likely to be the physical effects of "Continuous endurance" effects on competitors?
- (d) What sort of rise or fall in the standard of performance of competitors in the three groups, outlined in 3 (e) above, can be expected by competitors in Mexico City after the acclimatisation period to be provided?

The British Olympic Association, on the advice of its Medical Advisory Committee, is planning to send to Mexico City in October a research team of nine including six athletes of high standard. An application for a grant has been made to the Sports Council towards the expenses of this project.

The aim of this "pilot scheme" is to gain more information on the problems listed in paragraph 4 above, which will be applicable to all sports.

K. S. DUNCAN, General Secretary.

---

## DERBYSHIRE EDUCATION COMMITTEE

### A Resident Judo Course

Lee Green Youth and Sports Training Centre

18th/19th September, 1965

The purpose of this course is to offer a high standard of coaching to teachers and coaches.

The Course will be directed by Mr. G. Gleeson, National Coach B.J.A.

**COST: To Derbyshire Students Under 18—17/0d. Over 18—24/6d.**

**Out-County Students (Incl. Derby Borough) 33/6d.**

Application forms from The Principal, Lea Green, Matlock, Derbyshire.

# JUDO IN YUGOSLAVIA

The 4th International Adriatic Cup competition was organised this year by the Split Judo Club on July 3rd and 4th. Some of the personalities who attended included Herbert Niemann, 4th Dan, of East Germany, the 1964 winner, Bora Cveic, 2nd Dan, of Belgrade, runner-up last year, Otto Smirat, 2nd Dan, well-known for his Kata-guruma technique, two Scottish players from the Osaka Club, Glasgow, turned up, Robert Thomas and Robert Oliver, both 1st Dan.

All told there was some 60 players taking part, these were divided into 16 pools of three or four players, the winners would fight a straight knock-out for the championship. The strongest players were seeded and the organisers proved to be good forecasters, because only two of the seeds failed to qualify, and they both only lost by the skin of their teeth.

Herbert Niemann wore a smile during all his preliminary contests.

The Trophy winners: Left to right: Bora Cveic 2nd Dan of Belgrade, runner up. Herbert Niemann 4th Dan, of East Germany, winner. Miljenko Paric 1st Dan of Zagreb, third place.



Robert Oliver 1st Dan of the Osaka J. C. attacking one of his opponents during the preliminary contests.

disposing of all his opponents in a matter of seconds. His fellow countryman Otto Smirat also easily qualified. Bob Thomas had such small opponents in his pool that he had some difficulty in coming to grips with them, but once having secured a hold he won quite easily.

Bob Oliver had a much harder time with very big opponents, but he managed to obtain decisions to win the pool. Bora Cveic threw all his opponents promptly, and good performances were also put up by Miljenko Paric and Vuk Rasovic, also by Damir Loncaric.

The final contests were not very successful for the Scottish players,

Thomas had the dubious pleasure of meeting Niemann in the first round, he fought bravely until Niemann knocked him down and secured a holding that needed dynamite to break. Cveic met Smirat and the contest went the full time, the German attacked the whole time, but Cveic managed to knock him on to his knees at the beginning and at the end and this gave him the decision. Bob Oliver met a huge German, Berndt Schulz, the German pulled the small Scot all over the mat, but Oliver kept up a barrage of attacks nearly throwing the German once, at the end the judges were split in their decision and the referee gave the German the contest.



Left to right: Robert Oliver, Robert Thomas, and four referees, Dusan Modly, Zarco Modric, Kruno Abramovic and Dmitar Sijan.

In the semi-finals Niemann met Rasovic, which followed the same pattern of last year, Niemann scoring with Ne-waza. Cveic beat Konstantinidis. The fight off for third place was between Paric of Mladost versus Konstantinidis of Novi Sad. Paric won with a decision.

Last year Niemann won by a waza-ari, this year he was determined to be more definite. From the start of the match he put everything into scoring, but Cveic managed to avoid every attack, then Cveic managed to roll the German down with Ko-uchi-gari but could not score. At the 10-minute stage of the 15-minute match, Niemann scored with a very fast Sasae Tsurikomi-ashi, which sent Cveic flying for waza-ari, Niemann followed quickly into an Osaekomi-waza which was unbreakable.

Once again this year Niemann showed that although he is a big

player he is a very good stylist with excellent technique. After Geesink he must have the largest collection of European trophies, having won five titles and being runner-up often as well. This is the second time that he has won the Adriatic Cup and he has promised to return next year to defend his title against anyone who cares to challenge him for it. The date next year is 3rd and 4th July, 1966.

Next year it is hoped that we will have proper tatami and be able to use full contest size areas, there was some restriction on the players this year because of having to use smaller size mat areas than they are used to in international competition.

For full information about the Adriatic Cup International Competition write to: *Jadranski Cup Organiser, Iljko Loncar, Esq., Rod Kosom, 18, Split, Yugoslavia.*

AN INTRODUCTION TO

KENDŌ

剣道

The First-ever  
Book on  
**KENDŌ**  
in English



By R.A. LIDSTONE

**'AN INTRODUCTION TO KENDO'**

by R. A. Lidstone (Charles Alexis)

Profusely illustrated with over 200 action photographs and line drawings, this book will fill a long felt need, covering not only the techniques of the sport but with chapters on subjects such as Japanese swords, armour and sword testing.

The Author, R. A. Lidstone, has studied and practised Kendo for over 30 years and has accumulated an exceptional store of knowledge which he here passes on to others.

**37s. 6d.**

(plus 1/3d. Postage)

from the Publishers

**JUDO LTD. 91 WELLESLEY ROAD, CROYDON**

# MEDITERRANEAN NEWS

**S. A. BONELLO**

France convincingly defeated Holland by 12 wins to seven in an international match held recently in Marseilles. The Dutch team were minus World and Olympic Champion Anton Geesink, who was only present as manager, although at the end of the match he entertained those present to a very interesting exhibition of Judo.

The French players proved their superiority in the first round when they soundly defeated the Dutch by seven matches to two. In the second round each team scored five wins. The following players took part. France: Mielo, Robert, Desmet, Bourreau, Tieri, Grossain, Raymond, Leberre, Gress and Dessailly. Holland: Klein, Linskens, Kuypers, Mackay, M. Kuypers, Snidjers, Bugster, Gouweleeuw and Ruska.

Sixty-two players representing some 31 clubs from all over the country entered the Italian National Trophy competition. The competition is reserved for Dan grades only. Taking part were many well-known players, such as Nicola Tempesta of the Partenope Club of Naples, and G. Zanchetta of Fiamme Oro Nettuno. Missing was one of the country's leading players, B. Carmeni, who with Tempesta represented Italy at the Tokio Olympic Games.

The final results were as follows:—

LIGHTWEIGHT:	1. G. Facchini (Kano Milano)
	2. S. Gamba (Dyukai Torino)
LIGHT MIDDLEWEIGHT:	1. C. Barioli (Spartacus Milano)
	2. L. Fiocchi (Asahi Milano)
MIDDLEWEIGHT:	1. F. Giraldi (Kodokan Firenze)
	2. A. De Luca (Oro Nettuno)
LIGHT HEAVYWEIGHT:	1. G. Guerriero (Oro Nettuno)
	2. A. Raggi (Gialle Roma)
HEAVYWEIGHT:	1. N. Tempesta (Partenope Napoli)
	2. G. Zanchetta (Oro Nettuno)

Ninety-two players have been promoted to Dan grade in the recent promotion examinations held at four different cities, Bari, Rome, Nettuno and Milan. Two of the newly-promoted are young ladies from the D.D. Judo Club of Novara, Gabriella Boniforti and Rita Gastaldi. The latter is Italy's youngest female Black Belt at 19 years of age. She started having Judo instruction at the age of 14. Boniforti took up the sport in 1960 and managed to win the Piedmont Regional Ladies' Championship one year later.



## COACHING SERIES

No. 10

**K. ELLINGHAM**  
N. E. Area Coach

In this article I will deal with how project teaching principles can be incorporated into the judo programme.

The first time the project idea was demonstrated to the judo public was at the last National Technical Conference, when the National Coach taught a group of boys on a groundwork session. Seeing the advantages of this led me to further research and experiments in this sphere of teaching. Also as the project method is relevantly new to the judo fraternity, I should like to attempt to give some indication of the meaning and advantages it can offer.

The project idea is probably an extension of the Heuristic principle, which means that pupils should be led to make their own discoveries. The essence is to set a problem and let the pupil find the solution for himself. One should try avoiding direct instruction in favour of self-educative discovery. The term Heuristic is derived from the Greek verb 'heurisko' I find, or 'heureka' I have discovered it.

The project method has exactly the same meaning, but seeks to go further in offering the pupil complete freedom in the practical solution of problems. In the course of which the pupils will appreciate the principles involved. Also the methods could be used if you have a specific aim in mind which you want the pupils to discover.

One will no doubt agree that if we can find, discover or solve things for ourselves it is longer remembered and better understood. In the 'Advancement of Learning' Bacon declares that the man who begins with certainties shall end in doubts, whereas he who is content to begin with doubts shall end in certainties.

Advantages of using the project method are that it encourages and fosters interest in skill, it develops the character, it forms habits of observing, it develops the power of reasoning from observation, it cultivates dexterity and above all it makes the pupil think.

Although results may not come as quickly as in the direct way of teaching, as some pupils tend to wander; the Coach should intervene to head off the pupil from blind alleys and tell him to rehearse only the successful stages. Much perseverance is needed and the Coach should strive to maintain constant vigilance to ensure that it is going to work and be ready to make the necessary readjustments as need arises.

The difficulty is thinking out the actual problems for the pupils to solve. The Coach should use his imagination to plan, analyse and devise actual situations; which should be only tentative and flexible if the situation is to be allowed to develop satisfactorily.

I give below one or two examples which have proved successful:—

1. When an opponent takes up a common defensive position in ground work i.e. crouches on all fours. Ask the attacker to try to find as many armlocks from this position, as original or unusual as he can think of. Also this can apply to holdings or strangles or a combination of any two.

2. Links. Ask the pupils to practice their favourite throw; then ask for an escape and throw off one foot; now escape and throw off two feet; then to continue into groundwork using a holding from the side; add on an escape and a holding from the top. Then get them to practice it as a complete link. A good tax for their imagination.

Project teaching offers a refreshing task to both learning and teaching and will probably be the vogue in teaching judo in another years time.

## POWER AND STRENGTH THROUGH BODY MOVEMENT

IVAN SILVER 3rd DAN Southern Area Coach

The development of dynamic power and strength through body movement is essential in all sports and the maximum effect is, in fact, achieved when any part of the body is at extension. If this were not so, the runner would run continually with bent legs, the tennis player would strike the ball with the elbow bent and the high jumper would never leave the ground. A study of photographs will still further emphasise this. Just a glimpse at photographs contained in back issues of this magazine will clearly show well-known Judo men illustrating this point. To achieve this effect the thrower's feet, on striking the mat, must thrust against it (be it one or two feet) as hard as possible, and at the same time carry out the movement of the throw being used, in which the throwing point is effected at the same time as the body goes into extension. Making the throw fast, clean and hard.

In my opinion, one of the most misunderstood phrases quoted is, "minimum effort, maximum efficiency." Whilst this is most desirable I feel that the best way of achieving it is "maximum effort executed at the right time then becomes minimum effort producing maximum effect."

