



## The Budokwai

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# JUDO

## Bulletin



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# BOOKS



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*Cover photograph by C. Nash shows Kubica attacking Hind in the University Championship Semi-Final.*

*Sketches on pages 16-18 by Toni Goffe.*

*Drawing on page 26 by Tim Broadbent.*

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# Inter-University Championships

— London 1965

Photos by Cliff Nash (2nd dan)

This year's Inter-University Championships were held at the now familiar venue of the gymnasium at the University of London Union. As last year the winners of contests held earlier in each area throughout the country met for the final. These regional winners were: Exeter, Glasgow, Leeds, London and Oxford. However, with the important Oxford/Cambridge match coming up on the 23rd February, Oxford decided not to compete, and the runners-up in the midland area (Keele University) had insufficient warning to be able to get their team down in time. Thus we saw only four teams fighting it out to hold the bronze vase for the coming year.

The contests were arranged into two semi-finals and the final, Mr. John Barnes, 3rd dan, drawing the names of the first two semi-finalists. These were Exeter and Glasgow. Exeter fought well, but were decidedly outclassed by their opponents. The third man in the Exeter team put up a very spirited performance against Fulke, escaping from a hold-down, only to be chased and secured again for a full point. Another contest worth mentioning here was the last in this match between Lindsay of Glasgow and Amner, who proved a very difficult man to deal with. Lindsay eventually scored waza-ari and followed up into newaza where he scored ippon with osaekomi, giving Glasgow a win with five matches to nil. The referee in this match was Tony Orton, 1st dan.

The second semi-final between Leeds and London was refereed by John Bowen, 2nd dan, and here the teams sported several dan grades. The first contest started with both contestants in bad postures, Bedding of London possibly adopting this exaggerated jigotai to avoid Holling's ippon seoinage. Holling made several attempts and scored eventually with osotogari after a seoinage which unsettled Bedding.

The next contest was much less lively and it was not until the last half of it that Dugdale tried anything of consequence. At time the decision was given to Harpell of Leeds, thus putting Leeds ahead.

There was plenty of action in the third contest in this match, and a good attempt by Kubica earned him waza-ari with tsurikomiashi. At time he was awarded yuseigachi. Tucker of Leeds is a well-built man, but Clifford soon established his superiority and after a waza-ari followed up with osaekomi which gained him ippon. At this stage the two teams were level in contests — one win and one decision each, but London had the slight edge on points as in their third contest Kubica had scored waza-ari.



*Holling (Leeds)  
scoring against  
Bedding (London)*

The last contest was therefore a crucial one, and proved to be very lively. Both contestants attacked frequently but never quite succeeded. When hantei was called the judges gave a draw, leaving London winners by a very narrow margin of two points.

The contests in the final between Glasgow and London were of five minutes duration and the referee was Tony Orton. Bedding, London, and Brown set off in a lively fashion, and after an attempted kosotogari, Bedding secured a shimewaza during groundwork to give the first contest to London. Dugdale was more aggressive in this contest and made frequent attempts to take his opponent into newaza. McKean, however, escaped many times, and at time yuseigachi was awarded to Dugdale.



*Kevorkian (London)  
defending against  
Lindsay (Glasgow)  
in the final.*

Kubica repeated his performance in the semi-final by gaining a waza-ari early on in the contest, and despite Fulke's frequent attempts at uchimata and an osaekomi which he secured during newaza, Kubica managed to hold him off and was awarded yuseigachi.

The next contest was one of the shortest in the day's proceedings Clifford secured makura kesagatame in less than a minute for another full point to London.

In the final contest Kevorkian got a waza-ari with a counter to an attempted taiotoshi, but was unable to follow up his advantage on the ground. At time, however, he was awarded yuseigachi, and London had won conclusively by two outright wins and three yuseigachi.

The vase and commemorative cups were awarded to the winning team by Mr. John Barnes.

#### 1st semi-final

##### Exeter

Chaplin, 3 kyu  
*waza-ari*  
Pillinger, 5 kyu  
  
Leggett, 5 kyu  
  
Brown, 5 kyu  
  
Amner, 5 kyu

##### Glasgow

Brown, 1 kyu  
*ippon: osaekomi*  
McKean, 1 kyu  
*ippon: uchimata*  
Fulke, 2 kyu  
*ippon: osaekomi*  
Melville, 1 kyu  
*ippon: haraigoshi*  
Lindsay, 1 kyu  
*waza-ari*  
*ippon: osaekomi*

RESULT: Win for Glasgow 50 points to 7

#### 2nd semi-final

##### London

Bedding, 1 kyu  
  
Dugdale, 1 kyu  
  
Kubica, 1 kyu  
*waza-ari: tsurikomiashi*  
*yuseigachi*  
Clifford, 1 dan  
*waza-ari*  
*ippon: osaekomi*  
Kevorkian, 1 kyu

##### Leeds

Holling, 2 dan  
*ippon: osotogari*  
Harpell, 2 dan  
*yuseigachi*  
Hind, 2 kyu  
  
Tucker, 4 kyu  
  
Leatherland, 4 kyu

*hikiwake*

RESULT: Win for London 17 points to 15

#### FINAL

##### London

Bedding, 1 kyu  
*ippon: shimewaza*  
Dugdale, 1 kyu  
*yuseigachi*  
Kubica, 1 kyu  
*waza-ari*  
*yuseigachi*  
Clifford, 1 dan  
*ippon: osaekomi*  
Kevorkian, 1 kyu  
*waza-ari*  
*yuseigachi*

##### Glasgow

Brown, 1 kyu  
  
McKean, 1 kyu  
  
Fulke, 2 kyu  
  
Melville, 1 kyu  
  
Lindsay, 1 kyu

RESULT: Win for London 39 points to nil



The winning team: left to right — Kevorkian, Clifford, Kubica, Dugdale and Bedding.

More University contest photographs on pages 12-13.

#### Oxford v. Cambridge

The result of the Oxford and Cambridge match on 23rd February was a win for Oxford by a very narrow margin. The teams were of eight men, and after extra time in a deciding contest Oxford were awarded yuseigachi. This is the first time Oxford have won for several years.

# Judo Training

by S. R. Hoare (4th dan)

In this article I would like to deal briefly with two parts of judo training which are rather neglected. They are warming-up and uchikomi. A glance in most dojos usually shows a few people warming-up or doing some uchikomi, but they seem to do it somewhat haphazardly.

## Warming-up

We warm-up for three main reasons. The first two are to prepare ourselves mentally and physically for the hard exercise which follows and thirdly, especially in contest, to condition the body to give of its best immediately on coming to grips. The warm-up should stretch all the muscles and take the body through its full range of movements to eliminate any stiffness — the main purpose of which is to avoid injuries. A 'cold' body suddenly called upon to defend or attack is very liable to injury. By actually doing the stretching exercises several times the muscles are heated up which means faster reactions and a greater oxygen supply for more power. The exercises also set the athlete mentally in the activity so that he can give the judo his full attention.

In a training session it is not so necessary to be completely ready for action as we can usually build up to strenuous randori by starting less vigorously with a lower grade. However, in contest being unprepared can mean a quick defeat.

