The Budokwai
“G.K. HOUSE,” 4 GILSTON ROAD.
SOUTH KENSINGTON, LONDON, S.W.10.

Manager and Secretary: M. Lister
Technical Director: K. Watanabe (5th dan)
Budokwai Technical Panel: K. Watanabe (5th dan)
A. J. Reay (3rd dan), D. Burr (3rd dan), L. Ralph (1st dan).

Instructors:
C. S. Palmer (5th dan), C. Mack (5th dan), R. Bowen (4th dan),
J. Cornish (4th dan), D. Burr (3rd dan).

Executive Committee:
H. M. Hodkinson (Chairman) D. Hunt E. Flindall
R. J. Blackmore (Hon Treasurer) L. Doffman
W. Stockham (Hon. Secretary) F. L. Ward H. N. Piper

Honorary Officers: President: M. M. Kaye, O.B.E. (3rd dan)
Promotion Officer: R. J. Blackmore

Editorial Board: J. H. Dresler H. P. Lister F. L. Ward

Dojo Hours
LADIES: Instructors: C. S. Palmer (5th dan), J. Cornish (4th dan)
Tuesday, 7 - 9 p.m. Thursday, 7 - 9 p.m. Saturday, 6.30 - 8.30 p.m.
JUNIORS:
Monday, Wednesday and Friday, 6 - 7 p.m.
Saturday, 10.30 a.m. - 12.30 p.m. Beginners: Thursday, 5.30 - 6.30 p.m.
MEN: Monday to Friday, 6.30 - 9 p.m. Saturday, 3.30 - 6 p.m.

INSTRUCTORS ON DUTY
Monday: K. Watanabe (5th dan) A. J. Sweeney (4th dan)
(2nd kyu and above only)
Tuesday: D. Burr, 3rd dan (3rd kyu and below only).
Wednesday: K. Watanabe (5th dan) A. J. Reay (3rd dan)
Thursday: K. Watanabe (5th dan) S. R. Hoare (4th dan)
Friday: K. Watanabe (5th dan) D. Burr (3rd dan)
Saturday: K. Watanabe (5th dan)
Sunday: K. Watanabe (5th dan) A. J. Sweeney (4th dan)
(Budokwai teams training)

Beginners' Courses: for men, ladies and boys; full details on request.
Special Class — 5th kyu and below: Saturday, 2.30 - 3.30 p.m.
Instructor: R. Bowen (4th dan)

Private Class Instruction:

Published quarterly by The Budokwai
Price 2/6
THE DEMONSTRATION OF THROWS
(NAGE-NO-KATA)
by T. P. Leggett (6th Dan)
This text covering compulsory material for the 1st Dan grading of the B.J.A., the official Olympic body, has been designed to "put over" not only the main points but also the finer points of this Kata.
Case Bound, Illustrated. With flickers. 18/ net or 18/10 post free.

THE DEMONSTRATION OF HOLDS
(KATAME-NO-KATA)
by T. P. Leggett (6th Dan)
This text, the new standard version as laid down in Japan in 1960, covers all aspects of holds and for obvious reasons is considered to be as important as the above volume on Nage-No-Kata.
Case Bound, Illustrated. With flickers. 18/ net or 18/10 post free.

THE DEMONSTRATION OF GENTLENESS
(JU-NO-KATA)
by Dr. Kano, founder of modern Judo and T. P. Leggett (6th Dan)
Ju-No-Kata is an exercise devised by Dr. Kano. The photographs in this book are a unique series showing Dr. Kano performing the exercises himself and were presented to Mr. Leggett with the specific instructions that they were to be used for the furtherance of Judo in England.
Case Bound, Illustrated. With flickers. 18/ net or 18/8 post free.

CHAMPIONSHIP JUDO
(TAI-OTOSHI AND O-UCHI-GARI ATTACKS)
by T. P. Leggett (6th Dan) and Kissaburo Watanabe (5th Dan)
This book (with self-explanatory title) is written by two of the foremost Judokas in the country. Mr. Leggett needs no introduction and Mr. Watanabe will already be known as an Asian Games Champion, Tokyo Champion and revered stylist. This is a text devised for ALL students by two great experts.
Case Bound, Illustrated. With flickers. 18/ net or 18/8 post free.

JUDO: BASIC TRAINING MANUAL FOR BEGINNERS
by G. Kerr (4th Dan) Foreword by C. Palmer (5th Dan)
A really first-class method of teaching beginners; a system which will hold the interest of both the student and instructor. The exercises given are scientifically arranged to provide the students needs, allowing fuller coverage of the all-important techniques. An indispensable book for students and instructors.
Demy 8vo Over 100 Photographs. 18/ net.

KARATE
MANUAL OF KARATE
by E. J. Harrison (4th Dan)
This book is based on the standard work by Reikichi Oya and the official instruction as taught by the Society for the Study of Karate in Tokyo. X Case Bound, Illustrated. 18/ net or 18/10 post free.

KARATE BY PICTURES
by H. D. Plee, Chief Administrator to Judo International, Paris
Case Bound. Hundreds of photographs 18/ net or 18/10 post free.
British Hopes for Rio de Janeiro

Report and Photographs by H. Lister

A quick look at what went on in Great Britain prior to previous World Judo Championships, and the production of men to represent us, gives a fair indication when compared to this year’s selection contests of the growth of the Judo movement in this country.

The first World Championships were held in Tokyo in May, 1956. A number of Britons were at that time studying at the Kodokan, and as they were also likely to be the strongest judoka this country had, considerable finance was saved by choosing two of these to represent Great Britain. These two were Alfred Grabber, 3rd dan (team captain) and Dennis Bloss, 3rd dan, reserve. A third man was sent from this country (fare paid by the Asahi Shimbun). He was Richard Bowen, 2nd dan, who was due to stay for one year, but eventually stayed four. All three were Budokwai members.

In the Championships there were thirty-one contestants, and the eventual winners were:

- Winner: Shokichi Natsui, 6th dan
- Runner-up: Yoshihiko Yoshimatsu, 7th dan
- 3rd place: Anton Geesink, 3rd dan

Of our two entries, Dickie Bowen reached the quarter-finals.

For the second World Championships, combined eliminations were held with other European countries in Paris in November, 1958. Ten men were to be chosen to go to the championships in Tokyo the following month. Each country participating in these eliminations were allowed to enter two men. In Great Britain’s case these were Dennis Bloss, 4th dan, and Doug Young, 3rd dan, both of whom qualified. Charles Mack, 3rd dan, had recently arrived in Japan from Canada and also represented Great Britain. It was Bloss’s turn this time to reach the quarter-finals.

There were again over thirty contestants in all and the results were:

- Winner: Yasuji Sone, 5th dan
- Runner-up: Akio Kaminaga, 4th dan
- 3rd place: Yamashiki, 6th dan

The third World Championships held in Paris in December, 1961, brought all-British eliminations held in October of that year at the Budokwai. These were organised by the B.J.A. and entries were restricted to 2nd dan and above. As a result of these George Kerr, 4th dan, Tony Sweeney, 2nd dan, Alan Petherbridge, 3rd dan, and V. Maynard, 3rd dan (reserve) were selected. Sweeney injured himself before the championships and did not take part. The grade restriction of 2nd dan for the selection contests enabled only thirteen men to enter.

