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JUDO

Bulletin



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Japanese Reaction

A selection of Press comment

Translation by C. Nakanishi (4th dan) and H. M. Hodkinson (1st dan)

The defeat of the Japanese entries by Geesink came as a tremendous shock to Japan — not merely to the Judo movement but to the man in the street as well. For weeks afterwards newspaper articles and cartoons appeared on the topic, indeed it was the sporting news of the year.

Here are a selection of comments and cartoons taken from the Japanese newspapers and magazines.

Kyuzo MIFUNE (10th Dan)

the most famous teacher at the Kodokan today.

Mr. Mifune said that before the Championship took place he regarded Geesink as the only serious worry but he never really believed that he would beat all three Japanese entries! But now thinking back to having seen Geesink training in Japan he remembered how serious he had been — a contrast to the relatively carefree attitude of Japanese judo boys. Although the present day Japanese judoka are skilful, Mr. Mifune thinks back to his own young days and of how hard he used to train and how much he used to study correct technical methods — because he had to do these things because of his small size. Japanese judoka today tend to slacken off their training after graduation and then drop back in standard. If Japanese judoka train hard and study judo techniques against big opponents, Mr. Mifune thought that because of the colossal start that Japanese judo had, they definitely ought to win in the Olympics but it meant three years of really concentrated work.

Kazuzo KUDO (9th Dan) an instructor at the Kodokan.

Mr. Kudo thought back to having met Geesink in Japan and remembered asking him, just after he had been graded 5th Dan by the Kodokan, what he thought of the standard of the young Japanese judoka. Geesink had said confidently that he thought he could beat Koga either standing or on the ground.

Mr. Kudo wondered if Sone, who had always been strong at the critical time in contests, had lost his stamina in the final against Geesink. Was this attributable to his age?

He agreed with President Kano that Japanese judo had become World judo. Indeed he thought that Japan now needed to catch up— Japan could not rest even for a moment.

He greatly admired how Geesink had fought and had a great respect for him.

He thought that Japan must start to train judoka from the high school stage on. They must study technique on both sides and tachi-waza and newaza alike. They must not coach young boys with an eye to short-term contest results but must make them into good judoka. There were grave snags. Judoka — even the very best ones — tended to go into companies after graduation so that their training suffered.

None became judo instructors as there was no worthwhile career for them so that now even the Kodokan was short of good instructors.

For a long time Japanese judo had kept an aura of mystery and magic — now this had gone and the World could see Japanese judo clearly and critically. The future of judo was bright. Now there was no fear that judo would be dropped again after the 1964 Olympics at Tokyo because it was too one-sided.

Yaichibei KANEMITSU (9th Dan)

Mr. Kanemitsu, who is a famous instructor at a high school in Okayama prefecture, considered that weakness in groundwork was the major fault of Japanese judo today. He also thought that the contest rules of today were less favourable to the small man than formerly — for example the bar on special defensive measures and the awarding of a point when the opponent is lifted to shoulder height.

He thought that Japanese champions were not practising hard enough. J. Bluming (a young Dutchman of much the same height as Geesink and now 4th Dan) when he studied judo in Japan had travelled to his dojo in the provinces to further his knowledge of judo. Japanese judoka are not prepared to do this sort of thing.

「畜生もう黒おびがはやってる」



"Good heavens! They're all black belts here!"

Tatsukuma USHIJIMA (8th Dan)

the trainer of Kimura — many times champion of Japan.

Mr. Ushijima too was worried about the social factors influencing young judoka's training. Koga was still a student, Sone and Kaminaga were company employees — judo had to be a sideline, whereas Geesink was a full-time judoka plus physical training instructor and could devote himself fully to training himself. Before the war Japanese



judoka could do this too, but now they stop real training after graduation.

People often said that judo was improving continuously. He himself thought that the standard was higher pre-war. The big weakness today was poor groundwork. Groundwork must become strong again if they were to beat big men like Geesink. Another sign of weakness was that young champions, for example Koga, changed their techniques very little over a period of three years. Before the war they had to — the others studied their technique so intently.

Geesink's standing work was at a similar standard to the top Japanese contest men but his physical strength and his newaza were superior.

Japan needed to select students for special training for the Olympics. They needed to study continuation from standing work to groundwork but also the change from groundwork back to standing. They must study big men's judo and find out the weak points by careful analysis.

Shigetaka TAKEMURA (8th Dan)

was leader of the Japanese judo team at the championships.

Now the Japanese had to practise 365 days per year and 24 hours per day, even thinking of judo in their sleep! It was not enough for judo to be a sideline or recreation.

He remembered how Geesink had trained in Japan with a meticulous and correct schedule of training. Groundwork mainly in his morning practices in the police dojo and mainly tachiwaza in the afternoon at the Kodokan where he would choose opponents with physical similarities to his possible opponents in the championships. They must copy his attitude.

The defeat was total — there could be no excuses. They had to build their judo anew. Even at the Kodokan there were only two young instructors, Daigo and Osawa. Why couldn't good judoka stay on as instructors? Was the trouble financial or that the career prospect was poor?

For the Olympics they should select 70 to 100 candidates and from these take the best 20 later. One or two weeks training would be useless — the training needs to be *continuous* and hard and they should drop those who did not keep up with it. They must make full use of the advice of those judoka who had experience of western judo style so that they could study that style seriously.

Tsuneo TOMITA (4th Dan) a famous novelist in Japan.

Mr. Tomita was shocked by the news and sad also but at least this showed that judo was now a world sport. Geesink's victory was obviously deserved and in no way a fluke and no excuses could be made for the three Japanese defeats.

They could no longer maintain the idea of Japanese supremacy in judo or the cherished myth that in judo the small man could beat the big man. However, they should not think "the bigger the better" but should go for all round ability, not just size.

Bunroku SHISHI (3rd Dan) a leading novelist.

When he grew up people used to think of the big man as an oaf and the small man as brilliant and clever. This idea became fixed in Japanese minds after Japan's victories in war against the giants Russia and China, and even defeat by the U.S.A. and Britain failed to shake the nation.

Now they must wake up and see that Geesink's victory was that of a skilful giant! Geesink was not the only skilful giant, there were others such as the Dutchman, Bluming. They must give up the myth of "the weak turning away the sturdy" in judo, and must think realistically.

Contests in the Training Programme

by F. W. Pearson (1st dan)

Success in contests is not the end aim of judo practice and contests are merely one of the methods of training. At present, most of the contest experience is gained in promotion examinations and inter-club contests, but most coaches will probably agree that ideally, some shiai should be included in the judo training programme within the club. This article will review the types of contests that can be included in a club's programme and will attempt to suggest some new ways of presenting contests for training purposes.

In the main, only line-ups and two-team contests are used at present for training within a club. Team contests are used mainly for inter-club, area and national competitions, the knockout contests for individual trophy competitions and the league or pool system for the selection of a team for a competition. These are the main kinds of contest used in judo today but there is no reason why other kinds should not be devised and used in order to provide variety in the programme or to provide specific kinds of training for the pupils.

One of the main snags with the majority of ways of organising contests is that the higher grades will almost always win so that (with the exception of the league) the lower grades, who need the shiai experience most, will get the least practice. Some of the variations described below therefore attempt to take this into account.

TWO-TEAM: This is where two teams oppose each other and the loser of each contest leaves the shiai jo while the winner remains and fights against the next man in the opposing team. This is very simple to organise and can be very useful for training.

TEAM: In these, one team opposes another on a simple man-to-man basis. While this is the main way that inter-club contests are fought it is less useful for club training than other types of contests.

Variation A (all meet all): In this, each man in one team will meet all the men in the opposing team and vice-versa. Thus, if the teams consist of five men, each man will have five contests and there will be a total of 25 contests. This has the snag that only those actually in either of the teams will get the practice. However, it could be useful in training a team in readiness for some competition.

LINE-UP: This is where one man attempts to defeat successive opponents, usually of lower grade. This is often used in promotion examinations, particularly for the higher grades or where there is little competition of his own grade for the applicant. It can be useful for the training of the higher grades in a club but will not have much value for the lower grades.

Variation A (concurrent line-ups): In this form, a number of the higher grades can take the same line-up so that they each get the practice while the lower grades get two or more contests. With four higher grades and (say) 16 lower grades, four line-ups could be held concurrently. The 16 men would be divided into four separate lines and as each is defeated by (or beats) the higher grade, he tucks on to the end of the line for the next higher grade. Thus the lower grades will get four contests with a rest between each of them, while the higher grades will have 16 contests with no rest.

Variation B (round and round): The contestants line up in grade order. The highest grade (a) tackles the remainder in the same way as a normal line-up, but fighting the highest grade first and going on to each of the others in turn. After the first contest, the second man (b) kneels and waits while (a) fights the third man (c). After the second contest, (a) fights (d), while (b) fights (c). After the third contest, (a) fights (e), (b) fights (d), while (c) waits. The contests continue in this way with each of the lower grades in turn fighting first (a) then (b) and (c) and so on until there is no one left and he then adds himself to the end of the queue and waits for one contest to receive the next man after him.

The advantage here is that each man fights all the others in succession. The main disadvantage is the number of contests that might be going on at one time if there are a large number of contestants. However, a club with a large membership and little mat space could alter the arrangements by, for example, including the lower grades only and letting the higher grades take a more normal line-up separately.

LADDER: This type of competition is often used by Badminton Clubs and could prove very useful in Judo clubs. The members of the club are listed in the form of a ladder, more or less in order of ability, one above the other with the higher grades at the top. The idea is that each person then endeavours to "climb the ladder" to the top by defeating the man above him and taking their place in the ladder. A person should only be allowed to challenge someone else who is one, two or three places above him in the ladder. This means that the novices contests are restricted to persons of similar experience to his own and prevents the feeling that he is being "overmatched". This form of competition is obviously a long term idea.

KNOCKOUT: These competitions are where the winners only continue into each succeeding round until finally only one man remains as the winner. The snag with these is that the first round losers have no further interest and get no more experience.

Variation A (with extra contest): This would be basically similar to the normal knockout competition with the difference that those who lose in the first round compete together in another knockout competition to decide on the "best loser". This means that everyone will have at least two contests. As an additional refinement, the second round losers could also be included. It would also be possible for the best loser to meet the winner in a deciding match which might provide an upset.

Variation B (simpler form): The club members would form a circle and after they have bowed to the centre, they pair off with anyone they can, and fight. As they score ippon (or two points if preferred) the loser would leave the mat and the winner sit at the edge of the contest area. The winners would then form a circle again and carry on until only one man remained. Once again the first round losers could have their own competition to find the "best loser".

Variation C (with "handicap"): The club members fight out a normal knockout competition but each man is handicapped to a degree depending upon his ability. A handicap of one point per grade is the simplest, but this might have to be varied according to the club. For simplicity in calculating the handicap, the contestants can start the contest with one point for each kyu grade they hold. Thus a 6th Kyu would start with 6 points, a 5th Kyu with 5 points, a 4th Kyu with 4 points and so on up to a 1st Dan with no points.

Each contest is fought for the prescribed time irrespective of the number of points scored so that it does not finish if one man scores two points. At the completion of the allotted time the points actually scored are added to the handicap points started with and the one with the highest total of points is the winner.

Under this type of shiai, a 4th Kyu would start with 4 points and if he is fighting a 5th Kyu, who gets 5 points, the 4th Kyu would have to score one point to draw and two points to win. Similarly, in a contest between a 1st Dan (no points start) and a 3rd Kyu (3 points start), the 1st Dan must score 3 points to draw and 4 points to win.

This means that the higher grades cannot afford to wander round the mat and take their time — they have to get cracking. This method can prevent one of the worst features of the normal contest when there is a gap in skill between the contestants. That is, the occasional man who shows by his demeanour that his opponent is "easy meat" and can easily be dealt with whenever he chooses.

Of course, these handicap contests have a weak point. There is the danger that the lower grade (who gets a point or two start on his higher graded opponent) may defend for the duration of the contest and make no attempt to score on his own account. This would have to be watched for by the Coach and jumped on right away.

This competition could also include (as with the normal knockout suggested above) the extra competition between the first round losers to give them that extra contest.

Variation D (all round knockout): This is virtually an extension of the idea of having a separate competition for the losers in a knockout. After the first round, the losers separate from the winners and fight separately. After the second round this is repeated so that there are now four separate groups: the first group will have won both contests, the second group will have won the first and lost the second, the third group will have lost the first and won the second, while the last group will have lost both contests. This procedure is repeated and after each round each group separates into two until finally you are left with individuals. If the results are recorded, you will then have a list which can be used for a later "ladder" competition.

This is extremely simple to operate when the number involved is a power of 2, i.e., 4, 8, 16, 32, etc. When this is not the case, it will be necessary at some stages to allow for some byes.

LEAGUE OR POOL: Here each man fights every other man in the league or pool and the one with the highest total of wins is the winner. This means that everyone gets equal practice and so it could be very useful for club training. The snag however, is that it requires careful organising and the results have to be properly recorded. As a very minor variation for club puposes, I would suggest that the contests be of one point only and that points be awarded on results as follows:—

Win by ippon gains	10 points
Win by yusei-gachi, having scored waza-ari ...	7 points
Win by yusei-gachi, without having scored	5 points
Scoring waza-ari in contest drawn or lost	3 points
Draw or loss without scoring	0 points

By awarding no points for a draw and by awarding 3 points for scoring waza-ari even if the contest is lost, the accent is placed on attack. At the end of the competition the man who has actually gained the most points is the winner. If the participants are then listed according to the number of points gained, the resulting list can be used for a later "ladder" competition.

Variation A (with handicap): Here the handicap idea is extended to the normal league competition. The contests are carried out in the normal way except that each contestant is awarded handicap points for each contest. These handicap points can be based upon the grade so that a 1st Dan is awarded no points for each contest, a 1st Kyu gets one point per contest, a 2nd Kyu two points per contest and so on down to a nil grade who gets seven points per contest. This again puts the emphasis on attack and the higher grades must win by ippon in each contest and so gain 10 points if they are to nullify the nil grades start of 7 points and beat them on a handicap basis. The handicap of one point per grade suggested here, can of course, be varied to suit the circumstances of the particular club.

These then, are a few ideas of ways of presenting contests for club training. No doubt there are many other different kinds of contests which could be used but it is hoped that these will be a start and will encourage more experiment by coaches and instructors.

Osotogari

by C. S. Palmer (5th dan)

Osotogari must always be classed with the leg throws, but like most of these throws a large portion of the throwing action is performed by the hands and arms of the thrower. I have said before that it is almost impossible to teach successfully a judo technique, when it is described from a static position upon a static opponent. Although this situation can be achieved in uchikomi it is very rarely that such an opportunity presents itself during randori or contest. However, I shall try to describe the actions of the hands and legs first of all, and then try to give some indication of how these actions are applied whilst on the move against an opponent who himself is moving.

The first point to remember is that it is essential in any throw to endeavour to get both of your opponent's feet up off the floor. In order to do this it is essential that you attack his rearward leg. It is obviously much easier to attack the leg which is closest to you as this entails less movement on your part, but this does have the strong disadvantage that if you attack the leg that is forward, your opponent is always able to transfer quite a large amount of his weight onto his rearward leg so that no matter how successful your sweep at his advanced leg may be it is very difficult to get both his feet up off the floor. What generally happens is that your opponent sits down first before falling over. This will generally mean that you will not score your full ippon and sometimes you will not even be able to score waza ari particularly if your opponent is taller than yourself.

Therefore, to perform this throw assume that you wish to throw your opponent with migi osotogari. You should for this be in what is almost a hidari shizentai. You are facing your opponent and you both have your left feet advanced. From this position advance your left foot a little more towards your opponent. In order to stop your opponent from stepping back an equal amount as you advance your left foot, pull him gently towards you with your right hand, then let this action continue into a smooth change of direction across the front of his chest towards his right shoulder. This should have the effect of slightly twisting his spine, transferring his weight backwards over the outer edge of his right heel. Whilst doing this, your left arm should be pulling out to the side and slightly to the rear with your elbow well raised up. Your weight should be coming forward onto the ball of your left foot, although at this stage your heel should still be on the ground in order to give you greater stability. Your right leg should swing a little way beyond your opponent's right leg and then sweep backwards until the back of your right thigh at about knee level or just below makes contact with your opponent in an approximately similar position. In the early stages when one is teaching a beginner this movement one often teaches him to sweep backwards with great



force with the sweeping leg. This becomes of less importance to the more advanced student because more skill is directed to the action of the hands in placing the weight of the opponent momentarily directly over the very small area on the outside edge of his heel. If this is done successfully all the opponent's weight is balanced upon a very small frictional area, and a correspondingly small amount of effort is necessary in order to sweep this support out from beneath him. Therefore although in uchikomi and when training in the early stages it is advisable to sweep the leg well beyond and behind your opponent, when actually applying this technique, under contest conditions it is essential for the sake of speed to restrict the travel of your sweeping leg as much as possible. If you can cut the distance that your leg travels by half you can cut the time taken to perform the throw by half. Therefore, as a large amount of power is not necessary at this stage of the throw, it is not necessary to swing your sweeping leg a long way beyond and behind the leg you are attacking. Nine to twelve inches beyond is more than enough if you have your opponent sufficiently well-balanced upon the outer edge of his right heel. The whole of this action should not take more than one to two-fifths of a second, so it would be obvious that any method of cutting down on unnecessary time spent in performing these movements must be of great value. If

the opponent has only two-fifths of a second in which to defend, the technique has much greater chance of success than if he has say a whole second, in which to make up his mind as to how you are attacking him and how to defend or even begin a counter movement.

One advantage which performing osotogari in this manner has over the methods taught to beginners is that it is not always necessary to step in with the left foot. If you think back over the number of contests you have seen I think you will be surprised to remember just how many contests have been lost to counters to osotogari. This throw is, if badly performed, probably the easiest in the entire judo repertoire to counter. This is because if the attacker steps in successfully with his left foot until it is alongside and outside his opponent's right foot, both bodies have their centre of gravity along the same line and unless the throw is executed very skillfully and very speedily, the defender has a decided advantage in having both feet on the floor, whereas the attacker has one leg in the air, whilst trying to break his opponent's balance. However, if the throw is applied without the attacker moving his left foot he is now able to lean all his body weight forward into his opponent, thereby placing quite a burden upon the defender just to support this much weight. It also practically eliminates the possibility of a counter throw because the attacker has one leg on the floor forward of the line of balance of the defender's body. Therefore, even though the defender may bend forward and sweep his own right leg backward he has far less effect upon the attacker than he would have were the attacker to be standing in line with the defender's feet.

Osotogari is one of the few throws that can be performed in literally any direction. I personally find it easiest to perform when my opponent is stepping forward and so propose to describe this one method of performing the throw.

You are walking backwards with your opponent following you in step and you wish to perform osotogari with your right leg. When your left foot touches the ground and you have your weight transferred onto it and are about to step back with your right foot, thereby transferring your weight onto your right foot, perform the action of stepping backwards with your body without allowing your right foot to touch the ground. The aim of this is to get your opponent to advance his left foot and to take his weight upon his left leg. While this is happening your hands are performing the hand action mentioned earlier in this article and your right leg is passing across the front of his body round to the back of his right leg. If you time this properly your opponent's left foot will not quite touch the ground, but he will rather rock backwards onto his right foot with his left foot coming up into the air as has happened to uke in the accompanying illustration. (Note that his legs are separated with the left leg in front of his right leg). At this instant with the feeling that you are fishing your opponent in towards you, lean forward onto the ball of your left foot and keeping your head well forward sweep your opponent's leg in the direction his body was taking.

Korean Visitors

The Korean team which had done so well in the World Championship in Paris visited the Budokwai on December 17th and 18th, 1961. They were accompanied by Kwon Chan KIM the President and Su Ha CHO the Technical Director of the Korean judo movement. His Excellency the Korean Ambassador in London was also present.

On Sunday the four team members practised with members of the Sunday class and demonstrated their favourite techniques. Perhaps the most interesting to watch was the small En Tae KIM, whose main waza were Seoinage, left Oguruma and Ashibarai. He had lost to Sone in the Championship.

Duk Yong KIM who had met George Kerr in the Championship adopted a very high right-hand hold and mainly used Taiotoshi and Ouchigari; while Ho San HAN concentrated on left Uchimata, Ouchigari and Hanigoshi. The fourth member was Dong Bae KIM.

On the Monday, the team members again practised with Budokwai members and visitors and in addition an impromptu good-will contest was held.

In the first contest, Bradbury (2nd dan, Renshuden) met En Tae KIM (3rd dan), Kim scored after a few seconds with ashibarai, and gained waza ari. Bradbury attacked as best he could but eventually went down to oguruma for ippon.



En Tae Kim winning against Bradbury

The second contest was between Reay (2nd dan, Budokwai) and Ho San HAN (4th dan), and was over rather quickly, Han scoring ippon with a powerful left uchimata.

Bernard (2nd dan, Budokwai) met Dong Bae KIM (4th dan) in the third contest. Bernard attacked as strongly as he was able with his tsurikomiashi and haraigoshi but could not disturb his opponent. Kim awaited his chance and scored with a strong left uchimata.

In the last contest Ryan (3rd dan, Renshuden) met Duk Yong KIM (4th dan). Ryan fought very well in this match against superior odds and he prevented Kim from scoring despite the latter's strong attacks, although he was brought down on the mat several times. He managed this without resorting to an excessively defensive role, indeed he attacked quite enterprisingly with ashiwaza, but without success. At time the referee, Charles Palmer (5th dan), gave the decision to Kim and thus the match ended with a 4-0 victory for the Koreans.

Afterwards the Koreans were presented with token gifts from the Budokwai in an informal ceremony in the dojo, which included a speech by their team manager Su Ha CHO. Both teams were then entertained at the Dinghow restaurant by the Budokwai and the B.J.A. London Area (represented by Tony Reay), who respectively provided the food and drink. As is so often the case where there is a keen common interest, the barrier of language was somehow surmounted.



Bernard goes down to uchimata

The discipline as a team which they had shown at all times in the Dojo was apparent even here, as with a word from their manager when the time came they rose from the table and quietly withdrew to their hotel nearby.

Co-existence

by M. Lister

A history of the Budokwai would be a very valuable work and it is one which we hope will be written (perhaps by G.K.?) even if only in note form. Not only would such a volume show a path for other clubs to follow but it would also illuminate some of the pitfalls that the Budokwai has climbed out of.

It would be pointless in the small space available here to give even a skeleton history, for this not only involves the Budokwai but also other clubs in Great Britain and throughout the world. It may, however, be useful to give a brief outline of some of the past and present problems involved in co-existence with other clubs in the same locality.

Many of the earlier members and some of the particular pupils of either Mr. Koizumi or Mr. Tani are still playing an active part in British Judo. Mr. Leggett is perhaps the most well known of Mr. Tani's pupils and he is still a very active Judoka, having within the last few years founded the Renshuden of which we will see more later. Also there is what we may call a second generation of prominent judoka who have sprung up mainly under the guidance of Mr. Kawamura and Mr. Leggett. Of these C. S. Palmer and G. Gleeson have reached 5th dan and many more are now 4th dan.

The most dramatic loss that the Budokwai has had to stand over the last ten years or so is the continual culling of the high-graded members. Either they have left to go to Japan for further training (which has proved to be a very wise and far-sighted policy for British Judo, originating from Mr. Leggett) or have started their own club. The Budokwai has directly or indirectly produced a large number of 4th dans (and above), but nevertheless it has been continually difficult to produce high grade teams.

This evacuation has had several effects on the club; the one I have mentioned above is very direct as far as the competitive side is concerned and also effects the available instruction at the club.

The other aspect is one which I have no doubt also effects provincial clubs. This is the problem of members leaving to start their own clubs. The effect of this is that not only is the available reservoir of potential judoka split but also that some of the existing members leave to join the new club.

The Budokwai has experienced this now on three occasions of note. Firstly in 1947, when the South London Judo Society was founded (now The London Judo Society). At the time, this new club did not have a dramatic effect on the Budokwai for several reasons;

there were few clubs in London, the pool of potential members was still limitless, and the London Judo Society brought on most of their members from beginners. The Budokwai was still in the Lower Grosvenor Place premises which were cramped to say the least. This new club gave a bit of a breathing space to some of the members who were also able to help the new club by practising there occasionally. Later the London Judo Society members practised at the Budokwai whilst their club premises were having a post-war face lift.

In April, 1953, the Budokwai was fortunate enough to obtain as its technical director Mr. Kawamura, 6th Dan (now 7th dan). Due to Mr. Kawamura's efforts this was a period of considerable technical progress. Many brown and black belts came from all parts of the country and soon the Budokwai was humming with high-grade members. And so it was when Mr. Kawamura returned to Japan in 1955. Mr. Leggett once again took on the thankless task of teaching the special Sunday class. This is a training class for brown and black belts and has now been running since the Budokwai moved into its present premises in 1954.

The next new club was the London Judokan, founded by Percy Sekine, 4th dan, in 1955. Sekine had been instructor at the Budokwai for many years and therefore had many friends and pupils who left the Budokwai and joined the Judokan at that time. Some of these judoka also remained members of the Budokwai. The Judokan is a very clean, well laid out club with two fair-sized dojo, good changing facilities and showers. It also displays an impressive list of 3rd and 4th dan instructors in the hall. Most of the instruction is carried out by Sekine, Richard Bowen, 3rd dan (who is also an instructor at the Budokwai) and Meiji Watanabe, 4th dan. The Judokan has many members, some of whom have made rapid progress to Dan grade. There is more social atmosphere at this club than at most.

The admirable state of high grade membership at the Budokwai very quickly corroded almost away when first Wyman, Bloss and Grabher left for training in Japan to be followed soon afterwards by Bowen and then Mack.

However, Geoff Gleeson had now returned from Japan as the first of the new crop of 4th dans and was appointed chief instructor to the Budokwai. Mr. Nakanishi was at the Budokwai almost every evening and a slightly swelling Ono was still in evidence fairly regularly. Britain started to see the whites of the continental eyes in the European Championships with Gleeson as captain of the British team.

Nakanishi returned to Japan and Palmer came back to the Budokwai. With this extra support the British Team started on its winning run in the European Championships, with Geoff Gleeson as Captain of the first winning team. He very wisely decided to retire from international matches rather than risk further injury to his already badly damaged knee. Palmer captained two more winning teams before he too dropped out through illness.

In 1959 Mr. Leggett, who is both a trustee, and a member of the Executive Committee of the Budokwai, decided to start his own club. The Renshuden is in North London and had as its first instructors Saburo Matsushita, 5th dan, and Warwick Stepto, 3rd dan (now 4th dan), neither of whom require further introduction. This new club with its three prominent judoka could have been a real threat to the Budokwai membership had the situation not been handled with some care. Mr. Leggett has remained on the Budokwai committee and therefore is a very strong link between the two clubs. He has always made a point of practising at the Budokwai three times a week and still takes responsibility for teaching the Sunday class. A further link between the two clubs in the early stages was that Mr. Matsushita was a visiting instructor at the Budokwai during his first year in England.

The Renshuden has undoubtedly attracted many members from the Budokwai, although a large proportion of these have also remained members of the Budokwai. Saturday afternoon at the Budokwai sees many Renshuden members practising and there are often 20 dan grades present (the Renshuden is not open on Saturdays or Sundays).

At the end of last year Mr. Matsushita returned to Japan, not without leaving a little of his fine technique with each of the Renshuden members and a book full of contest judo for British judoka in general. For those who knew Mr. Matsushita it may be of interest to know that he has been selected for this year's All Japan Championships which are to be held in May. Mr. Stepto also went back to Japan last month.

George Kerr, 4th dan, has taken over the post of Chief Instructor and we are expecting John Newman, 4th dan, to return in Stepto's place.

Although the Renshuden and the Budokwai have met in inter-club matches on two occasions the results cannot be said to have much historical value, as on both occasions the teams were selected from mutual members.

One of the interesting features of our association has been that we have been able to reduce considerably advertising costs by sharing London Underground poster sites.

Provincial clubs may be able to find some useful information from this and realise that providing there is a sufficiently large source of potential judoka, the opening of a new club in the area need not take the form of a 'split', but can be of mutual benefit.

The Budokwai Summer course will be held at the Budokwai from 4th August to 11th August, 1962.

As last year, a special booklet of instructional notes will be given to each course member, and gradings can be arranged if required. The course is restricted to graded Judoka of 4th kyu and above, and the fee for the full course is 5 guineas, or 3 guineas for the weekend only (4th, 5th and 6th August).

Applications should be made to the Manager, Budokwai, G.K. House, Gilston Road, London, S.W.10.



Fig. 1

Fig. 2

High-Grade Guests

Mr. Matsumoto (8th dan) & Mr. Yoshimatsu (7th dan)
teach the Budokwai's Sunday Class

By A. Sweeney (3rd dan)



Fig. 3

Fig. 4



Fig. 5



Fig. 6



Fig. 7

It is fair to say that our visitors at the Sunday class on the 10th December presented great contrast, physically speaking, to the younger contest men Koga and Enshu with whom we practised earlier in the year. But in the realm of suppleness and dynamic body movement their lesson for western judo big or small was just the same.

When training for uchimata Mr. Yoshimatsu laid emphasis on a full scale body action from the head to the toes so that the hips are stretched forwards and the body as a whole has an extended posture.

In fig. 1 Mr. Nakanishi can be seen drawing the attention of the class to the pointed toes, and from this position the left leg reaps backwards and upwards, near enough to the vertical to raise a gasp from the onlookers but not high enough to prevent Mr. Yoshimatsu apologising for his relative stiffness since retirement from contest judo.

Fig. 3 offers evidence of Mr. Yoshimatsu's versatility, where he is using right haraigoshi and shows a use of the right leg, to my mind reminiscent of some of Matsushita's throws.

In conjunction with uchimata and ashiwaza, osotogari is one of the favourite throws of Mr. Matsumoto. In figs. 2 & 4 he demonstrates how he prefers to use an inside grip with his left hand stretching himself in for shoulder contact and deflecting uke's defending right arm at the same time. Notice also how high his right elbow is with the collar held in contrast to a short man's osotogari, which should invariably have the right elbow down flat on uke's chest.

In addition to his own osotogari Mr. Matsumoto demonstrated that used by Kimura. Depending on the opponent's reaction, Kimura uses either osotogari or right seoinage. For the more contest-styled randori this sequence should be worth practising. When, for defensive purposes, uke's elbow is held stiffly in towards his body, making it difficult to attack with seoinage (fig. 5), tori drives the elbow into uke's stomach region and backed up by additional turning motion from the right hand at uke's neck makes osotogari. Here uke's posture is characteristically broken in the lower back and right knee — uke experiencing some discomfort. (Fig. 6). Against this attack uke may react by springing his elbow outwards and upwards so that tori can now use his seoinage (fig. 7).

The Editorial Chair

Those of our readers who read the small print on the back cover of the Bulletin before reading anything else will already have observed that the growth of the editorial department of this journal, first detected about a year ago, has now resulted in the appearance of a full scale editorial board; and they may well suspect the workings of "Parkinsons Law". They may well be right.

This group of members will be attempting in the future to attain the standard set by Dr. Malcolm Hodkinson, and maintained throughout his three years as Editor.

It is difficult to congratulate Malcolm on his effort during this period without appearing to make light of those of the previous Editors, which would be manifestly unjust. A change in the organisation of the

Bulletin, and in its format came into operation when he took over, and a number of experiments that he instituted have become established features. One fears that unfortunately a number of the subtleties of production, and the amount of work and care that goes into it, are lost on the general reader, and perhaps it is right that this should be so. Even so, like a number of other amateur activities, it is only fair that attention should be directed to these matters every so often — "pour encourager les autres."

Malcolm's literary activities have not by any means been restricted to the Bulletin. During this last year or so he has been co-operating with Mr. C. Nakinishi and with Mr. R. Bowen in the writing of two judo books, and his professional activities have included the preparation of a learned medical paper.

He leaves the Editorial chair because of increased pressure of work which no longer allows him time for the continued efforts to meet quarterly press dates, as well as carrying out his duties as Chairman of the Budokwai, an office which is by no means a sinecure in itself.

One should mention at this point that throughout this period he has had the skilled assistance of John Dresler, who carries on the good work as a member of the present board.



Malcolm Hodkinson (1st dan) at work on his last issue of the "Judo Bulletin"

Kouchigari — for the Small Man

by P. Sekine (4th dan)



There are I think more variations of kouchigari than of any other judo throw and along with the ouchigari is a "must" for the small man. The following shown and described is one of the many effective methods.

Description of throw:

With tori facing square to uke, tori draws back his left foot and side as if to make taiotoshi. Perhaps it would be better if I said tori draws back his left foot and places it about twenty inches to the direct rear of his right foot, with the toes pointing away from uke. He keeps a strong pull on uke's right arm and now if uke resists by moving his right foot forward and bracing it, tori reaps this foot along the mat surface and driving his right side into uke follows him to the ground. This movement can be likened to shunting.

Lower limbs:

Tori reaps uke's foot along the mat surface with the sole of his foot, his supporting left foot pointing away from uke. This is to allow maximum reaping, for if this foot points at uke there will be locking of the hip movement and at the knee of tori's supporting leg. It is most important to note that tori draws his left leg well back, so that momentarily his weight is on his right foot. Now when tori moves this foot to attack he loses his balance; this he turns to his advantage by reaping, falling and following uke down.

Upper limbs:

At the moment of attack tori's right arm, which has also been drawing uke forward, straightens like a connecting rod, driving and pressing down on uke's left shoulder, whilst his left hand also changes from a pull into driving uke's right elbow into his stomach.

Throughout the movement there must be no bending at the hip. The right side is kept straight and is indeed used like a scythe.

Kangeiko

Five years ago the first week in February was one of the coldest in living memory and the stalwarts of the Budokwai who attended the Winter training could congratulate themselves that they had proved how stalwart they really were.

Since that time the weather has managed to be so fine at this period, relatively speaking, that one senses amongst those who attended a certain disappointment that, after the mighty efforts of self-discipline and organisation required to get to the Club at 6.30 a.m. the weather lets them down by making it almost a pleasure. To be sure there was this year at least one day when there was a distinct frost in the air and one had to practise to avoid noticing the coldness of the mat.

Several old faces did not make an appearance this year, for a variety of reasons, valid and otherwise; but there were one or two that were equally surprising by being in evidence — and all week too.

One of the most rewarding features of this year's training was the presence of three keen types from Hatfield Judo Club, who travelled twenty-three miles from Hatfield each day, and back. It was not just a question of their cheerful faces brightening the dawn. Their keenness in practice and their standard of judo put one or two of us to shame, and Hatfield Judo Club should be worth visiting if these boys are typical.

F.W.



Our visitors from Hatfield

... and from the women

The number of women attending the Kangeiko has grown steadily since 1959, when three were awarded certificates. This year thirteen were present for the whole week, and our youngest member was for the second year running thirteen year old Frances Robertson.

On the whole the week was an uneventful one, although on Tuesday the resident birds decided to object, as only birds know how, to the "dawn chorus" of breakfalls and creaking joints which was obviously disturbing them.

This week will probably be most memorable to the lady judoka who was threatened with arrest "on suspicion" by a member of the local constabulary. Who could blame him?

H.L.

A Letter from Iceland

Before I went to the Budokwai I had heard that outside Japan the standard of Judo was higher in England than anywhere else, so that my expectation of what I would see certainly ran high. And I met with no disappointment as I saw there many judokas who are well known all over the world.