# KENDO forum

by Musashi of the  
Shinto Ryu

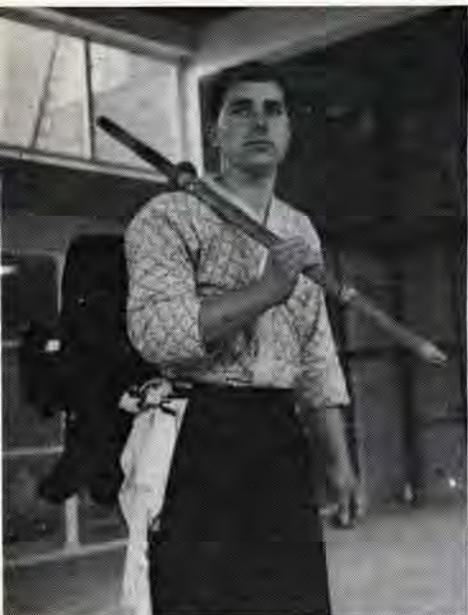
**European Kendo.** Mr. Friedhelm Dockendorff, the West German representative of the European Kendo Renmei, made a return visit to England as the guest of the Secretary, Mr. Knutsen, and while in Brighton he practiced at the nearly completed Butokukan Kendo Dojo. Over the next eighteen months Mr. Dockendorff plans to develop Kendo in the Dusseldorf and Cologne region and would like to make contact with any *budoka* who are interested in forming a Kendo group. His address is:—4 Dusseldorf-Nord, Mauerstrasse 48, West Germany.

A third European Kendoka, Mr. Jim Mathie, 2nd *dan*, has now arrived in Japan and started training under the auspices of the Tokyo Police Kendo Renmei and Mr. Takizawa Koko, Kendo *Kyoshi*. Mr. Mathie will act as the main representative of the European Kendo Renmei during his extended stay in Japan.

We welcome back an old friend of British Kendo, Mr. Eric Lings, after his ten month visit to Japan. **Capt. Nakajima Yasuji, 3rd dan.** Mr. Benjamin Hazard, 4th *dan*, of the Oakland Kendo Dojo, hopes

A view of one end of the new Butokukan Kendo Dojo in Brighton. The dojo floor area is 2,925 sq. ft. and down one side is a special spectator area wired off from the main sport space.





Mr. Phil Dawson at the Butokukan Kendo Dojo.

to be able to meet Capt. Nakajima during the latter's tour of the U.S.A.; this meeting will be the first direct high level contact between the American Kendo Renmei and ourselves and thus an important milestone in the international Kendo movement.

In the last two weeks of June Mr. Hazard was in Hawaii and again visited Mikami Sensei's dojo. He met and fenced Mr. Tom Preston, 2nd dan, who, like himself, was a former pupil of Tanaya Masami Sensei, 8th dan. During his stay in the islands Mr. Hazard went across to Hilo and practiced in the dojo there, having a very good time.

On his return to California he had the further pleasure of meeting a visiting group of Kendoka from Hawaii of eight youngsters and five yudansha, practicing with them at the Palo Alto and San

Francisco Dojos between 15th and 18th July. On the last day a tournament was organised at San Francisco and in the childrens division first and second places were taken by Kuba (Hawaii) and Alyne Hazard respectively. In the Youth division (young adults) Koga of San Jose took first place; Mike Murphy of San Francisco, second; and Takemura of Hilo, third. In the Yudansha division, Miyata Yoshinari, 5th dan, of Oakland came top, and Kudo, 3rd dan, of San Jose, second.

**Northumberland Kendoka visits South.** Mr. Phil Dawson, 5th Kyu, of the Blyth Kendo Dojo, made a *musha-shugyo* journey south at the end of July, fencing at the Shinto-Ryu Dojo in Kennington and the Butokukan Dojo in Brighton. He returned home tired to nurse his blisters but generally pleased with his tour.

**The "Observer" features Kendo.** Kendo was given a fine photographic coverage in the "Observer" Colour Supplement in the middle of August with studies taken by the American photographer Mr. Marvin Lichtner at the Shinto-Ryu Dojo and on a special Sunday morning location on the South Downs just outside Lewes. Without doubt we picked the most dismal Sunday of the entire summer, though Mr. Lichtner assured us that it was ideal weather for him to capture the mood technically! So here we have Kendo in the rain and the mud and I can now understand exactly how Kurosawa's actors felt when shooting the final sequences of "Seven Samurai"—uncomfortable. Like Kurosawa, Mr. Lichtner worked from underneath a rain cape.

Hot on the heels of the newspaper comes Fleetway Publications also featuring Kendo in their forthcoming sports magazine at present in the planning stage.

## 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,

May I bring to your notice a proposed Boys' Club Judo Tournament, sponsored by the Middlesex Association of Boys Clubs, the provisional date being Saturday, 20th November, 1965, the venue Lyons Sports Ground, which is one of the largest in the country, with every facility.

We hope that a team and individual event will be held for those under sixteen years, and individual events for 16, 17 and 18 year olds. The Championships will be open, and if successful they will be followed by a National Tournament.

It is planned to circulate all Middlesex clubs, and we hope that all Judo organisations will support us. Those outside the area wishing to enter, and those who may like to help or give any suggestions should write to me. Mr. Otani and Mr. Hoare have already agreed to help.

JOHN HIGGINS (Leader),  
Ealing Youth Judokwai, 47 Hawtrey Avenue, NORTHOLT,  
Middlesex.

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

Sir,

I note that, in the August issue of your magazine, there was an article on the British Schoolboys Championship which, after saying some very kind and complimentary things about the Somerset team which won the under 13's section, went on to regret that their names were not known.

I can remedy that deficiency as all the five boys come from one school, my own—Forton House Preparatory School for Boys, Forton, Nr. Chard. They are:—J. Price, G. Leech, W. Forrester, B. Hiles, N. Taylor. We have only 43 boys aged between 7½ and 13½, but we have our own dojo in the school. All the boys are boarders, and for the past ten years, judo has been the main sport for all boys here. We play the usual other games as well of course!

A. F. L. Adams,

Principal.

### JUDO BACK NUMBERS

OCTOBER 1957 — DECEMBER 1960, 2/- per copy, plus postage 6d.

JANUARY 1961 ONWARDS — 2/6 per copy, plus postage 6d.

For more than one magazine add 2d. extra postage for each copy in addition to the magazine price.

JUDO LTD., 91 WELLESLEY ROAD, CROYDON, SURREY

# CLUB FORUM

## LONDON

**JUDO AIKIDO KAI.** *Don Burgess writes:* This month at the J.A.K. has been a mixture of sad and good news. Sad, because we have heard from Senta Yamada that he will not be returning to England; and good because Dennis Bloss, 5th Dan, has joined the Club as chief instructor.

Mr. Yamada originally intended to return to England at the end of June, but has now decided to stay in Japan permanently. This decision is a blow not only to us but to British Judo as a whole.

We have been very fortunate in getting Dennis Bloss to take over the duties of chief instructor, and he now joins Peter Martin, John Waite and myself as joint owners of the Judo Aikido Kai.

The practice schedule will continue as before, with Dennis Bloss taking the instruction periods on Wednesdays and Fridays, the 3rd Kyu and above practise on the 1st Sunday of the month and the Kohaku-shiai on the 2nd Sunday.

The 3rd Sunday morning will be an all grades Aikido practise under John Waite, 2nd Dan Aikido.

**LONDON JUDO SOCIETY** from *Eric Dominy:*—As these notes have to be written during an Army Cadet camp, they will have to be very short. Our team has been involved in two matches of which I have the results but no details.

L.J.S. defeated the Metropolitan Police by 3 wins to nil with 4 contests drawn. The second seven a side match was with Crawley Judo Club. The result was a win for L.J.S. by 6 wins to one. A further match has been arranged between the L.J.S. and the Southern Area team.