In Paris, none of our entries got further than the second round, and the results were:

- Winner: Anton Geesink, 5th dan
- Runner-up: Yasuji Sone, 6th dan
- 3rd place: Koga, 4th dan

The next world championships are to be held this month in Rio de Janeiro, Brazil. The British selection contests for these were held on 7th August, 1965, at Crystal Palace National Recreation Centre, organised by the B.J.A. Any B.J.A. licence holder of 1st kyu and above was entitled to enter, and in all there were one-hundred-and-fifty-one entrants. From these, eight representatives had to be selected to go to Brazil, two in each weight category and two open. The entrants were made up of forty-seven heavyweights, sixty-nine middleweights and forty-five lightweights. Of these, twenty-two were from British Judo Council clubs and the remainder B.J.A. Although in 1966 only men of 2nd dan and above were allowed to enter, the entrants this year in that grade range numbered forty-five. Of the remainder fifty were 1st kyu.

Victory for Barnard in the early rounds

It is understandable that circumstances should have changed since the first world championships nine years ago, when the number of "possibles" from this country was very limited. The difference between this year’s and the 1960 selection entries is, however, quite remarkable.

A pool system was used for the preliminary rounds, each pool consisting of not less than four men. The winner of each pool then went forward to the next round. There were three mats in operation most
of the day, one for each weight category (a frustrating arrangement for the spectators). There were no surprising results in the early rounds and the winners of the pools were as follows:

**Heavyweight**

<table>
<thead>
<tr>
<th>Pool</th>
<th>1</th>
<th>Maynard</th>
<th>3rd dan</th>
<th>Hoddesdon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool</td>
<td>2</td>
<td>Bergwerf</td>
<td>2nd dan</td>
<td>Samurai</td>
</tr>
<tr>
<td>Pool</td>
<td>3</td>
<td>Martin</td>
<td>2nd dan</td>
<td>Regency</td>
</tr>
<tr>
<td>Pool</td>
<td>4</td>
<td>Gallon</td>
<td>3rd dan</td>
<td>B.J.C.</td>
</tr>
<tr>
<td>Pool</td>
<td>5</td>
<td>Peake</td>
<td>2nd dan</td>
<td>York Railway Institute</td>
</tr>
<tr>
<td>Pool</td>
<td>6</td>
<td>Sweeney</td>
<td>4th dan</td>
<td>Budokwai</td>
</tr>
<tr>
<td>Pool</td>
<td>7</td>
<td>Young</td>
<td>2nd dan</td>
<td>Charankwa</td>
</tr>
<tr>
<td>Pool</td>
<td>8</td>
<td>Macconnell</td>
<td>3rd dan</td>
<td>Samurai</td>
</tr>
</tbody>
</table>

**Middleweight**

<table>
<thead>
<tr>
<th>Pool</th>
<th>1</th>
<th>Kelly</th>
<th>2nd dan</th>
<th>Renrukan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool</td>
<td>2</td>
<td>Ross</td>
<td>4th dan</td>
<td>Renshuden</td>
</tr>
<tr>
<td>Pool</td>
<td>3</td>
<td>Bowen</td>
<td>3rd dan</td>
<td>Judokan</td>
</tr>
<tr>
<td>Pool</td>
<td>4</td>
<td>Jacks</td>
<td>2nd dan</td>
<td>Budokwai</td>
</tr>
<tr>
<td>Pool</td>
<td>5</td>
<td>Kerr</td>
<td>4th dan</td>
<td>Edinburgh</td>
</tr>
<tr>
<td>Pool</td>
<td>6</td>
<td>Barraclough</td>
<td>1st dan</td>
<td>Huddersfield</td>
</tr>
<tr>
<td>Pool</td>
<td>7</td>
<td>Veale</td>
<td>2nd dan</td>
<td>Samurai</td>
</tr>
<tr>
<td>Pool</td>
<td>8</td>
<td>Barnard</td>
<td>3rd dan</td>
<td>Renshuden</td>
</tr>
<tr>
<td>Pool</td>
<td>9</td>
<td>White</td>
<td>2nd dan</td>
<td>Coventry</td>
</tr>
<tr>
<td>Pool</td>
<td>10</td>
<td>Hoare</td>
<td>4th dan</td>
<td>Budokwai</td>
</tr>
<tr>
<td>Pool</td>
<td>11</td>
<td>Leigh</td>
<td>2nd dan</td>
<td>Crawley</td>
</tr>
<tr>
<td>Pool</td>
<td>12</td>
<td>Kane</td>
<td>2nd dan</td>
<td>Osaka</td>
</tr>
</tbody>
</table>

**Lightweight**

<table>
<thead>
<tr>
<th>Pool</th>
<th>1</th>
<th>Glass</th>
<th>1st dan</th>
<th>Edinburgh</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool</td>
<td>2</td>
<td>Green</td>
<td>1st dan</td>
<td>Renrukan</td>
</tr>
<tr>
<td>Pool</td>
<td>3</td>
<td>Trick</td>
<td>2nd dan</td>
<td>Samurai</td>
</tr>
<tr>
<td>Pool</td>
<td>4</td>
<td>Cassidy</td>
<td>2nd dan</td>
<td>Charankwa</td>
</tr>
<tr>
<td>Pool</td>
<td>5</td>
<td>Penfold</td>
<td>3rd dan</td>
<td>Portsmouth</td>
</tr>
<tr>
<td>Pool</td>
<td>6</td>
<td>Hunter</td>
<td>1st dan</td>
<td>Edinburgh</td>
</tr>
<tr>
<td>Pool</td>
<td>7</td>
<td>Orton</td>
<td>2nd dan</td>
<td>Judokan</td>
</tr>
<tr>
<td>Pool</td>
<td>8</td>
<td>Brockbank</td>
<td>1st dan</td>
<td>Budokwai</td>
</tr>
</tbody>
</table>

Several faces reappeared at these contests after absences from recent selection contests. Amongst these was V. Maynard, Northern Home Counties Coach. He did very well throughout the contest and in fact finished third in the final heavyweight pool. Another old face was that of Denis Penfold, 3rd dan, who has been amongst the top British judo players for some years. Although he did very well, his younger opponents eventually got the better of him. It is men like Penfold — the good little ‘uns — who will benefit greatly through the introduction of weight categories, at last being able to represent their country in international competition.

There were some very rapid wins in the early rounds. In the middleweights George Kerr, 4th dan, made short work of all his opponents and this lasted through to the intermediate contests. Uchimata was the throw of the day for Mr. Kerr, and Gerry White, no mean opponent by any standards, succumbed as quickly as the rest. Maynard, too, produced some of the most decisive wins of the day — with haraigoshi.

The match between Jacks and Ross caused some excitement. The very nervous Ross did very little attacking early on, and Jacks was in obvious command of the contest. About two-thirds of the way through, however, Ross attacked well with left haraigoshi and Jacks swept away the supporting foot. This constitutes a foul in both E.J.U. and B.J.A. rules and as a result Jacks lost a contest he might otherwise have won easily.
The six minute long contests of the intermediate round produced four men from each category for the final pools. Gaining entry to, or winning, these pools did not mean a definite selection as British representatives, for these were entitled ‘selection contests’ and the final decision rested with the selection panel.

The contests for the final pool were of ten minutes duration. In the heavyweights, Sweeney had no trouble in beating Gallon and Maynard, but, and not for the first time, did he have difficulty with Macconnell, 3rd dan. A rather doubtful waza-ari was awarded to Macconnell, and at time he was given a deserved yaseigachi. Maynard was by this time very tired. He held Gallon to a draw in an uneventful contest, but lost to both Sweeney and Macconnell.

In the middleweight pool there were some tense contests. Ross was not showing the nervousness he had displayed against Jacks in the previous round. Ross won in the final pool. Bowen found himself outclassed somewhat and lost to all three opponents, but was nevertheless considered worthy of inclusion as middleweight reserve in the final selections. The only other score came from Ross in this pool who threw Kerr for a waza-ari, gaining the extra seven points which brought him to the top.

The lightweight-category produced no outstanding players, but Brockbank and Green were very consistent throughout the contests. Once again Trick was up at the top, but did not have that little bit extra necessary.

STOP PRESS

Due to an operation to remove a cartilage from his knee it is unlikely that Brian Jacks will be able to take part in the Championships.

**BRITISH REPRESENTATIVES FOR 1965 WORLD CHAMPIONSHIPS**

**Lightweight**
- A. L. Green, 1st dan
- E. G. Brockbank, 1st dan
    *Reserve: J. Trick, 2nd dan*

**Middleweight**
- R. F. Ross, 4th dan
- G. Kerr, 4th dan
    *Reserve: J. Bowen, 3rd dan*

**Heavyweight**
- J. A. Macconnell, 3rd dan
- A. J. Sweeney, 4th dan
    *Reserve: J. Gallon, 3rd dan*

**Open**
- S. R. Hoare, 4th dan
- B. A. T. Jacks, 2nd dan
    *Reserve: R. Barraclough, 1st dan*

**Snippets**

*Visit to Japan* by Mr. T. P. Leggett began at the end of August. Mr. Leggett will stay in Japan for a few months to study.

*Budokwai Newsletter.* A monthly newsletter has been started at the Budokwai to disseminate topical news, forthcoming events of interest to members, etc. The Newsletter is being edited and produced by Tony Reay, 3rd dan, and is available to all members of the Club.
Charles Mack, 5th dan, returned to England recently after nine years away, mostly in Japan. He left England to go to Canada as an emigrant in August, 1956, where he lived for two years in Vancouver. During that time he became North West Pacific Judo Champion twice.

He arrived in Japan in June, 1958, travelling on the same ship as had carried Jigorō Kano' body back to Japan after his death, the Hikasa Maru. His grade at that time was 3rd dan, which was recognised by the Kodokan on his arrival in Japan. He was made a member of the Kanshusei (special students' section) of the Kodokan receiving special high-grade instruction for many years. Here are a few of Mr. Mack's recollections of his stay in Japan and his thoughts and aims now he is back at the Budokwai.

One of the very pleasing advantages of being a Kanshusei member was that one wasn't expected to pay club fees! All my time at the Kodokan was spent in the Kanshusei, because even after graduating (this takes four years) I was allowed to stay on as an old boy; a fellowship you might say.

In September, 1959, I was promoted to fourth dan, and it was about that time that I decided to take up another of the martial arts, karate, which is tremendously popular in Japan at the present time. In 1962 I was promoted to black belt grade in karate, and I was told by the President of the All Japan Karate Association that I was the first Englishman ever to have reached this grade in Japan.

Thanks to the leisure time at my disposal, I had been able to continue my judo training, and it was in fact because I was a judo player that I had taken to karate much more easily than would a person with no experience in an athletic fighting activity like judo. In other words, correlation between activities such as the martial arts is possible to a large extent. Not so much, however, between the respective techniques as between the movement, sense of timing, speed and fighting attitude, which they all have in common.

However, although karate was a source of real pleasure and satisfaction to me, I still found that judo, out of all the activities that were attracting my interest and curiosity at that time, was, to put it mildly, at the top of my list. It fascinated me and thrilled me and occupied my thoughts with its seemingly insoluble problems as nothing else seemed capable of doing.

My efforts were thus concentrated entirely on Judo practice, with the occasional karate session to keep my hand in, as it were. As the months sailed by, however, my curiosity was again alerted by the prospect of putting my judo training to good use again, and acquiring skill and knowledge via yet another of the martial arts. This time it was aikido which claimed my attention. I was attracted to this art because of a sense of incompleteness that kept disturbing me from time to time. I was then proficient through in the throwing and groundwork techniques of judo; I was confident of my ability to perform the variety of kicking, punching and chopping techniques of karate, but what about these aikido people, with their magical kiai and long skirts? What were they up to? What, in fact, might they be concealing beneath that long skirt-like garment which they wear? I just had to find out!
The second in a series of articles on Japanese theatre

Noth by Settaro Comish

Dear Reader,

I received your letter asking for further information about the current state of Judo and the International Judo Federation. I recently attended the Judo World Championships in Tokyo, and I am happy to share some insights with you.

The Judo World Championships are considered the most prestigious tournament in the sport of Judo. The event brings together the world's best judokas, who compete in various weight categories and divisions. The competition is held annually, and the venue for this year's event was in Tokyo, Japan.

In addition to the main tournaments, there are also various exhibitions and seminars featuring some of the sport's top coaches and athletes. The International Judo Federation, which is the governing body for the sport, also held a panel discussion on the future of Judo and its role in promoting peace and understanding.

I was impressed by the dedication and hard work of the athletes, who train for years to compete at the highest level. The physical and mental demands of the sport are significant, and it takes a strong mind and body to succeed at the highest levels.

Overall, the Judo World Championships were a fantastic event, and I am excited to see the continued growth and development of the sport in the coming years.

Best regards,

[Your Name]
plays with a comic interlude (Kyogen) in between the plays. In some theatres you still have to sit on tatami, but as with the one near the Kodokan some have cinema style seats.

The stage looks to be what it is, a piece of a temple court that has been moved inside. The stage proper has a roof over it supported by four pillars, and is about eighteen feet square. It is connected to the wings by a kind of passage called a Hashi (bridge) and in front of this passage there are three pine trees spaced out. In front of the stage there is a strip of gravel and a few steps leading down from it, although these are not used nowadays. When the actors are wearing masks it is difficult to see and the pine trees and pillars help them to get their position on the stage.

Any props used are symbolic; a pine branch on a stand represents a wood; a bamboo frame covered with canvas may indicate a tombstone, a river bank or even a mountain; the bamboo frame on its own, however, is a boat.

There is no curtain on the stage itself and any change of scene is effected by the actors changing their positions. On the wall by the wings is a curtain with five vertical stripes of different colours and this splash of colour contrasts greatly with the chaste wood of the stage and passage, but has a way of drawing the eyes to it while you are waiting for the play to begin.

This curtain is pulled up from the bottom and the orchestra comes in. First is the flute player and he takes his position on the floor of the stage by the back right hand pillar known as the 'Flute Pillar'. The other two musicians are drummers and they sit on stools on the flute player's right. One of the drums has a soft note and is held on the right shoulder; the other has a sharp note and this one is held on the left knee. Both drums are shaped like an hour-glass. Sometimes there is another drum similar to the western variety and the player of this has a fascinating way of bringing the drum sticks right over his head before beating the drum; that seems to make the action more important than the sound.

