



The Bulletin

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The Kano Society

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In this edition - We are publishing an article edited by Malcolm Hodkinson based on a paper by Hirohashi. We also continue to reproduce some of the articles which authors have contributed to the website and follow Kano's journeys with Richard Bowen's piece on the visit to London and the Budokwai.

News - In the last issue we said that we would be providing more services to clubs and the first in line was Dorking Judo Club. We had a very successful session of the newaza presentation featuring Len Hunt with commentary by Larry Ralph. We have quite a collection of video material now and would be happy to arrange showings for clubs. Remember you can buy copies through the website. Sets of Bulletins may also be purchased on CDs.

Regards Diana Birch

Old Injuries in Judo Veterans By Kenji Hirohashi

Old injuries in judo veterans

by Kenji Hirohashi (edited by M Hodkinson)

Editor's note: This edited account is based on a paper published in Japan By Dr Hirohashi, (a consultant orthopaedic physician at Osaka University Department of Health and Sports Medicine who I met whilst visiting Japan in 2006) and his colleagues Drs Ebine, Tomatsu and Uchitani. Dr Hirohashi is a 6th dan and is a close friend of Kisaburo Watanabe

All the competitors aged sixty or over who were planning to attend the 2003 annual All-Japan competition for judoka ranked 5th dan and higher were contacted and questioned by questionnaire. They were asked about the length of time they had practised judo, what chronic injuries they had sustained, how they had been treated and what was their present condition. They were asked to rate how much their chronic injuries affected their

everyday activities or their judo. They were asked only about injuries that had prevented practice for a week or more. Of 380 questionnaires sent, 198 were returned and were offered an examination by doctors and x-rays during their attendance.

Without exception, all these men had had injuries, the average per individual being 3.2. Commonest injuries were those of the knee (22.8% of all injuries), shoulder (20.2%), lower back (10.7%), foot and ankle (10.1%) and elbow (9.6%).

The authors found that x-rays of the participants showed far more osteoarthritis than would be

expected in a sedentary person of the same age even of joints where there was no history of any injury. They suggest that this is due to the heavy use of the joints

Forty-seven percent admitted to their injuries affecting their current judo practice. Nonetheless, they were still determined to take part in the competition. Of the participants, 124 gave explanations of why they continued to practise judo despite their chronic injuries. The commonest reasons given were: ; training as an ascetic exercise for oneself

83%; in order to teach and guide younger judoka 83%; because it would not be good for their health to stop 58%; as a mental and

Reasons for continuing Practice if Judo

An Ascetic exercise	83%
Teaching and Guiding	83%
Good for their health	58%
Mental and physical training	57%
Accustomed part of life	30%
Gain a higher grade	15%.
Other	38%

physical training 57%; because it was a part of their accustomed life 30%; because they hoped to gain a higher dan grade 15%. Other reasons given (37%) included such aspects as maintaining quality of life, seeking for truth and the renaissance of judo.

Perhaps these veterans continued to practise judo despite their injuries because they saw it as a martial art not a mere sport and one which continued to provide them with mental as well as physical training and a sense of achievement. The wish to teach the young and give their support to judo were also prominent among the reasons. It seems that these high grade veterans were motivated by a wish to give back to judo something of that which they themselves had gained from it.



Hirohashi , Watanabe and the Hodkinson' s at the Golden Temple Kyoto

Judo in England - Its Roots and Early History—Richard Bowen

Judo In England - Its Roots and Early History And Some Other Early Matters Richard Bowen

On Saturday, January 26th 1918, The Budokwai opened its doors for the first time. Two days later, on the Monday evening, those training on the mat heard the sound of gunfire - London was still being subjected to the occasional bombing. It was to be many months and many thousands of deaths before the Armistice on November 11th 1918 brought the carnage on the Western Front and elsewhere to an end.

But how did The Budokwai come into existence?

