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JUDO

INCORPORATING BRITISH JUDO ASSOCIATION NEWSLETTER

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Photograph by David Finch



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JUDO

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Editorial:

G. A. Edwards A.C.I.S., F.I.A.C.	Alan R. Menzies 2nd DAN	John Goodbody 2nd DAN	Richard Williams B.Sc.
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1974 NATIONAL KATA CHAMPIONSHIPS

by Gill Shelton

Last year's kata championships had to be cancelled for lack of entries and this year's event did not fare too well, number wise. Overshadowed by the European Championships and hampered by lack of advance publicity, it looked at one point as though it would go the same way. However, 7 couples had put in a total of 11 entries and it was decided to go ahead regardless. So go ahead it was. And what a nice mixed bag of competitors there were—some senior women players, 3 men, some junior girls and 2 small boys. What they lacked in expertise and polish they certainly made up with enthusiasm and had all obviously put a lot of hard work into the preparation of their katas. This year being the first mixed championship, it was nice to see that they were indeed mixed.

Our judges were Mrs. Ivy Armitage, 4th Dan, a staunch supporter of kata; Mr. Geoff Gleeson, National Coach; and Mr. John Piper, 3rd Dan Kendo. After surveying the classes entered, they agreed that the competition could be divided into two sections, one for 'traditionally' performed kata and one for a modern interpretation. The competitors were then asked to do the whole of the kata instead of one set, as originally planned, and they all rose to the occasion very well, having done their 'homework'.

Colin Copeland and Peter Johnson from Northern Home Counties were first out in the traditional

section with nage-no-kata. This they performed quite competently and earned themselves 18.5 marks out of a total of 30, each judge marking out of 10. Two young ladies from the Southern Area, Paula Jefferson and Jackie Petrie, were next on with katame-no-kata. They had prepared this largely by themselves with the minimum of instruction, and although rather wooden, produced a creditable performance to get 17 marks. I said earlier that what the competitors lacked in skill they made up for in enthusiasm and this was amply shown by the fact that the two young ladies who came on next, Maureen Spence and Catherine Winkles, came over from Northern Ireland for this event. It is very heartening to see such keenness, especially among younger players. Their katame-no-kata was quite nicely performed and also got 17 marks. Two seniors, Ann Bridges and Jane Peach from London, followed on with ju-no-kata, competently done and getting another 17 points. Colin Copeland came back on with another partner, Ron Smallbone, and had another go at nage-no-kata, but this was not as good as his previous effort with Peter Johnson and was scored at 15.5 points. Finally last but by no means least, the Irish girls came back to do ju-no-kata but again this was not as good as their first performance and they scored 11.5.

The winners of this first section of 'traditional' kata were therefore

Colin Copeland and Peter Johnson. It is interesting to note that Peter is a judo 'veteran' having been in the game over 25 years. Just take note, some of you younger players!

The second place was awarded to Ann Bridges and Jane Peach by the unanimous decision of the judges.

After a short break, the second section commenced. This was for a modern interpretation of a known kata, giving the competitors licence to interpret the kata in their own way but retaining the basic sequence of techniques.

First on were Ann Atkinson and Jean Files who gave an excellent performance of katame-no-kata. The techniques were done first in slow motion and then at speed and the whole kata was polished and full of imagination. This brought the highest score of the day of 21 points. Our young friends from across the water appeared once more and surprised everyone by doing ju-no-kata to the strains of "Love story". This only rated 12.5 points but let us give credit where it is due—we said the kata could be interpreted any way that they wished, and that's just what they did! As the next two stepped on the mat, I almost felt I could hear sounds of "Ahh—aren't they cute" from the audience. The two small boys, Paul Finch and Barry Mellett from Northern Home Counties *did* look cute, if they'll forgive me for saying so. For the youngest competitors, they gave a very passable performance of nage-no-kata with slight variations. Although this only scored 13.5 they deserve credit for having a go and for the work that had obviously gone into it. Last but not one came Pauline Ruck and Karin Lewis of Northern Home Counties who did a version of Itsutsu-no-kata with weapons. Something different was asked for and they had endeavoured to provide it, although this is a very short kata.

Their performance scored 13.5. And to finish up with we had the pair who started, Colin Copeland and Peter Johnson with a version of nage-no-kata. This they had turned into a 'soft' kata, finishing each technique with a roll instead of a breakfall and their execution was good enough to get them 15 points and second place.

So ended the competition, with Ann Atkinson and Jean Files winning the second section and the Gleeson Kata Bowl as overall winners with their excellent katame-no-kata. Just to make the 2 sets of winners work for their medals, Colin & Peter and Ann & Jean were asked to perform their katas to the audience before the finals of the Womens Team Championships that evening, when they also received their medals from Mrs. Armitage. I think a thank-you is due to these 14 people for enabling us to put on the Kata Championships at all.

What of next year? Are we going to be able to have a Kata Championship that is going to develop into something we can be proud of? What form should it take? All these questions have to be sorted out but from testing the general feeling it seems that a lot of people would like to see a kata event every year. I don't for example, know of another country offhand that has (a) a regular kata championship and (b) a mixed one. It seems to me that we could get something going that other countries would envy, but it can't be done without *you*, the competitors. Kata, requiring the length of preparation that it does, needs to be worked on months in advance so you should start sorting out a partner and get practising NOW. Next year's Championship will probably be around May/June time so you have been warned. It is hoped to circulate details of the future format of the event before too long, but this need

not stop you from beginning your preparations.

If you have any bright ideas about the sort of event you would like to see, why not drop a line to Head Office, who will pass it on to the right quarters? You could also let

us have your opinion on whether you think kata should be taught as part of the syllabus. Start pestering your club coaches to arrange kata courses etc, and you'll be doing a great deal to help put kata back into circulation before the poor thing dies of cold feet!

International Judo Summer School in Holland

Report by Phyllis Elliott

Abandoning my Dan Grade Registration for a couple of weeks, I set off once more for my annual Judo holiday in Holland. This, the 20th International Judo Summerschool, was once again held at the modern Sports Centre of Papendal, near Arnhem. A few records were broken; this year, in spite of the grade restriction having been raised to blue belt and above (with a very few greens and oranges slipping through the net) the number attending had increased to 270, representing 13 countries— including as far away as Hungary, Brazil and Vietnam. The contribution from this part of the world had also increased this year, with 10 from England, 1 from Northern Ireland and 2 from Southern Ireland. Our contingent consisted of Barry Coldwell, Seth Birch, Joyce (sorry, Joyce, I never got round to knowing your other name), Bill Lawson and yours truly from the North Eastern Area, Dick Copperwaite, Cathy Wardle and Alex Ives from the Northern Home Counties, Peter McNamara from London, Adrian Vidler from the Southern Area, Pat Cleary from Northern Ireland and Peter Scott and Jim Sullivan from Southern Ireland. All of these were in the accommodation

building this year with the exception of Pat who by an administrative oversight unfortunately found himself booked in the camp-site. However, he overcame the problem by making friends with a car owner at the camp-site.

In spite of the larger numbers, there was plenty of room for Judo, as this year there were three large mat areas, divided into separate dojos by wooden partitions, and overlooked by a balcony common to all three. The mats still felt very hard, with there being so little 'spring' in the floor, for all those continental ukemi, and it was noticeable how people gravitated towards the red mats (marking the metre-wide "danger zone" round the IJF contest area) when about to be thrown during instruction sessions. These red mats were almost soft and squishy compared with the concrete-like green mats.

However, when it came to Randori, no-one noticed the hardness of the mats— some (like Alex) because they weren't having to land on them anyway.

Participants on the course were divided into three groups—Dan grades, brown belts and blue belts—and

each group had a two-hour session in the morning, and another in the afternoon. Once again the instructors included several from Holland and West Germany as well as Tokyo Hirano from Japan. The main language for instruction was German, but with so many English-speaking members this year (those from the Scandinavian countries also) quite a lot was repeated in English; communication is no problem on these courses.

Every evening, one dojo was reserved for free randori (at which most of our contingent could be found), and one for kata—this being part of the promotion examination syllabus in Holland and West Germany. One afternoon (special treat!) the Dan grades had a session taken by Ruska, who had called in for the day with Snijders. We took full advantage of this, queuing up to practice with them.

The weather could have been kinder, but we did have some sunshine to enjoy. The food was good and very filling, and the bar did good business every evening after randori. On Wednesday evening (when the instructors have their "evening off") Bill and I went to investigate the noise in the bar at about 11.30 p.m. We found Dick and Pat, ably assisted by others, leading a few rousing choruses of traditional British songs, competing nobly against the Dutch songs from Chiel Groos and Ben, and German songs from Wolfgang Hofmann. Around midnight, the security man came in with the forlorn hope of turning us all out; Chiel Groos leapt to his feet to give a very melodious rendering of "It's time to say Goodnight". This was responded to by Wolfgang Hofmann with a German lieder. Following which, amidst applause, both sat down, and everyone applied themselves to drinking once more. The security man began to show signs of nervous strain, so we all formed a

Conga, which went round the darkened lounge, up to the restaurant and down again, into the gents and out again, and finally, to the relief of the security man, out of the door, which he promptly locked. He then gazed wistfully through the glass as we linked arms in a large circle and taught our continental friends how to do the Hokey-Kokey. I then gave first-aid to two black eyes (acquired earlier in the day, at Judo), and everyone dispersed; another day at Papendal was over.

Eventually Saturday came, and the end of the Summerschool for this year. I stayed on at the Centre for another week, but without our Judo crowd. It was so dead. Where 13 flags had fluttered in the breeze, now only the Dutch and German flags hung limply. The centre was full of gymnasts, cyclists, tennis players and footballers, but there was no life, no atmosphere. Towards the end of the week, the Union Jack was hoisted again, to herald the arrival of footballers, from Leyton Orient— but the atmosphere was unchanged. Obviously there's no people like Judo people. Roll on next July, when we shall all be heading for Papendal again, to bring it out of hibernation for the 21st International Judo Summerschool.

If any who read this think that they might like to join us in July 1975, drop me a line (Dr. P. Elliott, 35 Fountside, Oakdale Rd., Sheffield S7 1SN), and when I get the application forms, I'll send you one. Grades will probably be restricted to brown and black belts, and there is a lower age limit of 15 years. However, there is no upper age limit—one member of the course from West Germany was 70 years old, with a lot more life and energy in him than I have seen in many a teenager! The cost is very reasonable—this year was 220 guilders *Current Exchange Rate* for the week, including full board and accommodation.