The choir comes on by way of a small door at the back of the stage, and its eight members are attended by two 'supervisors' whose job it is to help the actor with accessories or with his clothes when he sits down. Sometimes one of these supervisors is the head of the school and so he has a chance to see that everything is as it should be.

The music of the flute seems to have a touch of melancholy about it, and the sound of the drums is a little strange, but the noises the drummers themselves make shock you at first — they whoop and howl, sob and groan, and you think you will never get used to this row! Gradually, however, they get you in the right frame of mind to be able to lose yourself in the acting.

There are generally only two actors, although each may be followed by many comparisons. The first one to appear is called the 'Waki' (the one in the corner) and he has a place near the front right hand pillar ('Waki's Pillar'). His main job is to introduce the drama, and he wears somewhat plain clothes and no mask. The main part in the play is sung and danced by the 'Shite'. He wears dazzling costumes and a mask to suit the character he is portraying; this may be anything from a god to a young girl.

The costumes are sometimes up to five hundred years old, and the masks are often masterpieces that have been preserved in the school for centuries. They are so made that a change in the position of the head entirely alters the expression of the mask.

The music of Noh seems to be straightforward enough. When the Shite comes out he gets a loud overture, and if he is playing the part of a devil or warrior the music becomes quite frantic when he goes into his dance; while if he plays a young girl the music is very sweet.

In the action, the little acts seem very important — the turn of the head, the hand put in front of the face, the few steps that may mean the end of a long journey. The most important part of Noh is the story in poem form, and this is the hardest part to understand, even for a Japanese. Therefore, most people in the audience have a text to read or a musical score to follow, but even these are so difficult that the audience is more often made up of scholars of the art.
Revelation
A Senior 5th Kyu Tells All

"At gradings, value will be placed on skill, style, courage, endurance, sportsmanship, etc." they said. They must have been talking about some other club, or country, or sport. Or something entirely different like the Richmond Horse Show.

Ambition stirring in my bosom, I decided to become a 4th kyu or die in the attempt. The motivating forces were mixed. I had, of course, the desire to increase my ethical resources and acquire spiritual values in a spirit of disinterested sportmanship (I read all the prefaces of those books on Judo); allied to this was the fact that I was getting rather tired of my wife asking when I was going to be a black belt and increasingly embarrassed that the reply to all and sundry that I was Yellow was in all respects too near the truth for comfort. I was therefore prepared to make the sacrifice of my authority and status as a Senior Fifth Kyu with all that that implied. For the benefit of the lay reader I should point out that in Judo technical advice, authority and expertise are the sole prerogative of Fifth Dans and Fifth Kyus. However...

We assembled one cold winter’s night in the upper dojo at six-thirty, or six-thirty sharp, as is humorously stated in the notices. We were a mixed bunch, united only in the certainty of invasion troops who know the landing craft won’t turn back, sharing the mutual masochism of a crowded out-patients’ department. There were white belts in virginal judogi and white belts who had dirtied their clothing to make them feel braver. There was a larger mass of white than is seen on confirmation day at Lisbon Cathedral. Last amongst these were islands of colour.

Nothing happened for some time. At 7.10 a gentleman dressed in a blue shirt and yellow trousers and who had shaved the preceding Wednesday thrust his head round the door, asked if anyone had seen Charlie, rejected three Charlies who offered themselves, and disappeared, never to be seen again. There was a pause while we asked each other which was which of kami-shiho-gatame and yoko-shiho-gatame and how on earth did you remember. At 7.20 someone brought in a table. At 7.25 someone else brought in two strips of dressing gown cord and hurled them into a corner. By this time frost bite had broken out and the doctors were fighting to save the lives of three ungraded judoka.

At 7.30 sharp four black belts wandered in, dressed against the cold in jackets, scarves, corduroy trousers and woolly socks. We knew they were dan grades by the way they walked through the crowd which parted before them. One of them raised his voice above the chattering of teeth and called for silence. All the whites over there, all the rest over there. We gathered up our handkerchieves, towels, acid drops, licences, shin guards and grading syllabuses and went here or there. The Four split up into pairs and indicated that they were referees and judges. They looked over with loathing tinged with contempt. Hurry up, they said. Time is of the essence, they said. Didn’t we want to be graded, they said. Then for God’s sake hurry up, they said. We separated ourselves into grades and gave thought to the immediate prospects.

At this point it was drawn to my attention that there were six other yellow belts present.

I wish to state as my considered opinion that if, in my blackest moments, I had ever envisaged six such horrible sub-human types gathered together, here they were now made manifest in the flesh.

Number One — six feet each way obviously had a van with two keepers standing by up a side street.

Number Two — obviously believed that blood will tell and intended to see that there was plenty of it.

Number Three — called to mind his brother, Dr. Death.

Number Four’s face was frozen with imbecilic rage.

Number Five’s face was alive with imbecilic rage.

Number Six showed no expression as he stropped his feet on the mat.

Strategy is everything at gradings. I had determined my strategy with care. With a combination of speed and technique I would sweep and o-soto-gari which I had mastered in my spare time, I would sweep and o-soto-gari which I had mastered in my spare time.

It is unnecessary to dwell on the actual contests which followed their accustomed course — brute force and ignorance allied to bad refereeing and blind judging triumphed yet again over style, technique, skill and artistry of high order.

As I explained afterwards in the changing room, it was too much to expect that my unusual, spur-of-the-moment variation on taiotoshi or my first-time-on-any-stage harai-goshi or my lightning uki-waza performed from an underneath position while airborne, should receive any appreciation from the forces of conservatism. Had I known this I could so easily have fallen back on my a-uchi-gari and o-soto-gari, which as it happened, in the heat of the moment I forgot about.

Though I am still a Senior Fifth Kyu, in my heart of hearts I think of myself rather as...

D. STEEL, 4th kyu (failed).
Famous Autographs—

G.K.’s Collection

Many people collect autographs but the fan shown below must be one of the most unique collections. Gunji Koizumi presented it to the Budokwai early this year. The calligraphy on the reverse (shown in the right hand photograph) says “Presented to the London Budokwai February 17, 1965.”

The fan is fifteen inches long and is made in heavy ivory coloured satin. The ribs are of carved ivory.

Some of the signatures are dated, and the first and probably most important is that of Jigoro Kano who began G.K.’s collection in 1920. Not all of the names are judo men. Number ten, Tetsujiro Inouye was a famous Buddhist scholar, as was number twenty Daisetsu Suzuki, who is well-known to Buddhists in this country.

Number thirteen on the list, Hideki Yukawa won the Nobel Prize for physics (for the prediction of the Meson).

Judo men predominate, however, and amongst the later names on the fan are many well-known to British judoka. Risci Kano, present President of the Kodokan, Yoshizo Matsumoto and Toshiro Daigo, leading contest men in Japan, Ichiro Abe, who has done much for judo in Belgium, Teizo Kawamura, one time technical director at the Budokwai, and Join Oda, 9th dan, are household names to most of us here.

