

Melvin Appelbaum



The Budokwai

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Issue No. 73

April 1963

JUDO

Bulletin

Mel Appelbaum



Published quarterly by The Budokwai
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Cover picture:

G.K. and the Kodokan 8th Dan Certificate.

Portraits by Malcolm Lister.

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Fig. one



Fig. two



Fig. three

O U C H I G A R I

By
**Kisaburo
Watanabe**
5th dan

photography by
T. P. Leggett



Fig. four



Fig. five

When a man is strong against a pull he becomes correspondingly weak against a push, and the other way round also. Taiotoshi requires as a rule that the opponent should be weakened to his front or his right front corner. He can prevent this by leaning back, and then Ouchigari comes in as one of the most useful techniques to follow up. The stronger your Taiotoshi, the more the opponent has to brace back against it (or against the mere threat of it, if you have got a good turn of speed), and then the easier it is to bring off the Ouchi. Taiotoshi and Ouchi are complementary throws, and if you want to be really effective with one you should study the other also.

Now look at Figs. 1 - 3. The entry here is ostensibly for Taiotoshi, but the idea is to construct your Taiotoshi entry so that you can change over to Ouchi at the last moment. Ideally your entry should be exactly the same for both the throws, so that the opponent cannot have any idea which one he is going to meet.

In Figs. 4 and 5 the attacker has come in and feels that Uke was preparing to brace back against an anticipated Taiotoshi. So Tori (the attacker) brings in his right hip and twists to the right, throwing his body on to Uke's body and at the same time reaping away Uke's left leg.

Note that at the moment of execution the whole of Tori's right leg comes against Uke — the hip, the top of the thigh, and the calf all play their part.

Observe also that Tori's left foot must not be too close to Uke. Beginners often think the closer the better; this is true for some throws, but not for this one. Think of trying to push something over, the wall for instance. If you stand right up to it, you have very little power, whereas if you stand a foot or two away you get an effective push. Try this out in practice, leaning against the wall and trying to work out what is your most effective distance from it.

Another reason that beginners always try to get the supporting foot well in is so that they can stand entirely on it and then sort of



Fig. Six. Supporting weight on left foot and hooking up with right foot instead of throwing weight on to opponent.

hoist Uke's leg up. This is Fig. 6, the "mistake" picture. The attempt made in Fig. 6 is nearly always a failure (except in some special circumstances). Uke simply stands on his other leg and hops away if need be. The proper way of Ouchi is to throw the weight towards the right foot and on to the opponent, and not lift the right leg but "reap" it in a circle. As long as you are frightened of throwing your weight in this way you will hang back and try to stand on your left leg; you have to practise throwing yourself in ("sutemi" applies here

also, not just to Tomoe and such throws). It needs courage, but with practice you get used to the feel of it and then it comes naturally.

BEFORE GRADING

How beautiful the saffron robe,
Spilled gold;
Tender the curve of silk
Flaring at a whisper.

How true the single note,
The one seed
Growing to encompass
One life.

How banded round and round
The mind,
Straining towards
The thought no thought.

How far away
Is separate vision,
How far the meeting;
The act no act
The thought no thought.

Rosemary Grimble,
February, 1963.



ALAN MENZIES

1st Dan

DISCUSSES HIS OWN IDEAS ON TEACHING JUDO TO BOYS

Junior Judo started at the Y.M.C.A. in Croydon in 1951, shortly after the Senior club was formed. The original group were the members of the Y.M.C.A. junior department.

The advent of the juniors into the Judo club proper was not without its dangers and, after opening the doors to all and sundry we soon realised that most of them were only interested in taking it out of some other unfortunate child. The culmination of this was the expulsion of all the trouble-makers, which left us with one pupil, and he turned up on his own for some weeks until we organised a screening system for all future applicants.

That this system worked well was subsequently proved by the very low turnover of members, and four of the original children accepted under this scheme and chalked up their fourth anniversary with the club. It was not unusual for the juniors to remain with the group for two or three years, although the premises we then occupied were small and only one evening a week was allocated to them.

Since that time the juniors have become an integral part of the club and their presence has been a considerable asset financially and from a prestige point of view.

We still use the same method of selection for our junior section, although this has now been somewhat modernised. We have an intake into the section twice a year, in September and February. Each child is interviewed with one or both parents during the month preceding the intake and from those interviewed sufficient are selected to make up any vacancies which may have occurred, the section being kept at 42 children.

The lower age limit is usually seven, although depending on the child this is on occasions lowered. As we also run a teenage class there is no upper age limit, the candidate being selected for the juniors



or the teenagers on size and maturity rather than age. We give precedence to the children of club members, and reduce the fees for two or more members of one family. We practically never take on the friend of an existing junior unless he arrives at the club via channels not connected with the member, or they join together.

The "whole part" method is used throughout their initial training period. Newcomers to the section are verbally acquainted with the etiquette required and the standard of hygiene necessary before they first enter the dojo.

We try not to allow prospective members to watch the class before being accepted, as this seems to give them a wrong idea of what is expected and they cannot discriminate between good and bad principles

which they may see and subsequently copy. We feel that first impressions are most important.

New boys are introduced to the actual sport by watching two experienced members demonstrate the technique Hiza-guruma. As we have already said the "whole part" method is used and the minimum of verbal explanation is given, a purely visual pattern being assimilated by the watching child. At this stage the newcomer has not been initiated into breakfalls, although the demonstrators over emphasize the breakfall in showing them the technique. The newcomer is usually able to execute the technique within a few minutes and does not associate the breakfall as a separate part of judo but naturally assumes it goes with the technique.

Osotogari is the next throw and immediately this has been practised the novice is shown how the two techniques can be used in combination. It is usual for the new entrants to take part in randori on their first evening. The more experienced children are expected to practise with them and help the newcomer to get as much pleasure out of the practise as possible.