Most people have a set of exercises which they go through but I would suggest they do them a little more systematically and with more attention. For a complete warm-up start at the top or bottom of the body and aim to put the whole body through its paces concentrating on each particular part. A fair time for warming-up is about ten minutes. At the end of it the judoka should be breathing fairly quickly, feel warm and be sweating slightly.

## Before contest

From my own experience I know that I never feel like warming-up before a contest, yet this is the time I need it most. There is always the feeling that the exercises will slightly weaken me. To combat this I have a routine which I do every time before I start training, which not only warms me up but includes a few strength exercises. When I come to a contest I go through it. Being used to it I know it won't weaken me and after ten minutes or so feel "rarin' to go." I suggest every judoka develops his own routine.

I won't give any specific exercises; however, I find the trunk,

hamstrings and neck always seem tight before practice and usually need a lot of loosening up. The exercises employed depend on individual preference.

## Uchikomi

Uchikomi can be very helpful, but the way it is usually done is a waste of time. Uchikomi should be as near as possible to actual randori or contest conditions and to this end it must be 'alive.'

Too often it is done slowly with no vigour and in general the technique itself is incorrect. The most glaring error is the lack of kuzushi. It seems pointless to do fifty uchikomi and never once break the opponent's balance, yet this is usually what happens. Uchikomi should be done with snap and speed and always with concentration on correct technique. The man doing the uchikomi should feel with every repetition that he could smash his partner down.

Whether a throw should be broken down and practised in its different parts is difficult to say. For example, the leg or hand movements can be practised but the problem seems to be fitting them together which may be greater than doing the throw in its entirety. I am inclined to regard a throw as something complete and to be practised as such. Following are a few suggestions for more beneficial uchikomi:

1. Get the partner to brace his mid-section and defend with slight body movements. Next do uchikomi with maximum strength and speed with no rest in between. Should the partner crumble a bit then carry the throw through. Thirty or so repetitions should be quite exhausting.
2. Having got the technique more or less right in a stationary position then do it on the move. Move around the mat fairly lightly, concentrating on doing the technique at the right time. Get the opponent to defend more with tai-sabaki than with stiff arms.
3. The next is quite useful to take advantage of the confusion of contest. Start slowly with a throw and get your partner to attack with another throw as you move out, and as he moves out from his throw you attack, and so on, getting faster and faster. In other words alternate uchikomi. Throws which flow into each other without any break between should be used. This can be exhausting and bruising, but useful.
4. Finally, newaza uchikomi, not often seen, can be rewarding. Select an armlock or choke or any particular move you want to practice, and do it ten or twenty times before practice. This usually seems too easy. However, one should aim to do these locks, etc., without any hesitation or dithering in contest and this is a good way to make them automatic. Newaza, just the same as tachiwaza requires repetition practice.

# Forthcoming Courses at The Budokwai

## Easter:

Friday, 16th April, 2 p.m. to 4 p.m.

Saturday 17th, Sunday, 18th April, 10 a.m. to 12 noon and 2 p.m. to 4 p.m.

Monday, 19th April, 10 a.m. to 12 noon.

Fee: 3 gns.

## Whitsun:

Saturday 5th, Sunday 6th and Monday, 7th June, 10 a.m. to 12 noon and 2 p.m. to 4 p.m.

Fee: 3 gns.

## INSTRUCTORS

**Kisaburo Watanabe, 5th dan**    **John Cornish, 4th dan**



## August Bank Holiday:

Saturday, 29th August, 2 p.m. to 4 p.m.

Sunday, 30th August to Friday, 3rd September, 10 a.m. to 12 noon and 2 p.m. to 4 p.m.

Fee: 3 gns. for weekend.  
5 gns. for week.

## INSTRUCTORS

**Kisaburo Watanabe, 5th dan, Sydney Hoare, 4th dan**

All courses for 5th kyu and above. All details obtainable from and applications to be made to:—

**The Manager, The Budokwai, 4 Gilston Road, London, S.W.10.**

# NEWAZA

by **Kisaburo Watanabe (5th dan)**

## Part I – GENERAL PRINCIPLES

In tachiwaza or standing work, if you keep practising hard with many different opponents, your attack and defence will generally develop more or less in step. But ground work is different. An important point is that from the very beginning you should sometimes voluntarily go on to your back and learn how to defend from underneath. It will teach you how to use your arms and legs and how to move your body so as to avoid being pinned. This last point is central to newaza, and it can be learned only by practising underneath.

### Adequate defence

In our University dojo sometimes new judoka came to join us who had become fairly good at tachiwaza, but because they had always hated to be underneath on the ground, they never had any idea what to do when by the fortunes of the contest they found themselves there. Their groundwork consisted of some ability in attack, but almost nothing in defence. Many of them never got their defence anywhere near the level of their attack, and so they were always unreliable as members of the team. If drawn into groundwork they could lose at once.

### Counter-attacking

Still, I am not recommending defence for its own sake. Defence is only defence, and it does not win. If two people are equally matched in newaza but one of them takes a purely defensive attitude, he nearly always gets beaten. The real point of defence is to go over into counter-attack, to switch from the defensive position to an attacking one. You have to make a real study of the direct attacks which are available to the man underneath. Then you also have to study how to follow up immediately with your own attack once you have succeeded in twisting the man off you, or in wriggling out. If you cannot do this, he only gets his hold on again.

In this article I am speaking only of general principles. But general principles have a big effect on your progress. If you just learn some techniques which take your fancy, more or less at random and without a plan, you will never build up a balanced technique. Unless you are equally skilled at attack, defence, and counter-attack, your judo will always be defective.

### Correct body movement

There are some characteristic uses of the body in newaza which are different from the normal movement in tachiwaza. When under-

neath, you must be able to round the back and contract the legs and arms to your middle; you roll yourself up like a ball. The area of contact with the mats is then kept as small as possible; as needed you can move to the right or left, forward or back. This is the typical use of the body when you are underneath. Of course, you naturally come out of it when you go into the twists, sudden thrusts up or "bunting-up" with the body, throwing off your opponent with combined action of arms and/or legs, and so on.

It is not so easy to speak of general principles for handling the limbs, because newaza technique is so varied. The big thing is to make constructive use of all your physical equipment. Become conscious of the fingers and toes; one teacher used to stress to us the use of the head as a limb. I will give an example.

#### Use of the toes

Most people when they want to get a purchase on the mat in groundwork, simply put their foot out. But a skilful performer knows how to apply his toes to the mat, and then the foot becomes what judo experts call 'living.' The whole leg adapts easily to changing twists and pressures, whereas a 'dead' foot (where the toes are not used) simply slips over the mat surface just when you want it most to hold firm.

There is a big field for study in the way of gripping with the fingers, the angle of pushing and pulling most effectively, and so on. These points must usually be learned separately for each main family of techniques, though there are of course principles which govern them.

Apart from knowing the moves, you have to be able to use your body, legs and arms in harmony. This takes a lot of practice. We can tell the standard of a man's newaza by seeing whether his body and limbs move as a unit, or whether he simply struggles with his arms, say, while the rest of his body is more or less 'frozen.'

In the next article I propose to take up some methods of attack and defence, and see how these principles apply to them.