We receive quite a few enquiries regarding Junior Grading examinations. In the past those at L.J.S. have been confined to our own Junior members, but in future we will publish Junior examination dates in 'JUDO' and a reasonable number of visitors from other clubs will be welcome to come along and take part.

L.J.S. Juniors please note that we have been invited again to give a series of demonstrations at the Schoolboys and Girls Exhibition at Olympia soon after Christmas. Naturally, we have accepted, so any Junior interested should see his Instructor. Similarly I shall be pleased to hear from anyone who can spare a day to take charge at Olympia, and give a commentary at two or three half-hour displays.

## NORTHERN IRELAND

**THE YAMADA KWAI.** *A. C. Smyth writes:*—This month has provided John Mooney, the Yamada Kwai's able club Treasurer, with ample opportunity to display his talents for raising money. He is in charge of the committee organising a treasure hunt and dance, the proceeds of which will contribute to the financing of the Northern Ireland Area Judo Team on its journey to London.

The Area Championships will be a good testing ground for some of Northern Ireland's hopeful internationalists, offering them a chance to test their skill against strong competition. Club members await the outcome of the eliminations with great interest and are hoping that the Yamada Kwai will again be well represented on the team.

The club had the pleasure of offering its facilities to members of the crew of H.M.C.S. BONAVENTURE, an aircraft carrier which docked at Belfast. The Canadians were extremely enthusiastic and readily accepted our hospitality. In their turn they provided our club members with keen competition, and an introduction to some of the elements of Karate.

### Two Senior Examiners Available For

#### Week-end Course/Film Show/Promotion Examination

Curriculum includes:

Contest tactics, Combination techniques, Individual Coaching, Refereeing problems, Obtaining advantage, International contest tricks, Line-up tactics, Promotion contest techniques, etc.

Fee 25 Guineas plus expenses.

Clubs or Areas wishing further details write to:

**SAMURAI JUDO CLUB, NORTHAMPTON BUILDINGS,  
10, THE KINGSWAY, SWANSEA.**

Please give dates required.

### FINAL DATE FOR COPY

The Publishers ask contributors to kindly note that copy for the JUDO Magazine must be received by them **not later than the 6th of the month** if intended for inclusion in the following month's issue.

# COACHING NOTES

By now all Areas should have received the modifications to the Coach Award Scheme. The most important is, that from 1966 the Coach Award will have a limited period of validity—a 2 year one. This is to ensure that coaches keep up to date with the latest developments. It is easy to think that once the examination has been passed, one can just sit back contented with the expenditure of effort. This, of course is far from true. New ideas are continually being brought forward, some in contradiction to the past acceptable themes. It may be that the reaction is disbelief and even ridicule, but these new ideas cannot be ignored altogether. For example, it has always been taken for granted that in order to throw (generally), tori must get below uke's knees—by bending his knees, on consideration, is this the only way or even the best? When loop-films of senior players are studied it appears that the lifting of the body does seldom happen. However this is not the place for a technical article. If anyone is interested in the supporting argument, they should ask the National Coach!

Another item of modification to the Coach Award Scheme, is that now a man who wants to sit the Senior Coach Examination must have the Coach Award. This is in line with the Coaching Committee policy which advocates that a man does not have to be a first-rate performer in order to be a good coach. After all, no other sport expects the ex-champion to be the one and only coach, and judo is essentially no different from any other sport. Providing a man has a reasonable personal performance standard (and the Coaching Committee consider 1st Kyu adequate for that), then with study and the application of intelligence and knowledge he is quite capable of becoming an excellent coach.

For any other information regarding these modifications, contact the Area Coach.

It is gratifying that finally the Booklet No. 4 For Women is for sale. Our colleagues in the women's council have been struggling for some time to get rid of the flaws in the book, and at last they have made it! Once they finally achieve control over their own performance standards, there should be no holding them! The Women's Council is very fortunate to have about a dozen women who are basically in full agreement as to the direction that womens judo is to move in, all are working hard and together towards this goal. Already they have brought many fresh approaches to the judo skill, we expect lots of new material to be produced in the future. We can only wish them success.