Gunji Koizumi - Early Life

It could hardly be a case of organizational spontaneous generation, so to speak. The story begins many thousands of miles away, in the village of Komatsuka in Ibaraki Province, Japan, in July 1885. There Koizumi Gunji was born, the younger son of a tenant farmer, Koizumi Shukichi (1853-1903) and his wife Katsu (1855-1920). As the younger son there were only two paths open to him: start his own farm, or be adopted into a family without a male heir - a Japanese custom. He liked neither option so, at the age of fifteen, he left home to seek his fortune in Tokyo. He had already embarked on his life-long fascination with the martial arts, having started kendo at school when he was

twelve. Once in Tokyo he enrolled as a trainee telegrapher under a government scheme. It was during this period that he started Tenshin Shinyo Ryu, a leading school of jujutsu. Once qualified as a telegrapher he worked for a while in Tokyo before volunteering to work on the railways in Korea. By now another ambition had arisen, he wanted to study electricity and, in his opinion, the best place to do that was in America. Having little money he decided to work his way to the West in a series of 'hops', which he did via Shanghai, Hong Kong, Singapore, India, arriving in north Wales in 1906. There is no space here to relate the many unusual experiences and adventures he had en route.

Koizumi comes to Britain

He arrived in London on August Bank Holiday 1906 and took a job as a teacher at a jujutsu school in Golden Square, Soho, which had been set up a few years earlier by Uyenishi (Raku). This is the last time he taught jujutsu professionally, for the rest of his life he was a strict amateur. Nine months later, in 1907, he had saved enough to sail for America. Once there, and after several minor jobs, he was employed as an electrician's help at the Newark Public Service Railway Com-pany learning practical electri-



cal engineering, and also attending evening classes and taking a correspondence course. Feeling confident of his ability he returned to London in 1910 and attempted to set up as an electrician in Vauxhall Bridge Road. But to set up a business one needs what he did not have - capital! This caused another change of plan. Seeking an occupation more akin with his artistic leanings, he studied lacquer-work and set up a business based on this. Success followed and within a few years he had thirteen or fourteen people working for him and numbered The Queen Mary and Lord Kitchener among his clients.

By 1917, married and with a thriving business, he felt that he had to make some contribution to help his adopted country

(when asked why he never became British he would give a gentle laugh and, pointing to his face, remark, "The face is wrong!"). The contribution took the form of starting an institute for the study of the martial arts and their related cultural activities. He found and leased two shops in Lower Grosvenor Place, Victoria. As we have seen, the premises opened on January 26th 1918. There was one dojo (training hall) of about twenty feet by twenty feet. The baby Budokwai was solidly democratic, with an elected committee, annual general meetings, a constitution and so on - although these took a little time to establish.

Koizumi was an iron-willed man of the highest probity. He was also a strict democrat insisting on democratic processes being followed, remarking a number of times that otherwise, "Dictators will arise." He foresaw the future accurately! Apart from being responsible for the rent of £130 per annum, he paid his fees along with other members within a day or two of the opening. By the end of the first year the membership amounted to fifty-four, mostly Japanese. The first Englishman to join was O.D. Smith as member number thirty-seven: Yukio Tani was member number fourteen, and W.E. Steers number fifty-two. Steers was to introduce Ernest John Harrison in May 1919; they had been friends in Japan. The first woman member, number sixty, Miss Katherine Cooper-White,



Fukogawa 1902

Judo in England - Its Roots and Early History—Richard Bowen (cont.)



Jigoro Kano, Gunji Koizumi, and others

joined in April 1919. Following terms at the time. It was certainly her lead other women joined not the Kano Ryu of jujutsu, as and within a few years there Kodokan Judo was first named in was a regular women's section. early sources. On his return to Koizumi, as many will attest, London in 1898 Wright set up a had a droll, a very English, School of Arms in Shaftesbury sense of humour; a tax inspec- Avenue where boxing, fencing, tor and member of the Society, wrestling, la savate and, with the related to the writer that for advent of the Tani brothers, ju-many years Kozumi completed jutsu was taught. Indeed, before his Tax Return in Japanese. the Tanis arrived Wright was "There was nothing to stop him already given demonstrations of doing this, so we had to get it what he called Bartitsu. This was translated." While something of actually not much more than Koizumi's personal history has jujutsu with a few special fea-been given, what of the others tures added in. mentioned above who made Soon the Tani brothers were important contributions to the joined by Yamamoto. Apart from teaching at his school, it became obvious that Wright wanted the Japanese to perform on the music halls. Tani's elder brother and Yamamoto disagreed with this and returned to Japan. Shortly after, Wright brought in Uyenishi Japanese usage the surname Sadakazu who, along with Yukio, comes first). Tani (1881-1950) had no objection to appearing on arrived in late 1900 accompa-nied by his brother, brought over the boards. They caused a sensa-tion, taking on all-comers of any by E. W. Barton Wright. Wright, weight and ability and beating who was obsessed all types of them. Within a couple of years fighting, spent three years in both Tani and Uyenishi broke Japan where he learned jujutsu. with Wright who now disappears It is unknown which school he from the story. But all honour attended, but it was probably must be accorded Edward Wil-the Tenshin Shinyo Ryu, the liam Barton Wright (1860-1951) most popular of the older sys-for it was he who introduced

Tani Yukio

The first professional teacher of and returned to Japan. Shortly after, Wright brought in Uyenishi Japanese usage the surname Sadakazu who, along with Yukio, comes first). Tani (1881-1950) had no objection to appearing on arrived in late 1900 accompa-nied by his brother, brought over the boards. They caused a sensa-tion, taking on all-comers of any by E. W. Barton Wright. Wright, weight and ability and beating who was obsessed all types of them. Within a couple of years fighting, spent three years in both Tani and Uyenishi broke Japan where he learned jujutsu. with Wright who now disappears It is unknown which school he from the story. But all honour attended, but it was probably must be accorded Edward Wil-the Tenshin Shinyo Ryu, the liam Barton Wright (1860-1951) most popular of the older sys-for it was he who introduced

jujutsu to Britain and indeed Europe. He died leaving no funds and, without relatives, consequently rests in an un-marked grave in Kingston Cemetery. Perhaps some kindly judo organization will one day erect a suitable memorial.

Following the break with Barton Wright, Tani was taken under the wing of William Bankier. Bankier, whose stage name was Apollo, performed as a strongman. He was what Tani, and indeed Barton Wright, was not - an experienced showman. During the four or five years he and Tani were together they performed in many places around Britain, Apollo doing his strongman act and also assisting Tani in the jujutsu. Apollo dealt with the business side, arranging engagements in theatres and music halls. Eventually the partnership was to split. Many years later, Bankier was to join The Budokwai thus being united with Tani once more. Uyenishi, who used the stage-name Raku, opened the school in Golden Square mentioned earlier. Uyenishi, with the aid of his pupil Nelson, wrote *The Text Book of Ju*

Jutsu as Practised in Japan which was published in 1906. By circa 1908, when Raku left Britain, the school was taken over by William Garrud, another of his pupils. Tani, along with Miyake (there were other Japanese experts around by then, including Ono and Maeda - the latter being the originator of the Gracie jujutsu style), also opened a school, this in Oxford Street, which was to last about two years.

Early in 1906 Tani and Miyake also published a book, *The Game of Ju-Jitsu - for the Use of Schools and Colleges*. It is worth mentioning that Mrs Emily Watt, a pupil of Raku, also wrote a book, *The Fine Art of Jujitsu*, in 1906. A further work was produced by Bankier, *Ju-Jitsu: What It Really Is*, in December 1904, this being based on a series of articles published in the *Apollo Magazine of Health and Strength* and containing many photographs of Tani and Uyenishi. It must be said, that while all the works noted are excellent, those by the Japanese are superior to those of Bankier and Watts. It also has to be said, that all other jujutsu books published in English over these years should be regarded as objects of curiosity and not worthy of serious study.



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The Bulletin



Tap in good time!

By Keni Hirohashi (edited by M Hodkinson)

The case is of a man aged 26, ranked 2nd dan, who had practised judo for 14 years and who was taking part in the US Open Championships. His opponent applied jujigatame to the right arm and he resisted this with his full strength. The result of this was that he tore his right pectoralis major muscle from its attachments to the humerus (long bone of the upper arm). Fortunately he had a good result from surgical repair. Nonetheless, this was a painful and serious injury.

The obvious moral of the story is that, even in the most competitive situations, judoka need to retain a commonsense approach to submission to arm locks



Helio Gracie performs Ude Hishigi Juji Gatame

The Richard Bowen Collection



In 1949, Richard Bowen began judo training in London at the Budokwai, of which became Vice-President. He lived in Japan for four years to deepen his studies. A former British International, he fought in the first ever World Judo Championships in Japan in 1956. He was the author of more than eighty articles. Richard Bowen built up an extensive Judo Library in the course of research for his articles and books, and he kindly donated it to the University of Bath Library. Items in the collection are for reference use only (not available for loan). Items can be viewed between 9am-5pm. If you would like to look at an item from The Richard Bowen Collection, please contact the Subject Librarian, