



The Budokwai

"G.K. HOUSE," 4 GILSTON ROAD, SOUTH KENSINGTON,
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Telephone: FRObisher 1000

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Issue No. 78

July 1964

JUDO

Bulletin



Published quarterly by The Budokwai
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Mr. Yamashiki, 7th dan, Looks in on London by Kisaburo Watanabe (5th dan)

Mr. Kimiyoshi Yamashiki, 7th dan, took part in the 1957 All Japan Championships, being beaten in the final by Mr. Natsui. The following year, at the age of 34, he represented Japan in the second World Judo Championships, beating Pariset of France in the fight-off for third place.

Mr. Yamashiki's main technique is left haraigoshi, but he uses it very effectively in combination with left kosotogari and left hiza-guruma. First, I propose to describe his haraigoshi:

For this throw he prefers to hold with his right hand over his opponent's left arm, grasping a large quantity of the jacket including the collar and up to the seam of the sleeve, but you could change your grip depending on your opponent's posture. The left hand grasps the collar normally.

Assuming that his opponent is standing in shizentai or left shizentai, he tries to break his opponent's balance to his (the opponent's) left, or diagonally across to the left. This is achieved by pulling strongly with the right hand whilst stepping directly sideways to the right with his right foot. The grip with his left hand is, however, comparatively soft, with the arm bent and the lower part of the fore-arm touching the opponent's chest quite lightly.

A number of people try to defend against Mr. Yamashiki's harai-goshi by pressing against his left chest with their right hand. In this case he does not attempt to fight this action, but instead he puts all his effort into his right arm, thereby destroying their balance to the left.

THE SWEEP

He brings his left foot straight across and sweeps directly to his own rear. He maintains that if the sweep is made with any sort of circular motion, that is, towards the left, the tendency is for the left hip to become higher throughout the course of the movement, which raises the centre of gravity, whereas, by sweeping directly backwards he can keep his hip and his centre of gravity low, which is desirable.



Fig. 1

The sweep is made very low against the opponent's lower calf at the beginning, moving up towards the back of the knee and beyond to the back of the thigh.

This haraigoshi is by no means classical in form — it is in fact very special to Mr. Yamashiki. The main difference lies in the direction of his attack, which is almost entirely to the side instead of to the front of the opponent as most people attack with this throw.

VARIATION INTO KOSOTOGARI

This variation is carried out if the opponent defends against the haraigoshi by twisting his body to the left. In this case, Mr. Yamashiki helps his opponent in this twisting action by pressing outwards with his right hand and pulling with his left. At the same time he moves in alongside his opponent's right side for kosotogari — pushing his left hip well forward and downwards at the same time.



Fig. 2

Fig. 3

This action can be seen in Figs. 2 and 3. In fig. 2 you can also see his left arm action and in Fig. 3 the right hand action.

Fig. 4 demonstrates an incorrect attack with kosotogari, which in this instance would fail, whilst his opponent could very readily counter with uchimata, simply using a turning motion to the left. The basic fault here is that the thrower's hip is too far out and too high — the only movement being attempted is a hook. Fig. 5 shows the more correct action, with the hip driving downwards towards the opponent's right thigh. A glance at the relative positions and angles of the belts in the two figures illustrates this point quite neatly.



Fig. 4



Fig. 5

Some people try to achieve a "trick" kosotogari in combination with haraigoshi, hanegoshi, osoto or uchimata by simply jumping from one technique to the other. However, Mr. Yamashiki suggests that although this sort of thing often works the first time, the opponent can anticipate the action, in which case the combination will not succeed. This is because the change in technique requires an efficient transfer of the breaking-of-balance effort, and this is quite impossible if the thrower relies on the jumping technique.



Fig. 6

For those who wish to practise the movement for kosotogari, it is best to try it on one's own without the use of a passive partner. The hook is practised together with the movement downwards of the hip and stomach, moving forward with this action (see fig. 6).

VARIATION INTO HIZAGURUMA

The opportunity for this combination occurs either if the opponent is in a pronounced right shizentai, or if he chooses to defend against the haraigoshi by taking his left foot backwards, leaning forward as he does so. (See figs. 7, 8 & 9).

If his opponent is in right shizentai it is not possible for the thrower to move far enough across to the left. He takes the step for haraigoshi with his right foot, but it is necessary to completely change the direction of his hand action, pushing upwards from below with his right arm, and pulling downwards with his left. Fig. 7 shows the position where he has failed to make the haraigoshi and fig. 8 shows him changing his hand grip in preparation for hizaguruma . . . from his opponent's left collar to his left sleeve. This change of grip will be made when he has decided that he is unlikely to succeed with haraigoshi. However, he starts the action for haraigoshi and when his opponent begins to resist his attempt he reverses the direction of his pull, so that the left hand pulls downwards and the right pushes the opponent's elbow up and over to his left (tori's left).

In holding his opponent's elbow he does not rely on his grip of the sleeve but he makes sure that there is pressure from the palm of his hand underneath the opponent's elbow.



Fig. 7

Fig. 8

Fig. 9

The left foot is very important. There is no attempt here to press the opponent's knee; instead the foot is held softly and perhaps an inch or so in front of the knee and the throw is started simply with the arm action. If the thrower uses force with a stiff leg against the knee he tends to assist the opponent's defence, whereas by allowing him a little room, his defensive action, which probably includes bending the knee, tends to force his centre of gravity forward and thus helps to break his balance over the leg.

In watching the European Championships Mr. Yamashiki noticed a number of people defending against hizaguruma attacks by grasping the thrower's outstretched leg (left in this case). In this circumstance, the



Fig. 10

thrower should resist the temptation to stop his own attack, and should instead maintain it to the utmost, because the action of grasping the leg of the thrower tends to help the thrower's attempt to upset his opponent's balance by moving the latter's centre of gravity forwards and downwards in just the direction the thrower wants him to go.

The best way of dealing with this type of defence is to pull the opponent in the first instance downwards and forwards to his front and then finish with a quick turn at the end of this action. This can be very effective. This action can be seen in fig. 10.

Some Thoughts on the 1964 European Championships by W. E. Bradbury (3rd dan)

Why does one go to see probably the largest gathering of judoka in the world all competing for twelve gold medals? This is the question I asked myself as my companion's Jaguar ate up the road leading to Berlin. From the comfort of my bucket seat I had time to contemplate the question and make a survey of what I expected to find in a competition of this sort. The most important thing is the actual judo, involving judoka, properly supervised on a standard, safe mat area.

The mat area layout was similar to that seen at Aldershot Barracks during the recent selection contests there; three mats in an arena on each of which the three weight categories were fought out. This in my opinion was adequate and safe.

The supervision of referees and judges is always open to criticism. My impression was that what the Chairman of the B.J.A., Charles Palmer, did in Essen and again in Geneva recently, has encouraged other people, so that in no way can a partisan crowd sway a correct decision. Added to this, the Russians, who are masters at the game of brinkmanship, are being checked more often. Naturally, with so many contests there are some bad decisions and mutterings of "We wuz robbed!" But in fairness to all, the bad decisions were spread around evenly.

At any gathering of judoka Anton Geesink reigns supreme and such a sportsman carries the mantle of World Champion as an example to all. For years he has been collecting his gold medals and always

presents a problem to the presenting V.I.P. of how to get a medal on a 6' 6" man standing on the number one position high on the dias! Excluding Geesink who is in a class of his own, I made a note of people I would watch. Bourreaux, Lesturgeon, Norris, Leberre, Grossain of France; Smirat and Nieman of the Deutsche Demokratische Republik and the Russian team. It was a pity that Hoffman, Meibech, Tempesta, Gress and Schultz were absent, but I think this shows that sport is being influenced too much by politics. Add injuries to this and we get big names missing the chance of taking part in this foremost competition.

This year the actual contingents were very large indeed, and maybe it can be said that we are asking too much of nine men to do the work of eighteen. The French seem to have a system of entering one man for every vacancy in every category. I might add that they always seem to finish up amongst the medalists. To deviate a little from Berlin, I think their success (as I saw it at Golfe Bleu) lies in the number of second strings they have with international experience all snapping at the heels of the men in the number one spot.

Some of the contests were terrible to look at, so often accounted for by the sense of urgency and the 'win at all costs' attitude even if it means a little mauling. However, when, as in some finals, two men from the same country met, the tension was relaxed and the judo flowed freely and usually ended with a good clean waza.

I will go over briefly the performance of those men I mentioned earlier. Bourreaux — here is a heavily built man, playing fast and furious attacking judo, always menacing. He seems to be able to score points from apparently impossible positions. This year he repeated his success in Geneva with the Lightweight Gold Medal. Lesturgeon — a policeman and a very experienced judoka regarded by most people as a little unorthodox with his leg grabbing, but nevertheless effective, and this year he was amongst the medalists with a bronze in the Lightweight category. The other three Frenchmen I mentioned, Leberre, Norris and Grossain must be in the top six middleweights in Europe. I had the pleasure of training with Norris and Grossain in France last summer and got an insight into why these two are so good. I think it is due largely to the excellent tuition and understanding they have with their teachers Cortine and Pariset. These three have great judo and certainly always try to win with a point.

Smirat and Nieman, being local boys, were very popular with the crowd, and did very well. Smirat's kataguruma was in evidence all the time — he gets this throw from any position and once a man is up in the air it is certain ippon. His bronze medal was a worthy reward. Nieman — again here is a big powerful man who repeated his success of last year by his number one spot in the heavyweight category.

Now we come on to the Russians. Here we have a team who come to Championships to win. They are all superbly fit and present a problem to all their opponents with their style of judo. There are people who say that it is not good judo. My answer to this is that

sometimes it appears suspect but mostly it is well within the rules, and the fire and determination do credit to their coaches and trainers. Almost every year we see new faces in their team, which to my mind gives emphasis to the competition inside Russia amongst their judoka to fight for their country. Kidnadze emerged this year as their star. Here we have a sportsman who pulls out all stops to win and everyone who has seen him in action waits for the day when he will meet Geesink. The World Champion, Geesink, as far as I can see is the only heavyweight in Europe who can beat Kidnadze. This year the Russians won the team championship for the second year running and featured in most of the semi-finals and finals.

There were only two incidents that for me marred my stay in Berlin. One was when Geesink was fighting Nieman in the team competition and the crowd barracked him. This was disgraceful coming from a crowd in a country where sportsmen are supposed to be appreciated.

The second was when Kibrotsashvili, U.S.S.R., lost on what I could see was lack of knowledge of rules; I might add in his defence that he was doing all the attacking and was well ahead in my book. The question that presents itself to my mind is: are the Russians playing on the sometimes weak supervision of top class competitions, or are their coaches just not giving enough time to teaching the minor rules? I think it is the latter because as I see it they want to win fairly and their sportsmanlike attitude proves to me at least they will not let this happen in the Olympics or the next European Judo Championship.

It may seem odd that up till now I have not mentioned the British team. Well, after seeing the team beaten 6-1 by Holland it should be brought to the fore and put on record that since the last eliminations there has not been one get together of participants. This is very wrong, especially when one considers that Great Britain should be trying to regain the position she held only a few years ago in European Judo, when the British team were winners three years running. The other thing which I must mention is the need for a little more team spirit. It appeared to me that some members of the team were on the outside looking in. One other point — if we cannot produce two all-beating heavyweights, then we must produce all-beating light and middleweights, in order to win the team championship. To have a fighting chance, we must be on level terms or leading before facing the Geesinks and Kidnadzes. Next year the strength of our team may be bolstered by the returning judoka from Japan, but, there seems a lot of work to be done if we are going to be in with a chance next year. Let's face facts, there is talent in this country and imaginative judoka who need harnessing and given a goal to work towards. Of course, there will be people who say "easier said than done", and I would reply "rubbish!" In international competition you have got to work on ideas that take you upwards, and if this means being hard or apparently unjust, I would suggest you write to Ray Ross in Tenri and ask him about the Japanese Olympic Squad.

Nage-no-kata . . .

was performed this year at the Opening of the All Japan Championships by Saburo Matsushita, 5th dan, and John Cornish, 4th dan, both well known to British judoka. Cornish has become very proficient in the performance of kata through a very intensive study he has made of this branch of judo during his stay in Japan. It is a great honour to be chosen to perform kata at the opening of a contest such as the All Japan Championship.

The start of the kata



Matsushita's tokuiwaza — haraigoshi



Sumigaeshi



My Uchimata

by Yoshihiko Yoshimatsu (7th dan)

Translated by Geoffrey Gleeson from 'Judo-no-narai-kata'. Mr. Yoshimatsu was All Japan Champion in both 1952 and 1953, and runner up in 1951, when he was beaten by Mr. Daigo. About 5' 10" tall and at that time weighing about 260 lbs., he was by profession a police Judo instructor. It is interesting to note that even after practising for some three years, Mr. Yoshimatsu was still wearing a white belt.

My first step in Judo — I became a pupil, and practised in the Shudokan, where Mr. Mori, 8th Dan, was the teacher. As a beginner, I learnt how to wear the Judogi, ukemi and other elementary things, and I also received guidance in the field of nage-waza.

These waza were mostly Migi Osoto-gari (right major outer reaping) and Uchi-mata. My teacher told me that as I was tall, and had long legs, I should therefore practise Uchi-mata. I can remember this clearly even now. I progressed in ukemi, and began randori. I was trying this Osoto-gari and Uchi-mata, but I remember it was nothing like what I hoped for, and like everyone else I used strength to twist them over, and so I made little progress. The sensei was always speaking like this, "Put your long legs between your opponent's legs, then jump two or three times on the left leg, at the same time turning. The opponent ought not to be able to stand up after that." I tried to do this, but I couldn't get the necessary tsukuri and kake, and so I couldn't throw with Uchi-mata.

About this time I became a third year student in the Middle School. During the last part of July of that year I entered a competition held at the Butokuden in Fukuoka (in Kyushu, South Japan), organised under the auspices of the Nichinichi newspaper (now the "West Japan News"). This competition was for all the West-Japan Middle Schools. When I took part in this I was wearing only the white belt.

Our first opponents were the students from the Fukuoka Middle School. All the members of this team were short in stature and as if by common consent they all got into a deep crouch, with both arms held out stiff.

Well, the first opponent I attacked by putting my right leg between his legs, and hopping two or three times whilst pulling and turning until down he went. I felt this couldn't be true; I thought I had won by him falling over. The second man too; hop, hop — crash — down he went. Becoming more and more elated with my success, I went on to throw the next three or four men with this same Uchi-mata.

Why before this match, couldn't I get any results with this waza? It was because of the lack of both tsukuri and kake. But at this shiai the understanding of this came unconsciously. — I quite believe this. Before this match I didn't understand the basic elements of the

throw. It was during the three years, since I had first knocked at my teacher's door, that I had, by the enthusiastic coaching I had received from him, made such progress.

From now on both in randori and shiai this became my tokui-waza (favourite throw). I am unable to explain or analyse this throw. Instead, I will explain some of the opportunities from which I am able to get my left-hand waza.

This left-hand waza I did not think of, I got it from Mr. A., a senior in Keio University. About the time I was in the Middle School, this fellow and I practised in the same dojo. Mr. A's tokui-waza was right Osoto-gari, which he did when standing in right shizentai, with his right hand hold holding the inside of the lapel. When I attacked I received a push from this right hand which prevented me from throwing. For defending myself against Mr. A's Osoto-gari (right) I would take my right leg back, thus putting myself in left natural posture. When Mr. A attacked now, I felt an opening by his right armpit. Planning to deceive him, I twisted my body to the right, and though I didn't actually try to throw him, I would "float" him up, then as I did not throw to the right I did in fact use left waza.

From then on, without throwing to the right at all, I studied and practised the method of attacking on the left side. So defending myself against his waza, this way I was able occasionally to throw him. At first, I could throw only this particular man, but after a time I was able to throw all my opponents with left-hand waza.

Finally, I fully believe that according to the opponent's posture, the throw you can best execute is the throw to practise. In other words, you must practise hard at practising times, then your tokui-waza will develop without your conscious effort; and then you too will be able to throw all your opponents.

BRITISH OPEN JUDO OLYMPIC TRIALS

These trials will be held at the Crystal Palace National Recreation Centre, London, S.E.19, on Saturday, 25th July, 1964.

Participants will be from the British Judo Association, the Amateur Judo Association and the British Judo Council.

Times: there will be three sessions.

Morning: 10.00 a.m. - 1.00 p.m.

Afternoon: 2.00 p.m. - 5.00 p.m.

Evening: 7.30 p.m. - 10.00 p.m.

Tickets which are valid for all or any one of the sessions will cost £1, or for children under fourteen years 10/-.

Booking: applications for tickets must be made by post direct to: Admissions Manager, Crystal Palace National Recreation Centre, Norwood, S.E.19, enclosing a stamped addressed envelope. Cheques and postal orders should be made payable to the Central Council of Physical Recreation. Tickets will be available from 1st July, but early application is advisable.

Refreshments will be available from the Centre's restaurant throughout the day.



Budokwai Summer Course

**1st - 7th August
1964**

**An
instructional and
training course
with photographic
record**

Instructors:

**Kisaburo Watanabe,
5th dan**

**Tony Sweeney,
4th dan**

- ★ Judoka of 5th kyu and above may attend.
- ★ Fees remain unchanged at 3 gns. for 1st-3rd August and 5 gns. for full week.
- ★ Times: 2-4 p.m. Saturday 1st; 10-12 a.m. and 2-4 p.m. from Sunday 2nd-Friday 7th.
- ★ As before, a booklet of illustrated notes will be issued to all course members.
- ★ Applications should be made to:
**The Manager, The Budokwai, G.K. House,
4 Gilston Road, London, S.W.10.**

B.J.A. Olympic Selection Contests

The B.J.A. Olympic Selection contests which were held on Sunday, 14th June, at the Army School of Physical Education Gymnasium, Aldershot, proved to have too large a number of contestants for the time available. Many of the contests went full time, which in this case was six minutes, and even with two mat areas operating it was after five o'clock before the first round was completed. It was decided, therefore, to postpone the subsequent rounds for three weeks until Sunday, 5th July, again at Aldershot and commencing at 9 a.m.

The aim of these contests was to eliminate all but twenty-four men (eight in each weight category) from whom eighteen (six in each category) would be selected to represent the British Judo Association in a national contest. Details of this British Open Judo Olympic Trial as it is called, can be found on page 11.

The number of entries was 34 lightweights, 63 middleweights and 31 heavyweights, grades ranging from 1st kyu to 4th dan, ages from fifteen to thirty-six, and weights from nine to nineteen stones.



*A. J. Sweeney, 4th dan
(Budokwai) throwing
B. H. Winn, 2nd dan
(Budokwai) in the
heavyweight category.*

Many speculations as to the quality of the opposition which B.J.A. members could expect at the open trials have been made. One hears such conflicting views that a forecast of the likely outcome is impossible. However, in any event, this will be very interesting.

FULL SPEED AHEAD



Kisaburo Watanabe, 5th dan

A technical director for the Budokwai

At first sight it might seem to be a far cry from the events on our front cover to the dojo of the Budokwai in Kensington, yet in a sense the throw depicted there has something to do with the changes to be seen at the Budokwai this autumn.

Kisaburo Watanabe's win in the Asian games in 1958 brought him very much into the public eye, and helped too to bring him to this country just over two years ago, to instruct jointly at the Renshuden and the Budokwai; an arrangement which disappears in September when he gives up his two evenings a week at the Renshuden to become full-time technical director at the Budokwai, in charge of all male instruction.

Before meeting, and defeating, Awata in the final of the Asian Games championship he had defeated Kaminaga in the semi-final, in a competition which proved to be particularly strong, including as it did such names as Matsushita, Hasegawa, Ota, Inokuma, Koga and Yamagishi.

During the next year he became Tokyo champion, jointly with Kaminaga, and was third in the All-Japan Championship.

His successful contest record had started in the University Championships of Japan, in which he had been runner-up and third man in successive years.

Despite these contest results however, it was as a stylist that he had won his reputation and which particularly attracted the attention of people in this country. His training in judo had started at the age of seventeen while at high school in Niigata under the tutelage of Mr. Takizawa, and continued at Chuo University under Mr. Kikuchi and Mr. Yamabe. His experience was widened by practising occasionally at the Keischo and the Kodokan.

When the possibility of him being brought to this country was first suggested, following requests for a Japanese instructor, this record seemed impressive enough, but it has taken the subsequent experience of personal contact to prove that he is not just a highly-skilled Judo man. He is a keen and successful teacher who takes a personal interest in the people he is coaching, and in addition exhibits an engaging personality away from the dojo. It is these personal qualities, as well as his technical skill which have resulted in him being asked to stay on in this country for a couple of years or so beyond the term of the original agreement, which comes to an end next year. The Renshuden are having their own re-organisation and have agreed to release him from his obligations to them before time, so that he will be taking up his new appointment at the beginning of September.

Arrangements are not yet definite, but the tentative scheme is that he will be in charge in the dojo on five evenings a week, excluding Tuesdays but including Saturday afternoons. This will mean that many of our members who can attend regularly only on Saturday will have the benefit of his coaching. This applies too, of course, to the visitors from other clubs, especially those outside London who commonly practise at the Budokwai on Saturdays. He will also be attending on Sundays on the occasion of the monthly team contests and training sessions, as part of his general responsibility for the standard of contest judo in the Club.

Mr. Watanabe has been taking an interest in the older members of the Junior section recently and he will continue with his activities in this field . . . they are after all the potential high-graded judoka of the future.

All-Japan Championships 1964

First day

S. SAKAGUCHI
S. YAMAMOTO
K. NICHIBE

M. TORIUMI
K. MASUDA
Y. OKUDA
I. HASHIMOTO
M. TONE
I. OKANO

K. OUCHI
K. YAMANAKA
T. SHIGEOKA

S. TAKADA
O. TAMURA
K. OKADA

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M. SHIGEMATSU
T. SAGARA
H. FUJITA
A. YAMAGUCHI
I. INOKUMA

T. MURATA
Y. MORITA
E. OKAMOTO

Second day

	(1)	(2)	(3)	(4)	
(1)	—	p	p	n	1
(2)	1	—	s	n	2
(3)	1	1	—	w	3
(4)	1	1	1	—	4

	(1)	(2)	(3)	(4)	
(1)	—	1	1	1	4
(2)	w	—	1	s	2
(3)	p	s	—	w	1
(4)	p	1	1	—	3

S. SAKAGUCHI ————— I. INOKUMA
(s) (1)

S. SAKAGUCHI ————— A. KAMINAGA
(1) (w)

A. KAMINAGA

Key: p — win, ippon; w — win, waza-ari; n — win, nearly waza-ari; s — win, slight superiority; l — loss

First day

T. MATSUSAKA
M. MATSUNAGA
M. MURAI

Y. KURIMURA
I. FUJITA
R. NAKAMURA
H. NAGASE
K. OUCHI
H. NAKAMURA

K. SEKI
H. HASEGAWA
K. IWATSURI

M. TSUKUDA
A. TANAKA
K. TANAKA

M. OKITA
T. KOGA
K. ISHIHARA
K. NAKANO
O. SATO
N. MAEJIMA

S. ENSHU
T. TAKAMATSU
A. KAMINAGA

Second day

	(1)	(2)	(3)	(4)	
(1)	—	p	w	1	2
(2)	1	—	1	1	4
(3)	1	s	—	1	3
(4)	s	p	n	—	1

	(1)	(2)	(3)	(4)	
(1)	—	1	1	1	4
(2)	p	—	1	s	3
(3)	p	s	—	1	2
(4)	p	1	w	—	1

H. HASEGAWA ————— A. KAMINAGA
(1) (s)

The Judokwai Leicester

— and a Marathon Two-team Contest

Like the majority of clubs in Great Britain the Judokwai Leicester was founded by some dozen enthusiasts and has been in existence about twelve years. The club is now well established with upward of three hundred members on the books. Of these, the Junior Section, as in many clubs at the moment, is by far the largest, with over one hundred and fifty members, both boys and girls. The Junior Girls are administered by the Women's section. Of the adult members there are approximately seventy-five men and over forty women practising regularly. The club now has half-a-dozen 1st dans and many 1st kyus, one of whom, Denis Rock, is responsible for the club coaching. A 1st dan of whom the club is quite proud is Mick Jackson, who graduated from the Junior section and has begun a promising career representing Britain on a number of occasions. He was amongst the 'young hopefuls' who recently contested in Paris, and one of the middle-weights in the Amateur category in the European Championships this year.

In December of last year the club team won the Nakanishi trophy, which was presented by Mr. Chikashi Nakanishi, 5th dan, to Dudley Judo Club for competition amongst Midland Area Clubs. The large



E. Brochbank (Budokwai) securing osaekomi on J. Diver of Leicester.

Junior Section has also proved itself by winning the Peter Sellers Trophy once and being runners-up twice.

The Judokwai has adequate facilities for the present membership, but there is more room readily available in the same building should the club wish to expand, an advantage enjoyed by few, if any, other clubs in the country. There is one large dojo in which two mats are laid — one twenty-four feet square and the other eighteen feet square, both tatami, with showers and dressing rooms adjacent. In addition there is a lounge for visitors and non-practising members.



R. Bowen (Budokwai) scoring with uchimata on M. Jones of Leicester.

On Sunday, 24th May, a team from the Judokwai paid a visit to the Budokwai, where a marathon 26-a-side two-team contest was held. Amongst the Leicester team were three 1st dans, five 1st kyus and a multitude of other grades. The Budokwai was unable to match its visitors grade for grade, the home team being rather 'top-heavy'. The result of a win for the Budokwai 13 - 7, was not therefore, unexpected. However, there were some close contests, and the important thing was the obvious enjoyment of all contestants and the friendly atmosphere. A return visit has been threatened, and although free week-ends are short between now and the final Olympic selection contests in July, we hope to fit it in before that date.

FORCE a study

by J. McAllister

The second of several articles on theoretical aspects of judo

Force is commonly dismissed as that which is used to move things. It is not so commonly realised that a single force has no separate existence; to exist at all a force must be met by an equal and opposite force. To demonstrate this, tie a thread to a fence-post and pull with a force of, say, five pounds. The fence-post also pulls, in the opposite direction, with a force of five pounds; if the thread breaks the resistance offered by the fence-post vanishes, but so does the applied force.

Obviously, if we think of using force, we must concern ourselves with the amount of resistance available and, secondarily, with the ways in which resistance can be provided.

The fence-post offers "Static" resistance. That is to say it can, within limits, put up any amount of resistance called for by the applied force without appreciable movement.

Similarly a heavy packing case resting on the floor can offer static resistance by virtue of its weight resting on the floor, and consequent friction between it and the floor. To slide the case along the floor sufficient force must be applied to overcome the friction.

Applying the Force

Sometimes it is easier to tilt the case than to slide it, and if this is the aim of the operator he will, as a matter of common experience, apply his force at a point as high up as possible. He still has to consider what is the best direction in which to apply his force; but more of this anon.

Each of these static resistances is limited by the strength and degree of fixedness of the bodies offering them. When the thread breaks the resistance vanishes completely; when the case slides, static friction has been exceeded by the applied force; but the frictional resistance does not vanish. What happens is that static friction is superseded by the lesser "Sliding" friction and, to keep the case sliding a force equal to the sliding frictional force must be maintained.

When the case is tilted its resistance to tilting, due to its "Righting Moment" (of which more later) begins at once to diminish and, as the tilting proceeds, the applied force called for becomes less and less. Also its most efficacious direction changes continuously with the tilting.

This is all pretty obvious; but resistance may be offered in a less obvious way.

When a car starts off from rest its movement is resisted by friction arising in a variety of ways. But that is not all; the driver is soon aware that, apart from the friction, there is something else to be overcome by the thrust of the engine, namely the inertia of the car. If

the car is heavy the engine must work quite hard to get it moving at any great speed. But again this is not quite all. The effort required from the engine depends on *how quickly* the speed is to be built up — that is to say, on the acceleration required.

What emerges from this is the fact that resistance to an applied force can, somehow, be supplied by acceleration of the body to which the force is applied, and this without the body being fixed or held back by any external means. This resistance is referred to as "Inertial".

Static and inertial resistance, though differently generated, consist of the same kind of force, and neither ever exists quite by itself. They are always, in practice, combined, albeit in an infinite range of proportions.

Use of Force in Judo

In Judo we are not greatly concerned with fence-posts or other bodies partly buried in the ground; but we are much concerned with tilting (involving righting moments), sliding (involving friction), and inertial force (involving acceleration), so a little time may be well spent in consideration of each in turn.

When Tori pulls Uke at about shoulder level, what he is trying to do is to rotate Uke's body in a vertical plane about some fixed axis, usually an imaginary line drawn on the mat approximately through the part of Uke's base furthest advanced in the direction of the line of pull. The line of the axis must be pictured as being at right angles to the line of pull.

Uke's weight operates as if it were concentrated at a single point — his centre of gravity, or C.G. His weight is, of course, the force which gravity exerts upon him, and this acts vertically downward along a line passing through his C.G. and meeting the mat in a point called the trace of his C.G. We shall refer to this simply as Uke's trace.

In the interest of stability Uke will normally stand in such a position that his trace is, as nearly as possible, at the centre of his base, which is the straight sided figure enclosing his feet.

Now it will be evident that Uke's stability depends on two things, his weight, and the distance of his trace behind the axis of rotation. It is the product of these two we call the "Righting Moment".

Tori's Aim

Tori's aim is firstly to match this righting moment with an equal tilting moment, which is again a product of force and distance, namely the amount of his pull multiplied by the perpendicular distance of its direction from the axis of rotation. We must be careful to distinguish between "vertical" and "perpendicular". A perpendicular can be drawn at right angles to any line irrespective of the angle which the latter makes with the Earth's surface, whereas a vertical is a perpendicular to the Earth's surface itself.

Uke's righting moment depends solely on Uke — his physical attributes, such as weight and size of feet, as well as his sense of

balance controlling the position of his trace. Tori is free to vary his tilting moment in, broadly, two ways; firstly by varying its "arm" which is what we call the perpendicular distance of the axis of rotation from the line of action of the applied force, and secondly, by altering the magnitude of the applied force. Note in passing that one way of altering the arm is to alter the *direction* of the applied force.

Having balanced Uke's righting moment with an adequate tilting moment, Tori then has to apply some extra force to deal with inertial resistance; otherwise Uke would still not move. We shall return to this later.

If Tori were to experiment by lowering the line of his pull a point would ultimately be reached at which, instead of Uke tilting, his feet would slip if the pull were strong enough. For this to happen the arm of the tilting moment would have to be drastically reduced and the force increased to, probably, something like half of Uke's weight to overcome the static friction between his feet and the mat.

The third kind of resistance is the inertial one; and here we have to take account of movement, but not merely movement as denoted by change of position, or even by velocity. What we are concerned with is *rate of change of velocity* or more specifically, *TIME rate of change of velocity*, i.e., the change of velocity taking place per unit of time. It is only by submitting to acceleration that a mass can put up an inertial force!!

A mass at rest cannot get into movement at all without acceleration. This is no more than a truism but its significance should not be missed.

Keeping a Mass Moving

When a mass has started moving NO force is required to keep it going unless friction or other external force is involved; if force continues to be applied in the absence of friction, etc., it will continue to produce acceleration to provide the necessary "equal and opposite" force; and velocity will go on altering accordingly.

The connection between force, mass, and acceleration is expressed by a very simple but vastly important little formula, $F=Ma$, meaning that force is equal to the product of mass and acceleration. Naturally, in numerical application of this the appropriate units must be used; but without bothering about this Tori can see from the formula that, assuming M to be of fixed amount, the force he applies must be proportional to the acceleration desired. On the other hand, if he has just one particular acceleration in mind, to realise it he will have to alter his force in proportion to mass.

If a mass of ten pounds weight is to be lifted from the floor on to a table three feet high the first essential is to apply an upward force equal to the weight, so that the pull of gravity is neutralised. Note that, at this point, all frictional force between the mass and the floor will have vanished — BUT THE WEIGHT WILL NOT MOVE.

To effect movement some extra force must be applied to engage the inertial resistance which the mass can command at the expense

of immobility; if the mass had a calculating brain it would estimate how much force is being brought into play over and above that required to balance its weight, and then it would surrender enough of its immobility to pay for just enough inertial resistance to balance the extra force.

Movement ensues, but solely as a result of this "extra" force causing acceleration.

Deceleration

If the lifter wants to get the operation over quickly he will apply a considerable extra force, eliciting considerable acceleration and so achieving the desired upward velocity in a short interval of time. As soon as this has been done he can cut out all extra force and maintain merely that which will equal the weight. As long as he does this the weight will continue to move upward with uniform velocity. When this has gone on long enough he relaxes some more of his applied force so that what is left is now exceeded by the weight. This new balance of force acts downward and so decelerates the velocity of the mass until upward movement comes to an end and, without pause, downward movement begins.

Now, we have spoken of the product of force and distance as a moment, but for this the distance was measured at right angles to the direction of the line of action of the force. If we multiply force by the distance through which the force acts, the distance in this case being measured along the line of action of the force, we have a measure of the "work" done by the force. These two things are, dimensionally, the same — pounds multiplied by feet — but they obviously do not mean the same, so we choose to call the unit of moment the "pound-foot" to distinguish it from the unit of work, the "foot-pound."

By the time the lifter has put his weight on the table he will have done thirty foot pounds of work. This has been done without friction so we may say that none of it has been wasted. What has happened to it?

While the ten pound weight sits on the table it is the proud possessor of thirty foot pounds of potential energy—"potential" because it is not, at the moment, in active operation, and "energy" because that is what is manifested as work; it is measured in work units.

Kinetic Energy

Now if the weight be suddenly set free to fall to the floor it will, during the course of its fall, gradually surrender its potential energy for energy of motion, i.e., "Kinetic" energy, and when it meets the floor it will have thirty foot pounds of kinetic energy to be expended over a very short distance, namely the amount by which the floor yields. This will depend on the type of floor but the yield could well be as little as a tenth of an inch. Remember 30 ft.-lbs. of work has to be expended, and the floor yield (1/120th of a foot) multiplied by the force involved must equal this. The force, in this case works out at 3,600 lbs. — more than a ton and a half!!

That is why floor mats are used in Judo practice. They increase floor yield and so reduce force in absorbing kinetic energy. (It should not be understood from this that the arresting force will be uniform. 3,600 lbs. is its average value; its peak could be double this or even more).

If the reader is interested in expressing kinetic energy in terms of weight and velocity, the expression to use is $Wv^2/2g$; in this part of the world g has the numerical value 32.2.

Uke's Velocity

The kinetic energy, as indicated above, is always equal to the potential energy spent in building it up, so that in the case of the ten pound weight falling freely from a height of three feet we have $10 \times 3 = 10 \times v^2 / 64.4$, thus v^2 will be 3×64.4 which makes $v =$ (nearly) 14 feet per second; this is the velocity at which the weight hits the floor.

Incidentally *any* mass falling freely from a height of three feet will acquire this velocity of nearly 14 ft./sec., so we have a fair example of what Uke has to put up with.

To find out the velocity acquired in a free fall from any height H it is only necessary to put the chosen value of H in the formula $v^2 = 64.4 H$, and work it out. For example if H were 4 ft., v would be just a little over 16 ft./sec. This velocity would be reached in just about half a second.

(To be concluded)



"No, actually it's an orange belt I dyed myself!"

Initiative in Judo

by H. P. Lister (3rd dan)

The ability to change one's mind is an important quality in judo, and one which many women seem to lack. Stemming from this are two common faults — lack of initiative and rigidity of tactics. However, regardless of the cause, the effect is the same, namely, judo which is uninteresting to watch and nowhere near as efficient as it should be.

Too much importance is placed on the opponent being in the 'right position', or rather, the ideal position, and not enough on independent movement, or on adapting and completing the initial action. The first attempts at any technique are often dismal failures for a variety of reasons, one of which, inevitably, is lack of technical accuracy. As this accuracy improves, the attempts get better and occasionally work, but in this endeavour to become technically correct, another of these reasons for failure, *i.e.*, the aspect of adapting the basic technique to suit the circumstances, is usually neglected. One method of avoiding this is to practise more uchikomi on the move, but this is not the complete answer. *Movement* is a primary requisite of your judo and you must learn to continue or adapt your action whatever the circumstances. Take, for example, hidari harai goshi (Figs. 1 & 2) attempted initially when uke is stepping forward with her left foot. Now this is all very well when uke takes no action to defend, but she will probably take one of several paths, *e.g.*:



Fig. 1

Fig. 2

(i) She may try to shift her weight to the right by bringing up her right foot and leaning to the right, in which case tori must alter the direction of her throw slightly, so that she throws uke in relatively the same direction as her initial attempt (had it worked), *i.e.*, in the direction of a line drawn through uke's right heel and left toes. Tori may have to shift her own supporting foot to compensate for the

change of direction of her hip and sweeping leg, but much can be done by swaying her body to the left (Figs. 3 & 4).

(ii) Uke may try to move quickly to her left away from tori's attack. Here, tori must again endeavour to complete the throw with a continuation of her first attempt, hopping on her supporting right foot closer to uke and changing the direction of her throw, this time finishing at right angles to her original line of attack (Figs. 5 & 6).

In both these instances success is only possible if tori is 'alive' and ready to change her mind and direction the whole time.

Whilst you must aim for a movement which is automatic in one respect, the tactics employed in applying the technique must inevitably differ from one



Fig. 4



Fig. 3

opponent to the next and even from one attempt to the next if necessary.

If tsurikomigoshi is a throw which you like to try, on an opponent who is, for example, taller than you, a good feint would be



Fig. 5



Fig. 6

an attempted ko uchi gari on her right foot, making her move this foot back to avoid your sweep. Follow this up with right tsurikomigoshi. However, suppose your tall opponent does not respond in this way, but attempts a counter throw — hizaguruma for example? Here, tsuri komi goshi must be abandoned, but an ouchigari on your opponent's left leg could well be successful.

On an opponent smaller than yourself it would be easier for you to feint with tsuri komi ashi to make her step forward quickly onto her right foot to regain her balance, thus you have stretched her out



Fig. 7



Fig. 8

ready for your tsurikomigoshi. But, if your attempted tsurikomi-ashi is not strong enough to make her stumble forward, she may feel safe enough just to brace her body away from you towards her rear. Now would be the time for you to follow up with kosotogari on her left foot, the direction in which she is the weakest.

These are just a few movements which you should be prepared to try and examples of the many others which you will be able to discover for yourself. Initiative and the element of surprise will add variety, greater interest and efficiency to your judo practice.



Fig. 9



Fig. 10

Conversation Piece

Back from Japan just in time for the B.J.A. Olympic Selection Contests were Syd Hoare, 4th dan, and Tony Reay, 3rd dan, followed closely by Ben Reed, 3rd dan.

Syd and Tony are here to stay and when possible Olympic commitments are over will be instructing at the Budokwai. Definite arrangements will be announced in the next issue of the *Bulletin*. In the meantime, however, they will be practising regularly at the Budokwai and are acting as honorary instructors at the lunch-time sessions in addition to Tony Sweeney, 4th dan. These sessions, held on Monday, Wednesday and Friday from 12.30 to 1.30 p.m. are worthwhile for the keen judoka, who need not be a member of the Budokwai — anyone who is free at this time may attend on payment of a dojo fee.

Tony Reay had the misfortune to dislocate his shoulder shortly after arriving back, a great disappointment so close to the selection contests.

Anxious to get their first impressions, we extracted a few comments from Syd and Tony almost before they could put down their suitcases, and we think you will find these off-the-cuff comments interesting.

Ben Reed, who went to Japan some seven years ago, is going back shortly and may return to England early next year. University examinations prevented his earlier return to this country, and in fact, he arrived only just in time to take part in the contests.

First Impressions — from Syd Hoare . . .

First of all the general lack of movement. Techniques attempted are more direct and isolated than in Japan. I do not believe that smallness of dojos has much to do with it, as after all the dojo at Nichidai is smaller than the Budokwai dojo.

One of my teachers used to say that I should try to concentrate on right and left attacks — pulling the man first one way and then the other, all over the place, but always trying to break his balance. This is advice which could generally be applied in this country, I think.

The other thing that seems weak here is groundwork, and particularly the failure to take or make opportunities for groundwork from a standing position. Often when a man collapses onto the mat there is no immediate attack — no terrific scramble to get in as you would find in Japan. Apart from this I haven't seen much practice of pure newaza, with one man lying down and the other attacking. However, I have been here only a few days as yet, and things may look different when I have seen a little more.

I haven't come across much of the practice you see in Japan, where you get both men attacking all-out, on and on, really fiercely until one gets his opponent over. During the attack the opponent is

pulled all over the place, but usually an enormous throw comes off in the end. This, I think, would be good training against Continental people. They do this in all University dojos at first, and after a few seconds you're panting and find that timing goes wrong when you are really pushing all-out physically. Legs hit the wrong places and the man doesn't seem to fall over, but it doesn't take long before you're connecting.

This type of practice means that they are really creating strange situations by attacking at every conceivable angle. They do tend to get injuries — too many perhaps — but at the same time they develop very fine techniques.

When there is no special objective in view they will train for two-and-a-half to three hours a day, but when there is a Championship in the offing they will add a morning run and an hour's newaza practice to this.