The names may be few in number for a collection that took over forty years to assemble, but their collective achievements are considerable.

Names in order from the right:
1. Jigoro Kano (1920)
2. Ryotei Hatani (1921)
3. Nishu Utsuki (1921)
4. Tanie Funakoshi (1922)
5. Juichi Nozoe
6. Sasaki
7. Seitaro Sawayanagi
8. Takejiro Nishioka
9. Takuda Kuruma
10. Tetsujiro Inouye
11. Hideo Ono
12. Tosaku Kinoshita
13. Hideki Yukawa (1949)
14. Risci Kano (1951)
15. Shigetoku Tashiro
16. Yoshizo Matsumoto
17. Toshiro Daigo
18. Ichiro Abe
19. Teizo Kawamura
20. Daisetsu Suzuki
21. Join Oda
NEWAZA
by Kisaburo Watanabe (5th dan)
Part 3 SHIMEWAZA

Whereas certain defending positions in newaza are strong against holding attacks, these same positions may provide ample opportunity for Tori's victory with shinewaza. This article will consider strangulation techniques as three groups typified by:
1. Okurierijime
2. Jujijime
3. Sankakujime

Okurierijime group
When you get behind the opponent's back you can use techniques like okurierijime, katahajime and hadakajime. From this position the most important point is to control the opponent's hips with your legs, and then attack the neck. If this order is not observed you cannot maintain your position tightly enough to follow uke's struggling movements; these will probably be desperately violent and involve rolling and twisting actions. Tori must maintain contact and follow these actions or lose his chance for the strangle.

When attacking the neck, use both hands and confuse him as to which hand you will finally employ for the strangulation. By disguising your intentions you will have a good chance of creating an opportunity for your favourite technique.

Jujijime group
When approaching your opponent from the front, a strangulation can be effected using both hands, gripping the opponent's collar, and applying pressure with the lateral or medial edges of hand and wrist. The important point here is the correct positioning of the hands on Uke's collar. Gripping too deeply or too loosely will prevent effective application.

The overall objective is to tighten completely any slack in the collar and at this stage to have one's pressure concentrated on the carotid region of the neck, with the pressure increasing as tori, opening his chest, draws uke in.

Sankakujime
This strangle is extremely effective once secured and can be approached from both an attacking and defending position. Basically the technique involves applying a scissors around uke's neck together with one arm; without the inclusion of an arm the action would constitute a foul. Sankakujime may be applied from the side, front or behind the opponent. It is useful to experiment with all these positions, which have the following important points in common.

Firstly, though you have gained one of the desired positions it is necessary to make adjustments to employ the full power of the legs. It is anyway important to control uke's arm and prevent him from bending it and joining his hands which would lead to his escape. I have found that results are best from a twisting action of the hips coupled with powerful knee flexion. Secondly, the crushing action of the legs is helped by stretching from the ball of the foot, in other words flexing the toes upward rather than pointing them.

With practice you can acquire a great deal of power in this strangulation and it has the additional advantage of offering good opportunities for elbow locks.

It is essential to study locking techniques in addition to holdings, especially for lighter judoka. It is usually by alternating between attempts at holding and attacking the neck (or elbow — kansetsuwaza) that a newaza point may most easily be gained.

JAPANESE SELECTIONS
for the WORLD CHAMPIONSHIPS
by Malcolm Hopkinson (2nd dan)

Open class:
Isao Inokuma (27) Keishicho; 5' 7½", 195 lbs.
Masaharu Kato (27) Keishicho; 5' 11½", 200 lbs.

Heavyweight class:
Seiji Sakaguchi (23) employee of Asahi Chemical Co. 6' 4", 258 lbs.
Mitsuo Matsunaga (26) Keishicho; 6' 0", 238 lbs.

Middleweight class:
Isao Okano (21) Chuo University; 5' 6½", 174 lbs.
Kenichi Yamanaka (21) Tenri University; 5' 8½", 174 lbs.

Lightweight class:
Hirobumi Matsuda (21) Kansai University; 5' 3", 141 lbs.
Hiroshi Minatoya (21) Tenri University; 5' 8½", 147 lbs.

The above eight men were selected to represent Japan at the World Championships in Brazil in October, at contests held at the Kodokan in Tokyo on 28th July. At the same time a team of ten was selected to visit Germany in September to contest in Berlin: M. Murai, M. Tsumita, T. Koga, T. Matsuzaka, S. Sekine, S. Shima-koshi, T. Nakatani, T. Shigeoka, M. Hori and Y. Yamazaki.
A Home of Their Own

Under the guidance and initiative of Mr. Akinori Hosaka, 5th dan, the Kita Nishi Kwan, Manchester, recently moved from the Sports Guild premises at Belle Vue, Manchester to self-contained premises of their own in Salford. Many of you will know of the difficulties of sharing premises and the K.N.K. had plenty to cope with at their old ones. In the new building, however, things are running smoothly and membership building up satisfactorily.

The club is not very far from the city centres of both Manchester and Salford, situated on the Salford bank of the River Irwell which divides the two cities. It is in the basement of a large building and is much bigger in area than the previous premises at the Manchester Sports Guild.

A small reception area greets the visitor, where a regular dojo steward is in attendance. Here too are several notice boards for the various sections of the club, i.e., men's, women's, boys' and general. On the extreme right is a small but business-like office with the necessary filing equipment, desk, telephone, etc.

Further to the right is the mat area which is 20 feet by 60 feet, two-thirds of which is composed of Egerton type mats and the other third of layers of coconut fibres. The whole area is covered with a gleaming white canvas. Being a basement, there are buttresses along the far wall and the mat ends at that point. These buttresses have been padded to prevent possible injury during practice and the spaces between them have been filled in with white-painted wood. These boarded areas allow us to make the maximum use of our mat space because it is a rule that members must stand clear of the canvas when not engaged in any activity. Several shelves have been provided in these alcoves for the storage of slippers and towels, which helps to give a much neater appearance to the dojo. The ceiling is very high and ventilation seems quite good. Provision has also been made for some seating accommodation for visitors. The dojo walls are painted blue with the far end wall in orange. Fluorescent lighting throughout gives the club a bright and cheerful outlook.

Immediately opposite as you enter the reception area is the men's changing room which is quite large and provided with plenty of racks. There is also a small storage room within the men's quarters where the judo outfits for the beginners' courses are kept.

At the far end of the men's changing room is a large cubicle containing three showers. This is a great boon because at the old premises there was only one rather inadequate shower which was meant to serve both sexes. Now the ladies have their own shower in their changing room next door.

There is a sales counter at the office where booklets, judogi, slippers, towels, kitbags, etc., can be bought.

It is intended to run beginners' courses every seven weeks for men, women and boys. There will be two men's courses per week, one women's and a boys' course every Sunday morning. All these courses are separate and on different nights but it is also possible to divide the mat when the occasion demands.

The club is open every day, Monday to Friday lunchtimes from 12 noon to 2.00 p.m., and evenings 7.30 to 9.30 p.m. On Sundays senior members may also practise from 1.00 to 3.30 p.m. Ladies' nights are Wednesday and Friday, and the Junior section practises on Saturdays and Sundays from 1.00 p.m. to 3.00 p.m. Mr. Hosaka takes private lessons by arrangement during the day.