Groundwork is taught them in the same way, although this is not nearly so successful as the standing techniques. It is difficult to get the child to progress, he always seems to use the first technique taught all the time.

Very early in the child's career in the club, rolling breakfalls are taught, and a high standard set in the manner and control exercised. Most children enjoy this sort of thing, and only once or twice has it been found that a child could not reach a very good standard of performance. Rolling breakfalls are also used in practice and stemi waza are taught, for which children seem to have a good aptitude. They use the opportunity for doing these better than most of the adults. By teaching them the best uses for sutemi waza we try to overcome their seemingly natural preference for Tomoe-nage, to the exclusion of other equally or more suitable techniques such as Sumi-gaeshi.

We see to it that the child is conversant with the examination syllabus but a far greater curriculum is taught and it is our experience that the present syllabus hardly tests the average child's ability. The most serious defect is that the syllabus does not prepare the child for the senior examinations to which, we hope, he will eventually rise.

Noise is kept to the minimum in the dojo and, contrary to Mr. Bowen's remarks on this point, we think that children will make a noise for the sake of doing so, and not necessarily for the purpose of letting off steam. Apart from judo proper, various games are played which require a great deal of dodging about and bodily dexterity. The simple game of "He", where one person has to touch another, can be very exciting and get the whole class relaxed after a hard training period. "Horse-back" contests are another exercise hidden in a game; each pair of boys form a horse and rider, the last pair standing being the winners. During these sort of games they can make as much noise

as they like, as excitement is naturally high. The boys are also taught to balance and walk on their hands, an exercise which is particularly important in teaching appreciation of body control and balance. Most of the boys learn to do this fairly easily.

Leapfrog is another popular game and one which is excellent for developing good springing ability and many of the boys can leapfrog more than their own height.

Outside activities, which are part of the juniors training programme are cross country running and swimming. A bath is reserved for them by the local authorities and instruction given by a qualified teacher. So far this has been very successful and several boys who were non-swimmers have since obtained mile certificates, and two boys of 12 and 13 have reached the 'Silver Standard' of the A.S.T.A., neither of whom could swim at all when they joined the club. Judo-like games which are also enjoyed by the juniors are Sumo wrestling and randori without jackets on.

Most of the juniors have now passed into the seniors, since most of them started when they were fairly young it will be a little while before any of them reach Black belt standard, although we have two ex-juniors who are both 2nd Kyu grade.

Although most of the juniors come to us when still at primary school the majority seem to get to grammar or technical schools, which



seems to indicate that the more intelligent and diligent child gets on best with judo. The present class has members who have been with us for six years and some of those now in the seniors have reached their seventh year in the club.

One outstanding problem which occurs when dealing with the juniors of grammar and technical school status is that when they reach

their early teens and are at the real developing age as far as judo is concerned, homework and study for their future careers becomes the prime objective in their life. Another factor which also affects us considerably, the majority of the boys are excellent at all types of games, consequently practise for sporting events is another conflicting activity which interferes with their judo training.

The lessening of the time which can be devoted to judo, due to school work, has in the past affected the best of the youngsters when they were at a fairly low grade. We now have a better training programme which is getting them to a higher grade before this difficulty arises, and we are arranging for them to enter the senior examinations much sooner than previously. We hope that, in the future, they will be of 1st or 2nd Kyu grade before they reach seventeen years of age and, with a bit of luck, Dan grades in some cases.

Most of our past members have made excellent careers for themselves and their positions in industry and the professions will no doubt stand judo in good stead. Of our ex-pupils, one is an honours graduate from Oxford University, at present studying at London University; another is a qualified doctor practising in Sweden; a third has just obtained an honours degree in Japanese at London University and is due in Japan in the near future; a fourth has a degree in aeronautics and is in charge of a French aircraft subsidiary; a fifth is at Brighton University, and four are awaiting University places. As we keep in close contact with them and they have pleasant memories of their stay with us, we can expect their co-operation in their particular sphere if the occasion arises.

BUDOKWAI MONTHLY CONTESTS

Since our last issue two more monthly contests have been fought between our four club teams — kita (north), minami (south), higashi (east) and nishi (west). As we mentioned last time the cup, which is now displayed in the hall at the Budokwai, will be held by the winning team for one month. At the end of the year, the team who has won most times will have this fact recorded by an inscription on the base-plate of the cup.

In January the winning team was captained by Cliff Nash, 1st dan, (nishi), whose supporting members were: Shepherd, 1st dan, Blanc, 1st kyu and Bellamy, 1st kyu. Mr. Nash having recruited all university members to his team, nishi is fast becoming known as the 'University' team.

Repeating his December victory, Brian Abbott, 2nd dan, captained February's winning team, (kita). His team members were: Sullivan, 1st dan, Fraser, 1st dan, and Byron, 2nd kyu.

This month's contests will be held at 10.30 a.m. on 21st April.

JUDO IN MALAYA

by
Khor Ghoon Hoe



A recent addition to the Selangor Judo Club, Kuala Lumpur, Federation of Malaya, is a high grade Judo man and official representative of the Kodokan, Tokyo. He is Mr. Masami Shirooka, 7th Dan.

Mr. Shirooka was specially selected by Mr. Resei Kano, President of the Kodokan and Asia Judo Association to instruct members of the Selangor Judo Club, which is Malaya's oldest Club. This was made possible by arrangement with the Kodokan through the Malayan Judo Federation.

Mr. Shirooka is an instructor with 30 years Judo experience and one of the very few to attain the 7th Dan before the age of 40. He is now 46 years old. As a young man of 24 he was Judo Champion of Manchuria and continued to be active as a contest man until recently when he became coach of the Municipal Physical Gymnasium in Sapporo where he comes from. He is also director of the All-Hokkaido Judo team.

In 1960 Mr. Shirooka taught Judo in Portugal for one year. He is known to be the last student of the late Professor Jigoro Kano, founder of Judo. As to be expected, his Judo technique is classical and entirely of Japanese origin. He is also 4th Dan in Kendo.