## LADIES BELTS FOR JUDO

Now available in Yellow, Orange, Green, Blue, Brown and Black, with White Stripe to conform to B.J.A. standard.

JUDO LTD., 91 Wellesley Road, Croydon

**3/6**

each, post free.

# JAPANESE JUDO OUTFITS

- ★ Fifteen major design features.
- ★ Eight sizes, European measurements.
- ★ Each complete suit is made to the highest Japanese specification, comprising Jacket, Trousers and Belt.
- ★ Separate Jackets, Trousers and Belts now available.

Sizes	Complete Outfits	Jackets	Trousers	Belts
130 4' 3"	£2 12 0	£1 11 9	10 6	9 9
140 4' 7"	£2 16 0	£1 15 3	11 0	9 9
150 4' 11"	£3 2 0	£1 19 9	12 6	9 9
160 5' 3"	£3 9 0	£2 5 6	13 9	9 9
170 5' 7"	£3 18 0	£2 12 9	15 6	9 9
180 5' 11"	£4 6 0	£2 19 3	17 0	9 9
190 6' 3"	£4 15 0	£3 6 3	19 0	9 9
200 6' 7"	£5 5 0	£3 14 3	21 0	9 9

Japanese belts available in all colours.

Postage and packing for each item :

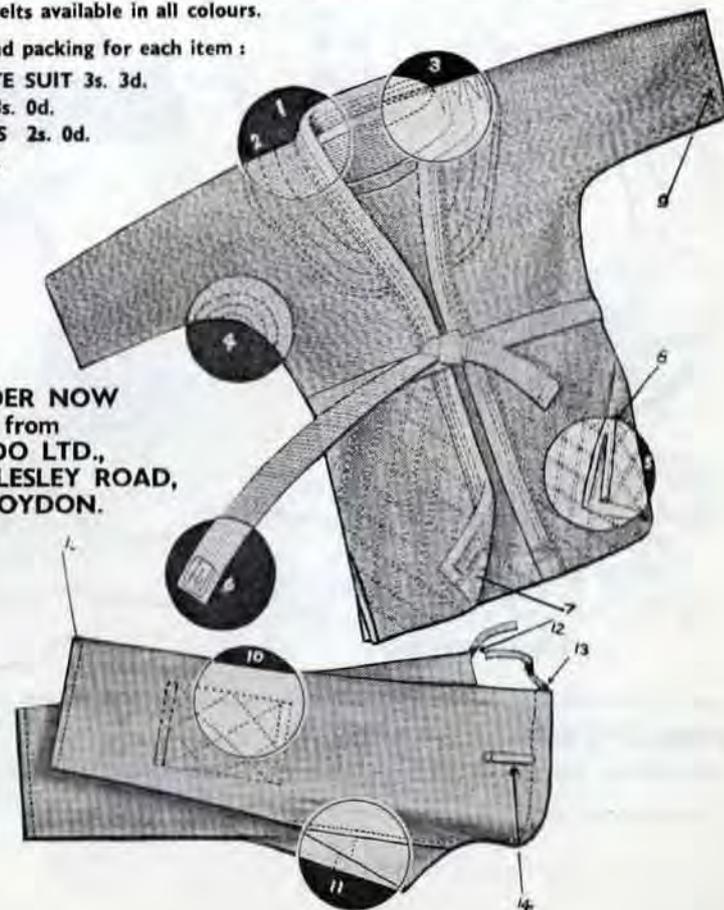
COMPLETE SUIT 3s. 3d.

JACKET 3s. 0d.

TROUSERS 2s. 0d.

BELT 10d.

ORDER NOW  
from  
JUDO LTD.,  
91 WELLESLEY ROAD,  
CROYDON.