It seemed to me that training at the Budokwai was done with great enthusiasm and energy, many of the judokas being of excellent calibre. I feel that after my training at the Budokwai my understanding of Judo has deepened and found a more practical basis than ever before as my teachers were exceptionally good.

The hallmarks of every school are courtesy and helpfulness, and the Budokwai is characterised by these very qualities. I will keep these characteristics of the Budokwai in mind when I try to mould our own Judo school, which is the first in Iceland.

At the Budokwai I never saw any traces of the hero-worship which much too often ruins the atmosphere in some other sports clubs, *e.g.*, in soccer clubs. It attracted my attention that all the more experienced members were united in their effort to show no favouritism and see to it that no one was overlooked or left out when training even if he was shy or reserved. Judo is, indeed, particularly well fitted for moulding character. It can be looked upon as a reflection of life. The most highly graded Judoka will remember that he was once in the Kyu-grades and that he can still make progress in his art, for which he requires the co-operation of other judokas. He also knows that he who is still in the Kyu-grades is setting out on the same road as he himself has covered, so that he does not look down upon him for lack of skill. On the contrary, he supports him in his efforts towards higher development. The same applies to life in general: the truly educated man sows the seeds of learning and culture, and it is no less the function of sports schools than other schools to bring these seeds to fruition. I much admire how the Budokwai carries out this function.

SIGURDUR JOHANNSSON.

University Championships 1962

These championships were held this year in the University of London Union gymnasium on Saturday, the 24th of February. There were five teams of five men taking part, each winners of their own regional championships. The teams represented Cambridge, Glasgow, Leeds, London and Loughborough. George Kerr, 4th dan, was referee of all the contests which were of five minutes duration. The visiting teams and spectators were welcomed by the captain of the London team, after which the first match, between London and Glasgow, was fought.

The result of this match was a win for London by two full points to Glasgow's two half-points, with one contest drawn. Nash, 1st dan, captain of the London team, won his contest against Fraser, 1st kyu, in 30 seconds with migi haraigoshi.

In the second match Loughborough met Leeds, Loughborough winning by two full points and one half-point to Leeds' two full points.



A quick win by Nash



Holling scoring with ipponseoinage

The most notable contests here were between Stirling, 3rd kyu, of Loughborough, and Holling, 1st dan, who scored with ipponseoinage. The last contest in this match was between Miller, 1st dan, of Loughborough and Harpell, 1st dan. There was plenty of action here, Miller displaying some of the best judo of the afternoon, and eventually gaining yuseigachi at time on a waza ari.

Next we saw London beat Cambridge by two full points to one half-point, with two drawn contests. Gross, 1st dan, of London, gained the quickest win of the day when he threw Jackson, 3rd kyu with ipponseoinage in less than five seconds!

After a short pause, whilst judges C. Grant, 3rd dan, and A. Sweeney, 3rd dan, took their places, London and Loughborough lined up for the final match, which was to be won by Loughborough. They

gained one full point and one half-point to London's one full point, with two contests drawn.

There were several contests worth mentioning. The first was between Blanc, 1st kyu, of London, and Mott, 2nd kyu, who after attacking with a variety of techniques, scored ippon with okuriashi harai.

Next we saw Gross v. Sheldon, 4th kyu of Loughborough who did well to last until the fourth minute against his 1st dan opponent. After several groundwork encounters Gross scored ippon with udegarami.

Finally, Nash and Miller gave us a contest full of action, Nash attempting, amongst other things, several tomoenage, and Miller attacking frequently with tsurikomigoshi and haraigoshi. Miller tried hard from about the third minute to open his man up, but to no avail. However, the hikiwake decision by the referee and judges meant that Loughborough were the victors.

One feature that stood out in this winning team was their obvious fitness. It could be seen from their warming up exercises that they were very supple; even though technique was lacking in some of the contests, they nevertheless won several by frequent and agile attacking.

The Yukio Tani Challenge Cup, originally presented by the Japan Society for this championship, was presented to the captain of the Loughborough team on their behalf by Mr. Koizumi.

B.J.A. London Area

by A. J. Reay (2nd dan)

As we all know London was the last area to become organised as an area within the framework of the B.J.A., and that happened as recently as just over 18 months ago. Even then the deciding factor that prompted a few people to form a committee was mainly that of the Inter-Area Championships — London were unable to enter unless they were an organised Area. However, other matters — for example the Coach Award Scheme — have since arisen that can be dealt with only at Area level. As we make progress in judo in this country so the need for greater organisation increases, fortunately, in London we are not burdened with the same problems that other areas have and are still experiencing; other areas have to organise Area Grading Examinations and members have to travel great distances — similarly, Coaches and Instructors are expected to cover areas of five or six counties. Geographically we are in a good position in London and as for gradings and instruction our big clubs have the matter well organised and have done so for years. Our biggest difficulty so far in the administration of area business is that of finding the right people prepared to handle the work. I think I can safely say that those who have so far served on the committee have been pressed into service due to the lack of volunteers, and so the fact remains — we would welcome any person, sufficiently interested in the progress of judo and who might be inclined to work of this nature, that of Area Administration — to attend at any of our monthly committee meetings held at The Budokwai.

The last Coach Award Examination held in this area on the 3rd and 4th of February was a great disappointment compared to previous examinations, there were only four entries, as a result the examination was completed on the Saturday and on the Sunday time we could have used with the National Coach was wasted, had we known that there would be a poor response we could have booked the National Coach fully. Unfortunately on the last two days of the visit of the National Coach to London due to illness he was unable to keep appointments with Woolwich Poly. on the Monday and Shidokai on the Tuesday, Mr. Gleeson has asked us to convey his sincere regrets.

We have many enquiries regarding instructors and as usual the demand is greater than supply, in an effort to help all concerned we ask anyone who feels he is qualified and can make himself available any particular evening or evenings to write to P. Bailie, 111 Carlton Street, Queens Crescent, N.W.5, or to London Area Committee, c/o The Budokwai, stating the district in which he would prefer to instruct.