At the Selangor Judo Club, Mr. Shirooka conducts the Advanced Course for 1st Kyu and upwards, and in addition teaches Goshin-Jitsu and the various Judo Katas.

Mr. Shirooka's favourite Judo technique which ensured him victory time and again is Hidari Tsurikomi-Goshi.

UNIVERSITY CHAMPIONSHIPS 1963

Held this year once again in the gymnasium of the University of London Union, the Inter-University Championships were unfortunately an hour late in starting. This we feel was no fault of the organisers, but due to the late arrival of some of the teams taking part. In fact, two teams did not turn up.

Those which appeared were Leeds, Glasgow, Southampton and London, each winners in their own area. There were five men in each team.

Mr. Gunji Koizumi, 8th dan, and Mr. John Barnes, 3rd dan, President of the B.U.J.A. were present; the refereeing was done throughout by Tony Sweeney, 3rd dan, and the judges were Messrs. McQuade and Holdsworth.

With only four teams present, there were just three matches, the winners of the first two meeting each other in the final. In London's match against Leeds, we saw some fast attacking judo from members of both teams, Holmes, 1st dan, (London) and Holling, 2nd dan, (Leeds), being the most outstanding. After two good previous attempts Holmes scored in the third minute with okuri ashi harai in his contest with Smith, 1st dan, (Leeds). Holling's contest with Nash, 1st dan, (London), his fellow Budokwai team member, was an enjoyable one from a spectator's point of view. There were frequent attacks from both sides and the result was hikiwake. The overall result was a win for Leeds.

Next we saw Glasgow v. Southampton. Southampton, their team consisting of four 5th kyu and one 4th kyu tried hard against their 1st kyu opponents, but understandably lost every contest.

The final then was between Glasgow and Leeds. The first contest was an easy win for Glasgow. Leeds put in a reserve as their first man was injured, but unfortunately the reserve was also unfit and had to retire.

Contest number two brought a number of newaza encounters between Harpell, 1st dan, (Leeds), and Lindsay, 1st kyu, but the victory went eventually to Leeds.

Next came Holling and Orr, 1st kyu, (Glasgow). Holling secured osaekomi (after several attempts at his favourite ippon seoi) and gained ippon.

Rudden, 1st kyu, (Glasgow), attacked and almost succeeded in throwing his 3rd kyu opponent, Seager, many times during their contest. When hantei was called Rudden was awarded yuseigachi.

This left the match in an exciting position, with Leeds leading by 20 points to Glasgow's 17.

With much encouragement from supporters in the audience, Fraser, 1st kyu, (Glasgow) secured kesagatame on Taylor, 2nd kyu, scoring the point which clinched the championship for the Glasgow University team.



Fig. 1

H A N E G O S H I

Hanegoshi is one of the major techniques which has dropped out of favour in contest judo because of the difficulty of forcing this throw, as can be done, for example, with harai goshi, or even uchi mata, if the attempt is not a hundred per cent. successful. None the less as well as being a gratifying and spectacular technique when performed with skill, this throw is well worthy of study. Dennis Bloss used it with great success in the international field for many years. I also remember another British international, Ian Stevenson, using this throw when I had my first international match in 1949. Looking back through my previous articles I find that I have described most of them when performed right-handed. Therefore, both for the sake of left-handed judoka and also since I perform this technique best on the left myself, I will describe this throw on that side. To perform the throw on the right it will be necessary only to read right for left and left for right wherever the words appear.

Hanegoshi being a true koshi waza, one of the most important factors is to ensure that you have close chest contact with your opponent. In this case your left rear ribs should be in contact with the left front or centre of your opponent's chest. Your right foot should be placed centrally between your opponent's feet with your heel level with your opponent's toes. It is a mistake in this technique to place your right foot too far between your opponent's feet. This results in your hips thrusting your opponent backwards when in fact you are trying to break his balance forward. At the beginning, your right knee should be bent, and your right heel should be on the ground. Should you let your heel come off the ground before beginning to lift your opponent, you not only lose that amount of lift at the end of the technique, but also are less firmly placed for applying any lifting force to your opponent's body.

This technique is suitable for men in the 5' 6" to 6' height range and for women 5' 2" to 5' 8" — this is to allow for the difference in average heights. People who are taller and shorter than this will find difficulty in performing the technique well because the majority of their opponents will be either too tall or too short for them to place their attacking hip and leg in the correct position for the performance of the throw. (See Fig. 1).

During the throw your right arm and hand must pull upwards and away from your chest at least until your opponent's feet are off the mat. Your left hand which should be holding the lapel in such a manner that you have a reasonable amount of "slack" in your hand, lifts directly upwards towards the ceiling and if possible passes in a line travelling over your left ear whilst your head is turning away from your opponent. These actions somewhat resemble in sensation that of pulling a chest expander, with your right hand across your chest, whilst pulling with your left hand up in the air. Therefore during the execution of this technique, your right elbow should be above your right hand as long as possible. Your left hand must stay above your left elbow. Should your right elbow drop below your hand, you will be pulling your opponent downwards, thereby pinning him onto his feet and increasing the weight you are trying to lift with your hip. Should your left elbow pass above your head you will be pushing your opponent downwards, thereby achieving the same undesirable effect. Your left hip should be level with your opponent's left hip and your left buttock should fit just below his left groin. Your left leg should be bent and placed across the front of your opponent's legs so that your left knee makes contact just above his left knee and your left ankle just below his right knee. (See Fig. 2).

By
Charles Palmer
5th Dan

photos by
Malcolm Lister



Fig. 2



Fig. 3

Quite often when this technique is performed it looks as if the throw has been made at one leg. However, most exponents of hanegoshi attack at both legs, but, because the opponent steps to one side or the other, often only successfully contact one leg. Should you make the attack at one leg only and miss, then there is quite a risk that you will throw yourself by the momentum of the throw.