#### Obituary

### Kyuzo Mifune (10th dan)

Kyuzo Mifune, the last remaining tenth dan, died on 27th January, 1965, aged eighty-two. The following biographical details have been translated by S. R. Hoare, 4th dan, from the March issue of the Kodokan Magazine and will serve to illustrate to a small degree his lifetime of devotion to judo and other aspects of physical education.

- 1883 Born in Iwate Prefecture, the third son of Kyunojo Mifune.
- 1896 Worked as waiter in Kujimachi County Hall. His daily wage was 5 sen.
- 1903 Went to Tokyo. On July 26th he joined the Kodokan.
- 1904 He enrolled on a preparatory course at Waseda University. On October 23rd he became 1st dan.
- 1905 Entered Dept. of Economics at Keio University. Here he produced a magazine called 'Hayarigami'. In the Kodokan Yudansha contests on February 19th he beat eight men in a row and was awarded his second dan.
- 1906 On January 14th he was awarded 3rd dan.
- 1907 On May 23rd he was awarded 4th dan.
- 1909 On January 9th he was awarded 5th dan.
- 1910 He became judo master of Tokyo University, also Meiji, Nihon, Kokugakuin, Toyo Universities, Japan Physical Education Society, Waseda University Middle School, Toyo Shogyo Co. Ltd., Nihon University Middle School, Akasaka Middle School, etc.
- 1912 Returned to his home town and married Hiratari Ikuko. He was thirty years old at this time.
- 1914 His first child (girl) Ayako born.
- 1917 He was awarded 6th dan.
- 1923 He was appointed Kodokan teacher and awarded 7th dan.
- 1930 At the first All-Japan Championships he performed a model randori with Mr. Samura, 7th dan. They were both regarded as special players.
- 1931 He became 8th dan.
- 1932 He again performed a special randori at a shiai attended by the Emperor.
- 1937 He became 9th dan.
- 1940 He toured Korea and Manchuria doing judo exhibitions.
- 1945 He was awarded 10th dan.
- 1951 He became honorary chief of a kindergarten and a Rotary club member.
- 1953 Seventy years old.
- 1954 Became honorary citizen of Keiji City.
- 1956 He was made Lecturer of House of Representatives and honorary Judo Master of the judo section.  
He was awarded also the Purple Ribbon Medal of Merit.
- 1959 He was awarded Academy Prize by the Japan Scholars Association for work in the field of Physical Education.
- 1961 Honoured as a cultural worker by the Minister of Education.
- 1964 He was awarded the 3rd class Order of Merit of the Rising Sun, the first time that this had been awarded to a living person. In December he entered hospital.
- 1965 On January 27th at 14.25 he died of tumor of the throat and pneumonia. The Emperor graciously donated funeral expenses and awarded 4th order, 2nd class, of the Order of the Sacred Treasure on that day.

# EUROPEAN UNIVERSITY JUDO CHAMPIONSHIPS, DELFT 1964



Bottom left:  
Gerry Blanc trying  
uchimata on Petre  
Jakl (Czechoslovakian  
Captain).

Bottom right:  
Grahame Holling  
avoids tomoenage by  
J. Kondelka (Czech.)

Left:  
Colin Gray attacking  
Frantsch Jakl  
(Czech.).



British Universities Team: left to right, back row — Colin Gray, 1 dan; Gerry Blanc, 1 dan; Gary Harpell, 2 dan (our Canadian non-playing Captain); Richard Barraclough, 1 dan; Cliff Nash, 2 dan. Front row — John Goodger, 1 dan; John Rudden, 2 dan; Nick Strang, 2 dan; John Brown, 1 kyu; Grahame Holling, 2 dan.

These Championships took place in Delft, Holland, last summer, and eight countries took part in all. The teams were divided into two pools for the team event as follows:

Pool A	Pool B	Final	Winner
1. Austria	5. W. Germany	Czechoslovakia	Czechoslovakia
2. Czechoslovakia	6. France	France	
3. Great Britain	7. Holland		
4. Poland	8. —		

Italy was the eighth country but took part only in the individual events. The match between British Universities and the Czechoslovakian Universities was a close one, but the Czechs just had the edge.

In the individual contests, Britain again had quite commendable results. Nick Strang lost in the final of the lightweight category to Tokarski of Poland, and Rudden in the same category was unlucky to lose his first contest through a very suspect decision — he was strangled whilst out of the area and lost the contest. In the middleweights Grahame Holling went through in fine style to the final and won the gold medal. The open category was not as successful for us, but in the heavyweights John Goodger won the bronze medal after some very impressive techniques in the early rounds.

The British Universities team hopes to meet Czechoslovakia again later this year for a match in London.

## *Flying Visit by Mr. Matsushita*



Photo: G. Nash

Those who knew Mr. Saburo Matsushita, 5th dan, when he was in England previously, noticed a distinct change in this very likeable judoka on meeting him again. Still as likeable, but with much more poise and *savoir faire* (and a few extra pounds), Mr. Matsushita paid a fleeting four-day visit to London from 12th-16th March.

He managed to fit into this short stay a practice at the Budokwai, visits to various friends, a concert, rehearsal for a B.B.C. film (rehearsal only, alas, as the film unit didn't turn up!), a 'needle' golf match with Messrs. Leggett and Watanabe, and a dinner with members of the Budokwai and guests.

Pictured above with Mr. Koizumi at this dinner which was held at the Yangtse Chinese Restaurant in Kensington on 14th March, Mr. Matsushita treated those present to an excellent rendering of "It's a long way to Tipperary", and was exhorted by everyone to make his next visit a much longer one. Other guests at the dinner were Mr. T. P. Leggett, Mr. Kisaburo Watanabe, Mr. Akinori Hosaka from Manchester (who is from the same university as Mr. Matsushita), Sydney Hoare, Tony Sweeney and other Budokwai Instructors.

Mr. Matsushita has been on an official African tour, visiting one or two European countries on his way home, sponsored by the Japanese Foreign Office. Whilst in Africa he visited Kenya where he met up with Bill Bradbury from the Budokwai and Renshuden, who writes on page 16.

Mr. Matsushita left London airport on 16th March, returning to Tokyo to rejoin his wife and baby daughter.

## **The Significance of Judo Training** by Gunji Koizumi (8th dan)

An Eastern teacher once said that 'to be good is bad', warning his pupils against the corruptive glamour of being virtuous. Meaning that the true virtuous action should be spontaneous without conscious effort or ulterior interest, as the action of a skilled hand or habitual reaction. Such a standard of attainment, however, can only be cultivated through diligent and sustained training under wise and careful guidance. Here lies the importance of training for the human education to be of practical value.

Judo training, technically, is to develop the ability and skill for effecting the art of judo, according to its principle, maximum efficiency and minimum effort. In other words it is to forge the required physical performance to be effortless and spontaneous as that of habitual reaction or automatic reflex action, in effecting the technical objective.

Judo, as with any subject matter, to be effective and of practical value to life, must be assimilated through the process of training. Mere knowledge of it, like undigested food, if not detrimental, serves no useful purpose. The process of training may demand exacting efforts and patience, but the effect gained from it remains permanently personified. Such is the effect of all forms of training, physical, mental, emotional, moral or spiritual. Hence the importance of technical correctness, especially at the initial stage of training, cannot be over-stressed.

Knowledgeable men often quote 'history repeats itself', with an air of supercilious contentment, demonstrating the static mental state that prevails. Such a state is due, no doubt, to the traditional training of long standing, and is causing history to be repetitive and human progress to stagnate.

Since creation, urged by the law of life, man has practised training in all spheres of activity, which served the need of the current time for survival. But owing to their lasting effects, changing them to meet the needs of the prevailing conditions has been the most trying task. Today, universal unity has been recognised as the essential for the welfare of humanity and plans for it are afoot, but the conception is in danger of being lost in the turmoil of deeply rooted national, racial, political and mythological sentiments. Judo, meaning literally 'gentle way of life', is open to all humanity. The training, involving study of the law of life and its functions, effects, apart from the development of physical skill and ability, lasting states of health and efficiency, physically, mentally, spiritually and morally.

In view of these facts and their potential effects, the value of dedicatory devotion of the late Professor Jigoro Kano to the cause and the wisdom of raising training from the traditional and individualistic status to the plane of science as a means of human education, cannot be over estimated or appreciated.

# My African Judo Safari

by W. E. Bradbury  
(3rd dan)



The judo movement in East Africa is very young, and I was fortunate enough to be the one to get in on the ground floor and try to set out a system that would not break down into a multitude of organisations that hamper western European judo. First of all, let me put the reader in the picture. African towns are well spread out and judoka have always had to be prepared to travel for tuition. Lack of system throughout judo clubs has led to a haphazard and false cross section of grades. Another set-back is the floating population, men constantly being transferred or ending their tour of duty in Kenya, leading to clubs which blossom forth and die all in the course of a year.

My club is situated in Nairobi, the capital city of the Republic of Kenya. It is open to any person of any race, so it is interesting in as much as we have people from all over the world playing judo and the prevailing spirit is one of the early Renshuden days.

When I first took over as coach I was faced with the problem of setting out a systematic training programme that would lay down a foundation strong enough to support progressive ideas of future instructors easily, and yet not to lose the individuality of each member. Briefly, I wanted a flourishing judo movement, not a puppet theatre.

A lot of thought went into how to sell the idea to the existing members, because they were the ones who were to help me in this task. So it was a time of reject, accept and prune, until a well-balanced programme emerged. It certainly wasn't easy, but in a relatively short time the wheels started to turn and we were under way.



The only thing I stuck to firmly was that I would not dilute the judo I was to teach. A few people were afraid, fearing that membership would drop and funds would suffer accordingly. Of course, the inevitable did happen, and a few people left, but isn't this a teething trouble of many new systems?

The first reaction to an organised club night was encouraging and the proof appeared when people came back for more. The reason

for this immediate success, was, in my opinion, that I was selling a good product which is just what the members had been waiting for. There was no need for gimmicks — they just wanted it straight from the shoulder.

The system itself had to appreciate two important geographical features: (a) the country is situated on the equator and (b) is 6,000 feet above sea level. The air at this height is considerably rarified so that after a few exercises you sweat profusely and breathing is inclined to labour. Now I felt that the heat could well get rid of surplus weight, and if one practised hard, both general fitness and stamina would be very good. So instead of hiding behind points (a) and (b) we decided to make them work for us.

I got many ideas from two sources: the book by Matsushita and Stepto, and the sheets of paper which Mr. Leggett used to give to members of the Budokwai Sunday class. A combination of these gave endless theoretical information. The basis for my physical work was this same Sunday class routine.

I think it is most important to get a class off to a definite start, and the class lined up in grade order facing and bowing to the high



HAJIME!

grades is a good way to do it. I start the class dead on 6 p.m. (this gets the dressing room lawyers out of their chambers) with warming-up exercises. In this heat one can feel warmed up yet still be quite tight so I make this a really energetic beginning to dispel any chance of accidents. Leg exercises are emphasised because in most people the legs are weak and tend to be sheltered and pampered. I also insist that the inevitable late-comer goes through the full scale of warming-up. After this, rolling breakfalls and then uchikomi. Now uchikomi for my club is the test of their warming-up exercises. If they feel a little tight they can work it off here, without injuring themselves or anyone else. At the time of writing we have got to a score of one-

hundred-and-fifty in alternating sets of thirty with a half-minute rest at sixty and one-hundred-and-twenty. This is a realistic number and everyone has a handicap to work off just like golf.

In this uchikomi I have concentrated on hip and shoulder categories to help strengthen up the legs. After this session we have a two line round robin, everyone fighting everyone else, so on an average I have twenty-five randoris a night.

After the round robin I teach for five minutes and the pupils try the points made for themselves for a further five minutes. Then we start our round robin in newaza till 8 p.m. After this come cooling down exercises, followed by the long line bow and the finish of the session.

A point I consider most important is that once you have a class on its toes you keep it there, so anyone caught leaning against a wall I 'fine' with two press-ups, which keeps the general morale pretty high and gives a light-hearted break to the training sessions when someone gets caught. I have also banned from the dojo the words 'if,' 'nearly' and 'can't' much to everyone's amusement!

One interesting feature is that we have women and children who follow this routine, so I feel that there must be something good and very acceptable in this method.

My week is divided up in the following way:—

Monday, Tuesday and Thursday: general practice 6 - 8 p.m.

Wednesday: junior beginners and senior beginners 5.15 - 8 p.m.

Friday: advanced juniors under eight years old, followed by juniors eight to sixteen years old, and then senior beginners 5.15 - 9 p.m.

So by all accounts I am a busy bee.

One final point which may be of interest to clubs with tatami concerns the method we used in laying ours. The committee wanted to lay them directly onto a concrete floor, but I persuaded them to make a wooden raft of laths to lay down first. What a difference this has made — the mats can breathe and there is additional bounce both when throwing and when taking throws.

Something else I have learnt since coming to Africa is the word thank-you. Here people are not embarrassed by saying this, and it has made me realise how much people in Great Britain take for granted.

My comments in the preceding paragraphs are an outline of what I am doing in Kenya and what is proving successful, and I hope I have conveyed that people are trying to play imaginative judo. Certainly, by the number of varying styles in evidence the sport here is on its way up.



## TEACHING PROMOTIONS

There have been several teaching promotions awarded by the Technical Board recently, some of the recipients of which were or still are members of the Budokwai.

### Edward Mossom

Perhaps only a few of the present members will remember Edward Mossom, now 4th dan, personally. He has been practising for thirty-two years and began his judo career at the Budokwai.

He was responsible for many of the early Bulletin articles, parts of which we quoted in our last issue. He was awarded 3rd dan in 1943, and in 1947, 1948 and 1949 captained the British International Team. As far back as 1938 he represented the Budokwai in a match against Germany.

Mr. Mossom is still practising regularly and at present instructs at the London Judo Society.

### Donald G. Burr

One of the Budokwai's present instructors has nineteen years judo behind him and is at present responsible for a flourishing kyu grade class at the Budokwai. Don Burr, who gained his 2nd dan in 1953, is now 3rd dan.

He has had twelve years teaching experience in all and his success with the previously-mentioned kyu grade class adequately demonstrates his skill in understanding the problems of many standards of judo players.