There is no "instruction" in the formal sense, with the class being stopped for a demonstration of a technique, as commonly occurs here. The teacher will point out something not being done quite correctly by an individual during practice, with perhaps a brief word of advice.

Japanese boys are extremely fit and with fine physiques as a result of doing judo. They have sufficient stamina to go on and on in practice, and it is this ability which develops their techniques. Two hours virtually continuous practice against someone of their own standard, say third or fourth dan, means something.

I noticed that when I first arrived in Japan I was physically quite weak, my stamina almost non-existent, in comparison with the men I was meeting.

This characteristic is especially noticeable with the smaller men — those who are supposed to be using skill alone — they are really fantastically strong, and although it is not obvious by appearance they can move quite a lot of weight around.

As regards non-judo training, well some of them do a little weight-training, and a little running, but not usually very seriously. They rely on judo, and I think this is a mistake, and that if the Japanese,



in particular the heavyweights, trained properly, with weights, proper running training and particularly watched their food, which tends to be too starchy, they would be much stronger.

... and from Tony Reay

On returning to the Budokwai after two years training at the Kodokan, I find myself reflecting on events over that period of time. When I first arrived in Tokyo the Japanese Olympic Training was just getting under way involving something like sixty judomen. Just recently the sixth selection contests held in Tokyo brought the team down to eight members. From the beginning of last year the Olympic Training, held at major dojos throughout the country was continuous and relentless. These marathon sessions proved so exhausting that now the newspapers are criticising this method and suggesting that the boys have been overtrained.

Last October the Pre-Olympic contests showed us the supremacy of Japanese judo, although it cannot be said that the best from other countries had been invited. The most impressive man in his weight was Okano (middleweight); his judo is pure poetry. Of the light-weights there does not seem to be much to choose from half-a-dozen of them, although Shigeoka and Nakatani have so far emerged the best.

Just before Christmas, Geesink was invited by Tenri University to attend the Olympic Training taking place there. He was most impressive and proved that there is really very little opposition for him in the Olympics.

Concerning the foreign section: you may have heard about the German middleweight, Hoffman, who caused a minor upset in the Pre-Olympic contests by defeating much-favoured Seki. He later returned to Germany where he won a position in the German team. Some of you have seen Campbell, captain of the American team, who visited these shores early this year. He returned to America, but just recently sustained a serious injury which may possibly keep him out of the Games. An American you will not have seen, but who, in my opinion, was the most impressive of those training in Japan, is one Jim Bregman (middleweight). He also returned home recently and has had sensational success in major contests there.

Of our own boys, Charles Mack is doing very well and a whisper in the wind tells us that he should soon be getting his 5th dan. He is also studying karate and aikido and has 1st dan in the former. John Cornish recently acquired 4th dan in judo, and 2nd dan aikido, and I hear he is also quite proficient at ikebana (flower arrangement).

Occasionally Ray Ross was able to visit us from Tenri and



is looking good on the mat. Syd Hoare and myself returned just recently, so if anyone would like any further information, please feel free to have a chat — although it might cost you a coffee!

Obituary — R. A. Hoare, 3rd dan

A telephone message I received about Reginald A. Hoare was that he died at his home, 7 Cleveland Square, London, W.2, at the age of sixty-three. It was astonishing to me — more than a significant tragedy, for it was only three weeks since I was entertained at his home by him and his family when he appeared to be in normal health and full of his usual charm, even suggesting an idea how to celebrate my eightieth birthday.

On calling at his home to express my condolences to his bereaved and to make sure of the facts, I was told that he died peacefully in his sleep after about ten days indisposition.

R. A. Hoare, 3rd dan in judo, was born in 1900 and was seriously interested in judo since 1924 and contributed his services to its cause at the Budokwai with his characteristic personal quality in full capacity, right through the trying pioneering days, upholding the ideals and integrity of our movement. He loyally shared with others the responsibility of being a member of the Board of Trustees for the lease of G.K. House and the G.K. House Fund.

His memory will live endeared by all concerned, especially the genial manner of his tall figure and his infectious laughter. He had a magnetic influence on everyone in the dojo, creating an authentic atmosphere.

Personally I have lost in him a trusted friend and a personality who shared the early pioneering days. It is hard and sad to be with the thought of being the lonely last. I plead to be allowed to feel the deep grief with his beloved.

G.K.

Poem

*Where does the future memory lie?
Where to the step beyond?
What moment will provide the space
To furnish, and cup in secret hands,
The meeting?*

*The slackened strings are gathered in,
The note is called:
Whose the touch?*

*Taken from "The Mirror"
a series of poems by Rosemary Grimbale,
May, 1964.*

BUDOKWAI AND LONDON AREA PROMOTION EXAMINATIONS

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

Monday, 7th Sept., at 6.30 p.m.	Judoka of 2nd kyu and below.
Tuesday, 8th Sept., at 6.30 p.m.	Women of all grades.
Wednesday, 9th Sept., at 6.30 p.m.	Judoka of 1st kyu and above.
Friday, 11th Sept., at 6.30 p.m.	Judoka of 2nd kyu and below.
Saturday, 12th June, at 4 p.m.	Provincial judoka only.

Please Note Requirements

for Budokwai and London Area Promotions:

In order to help Area Recorders it has been necessary to make some alterations to the procedure and the following form should be adopted:

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, 31st August. 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.

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

BUDOKWAI MONTHLY CONTESTS

These have continued regularly on Sunday mornings during the past months and are usually attended by some two dozen judoka. An innovation recently is a training session held after the contests by Mr. Watanabe, particularly with the Olympics in mind but naturally of great benefit to anyone.

There have also been a number of contests with other clubs followed by general practice which are always both enjoyable and beneficial. Any club wishing to arrange an inter-club contest with the Budokwai, please contact the Manager. For clubs within easy travelling distance, such contests can be arranged for Thursday evenings at the Budokwai, and where possible we should like to arrange return visits.

DON'T FORGET!!

The Budokwai's "Black Belt Judo" display at the Royal Albert Hall, Saturday, 31st October, 1964, 7.30 p.m.

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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