JUDO JIM

*The man who
knows all the
answers*



I was wondering if Judo Jim could answer a couple of queries for me. What precisely is a "Koka"? Also, in the June issue of your excellent magazine it was stated that in the future the wearing of badges on the judogi would be frowned upon because it is possible they may inflict injury. Is this just another piece of rather erroneous red tape or does this seemingly trite edict have some relevant value...? I am afraid that I do not see how a simple cloth badge can harm anyone.

S. H. Vaughan, Isle of Wight.

In answer to your first question, a Koka is equal to the smallest score or lightest admonishment by a referee. For example a throw which does not get the opponent on his back and is lacking in force and impetus would warrant a Koka. In other words a Koka is not quite a Yuko and a Yuko is not quite a Waza-ari and a Waza-ari is not quite an Ippon which as you know is the ultimate and decisive score in order to win a contest. Similarly the least severe penalty of shido (note) warrants a score of Koka for the other competitor; a chui (caution) warrants a score of Yuko and a keikoku (warning) warrants a score of Waza-ari. In answer to your second question, the paragraph under the heading of "Judogi Badges" on page 23 of

the June issue of this magazine does not suggest that the wearing of badges would be frowned upon. It means to say that the wearing of too many badges can not only be dangerous but also be in bad taste. As I understand it the E.C. was obliged to give this warning after receiving so many complaints of, in many cases, ridiculous situations where, not only many badges have been worn, sometimes even over-lapping, but also enormous ones of strange and laughable design. There have been some instances even when wire badges have been worn. Such situations can cause damaged or torn finger-nails and in the case of a number of badges which have become loose, a finger being trapped during a dynamic movement.

How do I go about getting Life Membership to the BJA?

D. Black, London, S.E.23.

Life Membership costs ten times the current annual Individual Membership, so that is £15. A cheque or Postal Order made out to the BJA should accompany your application which should be sent to the General Secretary for the E.C. to approve at their next meeting. Applications are rarely turned down but the E.C. have to check them in order that no undesirable person is accepted.



THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By TONY REAY, General Secretary

On returning from holiday I was looking forward to a settled period when the efforts of Head Office could be given to future planning and development. This happy state, unfortunately, lasted just a few days and at the Executive Committee meeting of July 7th, events of that day commenced quite normally, but under the Agenda item 'National Coach' something happened that, once started, could not be checked until a dramatic decision had been arrived at. As you will know, on that day, Mr. G. R. Gleeson was dismissed. Unfortunately, I still am unable to give further information on behalf of your Executive Committee, as the case has been taken to an Industrial Tribunal, and still rests there. I do assure all members, however, that as soon as possible a full statement will be published. In the meantime, please disregard any rumours. I myself have seen some documents which, unfortunately, are incomplete, and in some cases give an utterly false impression.

I have received a number of letters both in support of Mr. Gleeson and

also letters in support of the Executive Committee, and have endeavoured to acknowledge every one of them. I wish to thank these people for their efforts, and feel that in most cases the underlying fear was the future of the Organisation, and in particular of the Coaching Scheme. On behalf of the Executive Committee, I would point out that we are all working towards greater unity in the Association, and feel that with reasonable and responsible council, we can get over our present difficulties without any harm to the movement.

September heralds each year the Autumn Season when not only do we hold many events at Area and National level, but there is always an influx of new interest.

Because Judo is an indoor sport people are probably looking for a suitable activity for the winter months. Judo is high on the list of interest these days, and we should be ready to give a good impression of our sport. In the past year we have seen that strange phenomena

that happens from time to time, when the general public are subjected to a seemingly new and dramatic activity. I can remember when the hoola-hoop was the craze up and down the country, and it seems that something like this happens every year or so. Perhaps this is our Society's continual search for something that will counteract the hazards of modern day living, and to bring us back to a healthy way of life. Coupled with this there are also the crazes linked with the suggestion that this new thing is the ultimate in self-defence.

We all have our views about self-defence and a good Judo man will be very much aware of his capabilities and limitations in this direction. However, the latest craze, that of Kung-Fu, promises even more than has been promised of other oriental martial arts in the past. This is a very dangerous promise, and various responsible people are becoming particularly concerned. We, in Judo, are in the happy position in knowing that our activity has been accepted as an Olympic sport, and also as a perfect physical activity both in schools and in centres. Nevertheless, we should not appear complacent and should, particularly at this time, guard against any intrusion, and protect the sport for what it is.

I do know that many of our clubs, particularly the large ones, are martial art centres, and although Judo figures as the main section, they cater for a number of activities and sports. No doubt some have felt obliged to cater for this latest craze, Kung-Fu. I would advise them to be very careful on the selection of an Instructor, as this activity more than any other in the past seems to be vulnerable to the type of commercial charlatan that we ourselves have had some experience to witness, and to deal with. In short, what I am saying is that we have a duty to provide for the best conditions if we

are to open all doors to the general public.

I do know that the Central Council of Physical Recreation is very concerned, and has this year attempted to get Kung-Fu established on an organised basis. After several meetings, their efforts have come to nought, and in turn, the Minister for Sport and Recreational Activities, Denis Howell, is very concerned indeed and is keeping a watchful eye on the situation.

Association Survey

In the June 1974 issue of this magazine I stated that a Survey would be held in order to find what the general membership think of the Association, and what could be done for its future well-being. This Questionnaire was prepared, but unfortunately with the dismissal of the National Coach I have had to defer the circulation of the first part of the Survey until present matters can be resolved. As I explained, this Survey was to be very frank and involve every aspect of the Association. I am re-wording the Survey and hope to get it to you as soon as possible.

Advice to Clubs

On the 16th July, in company with the Chairman, C. S. Palmer, O.B.E., I attended a very important Conference organised by the CCPR entitled, Sport and Youth. The first Colson Memorial lecture was given by His Royal Highness The Prince Philip Duke of Edinburgh KG, KT, OM, who is President of the CCPR.

In all there were 462 delegates at this Conference, representing just about every sport, physical activity, leisure activity, and also physical education.

In his opening lecture, Prince Philip spoke of the tenacious, far-sighted and dedicated selfless work and inspiration of Phyllis Constance Colson, or PCC as she was known to all her friends.

Phyllis Colson died on the 26th June 1972, having spent a lifetime of work in first forming the Central Council of Physical Education and then building it up to the great Organisation it became a few years ago, before all its assets were taken over by The Sports Council. The Duke of Edinburgh emphasised that it was such single-minded devotion that has made sport, in Britain, what it is today, and in a fitting tribute he stated that no one has ever tried so hard and few have ever achieved so much, as did Phyllis Colson. Though she herself was a fulltime worker, she depended very much on voluntary work, and it is interesting to note that in the AAA alone, 15 million man hours are put in each year by volunteers.

This lecture underlined also the new role of the CCPR in which it would continue to assist sport and physical activities generally.

One of the best lectures I have ever heard for many a year was that delivered by Sir Lincoln Ralphs, MSc, PhD, LLB, FCP — Chief Education Officer, Norfolk County Council, and which from such a person was most enlightening. He stated that education should be an attitude of caring. He referred to books which lacked the capacity to inspire and emphasised that the greatest quality of a teacher was to inspire his students. He praised the sports that demanded rigorous self-discipline and continuous practise. His lecture was such that the audience was completely enthralled, and the CCPR have promised that in time the full transcript will be available. Perhaps I will then have an opportunity to pass it on to our member Clubs.

Certainly the whole mood of the Conference was a get-up-and-go attitude. One speaker stated that Governing Bodies should spread the interest of their sport to the public as well as to its members.

Dr. Roger Bannister, CBE, Chairman of The Sports Council, spoke of the Sport for All campaign, and in his capacity as a doctor stated that there is hardly a child whose body and mind does not start out interested in sport. He said the Sport for All campaign has three aims, one, the widest choice of sport to the general public; two, the largest number of people and three, to encourage those who wish to achieve the highest levels. He stated that when The Sports Council took over 2 years ago, a Survey showed that there were 43 Sports Centres in existence, but that there were now 244, including those under present construction.

It was perhaps fitting that on the day after the British Lions had won the final test in South Africa, the President of the Rugby Football Union, Michael Steele-Bodger, spoke on the role of a Governing Body of sport. His comment "the club is the basic unit of the game . . .", I was delighted to hear. I have always felt that the strength in Judo is in the Clubs. He also stated that school administration should get together with Governing Bodies moreso, and that local and regional authorities should face up to their responsibilities in catering for the community that they are responsible for.

Perhaps the main dramatic lecture of the day, though not so well delivered, was that by Nigel Tucker, MSc, Director of the Physical Education Department, St. Luke's College, Exeter, who seemed to be throwing out of the window all the theories harboured by PE in the last decade. He said the trend is now changed, that PE concentrated on the training of an all rounder, and that was the theme for many years. The view is now that PE should concentrate on specialists. He admitted, and in his own words said "for years there has been a rift between PE and Governing Bodies" and regar-

ding Local Government re-organisation, the message of chaos came across again when he urged Local Governments to accept their responsibilities.

The Chairman, Charles Palmer, OBE has also been busy attending numerous Conferences, Meetings etc., and returning from one he informed me that our member Clubs should be advised that not only can they claim grant aid from their Local Council, but that also they can claim rate reductions of up to 50%. I would urge those Club Secretaries who are effected to get on to this one immediately.

Squad Training

In conjunction with Brian Jacks (under 21 Squad Manager), Syd Hoare (Junior and Espoir Squad Manager), Ray Ross, the Olympic Team Manager has announced combined training weekends for the three male Squads, to be held at Crystal Palace Sports Centre as follows:

Non-Residential

1974	5th to 6th October 15th to 17th November
1975	4th to 5th January 22nd to 23rd February 15th to 16th March

Residential weekends will take place as follows:

1975	6th to 8th June 4th to 6th July 19th to 21st September
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Doctor's Advice

Just recently, Beechams have been giving publicity to their product Dynamo. This Company has been of great assistance to our teams generally, and with regards to this drink, Dr. Kingsbury, Team Doctor and Medical Adviser to the British Judo Association, has issued the following statement:

"Two years experiments and trials, at all levels of sport, with the various

drinks at present available which helped to restore the electrolytes lost in sweat and energy, has shown that athletes are likely to find Dynamo particularly beneficial in the following circumstances.

1. When taken after or during arduous, or intermittent sessions of practice, training, or competitions which last for an hour or more; particularly, if for any reason the players are unable to eat during or between sessions.

The players can then feel refreshed very quickly, and less tired the next day.

2. Taken before arduous sessions of activity if the person has not been able to eat normally beforehand. For example, in severe dieting, overnight starvation, and sweating off weight before the event, and when the player is very anxious.

In this case, players are not so exhausted during or after their event, and their movements can be better co-ordinated. In both these circumstances, it is not desirable usually to drink large volumes of fluid. Dynamo then has the advantage over other drinks at present available in supplying sufficient carbohydrate in a small volume of fluid to prevent the marked fall in blood sugar and ketosis which otherwise can occur. This appears at least part of the reason why in these circumstances Dynamo is found to reduce the symptoms of over fatigue.

Dynamo is now used by members of the British Men and Women Judo Teams and Squads for their exceptionally exhausting training periods and competition days in this country and abroad."

Forthcoming Events

Our first big National event in the Autumn Season will be that of

Continued on Page 27



DAVID WHITE TALKS ABOUT ZEN

A number of people have written to me about Zen and where they can find it. This has prompted me to offer the following:

What has Zen got to do with Judo or other martial arts? Absolutely nothing according to a Zen master I spoke with a couple of weeks ago. Zen in the Art of Archery, Zen in the Art of Flutery or Zen and the Martial Arts is all rubbish he insisted. Zen is Zen and mistrust any one who intellectualizes by linking Zen with other things—they don't know.

That's all very well and I'm not about to argue with such an eminent authority. As I've said before I don't pretend to be an expert at anything but if we waited for 8th dans and above to write about the martial arts we might be waiting a long time. I deal out criticism from time to time and so I welcome it in return. If my critics will get stuck into something I'll be the first to applaud. So don't expect a learned discourse.

But how do we go about looking at Zen—such a puzzling subject that almost all intelligent martial arts practitioners eventually become at least curious about because wherever you touch both the Japanese and Chinese arts Zen seems to crop up.

Those who know more than I about Zen will already have stopped reading so I can venture a few words. Zen is a method of self-realisation. There are others but this particular method was developed in China and then Japan based on what

the Buddha, who lived in India, taught. Its most important teaching is the necessity of meditation, which some people say is the most accurate translation into English of the word Zen.

There's a devil of a lot of rubbish talked about meditation which is not some weird oriental trick but a perfectly sensible method of first concentrating the mind and then using the mind like a searchlight to "enlighten your own darkness". Zen people eventually (or instantly if you can do it) break through a barrier that we ourselves have created and experience enlightenment or satori or samadhi as the Indians call it.

The enlightenment can be immeasurably deepened by practice of meditation and Zen masters (beware of fakes or anyone who wants to take money from you to teach you or those who claim to be occultists) could realistically be called heavy-weights—or deeply experienced men or women. They aren't always orientals by the way, there are European Zen masters and women masters too.

The martial arts are often a stepping stone to Zen. A man or woman with the will power to reach proficiency in Kendo, Karate or the others can often use this strength to facilitate investigation into themselves through meditation which can be both painful and very hard.

If you are puzzled by the strange and contradictory methods used by Zen masters to help their students

break through the "gateless gate" to Satori then try Philip Kapleau's *Three Pillars of Zen* or Trevor Leggett's *First Zen Reader*.

If you want to practice meditation the Buddhist Society in London's Eccleston Square is a reliable place to start despite a slightly forbidding reception. You might even meet me there sitting quietly, a thing I don't do enough of like most people. There are other younger and livelier, although serious, places in London and a few outside the capital and if you wish I will be happy to try to put you in touch with them.

In Japan the two main Zen schools are Rinzai and Soto. Exponents of the latter stress the importance of sitting in meditation while the former use similar methods with the addition of the Koan. The Koan is a problem or question the student is asked to concentrate on to the exclusion of everything else day and night as an aid to controlling his mind. All the black-robed cross-legged, shaven-headed bit you've heard about is merely a discipline to achieve satori more quickly and efficiently.

Zen Buddhist temples like Eihei-ji on the Japan Sea Coast can be forbidding and cold places. The vegetarian food can be lousy, meditation starts at 3.30 am, it snows half the years—and there is no heating. You have to be both determined and tough to survive.

There are pleasanter places like Soj-ji near Yokohama, Ryutoku-ji near Mt Fuji and Engaku-ji at Kamakura. I haven't heard of anyone recommending Westerners to rush off to these places to "grab" satori but don't let me put you off if you've gotta go. However, at least try to sound out the ground first.

UN-ZEN

Having just returned from Japan I must urge you to save earnestly if you plan to visit. Even in the last

three or four years I have seen how the Old Japan is disappearing and one can be very disappointed at the way large portions of the country are looking like downtown Los Angeles.

Prices are the highest in the world—except in the temples of course but you have to work both physically and at your meditation—so if you go to Japan may I suggest you make use of friends and when touring use the business hotels, the People's Lodges and Kokumin Kyura Mura hostels where possible.

Incidentally try to avoid travelling within Japan at the weekends. The Japanese don't take holidays as we do. Their whole economy is geared to people taking a series of two or three day holidays several times a year. So they travel for long weekends in vast numbers and as they are the world's most fanatical tourists anyway finding accommodation can be very difficult particularly during the Spring and Autumn weekends.

While in Japan this last time I steered clear of the Kodokan—my faithful three readers will know I don't reckon much to the place despite my friend John Goodbody's recent panegyric on watching the Japanese national team practice there.

But I did see the famous archery contest at Kamakura where mounted men in full Samurai armour gallop at full belt along a narrow course in front of the Hachimangu Shrine and fire arrows into a target. Admittedly the target is almost within touching distance but they really do go at a devil of a pace and it is most impressive in its faintly silly way.

Like so many traditional spectacles in Japan and Britain it's all slightly ludicrous and there were groups of gawping gaijin (foreigners) at the archery contest who made me rather ashamed of being a westerner, but then my wife tells me I overdo the

gaijin bit myself at times when I want to get away with something or have made a faux pas and instead of admitting it "double the sin" in an unrepentant way.

I also saw some Sumo training which looked remarkably strenuous and rather vicious, like some of the Judo practices George Kerr used to take in the UK (Incidentally, whatever happened to George?). The big boys certainly go through the mill.

Years ago I used to think Judo was the greatest self-defence form, now I'm not sure I don't prefer a .44 magnum. Remember all those wonderful books with photos of judoka disarming two men with guns and the lovely old jiu-jitsu pictures of venerable Japs tripping up aggressors armed with Samurai swords. Smashing reading, but try it sometime.

The venerable Japanese now run profitable pachinko parlours (one-armed bandits and 'Learn Japanese

in 21 days' establishments to which they introduce their unwitting, and mostly witless, Western martial arts students.

Am I being cynical? Ask a few of the gaijin who lived in Japan. Most of them were glad to have done their training, survived, and got the hell out of Nippon. Living over there is tough now—I won't say tougher because the years of austerity are gone—but prices really are prohibitive even if you do teach English without a work permit or smuggle bottles of Scotch to subsidise your trip.

And finally remember the Japanese are infinitely courteous and generous when you get to know them—but it can take a lot of time and effort to reach this stage and you can be badly let down in surprising ways by people you thought you knew quite well (not by Zen people I hasten to add). Obviously this can be just the same in Europe but as values in Japan are sometimes different it's worth bearing in mind.

CLUB FORUM

LONDON JUDO SOCIETY AND KARATE KAI

Eric Dominy writes:—

Karate: Still the L.K.K. continue to collect trophies. This time it is Garth Waldropt who, at the Top Rank Suite, Reading, won the Junior (below 4th Kyu) Championship. Congratulations! I have been asked to thank the small L.K.K. Display Team under Bill Wright and Mike

Misic, who have given several very popular exhibitions of Karate recently. I saw one of them, and was very impressed—the audience thought it was terrific.

Judo: The L.J.S. Junior Championships organised by George Chew were a great success. Hundred and twenty boys in six weight categories and one open category, used three dojos and completed the competition in under three hours without a pause.

All the old, well tried Festival of Judo experience was dusted off and brought into action. In other words, the organisation was faultless. The results were as follows:

UNDER 26 KGS.: 1st. L. Barnes; 2nd. R. Moher; Special Award: R. Moher.
UNDER 30 KGS.: 1st. M. P. Kelly; 2nd. P. Joslyn; Special Award: P. Joslyn.

UNDER 35 KGS.: 1st. R. Pachebat; 2nd. G. Lewis; Special Award: D. Coche.

UNDER 41 KGS.: 1st. P. Hand; 2nd. C. Feakins; Special Award: A. Verma.

UNDER 48 KGS.: 1st. M. Waldren; 2nd. J. Fitzpatrick; Special Award: D. Prentice.

UNDER 56 KGS.: 1st. E. Francis; 2nd. B. Sage; Special Award: J. Matthews.

OPEN CATEGORY: 1st. D. Acres; 2nd. Mountford; Special Award: A. Verma.

Grading Examinations

The next Grading Examinations at the L.J.S. have been arranged as follows:

Sunday, 29th September — 10 a.m. Juniors (boys only); 2.30 p.m. 1st Kyu and 1st Dan only.

Sunday, 27th October — 10.30 a.m. up to 7th Kyu inclusive; 2.30 p.m. 6th to 2nd Kyu inclusive.

SWINDON JUDO CLUB: Over the past six weeks or so we, at Swindon Judo Club, have had three notable activities.

Boys' weekend at Lydiard Park.

Lydiard Park is a manor house set in beautiful grounds which has been taken over by the local authority. Each year we rent the extensive stables and put on a residential training weekend for the boys laying the mats out on the lawns in front of the manor. Bernard Micallef, our Junior coach, trains the lads hard and they

really love it. The stables make excellent dormitories and refectory and the whole weekend is made possible by the devoted work of a handful of parents and members' wives. We feel the boys benefit considerably from this experience especially as for some of them it is their first time away from their parents.

Western Area Team Championships.

We staged this event as part of a combined series of various sporting activities in Swindon designed to attract the public. Unfortunately, although this event was well publicised and was second on the main notice to the National Junior Weightlifting Championships few members of the public attended. This apart there was a splendid day's judo from 14 well-supported teams battling for the titles. Bristol won the event with Swindon establishing themselves as the number two Western Judo Club by taking the silver medals.

Gleeson Visit. We were all delighted with Geoff's three-day visit. The first night was spent watching the Judo Training Films and we were very impressed by their depth of content. The rest of the visit was spent on the mat with discussions over drinks and a meal afterwards. Contrary to the criticism we have read about the National Coach we found his instruction extremely valuable. He has the ability to make judoka actually think about what they are doing and through this to make real progress. We were uplifted by his influence.

TOKI JUDO KWAI would like to inform all old members that they have now settled in to new premises at 45 Albany Road, Walworth, London, S.E.5. Facilities include showers, canteen, licensed bar, and full-size G-mat area. Dave Starbrook runs a class the first Sunday in every month: juniors 10—12, seniors 12—2. Any club secretary interested in contests or training please 'phone 237 9182—all will be welcome.



OFFICIAL NOTES

Jim Elkin

The National Championships are due to take place on Sunday 20th October 1974 at the Warwick College for further education. Eliminations will commence at 10.30 a.m. sharp, all competitors should be signed in by 10.15 a.m. Entry forms for competitors with 'how to get there' maps have been distributed, and should be received by the Championship organiser by the 30th. September. His address is on the forms.

A very large entry is expected this year, and because of this the Team event has been omitted. For the last two years the Midland Region has been in the forefront, with their members taking most of the medals and trophies. It looks as though there might be a change this year. John Waite 4th Dan and Senior Coach of the Southern Region, has been putting in a lot of hard work, organising special training sessions for Southern members, he tells me that the South will be a force to be reckoned with this time. So this Championships look as though it is going to be a very interesting one. May I suggest that clubs get organised with collecting supporters to cheer on their respective members entering as competitors.

I also understand that our Public Relations Officer, has one or two surprises in store for members at this event, so come along and see what they are.

NEW CLUB OPENING IN DARTFORD.

Ken Saunders and Basil Stephenson both 1st Dans, are opening a new club in Dartford Kent in September, called the GOSHIN AIKI KAI it is situated at the Downs School, just off the Dartford Tunnel roundabout. Both Ken and Basil look forward to seeing old and new students. So don't forget to pay them a visit and give them all the support you can. Further details about times etc., can be obtained from Ken Saunders, 75, Savoy Road, Dartford, Kent. Telephone: Dartford 28011

September is a busy time for the Southern Region, they are giving a demonstration in Aikido at the Cat Whiskers Streatham on 2nd September, then the following Saturday and Sunday are giving demonstrations on both days at the Slough Boat Rally. Whilst these demonstrations are an ideal means of publicity, it does mean a lot of effort by the Southern Region's demonstration Team, so I think they should be given a big thank you for giving up their time to take part in these events.

Heard from Henry Harris that the Leeds Aikido Summer course was a great success. The course was absolutely full and everyone attending really working hard and enjoyed themselves. He promises more information and pictures, which should be available in the next issue of this magazine. He told me that the use of video film proved a great success, and considers its usage an essential part of all courses in future.

The following items are now available from headquarters.

B.A.A. car stickers which are free to members. Metal lapel badges 30p each. Top quality T shirts embossed with B.A.A. badge and British Aikido Association printed across chest. At the moment only one colour available white with black lettering. These cost £1.50 each.

There are three sizes Small, medium and large. Cash with order please, cheques and postal orders made out to 'British Aikido Association' and crossed.

Other items such as embroidered gi badges etc., will be available shortly.

There has been some additions to the contest rules and commentaries

for both Tanto Randori and Randori Kyoghi, although courses have been held to ensure coaches are conversant with these additions, copies of the rules and commentaries are available from headquarters for any member who would like one. Please enclose S.A.E. (largish envelope). B.A.A. Headquarters address is 79, Nelson Road, Twickenham, Middx. TW2 7AR.

BRITISH KENDO ASSOCIATION

OFFICIAL NOTES

Mr. Kazuto Ishida has been appointed President of the Z.N.K.R. following the resignation, after many years, of Kimura Sensi.

Ishida Sensi was Chief Justice of the Supreme Court of Japan for a four year period, and was always uncompromising at Law and unmoving regarding his principles.

He said he had decided to retire to a life of seclusion in nature, but was specially recommended for the job of President by Kimura Sensi.

Ishida Sensi first held a shini when he was 10 years old at the Butokuden Dojo in Shinmei shrine Fukui City, and first felt the meaning of Kendo as a student in the old Tokyo University, Kendo Section.

He studied Shindo-mumen Ryu at University and later Yamaoka Teshei's Itto Shodan Tyu, and was determined to inherit the essence of Ohna-Ha-Itto Tyu. He says, "I have no Dan. The sword is to temper and polish the spirit. It is like Zen. The Priest has no grade and I put no importance on it".

The B.K.A. would like to publish the small extract from a letter received from the visiting six Japanese

sensi, after their visit to Bletchley for the first European Championship:

"This is to thank you and all other Kendo people for the warm hospitality shown to us Kendo mission during our visit to your country..... The friendship which has grown up between your Kendo people and us at your Dojo's is one of the most precious things that we have obtained during that visit. We will long remember the nice people whom we encountered in towns and countryside.

Again thanks to you for all that you have done for us. We hope you could be so kind as to convey our cordial thanks and best wishes to all your Kendo people since we do not have possible way to reach them all respectively.

We are looking forward to seeing you and your other Kendo people again in London in April 1976."

FIXTURE: We have an unconfirmed match arranged with Germany in the U.K. for October this year.

National eliminations for the Team will be held in September. Further information will be sent to

all Dojo's as soon as confirmation from Germany has been received.

COURSES: Kendo is included in the 2nd Half of the 12th International Martial Arts Course at Royan France between 31st July and the 24th August. Under Katayama Sensi or Fujii Sensi. Cost is 20 French Francs per day including meals.

Those who are interested should apply to:

Mr. J. Cl-Tuvi, 17 Rue des Cotes, 78600 Maison Laffitte, Paris, France.

MEMBERSHIP: You are reminded that Individual membership and Official Record Books can be obtained on application to the Membership Secretary:

Mr. J. Howell, 31 Woodstock Rise, Sutton, Surrey SM3 9JE.

GRADING: The following are congratulated on being the only successful candidates among 30 at the

April 15th European Kendo Remai Grading.

To 2nd Dan:

Mr. T. Crawford	Mumeshi
Mr. D. Tubb	Mumeshi
Mr. S. Bean	Hagakule

To 1st Dan:

Mr. D. Wiseman	Nenriki
Mr. B. Karet	Nenriki
Mr. E. Babadoll	Nenriki
Mr. D. Day	Hizen

The B.K.A. regrets the postponement of the Japan Airlines Match, which was to be held at Crystal Palace on the 27th July, until later in the year. This was due to circumstances beyond their control.

For further information on the B.K.A. please write to: Hon. Sec. Mr. V. Harris, 709, Howard House, Dolphin Square, S.W.1.

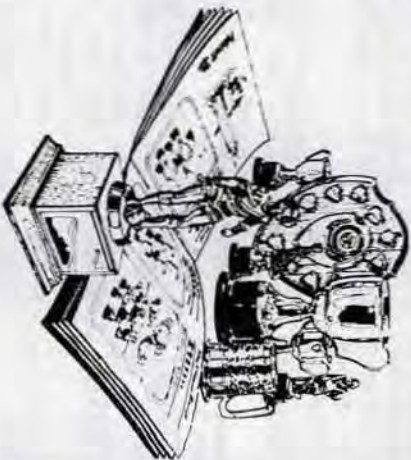
MID SUSSEX JUDO CLUB UPPER BEDFORD STREET, BRIGHTON

GRADING SUNDAY NOVEMBER 3rd

LADIES NOVICE TO 5th KYU TRYING FOR 4th KYU	9.30am
MEN NOVICE AND YELLOW BELTS	10.30am
MEN ORANGE AND GREEN BELTS	11.30am
MEN BLUE AND 2nd KYU BROWN BELTS	12.00am
MEN 1st KYUS	2pm - 4pm APPROX.
MEN 1st DANS	4pm - 5pm APPROX.
MEN 2nd DANS	5pm - 6pm APPROX.

CURRENT LICENCES MUST BE PRODUCED ON THE DAY
NO SPECTATORS WILL BE ALLOWED IN THE DOJO
FOR FURTHER DETAILS RING CRAWLEY (SUSSEX) 27991
A 3rd TO 4th DAN GRADING WILL BE HELD IF THE NECESSARY
MINIMUM 6 MEN PHONE UP TO BOOK.

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THE GREAT LINE-UPS

by Tony Reay

I am often asked by young competitors these days what the attraction was to the competitive judoman twenty-five years ago when there were hardly any major competitions held. During this year the BJA will have organised and been responsible for fifteen national events. The only major competition organised by the BJA in the fifties was the Inter Area Team Championships. Balmy days for the BJA because with such little responsibility the Association could hardly be blamed for anything going wrong. Most of the big judo events were organised by a large club and by present day standards they could hardly be called major competitions, the line between competition and display was so fine that for the general non-judo public it was at times difficult to separate fact (competition) from fiction (display). Such memorable events as the London Judo Society's Goldberg Vass Memorial Show and the Budokwai's Royal Albert Hall Black-Belt Show ran for many years but there were also equally impressive shows put on from time to time in the provinces and I can recall the heady judo atmosphere permeating such unlikely venues as Weston-Super-Mare Town Hall, Grimsby Fishmonger's Hall and Folkestone's Winter Garden Theatre.

These were in fact the days of the great line-ups and they fell into two distinct categories. The line-up in the grading and the line-up in the display. The most important event and in fact the only real event in a judoman's life were the quarterly gradings, no fancy terms you

will notice in those days such as 'Promotion Examinations' or 'Points-Score Events'. In my particular club a complete week was given over to gradings and each evening figured groups of different levels. All were watched and talked about with keen interest but the most tense and exciting gradings were those of the blue-brown-black-belt group held Wednesday evenings and Saturday afternoons.

Black-Belt in those days meant someone very special and from the moment 1st Dan was achieved, someone immortal. From the time he stepped into the ranks of Dan Grade and carried his kit from across the corridor with undisguised pride into the Black-Belt dressing room, lesser Kyu grade mortals would no longer expect to be able to approach directly their former colleague save by appointment made to the front office. Such was the aura surrounding the Black-Belt and lest you should ridicule this seemingly feudal idolatry let me explain the tremendous all-encompassing shroud of responsibility he was donning when for the first time he knotted his Black-Belt. In the days when there was no refereeing structure and when the rules were to say the least, vague and mysterious and like most other things, uncommitted to paper—the Black-Belt in donning his new belt, automatically became a referee. From that moment also he was accepted completely as an instructor or teacher of judo. No coaching scheme in those days, no hours of swotting culminating with mind-bending examinations. Perhaps the biggest transition to take place when

he first tied the Black-Belt knot, though not so apparent, was that in that moment he also became an artist, gymnast, showman and complete all-round self-defence expert and could be expected from then on, and at a moments notice, to perform any one of the seven katas, the gokyo (fast and slow-motion), to quote from any section of the Bible (Illustrated Kodokan—taken out of print when it was found there was too much information contained therein) and to successfully deal with any number of attackers armed with every conceivable weapon from an ice-pick to a Samurai sword—from a derringer to a Bren gun—and from a hand-grenade to a rocket-firing Typhoon.

Such was the all-pervading mystical power of the Black-Belt. He was subject only to the canonical obedience to his superior grades the senior of which consisted a group of the most worthy and the most high, the elite hierarchy simply known and immediately identified by all judomen and referred to by them in guarded whispers as 'The Panel'.

From time to time the Panel would meet. Not necessarily in one room, for they were known to possess supernatural telepathic powers which were God-given and conferred only upon 4th, 5th and 6th Dans (at that time the highest grades in the country). When such an elated personage was seen to be seemingly muttering to himself or staring vacantly into distance it was secretly known among the Brotherhood that he was in fact in discourse with other members of the Panel and therefore should not be interrupted. Unfortunately for many competitors such incidents frequently happened during a contest or when in a tough randori session the competitor had executed an incredible throw. From the elite inner sanctum of the Panel edicts were periodically announced and

sent forth by word of mouth (decisions and pronouncements being so sacred they could not possibly be committed to paper) to be circulated to all corners of the land and to be obeyed without question. (Note: 'Messenger to the Panel' was another function served by the lower Dan Grade, only he could be entrusted with such sacred messages).

Judo was everything to the true judoman. It was not a matter of life or death as many people suggested, it was far more serious than that. If judo interfered with work, one gave up work. I remember waiting outside the old club for the premises to be opened for the famous Sunday Black-Belt class. There were fourteen of us in the group and in general discussion it was found that two of us were working. I myself was excused this indiscretion however as it was known that I was saving money in order to make the great pilgrimage to Japan and the Mecca of judo, the Kodokan. The other poor chap did not speak a word for the next six weeks and until such time as he had successfully engineered his dismissal from his work. That was the clever way to do it of course because he could then augment his keep with the dole he drew and so concentrate all his time and effort on judo. The same person was thereafter fearful that the Employment office would find him another job which says much for his nerve and coolness for nuclear physicists were then in great demand.

The Brotherhood formed the backbone of real judo in those days. A member could come from any walk of life and any class. The overall criteria for membership was simply to be the true hard-practising judoman. Nor was membership confined to just my particular club, members were recognised from all over Britain. The peculiar aspect of the Brotherhood was that there were

no grade distinctions. White-belts were known to be members. Some white belts and lower Kyu grades became so familiar with their unique position—that of being low grades and yet still recognised as Brotherhood members—that in time they refused to bother about going in for gradings. Provided he was recognised to be able to attend every training session possible and have the stamina to last out such sessions, and provided he joined in on all the extra special training that was decreed by the Panel from time to time, such as the special early morning Winter training and Summer courses. Though many people attempted it, one just could not buy oneself into the Brotherhood. I knew a man who donated quite a sum of money to the club but did him no good whatsoever. Membership to the Brotherhood was subject to a number of rules which once again were not committed to paper. However, they were understood by every judo man worthy of the name.

Firstly, one had to be known to practice regularly and fanatically at least three times a week (more than three times and depending on the number, could exempt him from other conditions). One had to be in arrears with club fees; one had to accept the most diabolical refereeing decisions (which were frequent) in a contest; one had to accept pain without complaining, whether it be bruised toe or dislocated vertebrae and one should not show the slightest emotion when somebody else was similarly affected. If having suffered a serious injury such as a broken fibular or tibia (or both) which affected his walking but could nevertheless make his way across the road to the club's own special ward in St. Stephen's hospital a man could qualify for Honorary Life Membership of the Brotherhood. The club officials and the Panel itself were always sensitive to the sight of

ambulances parked at the front entrance.

There were far too many rules to list them all here but most were similar to the one regarding books and magazines on judo. The true judoman just did not buy these. If he was a Black-Belt he was held to know anything and everything but if he was a Kyu grade member of the Brotherhood he would be expected to borrow.

One unusual requisite that should be mentioned was that in his out of training hours a member of the Brotherhood who played chess would be looked upon with favour from on high. If he could not or did not do this he was expected to show his high intellectual ability by carrying around under one arm a number of books of deep philosophical content. Chess became such an out of hours past-time that eventually the proprietor of the local coffee-shop and the publican of the Goat In Boots (Referred to by the Brotherhood as No. 3 Dojo) were both forced to ban the practice on their premises as it was affecting their businesses.

If a member was married or had a girlfriend, he would not advertise the fact as this was considered a weakness and if such were the case the most foolhardy thing he could do would be to bring his wife or girlfriend (some were known to have both) to a training session for he would find a queue of higher grades than himself suddenly take an interest in him and proceed to wear him down with a succession of practices and eventually be ignominiously smashed in front of his hearts desire with repeated monotony. A fate not quite so bad as this would be to find that after changing and having a shower the light of his life would be nowhere to be seen on the premises. This was simply the higher grades way of teaching him that he should concentrate on his judo practice.

Women were known to do judo in those days although there were no definite signs anywhere except for the odd whiff of perfume that remained and lingered in the normally dank, sweat-smelling atmosphere. The in-the-know Dan grades would occasionally concede that the club in fact did have a ladies section but intimated that in the interests of the name of the club (and to protect the ladies image) that one just did not talk about it. Only the exceptionally high grades were permitted to teach them as it was understood that women's judo was different and because they were women contained many scientific tricks in their technique. Women's gradings were held behind locked doors and any lesser order of Black-Belt who was called upon to referee or be timekeeper or recorder, was sworn to secrecy as to what transpired.

As mentioned before, one could not buy his way in to the Brotherhood and indeed the attitude was to disregard completely any financial aspirations. It was for example a proud Treasurer who at his club's Annual General Meeting, could stand up and say "We have over the year broken even". Had a profit been made he and his Committee would have been voted out and banished forever. To make money from judo was despicable. This attitude was relentlessly pursued so much so that it is recorded in the very scant BJA Minutes of that time that trophies for the Inter Area Team Championships shall not, repeat NOT, cost any more than ten shillings each. There was you see this terrible fear that judo might become commercial and that one day a judoman might compete for mercenary motives.

It was at gradings, the most important events of the time, that we witnessed some of the finest contests. Unfortunately my club, like many others, did not have facilities for

spectators and because gradings were so popular the general public were discouraged. Unless one was involved in the grading itself or was a member of the Brotherhood or knew somebody who knew somebody who knew somebody on the Panel, one could not get in to witness these historic gradings and their attendant line-ups. A grading session would commence at the accepted judo time (normally one and a half hours after the published time) with the usual anxiety in the dressing-room where pre-contest nerves would display itself in various forms from the bantering light-hearted jokes and exaggerated high pitched response to the quite ones who pretended it didn't effect them and spent the time in simulated sleep on the hard benches. The noise in the dressing-room would be punctuated by the shout from the runner from upstairs in the main dojo announcing that the next grades were being called. Those so involved would flex their muscles sharpen the edge of the foot with ashi-waza actions thus implying that this was one of the many techniques of their deadly repertoire, bind up the limb that was still weak from the last of the many injuries, pad-up the shine and don other pieces of armour and nonchalantly shuffle to the door. It was when the lower grades had been dealt with that an air of expectancy gradually descended on the dojo, the main events of the evening were heralded by the appearance of those august members of the Panel who swathed a clean path through the spectators and competitors congregated in large untidy groups and the Panel settled themselves at the holy of holies, the joseki.

It was the Panel's function to designate the line-ups. Here again there did not seem to be any laid-down rules. A line-up could range from six to twenty-six and could contain all manner of opponents.

As if adding to the occasion the senior member of the Panel would call out each name with deliberation and painfully slowly. Generally the candidate taking the line would have to score a full ippon on each member of the line. However if he was confronted with an unusually long or tougher line than normal (and they were all tough) he might be allowed to draw one contest, even then though the Panel reserved the right to change their minds half-way through the line-up contests. The Panel obviously took their work seriously and if it appeared they were enjoying it this was only to raise the atmosphere or to show that they had in the dim past been through the same experience.

An experienced brown or black-belt would approach the competition with expert knowledge of the form and ability of every person who was likely to be put into a line-up. He would have spent many weeks prior to the grading enquiring who might be entered and have studied every aspect of his possible adversaries. He knew that somewhere in the line the Panel would place a 'stopper'. A 'stopper' would have the reputation of never having lost a contest though he would rarely have won one. There was also the threat of the unknown, someone outside the club who had built up a reputation elsewhere. Generally the number in a line for each grade would be as follows; a brown-belt attempting his 1st Dan could expect six to eight opponents, a 1st Dan going for 2nd Dan could expect nine to eleven opponents, and a 2nd Dan going for 3rd Dan could expect sixteen to twenty. The candidate had to plan carefully his campaign and reserve his energy for the 'stopper' or 'stoppers' somewhere in the middle and for the really skilful technicians somewhere at the end. The average line-up was a formidable sprinkling of powerful giants, hardened bitter

and twisted midgets (weight categories were non-existent) and nearly all armed with a special technique, the good ones with a number of techniques. The nicknames given to the better known often described their speciality, such as; Hairy Harai; Basher Bill; Mack the Hack; Stopper Saunders; Fred the Flip; Puncher Perkins; The Seoi Kid; Tsuurikomigosh Angus; The Strangler; Old Iron Bars; Rubber Bones; Valley Drop Jock; Slasher Smith; The Bone Cruncher; The Harai Machine; Tai-otoshi Tim; Flash; The Gouger; The Biter; Chopper Smith; The Gorilla; and many other titles much more expressive but unfortunately unprintable.

For those fortunate to witness them, some line-ups though not recorded on film, remain imprinted on the mind. Most were unsuccessful, the candidate being stopped somewhere along the line. Some never even got going and found number one to be an awkward customer forcing a draw. Others were able to get right through to number eight or nine or even to the last one and be caught out in a moment of utter weariness, or worse, draw the last one. Some were known to do this time and time again, every three months they would battle their way through to the last one or the last but one. These were watched with avid interest by the Brotherhood, almost willing them to win. Not only the successful line-ups were remembered, there were some epic battles by close-lossers. I can recall Charles Mack defeating completely 16 and 18-man line-ups at three separate gradings and still not being awarded his 3rd Dan until he was on the boat to Japan. The Panel in their wisdom had decreed that though he had won decisively every contest, he had not won with a sufficient measure and range of technique. Another, John Newman, to my mind the most all-round master of technique with the

AREA NEWS

SCOTTISH JUDO FEDERATION

Western Area Notes

by W. Littlejohn,

Western Area Organiser.

Thanks to all the club officials who made 1974 a bumper year for the West by encouraging club affiliations and licence sales. Remember if you want a Federation to be proud of, you must support it, both financially and physically, as best you can.

Thanks to all the voluntary Regional and Area officials, who worked so hard to ensure that we achieved our objective of championships at both these levels, for men, women, boys and girls. We did have them! And in our first year!

Thanks to all the club coaches who entered their players, some to win, some to gain experience for "next time"; they know it was worth it. Many coaches went home from events having "discovered" some contest-men they didn't know they had!

Thanks to all the contest officials, referees, judges, recorders, time keepers and doormen. We just could not do it without you.

Thanks to my own club members for putting up with the few unthinking people who call on me on my club-nights for trivial matters, rather than write me a simple letter.

Thanks to my family for putting up with me, and with the many thoughtless people who telephone me on trivialities, rather than write me a simple letter.

On these last two points. I ask all our people to consider that we have

some 60-70 clubs in the area. If everyone phones me their queries, my household gets no rest.

I prefer a letter, which I answer within two weeks at the longest, but usually within days.

I never object to dealing with urgent matters, on the 'phone, and if I get co-operation on this from everyone, I will be able to continue to do so.

Social functions were not neglected and this is to the good. It is my firm belief that rivalries should be left "on the mat", and that co-operation must be our aim off it, and social events help this co-operation along.

Two full-size competition mat areas will be available for our events in the West next season, so see that your players start their training now.

Our marvellous Scottish win at the Inter-area championships, should not blind us to our International weaknesses. Those of us fortunate enough to have seen the European Championships this year, know that we have a long way to go, before Scotland catches up with the rest of Europe, never mind the Russians or the Japanese!

Let us all strive to achieve some European Gold medals for Scotland, in the coming years.

MIDLAND AREA NEWS

by J. M. Thomson

July has been a relatively quiet period in the Midland Area calendar, giving both fighters and organisers a well earned rest. The next large event will be the Senior Men's and Boy's Team championships which are to be held in Keele University on Saturday, 21st September, 1974.

Other events to be held in the Midlands Area are the British Police Championships which are to be held in Birmingham University on Tuesday, 3rd September, 1974, and the Junior Boys Individual Championships which are scheduled for the

Continued on Page 34

Harry Mitchell Centre, Warley, for Saturday, 2nd November, 1974.

Several members of the area have been successful in promotion examinations and the results are as shown below.

To 1st Dan

Miss G. Harmon	Bushido
	"Holy Name"
W. Allardyce	Leicester
S. Carfoot	Burton
A. J. Challoner	Lockheed
A. F. Clark	Boston
S. J. Clarke	Rustons
A. Mathewman	Boston
P. R. Seaby	Leicester
P. Walker	Peter Webster

To 2nd Dan

J. D. Ling	Bridgenorth
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Readers who wish to receive full details of all Midlands Events and news are reminded that they can receive a copy of the Area News Letter by sending a subscription of £1.00 to Brian Regan, 87 Ansley Road, Stockingford, Nuneaton, Warwickshire.

by R. Williams

This month I have to report to you the sad news of the sudden and unexpected death of Jack Law. For many years Jack had served on the Area Committee and was one of the true stalwarts of the Area. Stan Turbin writes:

"The Midland Area suffered a great loss due to the death of Jack Law of Wednesbury, Staffs. Jack, a Life Member of the B.J.A. was instructor at the Jukuren, Wednesbury, where for many years he had successfully produced gold medal-winning juniors. The loss to the Club can only be surpassed by the loss to the Area. Jack had served on the Area Committee for many years and amongst other duties he was the Inter-Counties Organiser. He had been ill for some time but continued with his Judo commitments right up until the time of his death. Just a few hours before he died he

had conducted a promotion examination. In his memory a special Junior Competition is to be instituted with a trophy in his name. All his friends and colleagues in the Area extend their sympathy to his family."

One of the aspects of the Area in which Jack was closely involved was promotion examination. Grading Officer Joe Ekins was on the point of publishing dates and venues for the remainder of this year when news of Jack's death was announced. Some revision of the programme was necessary, but this has now been completed. Area Clubs and individual subscribers to the Area Newsletter will be advised in due course.

NORTHERN AREA

by Joan M. Colquhoun (Mrs.)

Newcastle Junior Boys' Individual Open Judo Championships. The Kawamurakwai Judo Club, Old George Yard, Cloth Market, Newcastle upon Tyne, is staging the above event at the Lightfoot Sports Stadium, Warrior Street, Walker, Newcastle upon Tyne, on Sunday, 29th September, 1974. These Championships will be under the sponsorship of Danny Enright, of Warmwright Heating and Engineering, Cloth Market, Newcastle upon Tyne.

The Championships will be fought on a knockout repechage/pools basis (depending on entries) in the following weight categories:—

Under 30 kgs.	Under 50 kgs.
35	55
40	60
45	65
Over 65 kgs.	

Gold, silver and bronze awards will be made, with an individual trophy for the best Judo stylist of the day.

Further information and application forms can be obtained from the Recreational Officer (or Mr. R. Jones), Lightfoot Sports Centre, or Mr. Jeff Hawksby, Chairman of the British Judo Association, Northern

B.J.A. NEWSLETTER SUPPLEMENT — Continued from page 10

National Young Men's Championships on the 19th October at Crystal Palace National Sports Centre. This Event is becoming increasingly popular each year, and it is hoped that not only do we have a good entry, but that Judo enthusiasts will come along, not only to see the future of British Judo, but to give them every encouragement.

As any Coach will tell you, the training of young men is a hazardous business. There is so much time and effort needed to become a competitor of National standard, and during a period when the young man has to also look to his future, unfortunately Judo cannot yet guarantee a worthwhile future to a competitor, and many are lost to university, industry or business. There are also other possibilities, such as we have experienced recently, one of our brightest stars of the future, Angelo Parisi, has decided to settle in France. It is a lucky Coach who can see his protege develop from junior status at about 12 years old and continue right through uninterrupted to his late teens. Despite this, however, there are some very good young men around the country. They should all be given the opportunity and encouraged in every way to show their metal at these Championships.

On November 9th also at Crystal Palace National Sports Centre, will be held the 4th British Open Individual Championships for Women. All details of these two events have been circulated along with entry forms, and more are available upon request at Head Office.

On the day after, on Sunday 10th November, there will be a National Promotion Examination at the same venue, for both men and women for both 1st Kyu and above.

Advance booking for this Examination is not necessary, but candidates must ensure that they hold a

current individual membership and an Examination Fee of £1.00 will be charged. Booking-in commences at 9 a.m.

On December 14th and 15th, also at the same venue, will be held the Senior National Trials for Men. This will herald the beginning of an Olympic Training Programme, which will increase in intensity throughout 1975 and into 1976.

Spectator tickets for the Championships mentioned here are available from Head Office. For the Young Men's Championships and Women's Open, adult tickets are 50p and for schoolchildren up to the age of sixteen, 25p and for the Senior National Trials for Men, the ticket for the two days is £1.00.

Official Association Calendar

Just recently I have been able to negotiate for something that many members have been requesting for years — a BJA Calendar. So many sales ventures have been entered into in the last year that give members extra services and that have become a good source of income for the Association, but these have depended on our limited financial resources. Nearly all have been going well, but there are so many more things that we could do. It seems that every prospering commercial concern and all of the big sports have a calendar. Well! We are doing quite well and it is about time we had an official calendar.

An Association calendar is now available. It is worthy of the pride of place on a club notice board or in the office and dojo. Many of our members might wish to have one for the home or the office or to send one to a friend for Christmas. The calendar is A4 size and each page for each month features a photograph of a famous action shot of some major contest. The photographs were taken by Bob Darby

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who as many of you will know has a first-class contest history particularly in University judo. The calendar will be on sale soon at £1 each and 75p for multiples of ten, both prices include costs of postage and packing. Besides having a diary

of national and international events, there is provision each month for the owner to include any club or Area event he or she may wish to be reminded of. All orders should go direct to S. Rooney, 14 Lowfield Road, Haywards Heath, Sussex.

BJA FORMS NEW YOUNG WOMEN'S SQUAD

Richard Williams reviews the National Young Women's Championships and Trials.

In establishing this new squad the BJA, and in particular its Women's Sub-Committee, is generally following the pattern of squads which presently operates in the Men's section. The Young Women's Squad caters for girls in the 14-16 years age range and so broadly corresponds to the European Espoir category. The Squad will be under the direction of Ruth Alcock but, like the Youth Squad, the training programme will only be modest because of the BJA's limited funds.

The event at which the new squad was formed took the form of Championships as well as Trials. There were seven titles to be fought for, and all of the categories achieved the minimum number of entries required to make a Championship possible. The event was run throughout on a pool basis, and four competitors were taken out of each category to form the Squad.

The entry for the event was extremely good with a total of 75—competitors. This was the breakdown of the entries.

Over 64 kilos	—	5
Under 64 kilos	—	6
Under 59 kilos	—	14
Under 56 kilos	—	11
Under 53 kilos	—	10
Under 50 kilos	—	11
Under 47 kilos	—	18

The competitors came from all over the country, including Northern Ireland, suggesting that there are plenty of young female practitioners of Judo to be found.

Fighting on three mats took up a large part of the day, but the extreme duration of the event was due in part to a shortage of officials. Many of the Association's stalwart recorders and timekeepers were on holiday and many referees who had promised they would attend did not turn up.

However, all participants saw a good day's Judo at the end of which were these results.

OVER 64 KILOS

1. L. Eaton	3 kyu	Scotland
2. A. M. Johnson	14 mon	N. East
3. L. Gunn	5 kyu	Scotland
4. L. Davies	1 kyu	N. H. C.

UNDER 64 KILOS

1. S. Amos	3 kyu	Scotland
2. R. Brown	1 kyu	N. H. C.
3. M. Sroka	- - -	N. H. C.
4. M. Sergeant	13 mon	N. East

UNDER 59 KILOS

1. C. Murley	1 kyu	N. East
2. T. Jackson	17 mon	N. H. C.
3. B. Clayton	1 kyu	N. East
4. M. Lavery	4 kyu	Scotland

UNDER 56 KILOS

1. J. Clugston	1 kyu	South
2. K. Blyth	16 mon	North
3. E. Caulfield	10 mon	Scotland
4. A. Ransay	6 kyu	Scotland

UNDER 53 KILOS

1. A. Hughes	17 mon	N. West
2. S. Temple	12 mon	N. East
3. C. Wood	6 kyu	N. East
4. P. Pertram	6 kyu	Scotland

UNDER 50 KILOS

1. G. Entwistle	1 kyu	Wales
2. N. Coleman	13 mon	London
3. C. Wilson	17 mon	N. East
4. B. Millar	6 kyu	Scotland

UNDER 47 KILOS

1. J. Bridge	17 mon	N. West
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2. K. Ridley	14 mon	N. H. C.
3. M. Wayman	3 kyu	South
4. C. Brace	13 mon	N. H. C.