There are at present about one-hundred-and-fifty members and it is hoped to go on increasing the number. The club has, of course, one 5th dan, two 2nd dans and five 1st dans as well as a fair number of higher kyu grades. About 70% of the men's course members apply for full membership, about 95% of the boys' courses and about 40% of the women's. Average numbers on these courses is twenty-four for the men, thirty for boys and sixteen for the women.

Membership fees appear to be very reasonable when compared to most clubs in the London area, clubs which often do not sport the same facilities or instruction. Overheads may well be less in Manchester, although as one of Britain's largest cities, probably not very much less. Dojo fee for visitors is the usual 5/-, but reductions for club visits are made if prior notification is given.

The new premises opened on 1st July this year and got off to a good start with publicity in the local press. The club is now hoping to spread details of its activities through these newspapers to encourage greater local interest in judo. A judo show is being planned next year to be held in the city centre of Manchester, but no definite date has been fixed yet.

Everything is now going smoothly within the club, although there is a lot of work yet to be tackled. The new committee and Mr. Hosaka are working in harmony and there is a genuine spirit of co-operation amongst the members of the club.

We wish the Kita Nishi Kwan every success in its new home and hope to hear of its continued prosperity.

MACCABIAH GAMES RESULTS

In the Maccabiah Games held in Israel from 23rd to 31st August, two of the British entrants in the judo category gained silver medals. These were Ivan Silver in the middleweight category and Harvey Gritzman in the heavyweight. Our lightweight man, M. Auerbach, was in his weight, losing by a very narrow margin in his contest with the gold-medalist Fisher (U.S.A.). Another American, Jim Bregman, won the gold medal in the middleweights, with a Belgian taking the bronze. In the heavyweights B. Leptofker (U.S.A.) took the gold and Goldsmidt (Mexico) the bronze. Goldsmidt's brother was first in the Open event with Gadi of Israel second.
Talking Points . . .

3. ADMINISTRATION

by Keith Brewster

Having been in the last issue destructively critical (there is no
other kind) regarding judo administration generally, an attempt will
now be made to give some constructive suggestions.

Administration, to be done correctly, must co-ordinate the planning
and development of any activity. Judo, although having certain
problems peculiar to itself, follows this broad rule. Generally speaking
most difficulties both past and future which judo has or will encounter
will have been solved already by other more experienced sports. We
could, were we not so arrogantly certain of our own superiority, learn
from their mistakes and successes. Anything that happens to us will
have happened many times before to others and by going outside our
own narrow field of endeavour and asking for advice, or even help,
we may grow just that much more quickly and far less painfully. This
can be done at club level as easily as nationally. The Ministry of
Sport has made provision for regional Sports Councils and everyone is
sitting around waiting for something to happen. What is not clear,
but it is the old story of expecting things to be done for us with no
effort on our part. We will then be able to sit back like petulant infants
the moment something goes wrong and say, “don’t blame me, it wasn’t
my idea.” Well, it’s better to drop clangers trying to produce some-
thing worthwhile than to be a cabbage all your life. There isn’t a
Sports Council in your city or region? Then form one! Approach
other sports, enlist the aid of the press for a campaign, invite the
Education Authority to the meeting and when you have something
concrete to show, and ideas for progress approach the Town Clerk
for official backing. When and if the local council is formed make
sure that it thinks progressively and acts decisively; also make sure
you are contributing to the effort instead of remaining in the back-
ground knocking anyone else’s attempts and being generally negative.

Harmonious Triangle Necessary

A big problem with any activity is the antipathy if not the down-
right “antagonism of the triangle” between the coach, the administrator
and the player. Whilst these faculties should be working together pro-
viding the foundation to build the pyramid of sport as large and as
high in ability as possible, they seem invariably to struggle against each
other. Have we not the sense to realise that all are mutually comple-
mentary and inseparable? To use an analogy: if you are sitting on
a three-legged stool and one leg of that stool breaks or is broken
then you will dent your face or some other part of the anatomy. Can
anyone therefore say that one leg of that stool is more important than
the others? There lies the crux of the matter. All parts are important
and necessary to the whole thing; there are no relative degrees of
importance, the whole is merely the sum of these parts and does not
exist for its purpose with the removal or malfunction of any. In so
many cases a person can waste time and effort, producing mistrust and
dislike, trying apparently to prove that his job is more important than
others. To what purpose? It is quite simple, none on the surface. He
is actually hiding behind the facade of this job in which there will
be little interest anyway. What he really wants to say, were he not so
gutless, is that he (not his job) is more important than you or anyone
else. This is as equally applicable to a group as to an individual.

Encourage Progressives

Over a period of years I have met administrators who range from
dedicated thinking organisers who want to help, to pompous apathetic
colds with a taste for power however limited, and the inability to
organise a drunken orgy in a brewery, plus all shades in between;
coaches who are dedicated teachers trying to improve others, to avari-
cious unimaginative apologies for the species who would be unable
to teach a baby how to suckle; and contest technical men who are highly
intelligent with a humility which sets a prime example for the younger
who tend to hero-worship, to bone-headed neanderthalic twits who
consider they are god’s gift to humanity but would have great difficulty
in knowing when to come in out of the rain. In other words there
are good and bad in all groups. Those whose interest is purely selfish,
who will “use” anything and anybody for their own purposes, and
those who are prepared to put into any activity as much as they get
out of it. It is the responsibility of everyone to see that those who
would ensure progress are encouraged, thus beneficiﬁng not only the
group but the individuals within it. The other type must be shown
that no-one owes them anything which is not deserved and earned.
or that they will not be allowed to use their destructive inﬂuence against
anyone but themselves. Remember, any group gets what it asks for,
so the next time any of us doesn’t like what is happening we should
remember that it must be our own fault, even if only because we
allowed it to happen without lifting a ﬁnger to prevent it, and ignorance
is no excuse.

Finally, if anyone is really the most important member of a club
or sport it was that child who just walked in and asked if he could
join the beginners in your Junior Section. Did you ignore him, see
him as a pound note sign, or take a genuine interest? He is more
important than you or I, because he is the future.

Note:

The article on Junior organisation which I promised for this issue
has been delayed due to a considerable number of letters received
offering suggestions and additions on the subject since it was mentioned
in the last article.
Improving Judo
by Sidney Hoare (4th dan)

Most judomen are content with perhaps two throws. In fact they are often told that one, or at the most two throws, is all that they have time to develop. For contest and grading one definitely needs a big gun. There is the psychological benefit of knowing one has a good throw and if the opponent knows about it too, it will restrict him in certain ways. However, I feel that two throws are much too limiting and that the judoka must be able to do many more. The reason is that one or two good throws do not cover all the situations met with on the mat. Every opponent presents a new problem, he will be different physically and psychologically in some way. To expect two throws to cover men ranging from the nippy 5' 6" left-hander to a defensive short, stout 5' 5" fifteen-stoner is expecting too much.