Don has, in addition to his teaching abilities, played a part in international contests for Great Britain, being team member in 1952 and 1953. Some of you may also remember his work as Courses Secretary for the British Judo Association during the fifties.

To those who know Don Burr, this award of 3rd dan is long overdue.

### Andrew Dell

Another long-standing member of the Budokwai is Andy Dell, now 3rd dan, who started practising thirty years ago and became 2nd dan in 1942. His international contest career started in 1938, like Ted Mossom in a team contest against a club from Frankfort-on-Main, and he represented Great Britain again in 1948 and 1949.

In 1953 he had the misfortune to suffer a serious accident and after three years, during which he underwent nearly forty operations, he returned to judo in 1956. He is still practising at the Budokwai regularly and instructs at other clubs.

# B.J.A. Selection Contests for Amsterdam

Selection contests were held on Sunday, 20th February, 1965, under the organisation of the British Judo Association to select ten young men to represent Great Britain in the championships being held in Amsterdam on 13th and 14th March. The venue was the Budokwai.

There are ten weight categories in all for the two championships scheduled — five in the 'Young Hopefuls' section and five in the Junior European section. Each participating country was allowed to send ten men, and the British Judo Association planned to send one in each category. However, the ten best hopes were eventually selected and in two categories no selection was made.

There were some three dozen entrants in all. This number may well have been larger had the European Judo Union given longer notice to authorities in this country. However, there was obviously much interest in the selections and the following were chosen to represent Great Britain: —

### Young Hopefuls

under 58 Kg.	No selection
58-65 Kg.	L. Rees, 1 dan (Wales)
65-75 Kg.	M. Peake, 1 kyu (York)
	and R. Sullivan, 1 dan (Wales)
75-85 Kg.	T. Garratt, 1 dan (Leeds)
over 85 Kg.	No selection

Contestants in this category must have been born between 1st January, 1947 and 31st December, 1949.

### European Junior Category

under 63 Kg.	A. Jones, 1 dan (Wales)
63-70 Kg.	H. Green, 1 dan (Middx.)
70-80 Kg.	B. Jacks, 1 dan (London)
	M. Jackson, 1 dan (Leicester and Keele University)
80-93 Kg.	D. Peake, 2 dan (York)

Contestants in this category must have been born between 1st January, 1944 and 31st December, 1946.



*Barratt scoring on Milner*



*Jacks escaping from attempted newaza by Barratt*



*Jackson scoring with uchinata on Simpson*



*Jackson scoring with a shimewaza on Barratt*

The contests on the whole were very lively with plenty of attacking. The experience gained makes entry into contests like these very well worth while, and for those selected of course this experience is doubled and of even more value. In a few years time, these 'veterans' of international contest will, we hope, be doing great things for Great Britain in the world of judo.

**STOP PRESS !!!**

Five of the ten men selected reached the semi-finals of their respective categories and the following three won gold medals: H. Green, 1st dan; B. Jacks, 1st dan; D. Peake, 2nd dan.

## Maccabiah Games Trials

### Budokwai February 1965

There were ten contestants in these trials which were held at the Budokwai on Sunday, 20th February, 1965. There were four weight categories, with three men in each of the Lightweight and Middleweight categories and four in the Heavyweight category, as well as the Open category.

Grades ranged from 2nd kyu to 3rd dan, and there were some keenly fought contests. Three men were finally selected from the various pools: Ivan Silver, 3rd dan; Harvey Gritzman, 1st dan; and A. Auerbach, 1st kyu. The selections were made under the supervision of Tony Sweeney, 4th dan, assisted by S. R. Hoare, 4th dan, and A. J. Reay, 3rd dan. Mr. M. Abbey, Chairman of the Technical Committee for the Games was in attendance.

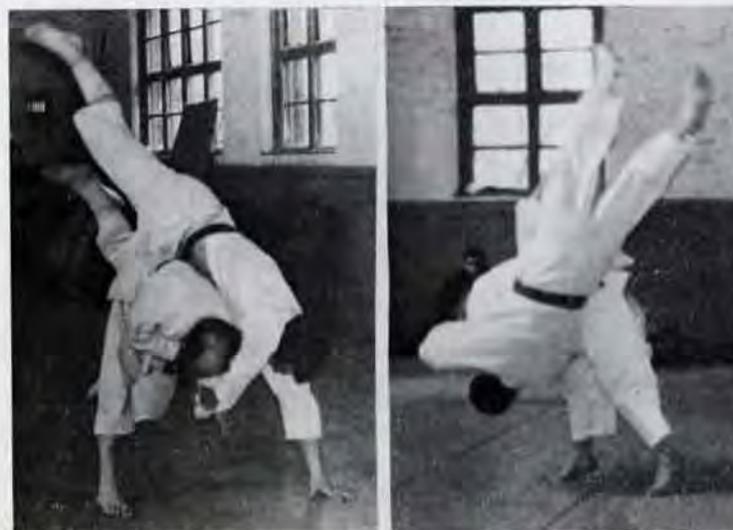


*Gritzman scoring with Otaekomi on Lewis.*

Martin Lewis, 1st dan, who took part in the heavyweight category, was responsible for the organisation of these contests, which ran very smoothly. It is not certain yet whether a judo contingent will be sent to Israel for the Games, the deciding factor being availability of funds.

Ivan Silver, 3rd dan, who appears frequently in national selections etc., was the outstanding contestant of the day. Gritzman won his contest against Keyes with a standing strangle — not often seen in contest. Auerbach attacked a great deal in all his contests and appeared to get more effective with each contest.

The left hand photograph below shows him attacking in one of the open category contests. On the right below we see one of Silver's convincing wins.



# FALLING

## ... a study by J. McAllister

*The fourth of several articles on theoretical aspects of Judo*

"Landing" might be a better heading since falling, as such, does no harm. Uke's main concern is what happens when he hits the mat. Then there is a given quantity of kinetic energy to be dissipated and for this to happen we know there must be some yield between the two masses in collision, namely Uke's body and the mat.

The mat is designed with this in view, yet we must recognise that it cannot yield very much, and we are forced to look to Uke for, by far, the greater proportion of the yield necessary to keep the force involved within reasonable bounds. Actually the real function of the mat is not to dissipate the main part of the energy of Uke's motion, but to yield locally should a hard, and more or less pointed portion, such as an elbow or a knee, make first contact.

When a nine stone lady wearing a stiletto heel with an area of one-sixteenth of a square inch, steps on a parquet floor she imposes a pressure of  $9 \times 14 \times 16 = 2016$  lbs./sq. in. on the small area of contact, and the heel sinks in. Somewhat similarly Uke's elbow sinks into the mat. In this way the mat does essential service and avoids many injuries some of which could be extremely serious. But, as stated, the mat cannot be relied upon to yield very much, and most of the necessary yielding is up to Uke.

### Dissipation of Energy

Now we all know that a series of little bumps can be much less disagreeable than one large one and yet can serve exactly the same end so far as dissipation of energy is concerned. Thus if a traveller is caught out in a hail storm he may be struck by many thousands of small pieces of ice and suffer no great discomfort; but if all these little pieces were joined together in one large lump, and the traveller were hit by this, he would be lucky to escape a very decisive knock-out. Yet the energy involved would be no greater; it would just be dissipated much more quickly, and the force would be correspondingly greater.