"Well, so much for the esoteric conversation—you all right for a punch-up?"

One against Two

Another tale of feudal Japan

In the year 1636 a Samurai called Shiga Danshichi, a powerful man of some 27 years, and a noted swordsman, was making his way along the edge of a rice field near the village of Sakato in the estate of the Lord of Sendai. Two young girls, the oldest not more than thirteen, named Miyagino and Shinobu, were helping their father to weed his growing rice.

It was little Shinobu who, not realising that there was anyone behind her, was unfortunate enough to hit the Samurai with a clump of weed. He chose to consider this an insult to his station as a Samurai and threatened to kill the child there and then; but the father threw himself in front of the swordsman pleading for his daughter's life. Within seconds he was himself a headless corpse on the dusty path, and his two daughters were left to mourn him and to break the news to their mother, who being on her sick bed at the time, died of the shock.

One of their aunts was prepared to look after the two orphans but the girls pleaded to be allowed to go out into the world to earn their own living, and they were eventually allowed to do so. They were, however, made of sterner stuff than had been supposed for it was not fortune they were after but revenge for the murder of their father.

They approached the problem with determination and common sense, journeying to the local capital Edo (now Tokyo), there to search out the best teacher of the martial arts that could be found, and by keeping their ears open they soon discovered that the teacher Shosetsu was their man. They managed to gain an interview with him at his home and there poured out their tale. A man of great toughness, ambition and determination himself, he was impressed and moved by their story and immediately took them under his care, promising to train them in the use of weapons for a period of three years. In addition to instruction in swordsmanship their education included the naginata, the sickle and the shuriken. (The sickle used was a modified form of the agricultural implement, with the addition of a chain and weight which could be used to entangle the sword-arm of the opponent. The shuriken was a type of small throwing dagger). The elder sister Miyagino eventually specialised with the sickle and shuriken, while Shinobu became an expert with the naginata. They became so expert that their period of training was extended for a further year of advanced

training during which time they were matched against some of the best men pupils of Shosetsu, with considerable success. The latter was very pleased with their efforts and was confident that they would put up a good showing against their enemy. He sent them on their way with a present of their respective weapons and an escort of three of his men.

On arrival at the town of Shiraishi it was necessary for the two girls to petition the Lord of Sendai to allow them to challenge his retainer to mortal combat. Permission having been granted and a day set aside, special arrangements were made to provide a public arena as there was wide interest in the fight. It is reported that so great was the crowd that over three hundred soldiers were required to keep order.

At a given signal Danshichi entered the arena to face the first of the girls, Shinobu, who was armed with her naginata. The samurai lost any sympathy that the crowd held for him when it was discovered by one of the stewards that he was wearing chain-armour under his outer clothes. This he was obliged to remove, to the sound of barracking by the spectators.

The fight started cautiously, and the girl was at first under heavy pressure, as she was forced to give ground; but after a spirited rally she was able to turn the tables to some extent. When the combatants were separated for a rest it was found that both had received slight wounds. The fight re-commenced with Miyagino taking the place of her young sister, and armed with a sickle and several shuriken. She tackled her opponent with great determination and after a desperate struggle she managed to take the opportunity offered by a momentary lapse in defence on the part of Danshichi, piercing first one then the other eye with a shuriken. Completely blinded, the Samurai still flayed the air with his sword but the girl succeeded in entangling his right arm with the chain of her sickle and immediately cut off both his arms with one stroke of the blade. She called to her sister to administer the coup-de-grace, and Shinobu ran on to cut off his head to the applause of the crowd, who were appreciative both of the spirit behind this revenge and the skill which had been exhibited to achieve it.

A number of high-born men sought to marry the girls after this feat, but they refused these offers, preferring to retire to a life of obscurity as nuns. Eleven years later their benefactor and teacher Shosetsu was the leader in an armed plot against the Shogun. This having failed miserably, Shosetsu himself committed seppuku and his head was in due course exhibited at Suruga. The two girls heard of this disgrace to the memory of their patron and made their way to the town to steal the head in the dead of night to give it honourable burial. Having achieved their purpose, they set up house close to the grave and spent the remainder of their lives watching over it.

Make a Note!

The annual Budokwai "Black Belt Judo" display will be held on Saturday, 13th October, 1962, at the Royal Albert Hall.

June 1962 Gradings

The Budokwai will hold Grading Examinations as follows:—

Monday, 4th June, at 6.30 p.m.	Judoka of 3rd kyu and below.
Tuesday, 5th June, at 6.30 p.m.	Ladies
Wednesday, 6th June, at 6.30 p.m.	Judoka of 2nd kyu and above.
Friday, 8th June, at 6.30 p.m.	All grades.
Saturday, 9th June, at 4 p.m.	Provincial judoka only.

These Grading Examinations are open only to B.J.A. licence holders. Those who are neither members of the Budokwai nor of its Affiliated Clubs will be required to pay a 2/6d. dojo fee. This charge is to cover the running costs of the examination and will be collected at the door.

Applications for grading must be made in the usual way through your own club secretary and so to the appropriate area recorder. Applications must have reached the Budokwai from area recorders by Friday, 1st June. Late entries will not be accepted.

News from Japan

Mr. Leggett, who is now in Japan, writes that John Newman is very well after his recent operation; Hoare is in good health and Whyman who is now a permanent resident is doing very well in business.

G.K. House Fund

28th February, 1962

	£	s.	d.
Brought Forward	660	9	9
Mr. C. Grant	5	0	0
Interest on Bonds	10	0	4
Ealing Youth Judokwai	1	1	0
Mr. S. Sveinsson	8	8	
	676	19	9
Less Bank Charges	2	7	3
	£674	12	6

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THE MANUAL OF KARATE by E. J. HARRISON, 4th dan.

The book is based on the standard work by Reikichi Oya and the official instructions as taught by the Society for the study of Japanese Karate in Tokyo. Karate (the open hand) is the most effective system yet devised of unarmed self defence by aggressive action. *Demy 8vo, case bound, 18s. net, post free 19s.*

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