However, I agree that there is not time to develop a number of throws equally well, and here I think we should make a distinction. We must have our two big guns, and on these we must spend much time studying and practising. I suggest we call these our 'A' throws. The other throws which we will have to do at some time or another depending upon the situation, e.g., yokoguruma, I suggest we call our 'B' throws. Our 'A' throws we practise frequently, the 'B' throws we do not, and here Kata training is useful. If kata is practised regularly and as a normal form of training over a period of years the performer should be able to do the throw right and left with some ability. They won't be as strong as the 'A' throws but they should be strong enough to meet their peculiar situation in a contest where the opponent has over-reacted perhaps to your big gun or where he has simply made a mistake. The nage-no-kata as it stands is not sufficient for my purpose; some essential throws are left out, e.g., taiotoshi and osotogari, and the way in which some throws are done bears little relation to randori or contest conditions, seoinage, for example.

Kata scope and method

I suggest the scope and method of the kata be changed. Instead of just nage-no-kata I suggest ashiwaza-no-kata, koshiwaza-no-kata or tewaza-no-kata, etc. The instructor having warmed up his class would instruct them to do say ashiwaza-no-kata, having, of course, made sure they can do it. For example ashiwaza-no-kata could include deashibarai, okuriashibarai, tsurikomiashi, hizaguruma, osotogari, koso­togari, ochigari, kouchigari uchimata. After a year or so the class should be quite proficient at the leg techniques and the kata themselves would provide a regular basis for instruction.

How they are put together and the style in which they are done needs a lot of thought and here at the Budokwai the instructors are working hard at it. For demonstration purposes the rigid formality of the present nage-no-kata is perhaps necessary. For club training purposes tsugi-ashi, rules about joseki and the elaborate bow, etc., could be dispensed with. The actual steps would depend upon the throw following. The kata-mune-kata could also be enlarged along similar lines.

The effect of all this would be much more interesting judo in both randori and contest. One thing which has been obvious amongst the first and second danes competing in the selection contest over the past year is the number of opportunities they miss. With a regular training over a wide range of techniques in kata form they should learn to take advantage of these opportunities. I feel that modernised and enlarged kata should therefore be a regular form of training.

Some suggested Kata

Ashi waza
(a) kouchigari
ouchigari
koshiguruma
osotogari
kosotogake

(b) deashibarai
tsurikomiashi
okuriashibarai
hizaguruma
uchimata

Koshi waza
(a) tsurikomigoshi
ogoshi
hanegoshi
haraigoshi
uchimata (hip form)

(b) ukigoshi
koshiguruma
utsuurigoshi
oguruma
hanemakikomi

Te waza
taotoshii
seoinage
kataguruma
ukigotohi
sumiotoshi

Sutemi waza
tomoenage
uranage
yokoguruma
taniotoshi
wakiotoshi

Midland Area Boys Visit Croydon

A team of twenty boys, all successful in the Midland Area inter-club competitions during the year came to London on Saturday, 14th August, to have an afternoon of contests and practice with boys from the Budokwai and Croydon Judo Society Junior Sections. The visit was made to Croydon where John Lowing organised the match.

Mr. John Capes and Miss Pam Hogg were present representing the British Judo Association Southern Area Committee and there was a keen audience of parents and friends from both areas.

It is good to see juniors from various areas meeting on such friendly terms and it is hoped that this will be the first of many visits. For some time now the Midland Area has organised inter-club matches and visits to instil some purpose into Junior Judo in its own area. Little
has been done in the past for boys in the London Area, although recently the Budokwai boys, under the auspices of the newly formed Parents' Association, have made several visits to other clubs and received visits in return at the Budokwai. However, it is organisation on an area scale which will spread the greatest benefit.

As numbers were uneven, several sets of matches were arranged to give all the boys on both sides a chance of contesting. The standard ranged from those with only a few months judo experience up to 1st kyu, and although the London boys put up a good fight they lost all their contests but two to the stronger Midland Area boys. Both sides were depleted in standard because of prior holiday arrangements. With so many activities for boys nowadays matches should be arranged on a regular basis so that all boys get opportunities to take part some of the time.

On the whole the standard of judo was not very high, but there were individuals on both sides who showed great promise with fast, light and aggressive judo.

There was free practice after the contests between everyone present. Mr. Kisaburo Watanabe, 5th dan, who travelled with the Budokwai boys, also practised. Together with Mr. Lowing, Mr. Watanabe presented commemorative medals to all the boys taking part in the contests.

NEW BOOK

Recently published in the 'How to Improve Your . . .' sports series, is 'How to Improve Your Judo'. Bailey Bros. and Swinfen Ltd. are distributing the book in this country and the publishers in America are The Athletic Institute. This is a paperback costing 6s. 6d. and has ninety-three pages and many photographs.

Annual Display of Black-Belt Judo

Major Contests Demonstrations Kata

Royal Albert Hall Saturday 6th November 7.30 p.m.

Tickets from R.A.H. or Budokwai
30/- 15/- 10/6
7/6 5/-
Reductions for block bookings at Budokwai
Nine-Year Gap

Charles Mack (5th dan) reviews Judo then and now

I have based the following comments on observations I made at Crystal Palace during the selection contests for the forthcoming World Championships.

Comparison, whether of something apparently similar, or obviously different, requires, if it is to be a fair one, careful analysis. However, when one attempts to make a comparison of a certain thing at different periods in its existence, then one must, if the comparison is to have any worthwhile significance, be prepared more so than ever to split it up into its component parts, and if necessary to sub-divide these.

Without confusing the issue with arguments which might be called metaphysical, I will make an analysis of judo in order that my comparison between today's judo and that of nine years ago can more easily be appreciated.

During my stay in Japan I came to consider one aspect as the essence of judo, and I have therefore placed this first on my list.

The Art of Gripping: briefly, this consists of knowing why one should choose a certain grip with reference to one's own height, length of arm, one's consequent throwing technique, and the best way to secure this grip; the necessity of being able, if necessary to vary one's grip depending on one's physical size, etc., in relation to one's opponent's; being able to vary one's grip according to whether the opponent is right or left handed, whether he stands in an upright or bent position, or in positions which could be described as variations of either.

Japanese judo players are far superior in the art of gripping to the judo players of other countries. When I first went to Japan, I found that although my throwing techniques were quite as strong as those of my Japanese opponents, my inability to fight for grips and my ignorance of gripping techniques put me at such a disadvantage that often I had no earthly chance of making my tricks work (even sometimes against a weaker person). It was a question of frustration, humiliation, and even despair — or thought. I chose the latter. It paid off, and I was finally able to trade grips with the best of them.

All the non-Japanese judo players I met in Japan had the same unpleasant experience. On thinking back to the judo men in Britain nine years ago, none of them had any idea about the art of gripping, although there were many among them who were very good in other ways. Judging by what I have seen since coming back to England there has been very little progress, with a few exceptions, in this respect.

However, many people do appear to be able to use the sleeve more effectively than their counterparts of nine years ago.

Fighting Spirit: some people possess this to a large degree as part of their natural temperament. Others have it because of environmental reasons. Others have no choice but to develop it. In judo, randori done in an aggressive manner can develop it to a large degree. The best way, however, is to take part in contests. The more importance you place on the winning of these contests the more your fighting spirit will grow. It is essential, therefore, to take part in big contests.