Hopefully the establishment of this new event will give girls throughout the country something to work for whether it be a place or a Championship medal. Hopefully, again support for the event next year, from fighters, officials and spectators, will be even greater.

BJA NATIONAL TEAM CHAMPIONSHIPS FOR WOMEN

Richard Williams reports the results

Following the Kata Championships on Saturday, 29th June, the BJA staged its Seventh National Team Championships for Women. For this event Areas are allowed to enter up to two teams each and a total of 11 teams took part. This is a very encouraging entry, but it was disappointing that only six actual Areas were represented.

The method of competition was the same as that used for the Men's Team Championship with a first round of pools. These were the four pools.

POOL '1'	POOL '2'
South 'A'	Midlands 'A'
London 'B'	London 'A'
N.H.C. 'B'	Scotland 'B'
POOL '3'	POOL '4'
N.H.C. 'A'	Scotland 'A'
N. West	Midlands 'B'
South 'B'	Bye

In pool 1 the Southern 'A' team soundly defeated both their opponents to go into the second round accompanied by N.H.C. 'B' who beat London 'B'.

From pool 2 London 'A' emerged

as the clear winners with the Midlands 'A' as runners-up.

The third pool saw N.H.C. 'A' take the two wins lead and the North West with their team win went into second place.

There were only the two teams in pool 4 but it was necessary for these to fight to decide places in the second round quarter-finals. It was in fact Scotland 'A' who scored a 5-2 win over the Midlands 'B'.

Teams were crossed over in the quarter-finals so that the winners of the first round did not immediately meet again.

In the first quarter-final the South 'A' met Midlands 'A'. In the past years the Midlands have fared well in this Championship, but this year both their teams were knocked-out in the quarter-finals. Here the Midlands 'A' suffered a 5-2 defeat to go out of the competition. So, the South 'A' went forward to the semi-finals.

London 'A' versus N.H.C. 'B' saw a strong London team put one N.H.C. team out but N.H.C. 'A' defeated Midlands 'B' so assuring Northern Home Counties of at least a bronze medal.

Scotland had sent a strong contingent no doubt hoping that their women's 'A' team would do as well as the Men. Their 7-0 victory over the North West sent them through to the semi-finals.

The evening programme included the semi-finals and finals of the Team Championship and demonstrations of medal-winning Kata. The first of the two teams semi-finals was between the South 'A' and the N.H.C. 'A'. The Southern Area again showed their superiority which had been evident throughout the day and defeated the Northern Home Counties six contests to one. Joining the South in the finals was the magnificent London A team who beat Scotland 'A' in the semi-finals 5-2.

The final saw two very evenly matched teams fight for Championship honours. First on were Heather Ford and Christine Child. Chris rapidly terminated the contest with shime-waza to put London in the

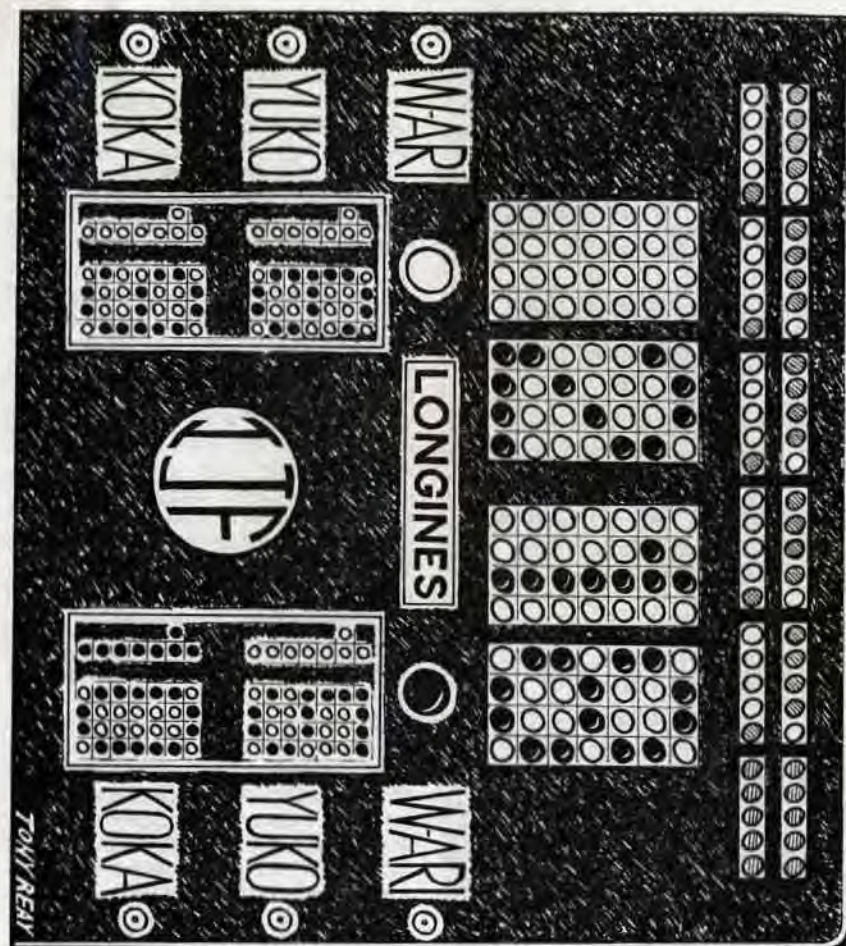
lead. Ellen Cobb replied for the South by scoring a superiority win over Cydatty Bogie, but Hermann choked victory out of Lidford to give London again the edge. In the under 61 kilos category the South again squared the match when Marie Fourt was awarded a superiority win over Pat Cottis. Lauren Pearman took the south into the lead by beating Ena Anderson, but again only by a superiority win. Tysall evened the score and was the third Londoner to choke her opponent (Taylor) into submission. The match therefore rested on the two light-weights; Wayman for the South and Hawkins for London.

Neither had conceded a defeat during the day and so the scene was set for a close fight. As it happened Hawkins settled the match 1½ minutes gone by throwing Wayman for ippon. This with the final 4-3 in their favour London 'A' became the 1974 National Women's Team Champions.

LONGINES TIMING DEVICE

- Two lines of lights which indicate osae-komi: For "white" - twenty white lamps with one red lamp every fifth second. For "red" - twenty red lamps with one white lamp every fifth second. They also include five gold lamps for last five seconds. These light automatically if an osae-komi has been called after a waza-ari has been scored by the contestant now holding the osae-komi - the time signal will sound automatically after 25 seconds.
- The contest timing count-down. Set at the beginning to the length of the contest usually six, eight or ten minutes. The word "Longines" in green indicates, when lit up, that the clock is counting. The "IJF" symbol, in orange, when lit up indicates that the clock is stopped.
- The three orange lamps on either side indicate penalties awarded by the referee in approximate relation to the value of the positive scores, i.e., shido equates to a koka; chui to a yuko and keikoku to a waza-ari. If any of these lights illuminate on either side, it means that the competitor on that side has been penalised with the penalty equating to the positive score.
- The smaller counters record the number of yukos or kokas scored. (No amount of koka equal or surpass a yuko and similarly no amount of yukos equal or surpass a waza-ari). Each contestant may be identified by the red or white lights which correlate with red or white tapes worn by the contestants.
- The two large lights by the Longines sign in either red or white are the lights indicating waza-ari and again correlate to the red or white tape worn by the contestant.

See illustration opposite



- 1 OSAEKOMI COUNT-DOWN
○ = WHITE, ● = RED
● = GOLD
- 2 CONTEST TIMING
COUNT-DOWN
- 3 ● = WAZA-ARI
PENALTY
- 4 WAZA-ARI SCORE
- 5 WAZA-ARI SCORE
- 3 ● = WAZA-ARI
PENALTY
- 3 ○ = YUKO PENALTY
- 4 CLOCKS SHOW POINTS
VALUE OF ALL PENALTIES
- 3 ○ = KOKA PENALTY
- SEE FURTHER
EXPLANATION

Area, telephone number Seaton Delaval 481989.

by G. F. Kearsley

Boys' Open Team Championship — Stockton Y.M.C.A. Twenty boys' teams competed for the Stockton Y.M.C.A. Trophy on Sunday, 9th June. Newcomers to Teesside — Matsudo J.C. (Motherwell, Scotland) and Stainforth J.C. all performed with credit yet it was the home club Stockton "B" and York R.I. who came through as finalists thus seeing Spen Valley lose their grip on the trophy. Making a timely arrival at the event just prior to the final was Dave Peake accompanied by other members of the N.E. Senior Men's team — a day earlier they had taken the bronze in the National Team event at Meadowbank. Dave was again rewarded by seeing his junior boys' team take the Y.M.C.A. trophy in classical style.

Result: 1st. York R.I.
2nd. Stockton "B".
3rd. Middlesbrough
Budokan.

Girls Open Team Championship — Onyx Cup: Run in parallel with the boys' event a good response was forthcoming and ten girls' teams competed with as much (and some say more) enthusiasm and skill as the boys. Certainly at times vocal support from the many spectators for the girls virtually lifted the roof. The final between Huddersfield "A" and Stockton brought a really entertaining day's judo to a climax with Stockton girls (L. Lytollis, A. Burdon, Y. Atkinson, S. Temple, S. Kearsley, E. Graham, S. Arthur) taking the cup by 5—2.

A bonus for the winners — a trip round H.M. Submarine "Onyx" when she visits Teesside in August.

Result: 1st. Stockton.
2nd. Huddersfield "A".
3rd. Middlesbrough
Budokan.

Visit of National Coach—Mr. G. R. Gleeson, 14th-19th May. Fifteen area senior members undertook the club coach course under surveillance of Geoff Gleeson. The response to Geoff's visit to Teesside was first class — the man and his expertise so stimulating, thought provoking yet inevitably threatening to some, all contributed to a highly successful and memorable visit. A brief return in June to complete examinations and allow an audience of 30 members the benefit of viewing three of the "Judo" film series further enhanced Geoff's reputation with all who shared his company. Congratulations to the five area members who attained their club coach awards, namely Margaret Burgess (Darlington), Joe Glynn and Paul Owens (Stockton), Arthur Poxton and Ron Scot (Ashington).