It is quite difficult to get the feeling of this throw in the early stages, therefore I recommend that you try a few times with your left arm round your opponent's neck and shoulders or round his waist and just squeeze his chest to your ribs, reinforcing this action with the pull of your right arm. (Fig. 3).

If you succeed in "sticking" him to your chest, then the rest of the throw is comparatively simple. When you have managed to "stick" your opponent there, straighten your right leg whilst leaning forward, and as you feel his weight coming onto you lift your leg



Fig. 4



Fig. 5

backwards and upwards whilst turning your body to the right. When you have done this a few times you will then be able to transfer your left hand to his right lapel in order to execute the technique properly.

Having now defined all the major points above I will try to give you an idea of the feeling of the throw as a unit in the following paragraph.

Remember that all judo throws are a continuous moving action, and it is extremely difficult to divide a throw up into parts and even more difficult to learn it, as separate parts. The following description, therefore, may seem a little long, but this seems to me to be the best way of imparting the feeling of the throw. Hanegoshi can be applied at any time during a practice or contest when your opponent is moving



Fig. 6

When you have acquired some skill in placing your right foot it will become possible to throw your body at your opponent explosively, thereby multiplying the lifting force many times.

backwards or forwards with either leg. At the moment when his legs are just coming level and before he has succeeded in transferring his weight completely onto both feet, whilst pulling upwards with both arms as previously indicated, place your hip and leg in position across the front of your opponent's body and whilst turning your head to the right, lean forward onto the front of your right foot. Then, straightening your right leg, lift your left leg backwards and upwards, thereby lifting your opponent's legs off the floor. (Fig. 4). Carry on turning your body to the right until your opponent rolls off your left hip to land at your feet in front of you. (See Fig. 5).

Should you experience difficulty in performing this technique successfully, do not hesitate to approach me to ask for a demonstration in the dojo.



GUNJI KOIZUMI

8th dan

by

Malcolm Lister

In November, 1962, Gunji Koizumi was awarded the 8th dan grade by the Kodokan. This is in recognition of his forty-five years of service to British judo, and coincides with the celebration of the Kodokan's eightieth anniversary.

G.K. founded the Budokwai in January, 1918, and although as a society its aims were wide, it included jujitsu amongst its many activities. In the summer of 1920 Dr. Jigoro Kano visited the Budokwai for the first time, (bringing Mr. Hikoichi Aida — now 9th dan — as the Budokwai's first judo teacher). After deciding that the aims of the Kodokan were entirely compatible with his own ideals, G.K. (and Yukio Tani) became members of the Kodokan. Dr. Kano graded them both to 2nd dan (judo). This was the start of judo for the Budokwai, although I have a poster for the 1924 (6th) Annual Display which included amongst its attractions Nabebuta (fighting with saucepan lids).

In 1932 G.K. was awarded his 4th dan by the Kodokan. By this time he was organising international matches against Germany (the Budokwai *was* British judo), and the club grew in strength until the outbreak of war. For a few days early in 1941 activities ceased, after a bombing attack on 8th February. By the 13th a meeting had been convened (at G.K.'s house) and the Judokwai was formed as a stop-gap measure. The lower dojo was to some extent repaired by volunteers, but the ground floor dojo was abandoned.

The Judokwai was carried on during the war mainly by the never-ceasing efforts of G.K. Early in 1944, the society was renamed the Budokwai. In 1945 G.K. encouraged the formation of this magazine and a certain Enid Russell-Smith, 1st kyu, became the first editor. (Ten years later, in October, 1955, she retired from this position as Dame Enid Russell-Smith, 3rd dan).

At the first post-war dinner, G.K. thought himself so old that in his speech he said, "although I might appear immortal, as someone previously suggested, this is not the case, and I will not be able to carry on indefinitely." I don't know what he meant by all this as seventeen years later at seventy-eight years of age he still has a fair turn of speed when a homeward bound number 14 bus appears on the Fulham Road!

Soon after the war, in 1948, G.K. was upgraded from 4th to 6th dan and in the same year he was instrumental in the founding of the B.J.A. (in fact he made the loan necessary for its formation). At the same time the European Judo Union and the International Judo Federation were also founded with his support and guidance.

1951 brought another upgrading — to 7th dan — as he says in the introduction to his latest book "for the number of throws I have taken as a subject experimental."

Together with his 8th dan certificate, G.K. was awarded a citation by the Kodokan. He and T. P. Leggett are amongst only ten judoka outside Japan to receive this honour.





Katagatame 1

Katame-no-Kata

The Third Article by T. P. Leggett, 6th dan

2. KATA-GATAME (Shoulder Hold)

(i) and (ii) Tori comes forward slightly from the Near Position and with both hands takes up Uke's right arm. (His left hand, fingers uppermost, goes on to the upper arm, and the right hand, fingers down, holds Uke's wrist.)

With his left hand he pushes Uke's elbow against the right ear, while he brings his right knee, with the toes of the foot upright on the mat, against Uke's side.

Tori's right hand goes over Uke's shoulder and under his neck, to come out on Uke's right. Tori now applies the right side of his neck to the place which he has been pushing with his left hand. Thus pressing Uke's right arm against his cheek, he clasps his hands, with the right one on top.

Katagatame 2



Tori stretches his left leg to the side to get a purchase.

(iii) Tori puts on the hold by tightening his hands.

Uke makes attempts to free himself, for example:

Cupping his left palm round his right fist, he tries to loosen the hold by straightening the elbows;

By twisting his body to the right, he tries to get his right knee under Tori's hip;

He attempts a backward somersault over his left shoulder.

Failing to escape, he gives the signal Mairi.

(iv) Tori releases the hold and with both hands returns Uke's right arm to its original position.

He goes back to the Near Position (in Kyoshi) and then withdraws to the Far Position.

Katagatame 3



Notes:

This is a fairly easy one.