If a crow-bar and a chain, each weighing the same, are suspended vertically at the same height above the mat and then released, the crow-bar will make a nasty dent. Because of the severe limitation of yield in the bar itself, the retarding force must be large enough to deal with all the elementary little parts of the bar in the same moment of time.

The chain, however, though it possesses the same energy, can crumple up, giving up its energy link by link and spreading the whole operation over an appreciable interval of time. Therefore the force involved is small, being required to deal with only one link at a time.

If a lump of putty, weighing the same as the chain, were dropped from the same height the force required to bring it to rest would again be less than that called for by the crow-bar; but instead of being made up of a series of little blows, all separate as in the case of the chain, it would be smoothly continuous and its total duty would be to dissipate the same amount of K.E. as for the chain or the crow-bar.

Uke obviously cannot go very far in imitation of either the chain or the putty but it would, in some respects, be nice if he could. What he must on no account do is to imitate the crow-bar. It becomes necessary to seek a compromise.

Whether we are thinking in terms of K.E. or momentum the essential thing is to reduce velocity; but, in our problem, velocity is always indissolubly bound up with mass, and Uke, to reduce his velocity, has to take this into account; at first glance it may appear that he just has to be content to take this as it is since he is unable to alter it. But he is able, within limits, to determine *how much* of his mass he is going to tackle at any one instant. True he cannot collapse like the chain, or flatten out like the putty, but he can do a little of each, and in addition he can yield by bending.

### Deceleration

Picture Uke, with a forward rolling breakfall vaguely in mind, diving at the mat, arms, trunk and legs all roughly in one straight line. If they remain rigidly in one straight line any retarding force will act almost simultaneously on all the parts, as with the crow-bar, and so a large force will be called into being. If, on the other hand, Uke, at the moment his hands touch the mat, begins to bend at the hips so that his legs can continue downward with substantially undiminished velocity while the trunk is being decelerated, the force involved will be very much less.

This can become quite complicated but the central idea is simply that each element of Uke's body must suffer its own deceleration while, at the same time getting set to transmit a useful measure of force to decelerate the succeeding elements. The whole operation must constitute a smooth sequence. Of course it all happens quickly by ordinary standards, but it MUST NOT all happen at once. It must be spread over as much time as possible if forces are to be kept low in value.

### Spreading the Deceleration

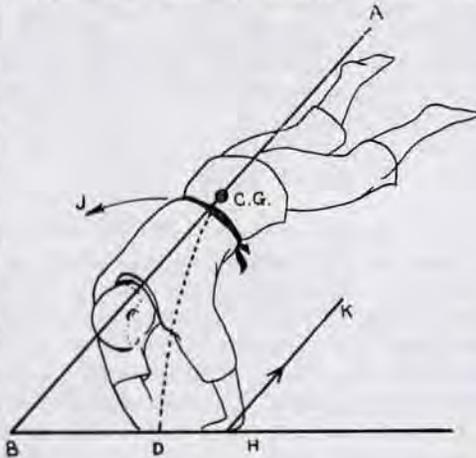
Now we have been thinking of all this as applied to linear motion; but this is not the whole picture. Uke, as everyone knows, has to roll forward, and in so doing he acquires rotational velocity with its associated K.E. and momentum. We might ask "where do these come from?" and whether they are something extra that Uke has to contend with. Fortunately they are not extra. What happens is that some of Uke's K.E. is used up according to the linear plan and only what is left appears in the rotational form. This opens up an intriguing possibility. It offers Uke another means of spreading the process of deceleration over as long a time as possible; but before pursuing this

we might consider what is necessary to initiate the rotational movement.

A force applied to a body frequently does not act through the centre of gravity, and it can be replaced by an equal and parallel force through the C.G. plus a "couple" which consists of two equal and parallel forces acting in opposite directions — or rather "senses".

When we say "can be replaced by" we do not mean that Uke has to do something about it. What we mean is that the decelerating and turning efforts actually exist and can be taken account of separately as indicated. The SOLE effect of the couple is to cause, or tend to cause, rotation; and its magnitude is the magnitude of one of the forces multiplied by the perpendicular distance between them. This will be recognised as a turning moment. The reason for bringing this up will, one hopes, become clear in a moment.

In the figure the line AB purports to show the instantaneous direction of motion of Uke's C.G. The motion will not, of course, continue along this line but will (for a little way at least) follow a curved path like the near parabolic line shown broken and meeting the mat at D.



If Uke's arms were stretched out straight ahead, and were, at the instant under consideration, to meet an immovable object on the line AB, and if his arms were rigid and strong enough, his motion in the direction AB would come to a sudden stop. If, in fact, Uke tried this he would probably break his arms and perhaps his neck. Uke is not so foolish; with arms slightly bent to afford some initial yield he contacts the mat at a point such as H, and the mat's reaction will be along a line such as HK which line could be taken to represent the reaction both in direction and magnitude. This, as stated above, can be replaced by a single force equal and parallel to HK, acting through the C.G. (i.e., along BA) plus a couple which could consist of HK itself along with another equal and opposite force, parallel to HK but acting downward through the C.G., along AB. We say "could" because any other couple of the same magnitude, acting in the same (or parallel) plane, and in the counter clockwise direction would serve the same purpose.

In the figure the point H has been located, perhaps, a little too far to the right, but this will serve to accentuate, visually, the effect of its position in causing rotation in the direction J.

A great deal has been said about falling loosely, and this is often interpreted too liberally by the guileless beginner. Obviously Uke's arms, though they must not be straight and rigid, must be stiff enough to transmit a reasonable force for deceleration purposes and, at the same time, sufficiently yielding to ensure that the force invoked does not exceed a comfortable maximum.

Given this set of conditions Uke's linear velocity will be diminished, and, at the same time, the couple will come into play setting up the desired angular movement.

## Yielding

As this begins — indeed at the moment Uke's hand touches the mat — his body should begin to curl. This, as has been said, is a form of yielding, and so reduces the stress on the arms which are also contributing to the good work by doing their own bit of yielding. At the same time it reduces Uke's moment of inertia so he spins more easily.

It may be worth while to stress the point that the important thing is not to *have* the body curled up, but to *time the process of curling* to get the benefit of yield in minimising force.

Now we have Uke just making hand contact with the mat, arms beginning to yield, and body beginning to curl. The head weighs quite a bit and should not be decelerated too suddenly, therefore the neck must yield too; this allows the head to drop a bit, modifying force and constituting the first move towards tucking the head in out of harm's way. After a moment quite a lot of Uke's linear K.E. has been dissipated and quite a lot of what remains converted into rotational K.E.

Now to get a better idea of how this rotational K.E. fits into the picture let us take a wheel — a motor wheel will do. If it weighed the same as Uke and were dropped from the same height it would, in the same distance, acquire the same K.E., say 420 ft. lbs. When it hit the ground this energy would be dissipated without very much yield, and the force involved would be considerable, possibly of the order of a ton and a half, depending on how hard the tyre was pumped up.