Stockton on Tees Senior Open Men's Individual Championships and Team Championships, Tilery Sports Centre, 30th June. The entry doubled as against last year at individual level and with nine teams competing in the team event there ensued a first class day's competitive judo. Visitors Hamilton (Scotland) soon made their presence felt and that they emerged as finalists in the team event to face Stockton "A" was probably in no way a surprise. Stockton although weakened by loss through injury of Keith Robinson sustained in his individual Open Dan semi; in no way wilted and they provided formidable opposition. The Hamilton team however, emerged as worthy winners by 3—2.

Individual Events:

Low Kyu

Gold: R. Tansey (Darlington).
Silver: C. Tansey (Darlington).
Bronze: G. Cliffe (Sheffield).
P. Black (Hamilton).

High Kyu

Gold: P. Burgess (South Shields).
Silver: K. Mellor (Doncaster).
Bronze: J. Daniels (South Shields).
P. Middleton (Teesside).

Open

Gold: I. Robinson (Tesside).
Silver: D. Shelton (Doncaster).
Bronze: K. Robinson (Teesside).
A. McWhirter (Rycroft).

Under 21 Young Men's Open Individual Championships — Five weight categories (Light, Welter, Middle, Light-Heavy, Heavy) — Gold, Silver and Bronze Awards. This event is programmed for Sunday, 15th September — Stockton Y.M.C.A. Areas will be circulated but information can be obtained from: G. F. Kearsley, 15 Melgrove Way, Sedgfield, Stockton-on-Tees (Sedgfield 21007).

NORTH WEST AREA

P. Holme

Congratulations to our two teams who showed that North West Judo is a force to be reckoned with. For although the Men's Team's Bronze Medal was not quite the success we had hoped for at Meadowbank it was well won and trying to beat Scotland on their home ground was too much of a dream to come true. Dennis Wrightwebb, the Area's Team Manager asked me to publicly pass on the Team's thanks to the Scottish Judo Federation and Mrs. Caroline Balderstone in particular, for the arrangements that were made and the hospitality the team were shown throughout the weekend.

Although the team just failed to get a medal they fought well and showed that individually, in the Young Women's Championships, that they were gold medal winners with 1st places for Anne Hughes of Waterloo J.C. and Jane Bridges from the Otanikwai, Bolton. Not forgetting of course the "oldtimers" Ann Atkinson and Jean Fyles for their gold medal interpretation of Katame No Kata.

Back in the Area itself, the Kearsley Cup Competition produced an entry of 16 Kyu Grade teams for

some fiercely fought and very close contests at Thornton Cleveley's Sports Centre. Results: - 1st. Furness J.C. 2nd Denton J.C. 3rd Wigan J.C. and Deva Judokwai.

The Area's Junior Championships produced a record entry of well over 200 competitors in the YMCA Lytham St. Annes which was hard put to at times to stop bursting at the seams. Everything went more or less smoothly and thanks must go to all those hard working, recorders, timekeepers and referees who kept on the whole day from 10.30 a.m. to 8.00 p.m. virtually non-stop.

Results: -

Under 30 kilos

GOLD:- A. Farrimond, S.K.K. (Sumo Keido Kwai)
SILVER:- J. P. Morton, Otanikwai.
BRONZE:- K. Green, S.K.K.
C. Renwick, S.K.K.

Under 35 kilos

GOLD:- R. G. Dixey, S.O.T. (Stoke on Trent)
SILVER:- W. Hughes, Waterloo J.C.
BRONZE:- C. Yates, Bolton J.C.
D. Atkinson, S.K.K.

Under 40 kilos

GOLD:- S. Hough, Bolton J.C.
SILVER:- C. Moseley, RAF Sealand.
BRONZE:- G. Magnull, S.K.K.
S. McCormick K.N.K.
(Kita Nisha Kwai)

Under 45 kilos

GOLD:- D. Armstrong, Walkden J.C.
SILVER:- J. R. Taylor, S.O.T.
BRONZE:- M. Bolton Otanikwai
P. Burke, K.N.K.

Under 50 kilos

GOLD:- D. Armstrong, Walkden J.C.
SILVER:- J. R. Taylor, S.O.T.
BRONZE:- M. Bolton Otanikwai
P. Burke, K.N.K.

Under 55 kilos

GOLD:- G. C. Walker
SILVER:- P. Harvey
BRONZE:- M. Shaw
A. Carlisle

Under 60 kilos

GOLD:- D. Drummond, Bolton J.C.
SILVER:- G. Jackson, Walkden J.C.
BRONZE:- J. Greaves, Irlam J.C.

Under 65 kilos

GOLD:- G. Dolton, Otanikwai.
SILVER:- P. Tuson, Leyland J.C.
BRONZE:- S. Oxford, Otanikwai.
W. Sloan, K.N.K.

Under 70 kilos

GOLD:- D. Keech, Bolton J.C.
SILVER:- C. Howard, Waterloo J.C.

BRONZE:- M. Wakely Deva Judokwai

Over 70 kilos

GOLD:- J. P. Hughes, Walkden J.C.
SILVER:- R. Davis, Warrington J.C.
BRONZE:- J. Simkin, Wigan J.C.

The National Dan Grading, held every year in the N.W. had well over 100 examinees. Congratulations go to all successful candidates especially Adrian Coy, the first Woman National Referee outside London.

THE GREAT LINE-UPS — Continued from Page 24

most attractive judo of all the British judomen at that time, destroying each member of the sixteen-man line with a variety of technique in the record time of 13½ minutes and yet being failed because he could not complete the Ju-no-kata when instructed to do so five minutes after completing the line.

I have mentioned also the line-up as seen at the public displays. These usually took the form of the highest grade present at an event taking on a line of between ten and twenty lesser grades. It was always expected in such a person to demolish his opponents not only effectively but in a stylish manner. However, there always lurked in the line someone ready to immortalise himself forever and go down in the annals of judo history as the man who stopped the great so-and-so. Just occasionally this happened and it was the thought uppermost in the mind of any high grade who was asked to take a line. The display line-up was attractive and particularly popular with the general public but in time became of little significance to the judo enthusiast because if the high grade defeated his line in an exemplary manner with a wide range of technique then he was doing nothing less than he should be able to do—if he was stopped then he should not have been out there in the first place.

Unfortunately, the display line-up became abused eventually. The standard gradually declined in local events and people who did not belong to the Brotherhood attempted to emulate the highest grades. Their judo skills left a lot to be desired and the so-called feats of endurance were pitiful to the eyes of the beholder so much so that even members of the general public began to treat them as entertainment and less of a competition. It was at about this time that the ridiculous antics now commonly known as all-in wrestling began on television. The judo standard of some was so poor that the standard of the line-up dropped also, this was deliberate and line-ups were construed in order to enhance the limited ability of the one taking the line who usually selected his own victims, something the real top-class judoman would never do. The situation became so degrading that there were ridiculous examples at village fetes where the local judoman of suspect grade would create for himself a line of some fifty juniors, senior beginners and low grades. Despite such poor opposition a number were invariably injured because of the poor standard of the person taking the line. There were at the end of the 50's many such travesties and soon after this the era of the great line-ups faded away

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KESA-GATAME IS THE MOST COMMONLY USED HOLD. USED BY ALL SIZES. THE SMALLER MAN MUST USE HIS LIMBS AS PROPS, THAT WAY HE CAN MAKE UP FOR HIS LACK OF WEIGHT. THE BEST WAY TO ENTER IS FROM THE SIDE OF YOUR OPPONENT USUALLY WHEN YOU FOLLOW UP AN ATTACK, FROM FOR EXAMPLE; O-UCHI GARI.

1. BEAR YOUR WEIGHT INTO YOUR OPPONENT'S SHOULDERS AND SLIDE INTO A SITTING POSITION ALONGSIDE HIM. SLIP YOUR RIGHT ARM AROUND THE BACK OF HIS NECK AND GRIP HIS JUDOGI LAPEL WITH THE BACK OF HIS NECK RESTING ON THE INSIDE OF YOUR RIGHT FORE-ARM. SECURE HIS RIGHT ARM BY LOCKING

HIS FORE-ARM UNDER YOUR LEFT ARM-PIT AND GATHER UP HIS UPPER-RIGHT SLEEVE TIGHTLY IN YOUR LEFT HAND. KEEP YOUR HEAD WELL FORWARD AND LOW. BIG MEN CAN LIE ACROSS THE CHEST MORE SO, BUT EVEN THEN THE CHIN SHOULD BE TUCKED IN TO ONE'S CHEST. THE BIG WEAK POINT OF KESA IS YOUR RIGHT-FRONT AND HE WILL TRY TO BRIDGE AND TWIST YOU OVER HIS LEFT SHOULDER. BE READY TO SLIP YOUR RIGHT HAND OUT AND CREATE A PROP BY STRAIGHTENING YOUR RIGHT ARM-AS IN FIGURE 3. AS SOON AS HE RELAXES THIS BRIDGING ACTION, SHOOT YOUR RIGHT HAND BACK TO THE FORMER GRIP. MAKURA-KESA-GATAME (FIGURE 2) ENSURES THAT HE CANNOT BRIDGE. TO DO THIS, GRIP THE INSIDE OF YOUR RIGHT THIGH LEVERING HIS HEAD UP OFF THE MAT. SIT INTO HIM AT ALL TIMES AND DO NOT ALLOW HIM TO CREATE A GAP BETWEEN YOURS AND YOUR OPPONENT'S HIPS, THIS WOULD ALLOW HIM SPACE IN WHICH TO WRIGGLE FREE. CLAMP YOURSELF ONTO HIM SO THAT IN HIS STRUGGLING HE CARRIES YOUR WEIGHT AND

3. 4. 5. 6. THIS EXHAUSTS HIMSELF. IF HE GETS HIS RIGHT ARM FREE HE WILL TRY TO WEDGE IN UNDER YOUR CHIN AND PUSH YOUR HEAD DOWN TOWARDS HIS WAIST IN ORDER THAT HE CAN HOOK A LEG OVER YOUR HEAD AND BREAK OUT. DO NOT ALLOW HIM TOO MUCH SUCCESS AS HE TRIES TO FORCE YOUR HEAD DOWN-BUT RATHER-GOAD HIM INTO THE NEXT TRAP. JUST AT THE CRUCIAL MOMENT, PLACE THE HEEL OF YOUR HAND ONTO HIS RIGHT ELBOW (FIG 4) AND THEN, FORCE HIS ARM ACROSS HIS OWN FACE AND THEN

SLIDE INTO KATA-GATAME. NOTE: AS IN FIGURE 5 KEEP HEAD CLOSE TO MAT. GRIP AS IN FIG 6. NEVER INTERLOCK OWN FINGERS.

5. 6.

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