When you clasp the hands, hold the right hand with the fingers together and the thumb separated, and the palm down. Then bring the left hand, fingers together and palm upwards, and fit the thumb inbetween the right thumb and fore-finger. The hands are then firmly locked together at right angles.

Uke needs to practise the back somersault to make it look convincing. He can help by pushing his own hips with his left hand.

3. KAMI-SHIHO-GATAME (Upper Four-quarters Hold)

(i) Tori stands up and goes round to Uke's head, there taking up the Far Position facing Uke. Advancing in Kyoshi, he comes to the Near Position.

(ii) Again coming forward a little, he puts his right knee down and thrusts both hands under Uke's shoulders, to grasp Uke's belt in the normal hold (thumbs in), thus controlling Uke's arms by his own arms.

He puts his chest on to Uke's chest and turns his head to the side.



Kamishinogatame 1

(iii) Tori flattens his toes on to the mat, lowers his hips, and so comes into the hold.

Uke makes attempts to free himself, for example:

Trapping Tori's head with one arm and swinging (with legs and body), he tries to turn him over to the opposite side;
He thrusts an arm through Tori's armpit and twists his body;
He lifts Tori up and by slipping back tries to get a knee or foot in.

Failing to escape, he gives the signal Mairi.



Kamishihogatame 2

(iv) Tori releases the hold and returns to the Near Position in Kyoshi, and then to the Far Position.

Notes:

In practice and contest this hold is now almost always put on with Tori's extended leg. Be careful you do not do this in the Kata; the knees must be well forward, and you should be as flat as possible.

Some teachers have their knees underneath them; others spread the knees. In either case the knees must of course be as flexed as possible.

Again, in practice Tori usually has his body at an angle to Uke, whereas in the Kata the two bodies are in one straight line.

4. YOKO-SHIHO-GATAME (Side Four-quarters Hold)

(i) Tori stands up and goes to Uke's right side. He takes up the Far Position in Kyoshi, then advances to the Near Position.

(ii) Tori advances a little from the Near Position. He picks up Uke's right arm in the normal hold (palm down) and takes it to his own left, at the same time pushing his left knee against Uke's right armpit (keeping his toes upright on the mat). With his left hand he grips Uke's left-side belt.

Keeping his right toes up, he lowers his right knee, and inserts his right hand between Uke's legs, under the left thigh and past the left hip, to grasp the left side of the belt in the normal hold (thumb in).

Now he passes his left hand under Uke's neck to grasp the left lapel in the normal hold (thumb in). Tori's knees are closely against Uke's right armpit and hip.

(iii) Tori flattens his toes on to the mat, turns his head to the left, and applies the hold.



Yokoshihogatame 1

Uke makes attempts to free himself, for example:

Applying his left hand to the left of Tori's neck, he tries to bring his left leg on top of it;

Twisting the hips, he tries to get his right knee under Tori's body;

Gripping the side of the belt with his left hand, he tries to take Tori over with a big swing.

Failing to escape, he finally gives the signal Mairi.

(iv) Tori releases the hold, replaces Uke's right arm, takes up the Near Position, and then withdraws to the Far Position.



Yokoshihogatame 2

Notes:

In taking up the hold, Tori in effect first holds the belt with his left hand, and then passes it across to his right hand as it comes through the legs.

Some authorities perform this hold with the left leg stretched, and only the right knee closely against Uke. In any case, the spirit



Yokoshihogatame 3

of the hold is the so-called "control with a loose rein"; Uke has much more freedom of movement, and so Tori has to adjust his position with great flexibility. This point should appear in the performance of the Kata.

5. KUZURE KAMI SHIHO GATAME

(Loosened Upper Four-quarters Hold)

(i) Tori stands up and goes round to Uke's head, assuming the Far Position and then the Near Position.

(ii) Tori comes straight forward a little, and then a little to his right front corner, moving the right foot first. With his right hand he picks up Uke's right arm from the inside, and with the help of his left hand, thrusts it under his right armpit.



Kuzurekamishihogata 1

He inserts his right hand under Uke's armpit and deeply through under the shoulder, to grasp the back of the neck in the normal hold (palm downwards).

He rests his right arm, thus encircling Uke's right arm from below, on his right thigh. He inserts his left hand underneath Uke's left shoulder to hold the left side belt in the normal hold (thumb in), flattens his toes, and lowers his hips.

(iii) Tori bears down with his chest rather diagonally across Uke's right chest, and applies the hold by pulling in with both hands.

Uke makes attempts to free himself, for example:

Applying his left hand to Tori's neck, and pushing with his right hand at the joint of the right thigh, he tries to slip down and back and get his right arm out for a twist to the right;

Getting his left hand through at the throat and pushing up,

he tries to get his left knee in;

Gripping Tori's belt with the left hand, he tries to swing him over to the left.

Failing to escape, he finally gives the signal Mairi.

(iv) Tori releases the hold and with both hands returns Uke's right arm, adopts the Near Position, and then withdraws to the Far Position.

Notes:

Note that here again the hold begins with the knees bent and the toes flattened. Most Westerners find this position uncomfortable and insecure. Once Uke begins his struggles, it is of course permissible to stretch one or both legs to counter the escape attempts. But the hold should begin in the proper way.



Kuzurekamishihogata 2

Some authorities used to insist on holding the neck in the reverse hold, with the fingers inside and palm up. This is easier to secure, and even now can hardly be called a mistake.

Conclusion of Osae-komi Section

Tori retreats two steps in Kyoshi, resuming the position he was in at the beginning of the Kata.

Uke meanwhile sits up, puts his right hand behind his right thigh, and supporting himself on his right hand and left foot, lifts his hips and turns to the right, bringing his right foot through. He comes on to the left knee and takes the right knee up. Thus he is now facing Tori in Kyoshi.

Uke's movement here is the reverse of his lying down movement at the beginning of the section.

Tori and Uke should rehearse their movements together, so that they finish together, facing each other and looking into each other's eyes briefly.