## Braking Force

But the wheel could be given the same amount of energy by spinning it on its axle instead of dropping it, and, in this case, to dissipate the energy a braking action would be called for.

Now with the wheel spinning on its axle this braking action could be spread out over as long a time as we choose, but, even if the wheel is stopped pretty quickly, say in about half a revolution, the frictional braking force could well be as low as, say, 140 lbs. The important thing is that this is very much less than the previous figure of a ton and a half, and the reason is the difference in yield, or, if you like, the time spent in the process of deceleration.

Something of the same sort happens when some of Uke's falling energy is converted into spinning energy and then dissipated by braking

instead of bumping. True, Uke is not as free to decide how long he will spend over the braking as we were with the wheel. Nor is he able to control its operation with accuracy, but this body does quite a large part of a revolution before coming to rest, and the braking action which takes place even without his volition can spread itself out.

#### THE BEAT

When a body is in linear motion it has momentum which is easily calculable. If the body consists of two equal and separable parts A and B, each part will possess half the total momentum of the combination.

Now if A, drawing upon its own share of the momentum, were to push B in the forward direction hard enough, and long enough, to double B's momentum, B would then be moving twice as fast as before. *But A would have come to a full stop.*

#### Sharing the Momentum

The parts A and B need not be of equal mass for the momentum to be shared equally, but, in this case, the less massive part would suffer a greater change in velocity than the other. The point is that, in the absence of external influence, the total momentum of the system remains constant and whatever momentum is gained by one part is lost by the other.

Suppose Uke's body, roughly horizontal, is just about to hit the mat. Every part of his body may have, roughly, the same downward velocity as every other part, and the momentum of each part will be proportional to its own mass. Taking Uke's weight as 140 lbs. and his velocity as 14 ft./secs., his total momentum would be 14 times 140/g. If one arm weighed as much as 7 lbs. its own share of the momentum would be 14 times 7/g, *i.e.*, one twentieth of the total. If Uke whips his arm sharply downward so that its velocity is multiplied by four, its momentum will also be multiplied by four and will be four twentieths or 0.2 of the total, leaving 0.8 with the remainder of the body. If both arms were used in this way simultaneously they would together take up 0.4 of the momentum, leaving 0.6 for the remainder.

#### The Beat

The figures are, of course, hypothetical; they are not intended to represent a standard case, but the reader will perhaps agree that it is easy to picture such transference of momentum resulting in a very substantial diminution of the shock to be taken by the body, provided that the momentum of the arms can be got rid of without transferring any of it back to the body.

This is where the beat comes in; but it can be a bit rough on the arms. If Uke mis-times his beat so that his hand or wrist hits the mat first, very considerable stresses may be set up in the arm, particularly if it is rigid. Ideally it is desirable that the whole length of the arm should strike the mat at the same time, and that it should be quite slack, so that each part should be free to take its own, and substantially only its own, share of the shock. This spreads the load

and ensures, as far as possible, that there will be no excessive concentration of force.

This would appear to argue that the beat should occur just as the shoulder hits the mat. It is asking rather a lot, and such an ideal is seldom easy to achieve. The beat will usually, or one might say always, be a little early or a little late, and there has been much discussion as to which is better.

#### Timing of the Beat

If the body hits the mat before the beat, some of the retarding force suffered by the body will be transferred to the arm and the body will therefore be taking more than its share. Some, though not necessarily all, the benefit of the beat will be lost.

But if the beat is to take place before body impact what becomes of our argument that the whole length of the arm should smack the mat simultaneously, and that this should occur at the same instant as the shoulder reaches mat level?

How finicky need we be about this? Uke could manage a quite satisfactory smack if his shoulder were, say, one eighth of an inch from the mat — or perhaps a little more. How much more would we require so as to give the beat enough time to do whatever it has to do?

The beat (and here we mean the actual smack) takes time, and we have to arrive at some estimate of how much time it takes to expend the momentum of the arm. This depends on how far we can allow the arm to travel in the process, or how much combined yield we may expect between the arm and the mat. We do not know this offhand, but suppose we assume it to be one inch. Then if the arm's velocity of 56 ft./sec. which we are regarding as purely linear, is uniformly decelerated to zero, its average velocity over the whole inch yield would be half the initial velocity, namely 28ft./sec. This being so the smack would be completed in one 1/336th part of a second. In this time the body, travelling at  $0.8 \times 14$  ft./sec., would if not interfered with, cover a distance of 0.4 of an inch.

#### Effects of the Beat

Obviously the beat will have *some* decelerating influence on the body, so it is reasonable to expect that the body will travel *less* than the calculated 0.4 of an inch in 1/336th of a second, *i.e.* while the beat is expending itself; we need not be too apprehensive about spoiling the effectiveness of the beat by being this little bit early — always assuming that we can get our timing about right. So it is distinctly possible for the arm to get rid of its own, as well as its borrowed momentum before the body, with its diminished momentum meets the mat.

Does the beat have any other effect? The arm imposes a downward impulse on the mat, and the mat reciprocates by imposing an equal and opposite (*i.e.* upward) impulse on the arm. The arm is, of course, hinged at the shoulder but this does not mean that it will simply swing at the hinge. A door subjected to a hard bump can be torn from its hinges even if not latched, so there must be a force acting *at* the hinge. Similarly the mat's reaction to the beat imposes an upward

force at Uke's shoulder, and this force, as noted earlier, may be replaced by an equal and parallel force at the C.G. plus a couple.

The equal and parallel force will decelerate the body, and the couple will tend to rotate it about an axis through the C.G. and at right angles to the line from the C.G. to the shoulder. That is to say the body, besides being decelerated, will rotate to the left (for a right arm beat) and in the face upward direction, safeguarding the back of Uke's head.

Uke's arm has really two motions. It partakes of the general downward motion of the body as a whole, and it also has a rotational motion about the shoulder as a pivot.

In a mass such as Uke's arm swinging about a pivot, there is a point known as the centre of percussion, such that if the mass hits an unyielding stop at this point it "stops dead" so to speak. That is to say there will be no reaction (due to rotational motion) at the pivot.

### Conclusions

If the stop were positioned nearer the pivot, the reaction at the pivot would be upward, while, if it were beyond the centre of percussion measuring from the pivot, the reaction at the pivot would be downward. This underlines the objection to Uke striking the mat with his hand alone, and with arm rigid. It also gives more weight to the argument that the beat should not be attempted *too* soon. As a rough guide we might say that Uke should try to beat when his body has still a short distance, say half an inch, to travel before hitting the mat.

Here we find ourselves again dealing in very short intervals of time, much too short to be gauged consciously. This means the gauging is best handled by the subconscious mind; and the only way, so far as we know, to persuade it to handle the job is to give it plenty of practice.

### NEW EUROPEAN WEIGHT CATEGORIES

<i>Light</i>	Below 63 kg. (9 st. 12 lb.)
<i>Welter</i>	63 - 70 kg. (9 st. 12 lb. - 11 st.)
<i>Middle</i>	70 - 80 kg. (11 st. - 12 st. 8 lb.)
<i>Light heavy</i>	80 - 93 kg. (12 st. 8 lb. - 14 st. 9 lb.)
<i>Heavy</i>	Over 93 kg. (14 st. 9 lb.)