# JUDO EQUIPMENT



**SPONGELOK RUBBER SHEETS**  
Size 4' x 2' per sq. ft. 10s. 0d.

**RECTICEL RUBBER STRIP**  
Covered with Special Vinyl Surface  
Size 6' x 4' Per piece **£3 8s. 0d.**  
*Carriage extra*

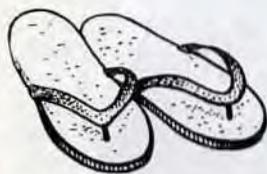
**RUBBER MATS**  
Strip pattern, 15' x 3' x 3/4" per sq. ft. 8s. 6d.  
(Other lengths to special order) *Carriage extra*

## CANVAS

Best quality, eyeletted exactly as required

	s.	d.
18 oz. per sq. yd.	16	0
15 oz. " " "	15	0
12 oz. " " "	14	0
10 oz. " " "	13	0

*All prices carriage extra*



## DOJO SLIPPERS

Various colours  
SHOE Sizes 6 — 7 5s. 0d.  
8, 9, 10, 11 6s. 0d.  
*Plus 1/2 postage per pair*

## FUNDOSHI

Finest quality Longcloth  
suitable for every day wear

36" x 12" ... 3s. 0d.

*(3 for 8/6 post free)*



**BOUND EDITIONS** Vols. 1-7, Fully bound each **£2 5s. 0d.** *Postage 2s.*

**BINDERS** In Leathercloth for holding complete Volumes, Labelled "Judo"  
each **12s. 6d.** *Postage 1s.*



**STANDARD QUALITY OUTFITS**  
SIZES :  
Large, Medium, Small **£2 7s. 6d.**  
*Postage 3s. 3d.*

**(Belts extra, please state colour)**

## JAPANESE OUTFITS

Full details of sizes, prices and  
quality are given on page 36.

## Separate Items

### JACKETS

Standard (All Sizes) **£1 10s. 0d.**  
*Postage on all Jackets 3/-*

### TROUSERS

Standard (All Sizes) **17s. 6d.**  
*Postage on all Trousers 1s. 9d.*



## G.I. BAGS

Finest quality tilt material for holding Judo gear—  
but suitable for all purposes. Printed with  
Japanese characters

each **15s. 0d.**  
*Postage 1/3*

## BELTS

All Colours **3s. 6d.**  
*Post free*

*Quantity Discounts available*



**91 WELLESLEY ROAD · CROYDON · SURREY**  
**CROYDON 0200**

# British Police Judo Championships

(Under B.J.A. Rules)

CITY HALL, NORTHUMBERLAND ROAD,  
NEWCASTLE UPON TYNE  
MONDAY, 11th OCTOBER, 1965  
at 7 p.m.

- 
- ★ NATIONAL POLICE OPEN CONTESTS
  - ★ VARIETY OF DEMONSTRATIONS IN INTERVALS
- LICENSED BAR — REFRESHMENTS
- 

**TICKETS:** 10/6d. RINGSIDE — 5/- and 3/6d.  
(Children and Pensioners half price)

Obtainable from  
**CHIEF INSPECTOR MASON**  
City Police Headquarters, Newcastle-Upon-Tyne.

## To JUDO LTD., 91 Wellesley Road, CROYDON

Please send me JUDO every month, for which I enclose remittance for £1 16s. 0d. for twelve issues, post paid.

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

Commence with.....issue.

Name .....

Address .....

RENEWAL/NEW SUBSCRIPTION (Delete which not applicable)



## RUBBER SHEETS INTERLOCKING SPONGE

### SPONGELOK

“SPONGELOK” is a system of moulded sponge rubber sheets each 1” thick and approximately 4’ x 2’ with dove-tailed sides and ends which interlock to provide a sponge rubber covering for any given area. Assembly of the sheets is simple and the system can provide an infinite variety of shapes which offer an impact absorbent surface for all types of floors.

To finish off any given area, straight edged finished sheets can be supplied.

**10/-** per Square Foot

Carriage Paid

SEND FOR PLANS FOR ALL SIZES OF MAT AREAS



91 WELLESLEY ROAD, CROYDON, SURREY