Kuzurekamishihogata 3





Photo - Malcolm Lister.

K A N G E I K O

1
9
6
3

It is traditional in accounts in this journal to treat the winter training session at the Budokwai as something rather amusing; as suitable material for a merry quip. This is presumably an attempt to gloss over the fact that, at least in anticipation, a week of judo training at 6.30 a.m. on a winter morning is not basically a pleasant experience; in fact, a great deal of the point would disappear if it were.

In retrospect, of course, one realises that there is a great deal of satisfaction — verging on actual pleasure — in carrying out such an experience.

It is clear that it means different things to different people. To some it means a thirty mile journey each morning; to others a stroll of a few yards along the Fulham Road. Students of human nature will have no difficulty in deciding which of these classes of people arrived on time, of course! To the writer of the account it meant breakfast — this being the only week in the year in which some of us get up in time for this ceremony. In fact it was all done rather splendidly this year with a series of small breakfast parties at which Kisaburo Watanabe was a welcome guest.

The turn-out each morning, especially with regard to the men, was appreciably better than last year although the number who attended throughout the week was actually fewer. The week just caught the end of the really cold weather so that on the first couple of days at least, the mat was distinctly chilly. Even so there were still voices to be heard complaining that it wasn't really cold enough.

Kisaburo Watanabe added certain lustre to the proceedings, generally ensuring that practice was lively, so that it was possible to have a shower and face the working day with the feeling that not only had self-discipline been practised but one's judo was all the better for it. In addition, being able to toss off a casual reference to judo at 6.30 a.m. to one's workmates more than compensates for the unpleasant anticipatory feelings associated with actually doing it.

A DINNER FOR MR. NAKANISHI

Chikashi Nakanishi has left again for Japan after a stay of three years, and his departure was commemorated privately by a number of parties but officially, as far as the Budokwai was concerned, by a farewell dinner — at which the Technical Board of the B.J.A. was also represented.

Mr. Nakanishi, accompanied by Mrs. Nakanishi, was entertained at a Chinese restaurant close to the Club. Socially-speaking the occasion was a great success, being one of those affairs where although there are a satisfactorily large number of people present, everyone is close enough to exchange chit-chat, rude remarks, flattery, etc., etc.

One snag was that although the food was in fact plentiful it took an awful time to percolate from the kitchen, and in the end the diners were divided between the extremes of those who had to leave before they had received their fair share on the one hand; and on the other, a small group who with extended abdomens sat arguing (about weight training) while drinking innumerable cups of coffee long after the others had gone.

Two days after the dinner, early on Saturday morning, 23rd February, Mr. Nakanishi left with his family quietly from London Airport. One hopes that he takes with him pleasant memories of his stay, and we can be certain that he does take the best wishes of all who have come to know him, and hopes for his return some day in the not-too-distant future. F.W.

AN HONOUR FOR T.P.

Congratulations to Trevor Leggett, 6th dan, on the award by the Kodokan of a citation for outstanding services to judo on the occasion of the eightieth anniversary of the founding of the Kodokan. With G.K. he is one of the ten men outside Japan to receive this honour, and in addition to himself there are only two other non-Japanese recipients. Bonet Maury of France is one of these, together with Harry Stone of the U.S.A., to whom the award was made posthumously.

T.P. is now on his way to Japan for a year's stay there.

LEEDS UNIVERSITY v. BUDOKWAI

A good opportunity arose on Sunday, 24th February, for an inter-club contest. With the University teams in London after their championships on the 23rd, the Budokwai invited Leeds University to a contest on Sunday morning. The result was a win for the Budokwai, but only after an extra deciding contest. This was between B. Abbott, (Budokwai) and Harpell, 1st dan, (Leeds). Harpell was not the strongest Leeds man, but the choice was a strategical one. Holling, 2nd dan, (Leeds captain), obviously felt that Harpell was the man to counter Abbott's osotogari — which he almost did.

FRANCE v. GREAT BRITAIN

Paris – 11th February, 1963

from an account by George Kerr, 4th dan

Due to fog in France the earliest members of the nine man team arrived only an hour before the contests, the three heavy-weights running into the stadium during the course of the first match.

FIRST MATCH

Light-weight

Strang - Lesturgeon. Won by Lesturgeon with okuri-ashibara for wazari.

Mountford - Forrestier. Won by Forrestier with an armlock while getting up from groundwork. Mountford was injured.

Orton-Bourreau. Won by Bourreau (Light-weight champion of Europe) for wazari.

Middle-weight

Miller - Grossain. Won by Grossain (Champion of France, Olympic middle-weight champion of Europe) with uchimata.

Bernard - Leberre. Won by Leberre with ouchigari after wazari for ashiwaza.

Kerr - Chevallier. Won by Kerr for wazari after several throws off the mat.

Heavy-weight

Petherbridge - Bourgoin. Won by Petherbridge with yuseigachi.

Sweeney - Gress. Won by Sweeney with yuseigachi. Gress who is nineteen, became junior heavy-weight champion of France on the next day.

Ryan - Dessailly. Won by Dessailly with yuseigachi after a very good contest.

The match was thus won by France by six contests to three.

SECOND MATCH

Light-weight

Orton - Lesturgeon. Won by Orton with Yuseigachi, against a defensive opponent.

Strang - Forrestier. Won by Strang with yuseigachi, using uchimata and osotogari.

Mountford did not compete due to injury.

Middle-weight

Miller - Chevallier. Won by Chevallier with yuseigachi.

Kerr - Leberre. Won by Kerr with tsurikomigoshi for wazari.

Bernard - Grossain. Won by Grossain with kesagatame.

Heavy-weight

Sweeney - Dessailly. Won by Sweeney with deashibara for wazari.

Dessailly is the fourth dan champion of Europe.

Ryan - Bourgoin. Won by Bourgoin with taiotoshi, after about a minute.

Petherbridge - Gress. Won by Gress with a spectacular harai-goshi after a wazari for osotogari for Petherbridge, who was in his last international.

This match was thus a draw in terms of contests, but a win for France on points.

GENERAL COMMENTS

The British team put up a good show in view of the exhausting travelling conditions. The less experienced men especially were under great strain and are to be congratulated on their performance. With a little more experience we shall have some very good lights and middles.

Alan Petherbridge who was team Captain on this occasion, now retires from the international scene after about seven years, during which period he has helped a British team on to a win on several occasions.

OBITUARY—Dr. Hugh Williams, 1st dan

Dr. Williams was killed in a motor-car accident in Singapore, where he was serving as an R.A.F. medical officer, on 26th February 1963.

Dr. Williams was only 31 years of age and leaves a wife and five young children.

He started judo as a student at Oxford University in 1951. He was 4th kyu when he came down to London in 1954 for his clinical training at the Westminster Hospital and joined the Budokwai. His serious interest in judo really dated from then, for in Oxford his main sport had been archery. He studied judo energetically under the guidance of Mr. Kawamura and Mr. Nakanishi in particular, and won his 1st dan in March, 1956. He qualified as a doctor at the end of 1956 and after that was not able to practise actively because of resident hospital work. In the R.A.F. from 1958 on, regular practice was likewise difficult but he always managed to keep up a certain amount of practice and in his last posting at Singapore had been able to attend the local club quite often.

On the mat his judo did not appear stylish but he had excellent attack to both sides with uchimata as his strongest technique. He was very fast for his size and because of this very successful with renrakuwaza in contest.

Dr. Williams' sudden and unexpected death has come as a tragic blow to his family and many friends, but must also be counted as a real loss to the judo movement, for with his genuine interest, coupled with his character and professional standing, he would without doubt have given important service to judo in the future.

H.M.H.

A SHOW IN MANCHESTER

The King's Hall, Belle Vue, Manchester, was the scene of the Kita Nishi Kwan's "Judo Show of the Year" on 10th March.

Four team matches formed the heart of the programme, and it was to represent the London Area of the B.J.A. that a Budokwai team, with Kisaburo Watanabe and a few supporters, undertook what proved to be a six hour coach journey to Manchester, to arrive as the show began. In addition to London, the Midlands, the North West and Ireland were represented — the latter including a few faces surprisingly familiar to London judoka!

In addition, a contest between the Kita Nishi Kwan juniors and the Leicester Judokwai (holders of the Peter Sellers trophy) was staged. Although full of fight, the Kita Nishi Kwan were generally overwhelmed by their larger opponents, losing the match by four contests to one.

As for the men, the contests in general cannot be said to have been of high standard, and members of the audience unfamiliar with judo would have been disappointed had there been no demonstration items. The poor ventilation in the hall can perhaps be blamed to some extent, as conditions on the mat were hardly conducive to athletic activity.

There seemed to be some doubt amongst competitors as to the length of the contests, and the situation was made worse by variation in the actual times.

In the first match, the Midlands (Hobbs, Ransome, Vaughan, Jackson, White) were beaten by Eire (Sullivan, Hegerty, McQuade, Whelan, Ryan) by two contests to one. Ransome won with ippon for the Midland Area, and McQuade with ippon, Whelan with a yuseigachi for Eire.

In the second, the North West (Smith, Andrews, Kinsella, MacConnel, Norman) lost by two contests to nil to the Budokwai (Abbott, Saunders, Holling, Sweeney, Nash). Holling gained wazari, and Nash ippon for osaekomi.

In the final between Eire and the Budokwai, two contests were won by each side, but there was a clear win on points (seventeen to ten) for Eire. Both of the Budokwai wins were by yuseigachi — Saunder's after a contest in which he had spent most of his time trying to catch his opponent before the latter reached the edge of the mat. Sweeney's contest was memorable for his complete failure to secure a submission from a strangle which lasted a good minute. He was awarded yuseigachi. McQuade for Ireland scored with wazari after an earlier near-success and Ryan in the best contest of the evening caught Nash beautifully for an unmistakeable ippon.

The most satisfying judo appeared in the demonstrations by A. Hosaka, 5th dan, and K. Watanabe, 5th dan, supported by G. Kerr, 4th dan, and J. Newman, 4th dan, and there was obvious appreciation in the full-house audience, although to those inclined to be critical there were signs of lack of rehearsal on occasion.

The show ended with a one-against-ten contest performed by Akinori Hosaka, who dispatched his opponents with satisfying promptness and elegance.



TOP: A. Hosaka in his "Bojitsu" item. CENTRE: Nash wins with osaekomi.
BOTTOM: Hosaka's osotogari in action.

(Photo: Hazel Lister)

THE TOKYO SCENE



John Cornish (tori) and Robert Geddes of Canada, demonstrating Nage-no-Kata, at the Tokyo Police Championships.

REVIEW — Judo Flip-Book

Although this series of flicker-books has been on sale in this country for some time it has not yet been reviewed in this magazine. They are published in Japan by George Whyman, 4th dan, with Kisaburo Watanabe, 5th dan, and Yoshimi Osawa, 7th dan, as the demonstrators. Photographs are reproduced on both sides of the sheets, so that a major technique is seen when flicking the book one way while its use in combination with another technique can be studied by using the book in reverse.

A set of three books has the following techniques:

1. By Osawa, (a) O-Guruma and (b) Hiza-Guruma into O-Guruma.
2. By Watanabe, (a) Hiza-Guruma, (b) Hiza-Guruma into Osotogari.
3. By Watanabe, (a) Seoinage, (b) Seoinage into Kouchi-Makikomi.

The photography is very good, and this is especially useful in allowing a study of each part of the technique from the separate prints. Very brief notes about the throws are included on the covers of each book.

The snag about this particular series is that the books are sold

only in sets of three, which at 12/- (post free) is a fair amount to hand out if it happens that one is only interested in one technique. At the same time, at this price, six techniques of this photographic and technical standard constitute very good value. F.W.

An Invitation . . .

from Leonard Crewe, 3rd dan

"... after 45 years of judo I am retiring from active life due to ill health . . . I have many friends in the Judo world and would be glad to see them any time at 34 Hereward Way, Weeting near Brandon, Suffolk, should they be in the vicinity after 31st March."

BUDOKWAI COURSES 1963

Easter Course

Friday, 12th; Saturday, 13th; Sunday, 14th and Monday, 15th April, 2 p.m. to 4 p.m. on 12th April, 10 a.m. to 12 noon, 2 p.m. to 4 p.m. on 13th and 14th April, 10 a.m. to 12 noon on 15th April. Fee 3 guineas.

Whitsun Course

Saturday, 1st; Sunday, 2nd and Monday, 3rd June, 10 a.m. to 12 noon, 2 p.m. to 4 p.m. on each day. Fee 3 guineas.

Summer Course

Saturday, 3rd to Friday, 9th August, 2 p.m. to 4 p.m. on 3rd August, 10 a.m. to 12 noon and 2 p.m. to 4 p.m. on 4th to 9th August. Fee 5 guineas. August Bank Holiday weekend only (3rd to 5th) 3 guineas.

The instructors on all these courses will be Kisaburo Watanabe, 5th dan, Tokyo and Asian Games Champion, and Charles Palmer, 5th dan.

Applications which are restricted to those of 4th kyu and above, should be accompanied by the full fee are now being accepted. These should be sent to the Manager, The Budokwai.

Remember . . .

The Budokwai Annual Display will be held on Saturday, 12th October, 1963, at the Royal Albert Hall.

June, 1963, Promotion Examinations

The Budokwai will hold promotion examinations as follows:

Monday, 10th June, at 6.30 p.m.	Judoka of 2nd kyu and below.
Tuesday, 11th June, at 6.30 p.m.	Ladies.
Wednesday, 12th June, at 6.30 p.m.	Judoka of 1st kyu and above.
Friday, 14th June, at 6.30 p.m.	All grades.
Saturday, 15th June, at 4 p.m.	Provincial judoka only.

These promotion 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 2s. 6d. dojo fee. This charge is to cover the running costs of the examination and will be collected at the door.

Certain changes in the system for application for these examinations have been found necessary. These are as follows:

1. Applications, which may be from any licence-holder or from a club secretary on behalf of his members, must reach the Budokwai by the Monday prior to the examination week.
2. The application must contain the full name, licence number, name of club, present grade and date of examination (taking into account the published list). APPLICATIONS SENT WITHOUT THE LICENCE NUMBER CANNOT BE ACCEPTED.
3. The examiner will present his licence directly to the examiner and receive it back from him at the end of the examination.

G.K. HOUSE FUND APPEAL

This appeal fund is for the purchase of the Freehold of G.K. House, the home of the Budokwai, the Premier Judo Club of Europe, founded by Mr. Gunji Koizumi in 1918 as the fountainhead of Judo outside Japan.

You can materially assist this appeal and at the same time acknowledge the debt owed to Mr. Koizumi for his fostering of our sport in its early days.

SPECIALLY DESIGNED JUDO TOWELS

3 for 10/- or 3/6 each
post free or plus 6d. postage

Purchase these towels designed by Mr. Koizumi for Judo fitness, in heavyweight linen with Judo techniques printed in mono colour.

From:

The Budokwai, G.K. House, 4 Gilston Road,
S. Kensington, S.W.10.

or from:

Judo Ltd., 91 Wellesley Road, Croydon, Surrey,
who are kindly assisting us with this appeal.

THE FOULSHAM AUTHENTIC JUDO BOOKS

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.*

JUDO COMBINATION TECHNIQUES by TEIZO KAWAMURA, 7th dan.

Translated and edited by G. Hamilton, 2nd dan. Introduction by Risei Kano, President of the International Judo Federation. Knowledge of these 44 techniques is indispensable for the judo enthusiast. *Demy 8vo, case bound, 15s net, post free 15/8d.*

JUDO — BEGINNER TO BLACK BELT by ERIC DOMINY, 2nd dan

A clear, concise guide by the author of *Judo Throws and Counters*. *Cr. 8vo, case bound, 12/6d. net, post free 13/2d.*

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Cr. 8vo, case bound, 10/6d. net, post free 11/2d.

THE COMPLETE SEVEN KATAS OF JUDO by M. KAWAISHI, 7th dan

The official translation by E. J. Harrison, 4th dan. The descriptive and instructional matter of the fundamentals of the Seven Katas of Judo, as presented, can be relied upon as being completely authentic. *Demy 8vo, case bound, 18s. net, post free 19s.*

All these books may be ordered through any Bookseller in any part of the world, or they can be ordered through the mail, at the post free prices given above, direct from The Budokwai Book Centre, G.K. House, Gilston Road, South Kensington, London, England.

Also Obtainable from The Budokwai

All books advertised in the "Judo Bulletin" can be obtained direct from the Budokwai. A comprehensive list is available on request.

Judo Bulletin: Annual subscription 11/4, including postage.

Back numbers: over one year old, 1/6 each; recent issues 2/6 each. Postage: 4d. for first copy plus 1d. for each additional copy.

Sport of Judo by Kobayashi and Sharp, 21/- plus 1/6 postage.

The Techniques of Judo by Takagaki and Sharp, 30/- plus 1/6 postage.

Judo Flicker Books by C. S. Palmer, 5th dan, 2/6 plus 2d. each postage. Set of six 15/- post free.

Judo Flicker Books by K. Watanabe, 5th dan, and Y. Osawa, 7th dan. Set of three books (six techniques) 12/- post free.

Judo towels: size 36" x 12", 3/6 plus 6d. postage, 3 for 10/- post free (in aid of G.K. House Fund).

Judo Training Methods: by T. Ishikawa and D. F. Draeger, 68/- plus 1/6 postage.