The following men got through to the final pools in the B.J.A. selection contests, 1st series, which took place at Aldershot on 20th-21st March. The Selection Committee will be responsible for choosing the representatives for Great Britain in the forthcoming European Championships.

<i>Light:</i>	Rees, Davies, Glass, Woodward.
<i>Welter:</i>	Jacks, Cassidy, Strang.
<i>Middle:</i>	Bowen, Ross, Kerr.
<i>Light-heavy:</i>	Hoare, Macconnell, Sweeney.
<i>Heavy:</i>	Winn, Peake, Petherbridge, Young.

### Obituary

## Leonard Crewe, 3rd dan

Leonard Crewe, 3rd dan, died on 7th March, 1965, at 2.00 p.m. He was, perhaps, not as well known in the judo world as some. To a large extent his efforts were not widely publicised, for his work in judo was spread around in many places, and its impact not very great in more than one or two places. He did not go along with the crowd on many matters, rightly or wrongly, and for this reason also he was never in the limelight.

He began his study of judo in 1919. Since that time he sought both to improve his own judo and to foster the judo movement wherever and whenever he could.

He was awarded his 1st dan in 1930, but two years previous to that had been a member of the British team in the very first International Judo Match. This was against a German team, and there is in existence a small commemorative plaque belonging to Mr. Koizumi.

Mr. Crewe was instrumental in the foundation of a number of clubs, and amongst the earliest tributes to this work is a cup which was presented to him at the Royal Albert Hall in 1930 by the Boys' Brigade. This was in recognition of his services for instructing and starting the judo movement in the Brigade. This cup was re-presented some years ago to the Ealing Youth Judokwai, the last club which Mr. Crewe was directly concerned with. Each year it is presented to the best student in the club.

In 1932 he wrote a book called 'Jujitsu' which was intended for police and prison officers, and all the sales proceeds he donated to police charities. Mr. Koizumi wrote the forward, and it has sold widely for many years.

His other work in judo for the police included the foundation of the Metropolitan Police Judo Association and the Prison Officers Judo Association.

During the formative years of judo in this country he took part in many small shows and demonstrations, mostly around London, which no doubt indirectly helped to further judo along the lines which Mr. Koizumi had laid down. His work was not limited to London, however, and he spent a great deal of time instructing and trying to establish clubs in Wales and Oxford, being directly responsible for founding the Oxford University Judo Club.

In 1958 he was awarded his 3rd dan, in recognition of the work he had done. One of the happiest moments of his life was, we understand, when Police Cadet Keith Remfrey, whom Mr. Crewe had first instructed when he was ten years old, won the Police Cadet Championship last year.

He carried on his judo until a week before his death — his last 'session' was instructing several young kyu grades at his own home — somehow very characteristic of his life of judo.

## BUDOKWAI AND LONDON AREA PROMOTION EXAMINATIONS

The June Promotion Examinations will be held at the Budokwai on the following dates:—

Monday, 14th June, at 6.30 p.m.	Judoka of 2nd kyu and below.
Tuesday, 15th June, at 6.30 p.m.	Women judoka of all grades.
Wednesday, 16th June, at 6.30 p.m.	Judoka of 1st kyu and above.
Friday, 18th June, at 6.30 p.m.	Judoka of 2nd kyu and below.
Saturday, 19th June, at 4 p.m.	Provincial judoka only.

### Requirements for Budokwai and London Area Promotions:

1. Applications should be made to your Area Recorder who should approve the application and forward it to the Budokwai to arrive not later than Monday, 7th June. Do not forget to ask him or her to send it directly to the Budokwai, emphasising the closing date.

2. Your application must include the name of your club, your full name, your present grade, your licence number and the date of the examination.

3. The fee of 10/- will be collected at the door from everyone except members of (a) the Budokwai, (b) its affiliated clubs, (c) London Area clubs. This fee will be charged to ANY spectators except members of the Budokwai.

4. The examinee will present his licence directly to the examiner and receive it back from him at the end of the examination.

## Renshuden News

Ray Ross, 4th dan, who went to Japan two years ago where he studied judo at Tenri returned in February to become instructor at the Renshuden. Another recent administrative change at the club is that David Barnard, 3rd dan, is now Manager.

As in most clubs original members and instructors change over the years for various reasons and Mr. Ross and Mr. Barnard are the only remaining founder members at the Renshuden now.

They are at present in the process of completely re-organising the club in which we wish them every success.

## Odds and Ends . . .

**Kangeiko 1965** — thirteen men and six women successfully completed this year's winter practice out of twenty-seven starters, slightly less than last year. The weather was fairly mild with only one really cold day, making the overall experience one of enjoyment rather than hardship!

**European Championships** — take place this year in Madrid from 23rd to 25th April. Selection contests organised by the B.J.A. took place on Saturday and Sunday, 20th and 21st March, at Aldershot. Brief details of those selected are given on page 30.

# BOOKS



## MY STUDY OF JUDO

by G. Koizumi (8th Dan) Founder of the Budokwai

Mr. Koizumi's great work deals with the mechanical foundations and techniques seen in Randori and Shiai.  
200 p.p. 180 illustrations. Case Bound. 40/- net or 41/6 post free.

## JUDO ON THE GROUND: The Oda Method

by E. J. Harrison (4th Dan)

An interpretation of the Oda system, comprising drastic necklocks and dislocations hitherto unknown to the West.  
Case Bound. Illustrated. 16/- net or 17/- post free.

## JUDO COMBINATION TECHNIQUES

by Teizo Kawamura (7th Dan)

translated and edited by G. Hamilton (2nd Dan)

Introduced by Risei Kano

A knowledge of the 44 techniques covered in this book will prove to be indispensable to all judoka.  
Case Bound. Illustrated. 15/- net or 15/8 post free.

## THE COMPLETE SEVEN KATAS OF JUDO

by M. Kawaishi (7th Dan)

official translation by E. J. Harrison (4th Dan)

A classic work giving complete instruction in the seven Katas.  
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## KODOKAN JUDO

by Hikoichi Aida (8th Dan)

translated by E. J. Harrison (4th Dan)

Another classic work acknowledged as one of the most important English translations ever published.  
Case Bound. Illustrated. 18/- net or 19/- post free.

## CONTEST JUDO

by Saburo Matsushita (5th Dan)

and Warick P. Stepto (4th Dan)

A practical instruction book on the 10 decisive throws relied upon by contest men. Together with the study of Tomoenage, essential to contest work.  
100 p.p. Illustrated. 25/- net or 26/- post free

## THE MANUAL OF JUDO

by E. J. Harrison (4th Dan)

An elementary guide to the art and sport of judo, aimed at teaching self-defence and super fitness.  
Case Bound. Illustrated. 12/6 net or 13/3 post free.

## JUDO: The Basic Technical Principles and Exercises:

by G. Koizumi (8th Dan)

A simple guide for all ages and both Sexes by the founder of British Judo.  
Stiff Cover. Illustrated in Line and Half Tone. 6/- net or 6/6 post free.

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or THE BUDOKWAI, 4 GILSTON ROAD, LONDON, S.W.10.