The increase in the last few years in the number of international contests, their consequent selection contests, inter-area championships, etc., which did not exist nine years ago, has given judo men in this country more opportunity for exposing themselves to the importance of judo contests. I must assume therefore, that in general, fighting spirit has developed to a larger degree in the British judo player at present practising than in those of nine years ago, although it did not seem to be in evidence greatly in the recent Selection Contests. It could have been developed to a much greater degree if something had been done before now regarding British Individual Judo Championships, a situation which existed nine years ago. Now, as then, the vast majority of British judo players must content themselves with entering only eliminations for some large competition, but never having an opportunity to take part in a big championship itself. This situation could be remedied by the introduction here of an annual British Individual Judo Championship.

Technique: due largely to the efforts of people like Mr. Kawamura and Mr. Leggett, the technique of members of the Budokwai nine years ago was of a high standard; other clubs produced few dan grades, and these, unless they came to the Budokwai to train, advanced very slowly technically. Yes, the Budokwai had the cream of the crop. When I recall names like Grabher, Bloss, Young, Whyman, McDermott, Burr, Stepho, Whiteford, Rab Smith, Cornish, McKinnon, Zippeure, Bowen, Walters, Ponten, Ralph Smith, Barnard, Reed, Hoare, Newman, Flindall, Appleby, Grant, Hodkinson, Hamilton, Morris, Robertson, Burgess, and of course, Nakaniishi and Ono, and many others, I am overwhelmed by nostalgic reminiscences. Their faces crowd before my eyes; I can remember their techniques — the uchimata's, taiotoshi's, the hanegoshi's, osotogari's, the seoinage's come rushing at me, trying to get me down (and sometimes they even succeeded!) Yes, I feel proud to have trained and laughed with these very good black belt judo technicians.

Now the number of judo players in this country has increased, as has the number of dan grades. And it is not only the Budokwai where these dan grades are found (although it is still one of the main sources of talent). At present the dan grades are scattered far and wide throughout Britain, and with this increased number the competition becomes tougher and a greater number of minds are concerned with judo technique. The natural outcome of all this should be an improvement in technique. The players in the Crystal Palace Selection...
Contests did generally prove this to be so; a rise in the general level has definitely taken place. But with reference to the pick of the crop today (excluding those trained in Japan), I can't see any distinct improvement in their technique over that of their counterparts of nine years back. However, I was very pleased to see that a very important part of judo, groundwork, has become part of the contest repertoire of the leading lights of today much more so than it was, with a few exceptions, in the case of the top British judo men previously. British judo players have been notoriously weak in newaza for years, always much inferior to the Europeans for instance. It gave me a great deal of pleasure to see that something is finally being done to combat this confidence-destroying tendency.

I shall conclude my very limited analysis by dealing with that very often misinterpreted element in judo: **Power**: I say very often misinterpreted because it is too often confused with mere physical strength. This idea of power is usually held by those wishful thinkers who assume that their intelligence alone will enable them to understand what judo is all about. This false assumption leads them to content themselves with theorising and the kind of practice from which nothing very startling can be gained. They are so much influenced by preconceived notions and specious arguments that the thought of adventurously expose themselves to some experience for which they can see no point and which might tire them, appals them. Consequently, the truths which hard practice against big, heavy, skilful exponents reveal, never become the property of these people. Their intelligence is very often a barrier to their achieving wisdom.

Far be it for me to disparage intelligence; but let us realise its limitations. If one wishes to have a true idea of the nature of power in judo, one must be prepared to have an adventurous, not a circum­spective attitude towards the whole activity. In other words, don't assume that you know everything. Allow humility to play a part in your strategy.

To be able to throw a strong, experienced, heavy judo man with the force which is required for a full point in contest requires power. To act in such a way that the opponent’s back simply contacts the mat is no sign that he was completely under your control; he must literally hit the mat with great impact. Being able to do this, especially against people who are much bigger and heavier than oneself, is the sign, with no ifs or buts, of the judo expert. This man has practised and thought; he has won and lost; he has known joy and despondency. But now he has what he set out for, true expertness, which in judo can only be tested by the power with which you land an opponent on the mat.

This man is a complete unit of specialised movement, but if you were to observe him closely whilst in the act of performing his tech­nique, you would see that every part of his body in relation to every part of his opponent’s body was positioned in a very special way. In other words, he would be technically correct. His movement also would appeal to some aesthetic sense, that is to say his movements would be perfectly co-ordinated. A really close observer would also notice that this man had recognised an opportunity for the application of his technique and reacted to it. He would therefore say that an important part of the whole unit was timing.

When one realises that the only way to see any of the preceding actions properly would be by means of a slow motion film, one can also realise the big part that the phenomenon of speed plays in a successful technique.

So there you have four things: technique, co-ordination, timing, speed. These things combined with the judo expert’s intangible assets of fighting spirit and determination can result in nothing else but true power. The lack, however, of any one of these would have such an effect on the whole that true power would not be produced. All judo players possess some kind of power in varying degrees, of course, but only very few ever develop their full power potential.

If I were asked to name the main deciding factor in the attainment of real power, I would have no hesitation in selecting the factor of determination.

Whether it was because the selection contests were fought out in weight categories with no contestant meeting another of greater weight and size than himself, or for some other reason, I saw little manifestation of power at Crystal Palace. I can say only that with a couple of exceptions in the heavyweight division, there did not seem to any greater evidence of power than there was nine years ago.
You, too, can...

Report in the Asahi Shimbun (Newspaper) recently described how a sixty-seven-year-old ex-employee of the Tokyo Metropolitan Traffic Bureau had successfully captured a fleeing house-breaker. His name is Kanzaemon Takayama, 4th dan Kendo, and with considerable judo experience the newspaper stated. Hearing a woman screaming for help, Mr. Takayama left his own house in time to see a man in stocking feet rush from a neighbour’s house. (The neighbour had noticed the intruder’s shoes outside her door on returning from shopping and had removed them before disturbing him). Takayama hurled himself at the thirty-seven-year-old Katsuyoshi Washio, and then secured an armlock backed up by a stranglehold, which kept the thief occupied until the police came some minutes later, whereupon Washio accused Mr. Takayama of trying to kill him! He was, needless to say, shocked to discover that Takayama was sixty-seven-years old.

Mr. Takayama’s observations: “These kids are nothing today.”

BUDOKWAI AND LONDON AREA PROMOTION EXAMINATIONS

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

- Monday, 6th Dec., at 6.30 p.m. Judoka of 2nd kyu and below.
- Tuesday, 7th Dec., at 6.30 p.m. Women judoka of all grades.
- Wednesday, 8th Dec., at 6.30 p.m. Judoka of 1st kyu and above.
- Friday, 10th Dec., at 6.30 p.m. Judoka of 2nd kyu and below.
- Saturday, 11th Dec., at 4 p.m. Provincial judo only.

Requirements for Budokwai and London Area Promotions:

1. Applications should be made to your Area Recorder who should receive the application and forward it to the Budokwai not later than Monday, 29th November. Do not forget to attach your club’s name, full name, your present grade, your licence number and date of the examination.
2. Your application must include the name of your club, your full name, your present grade, your licence number and 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.

Erratum

We would like to apologise for an error on the title page of the last issue. The photograph which appeared on page 17 of that issue was taken by M. Lister, and not C. Nash as stated.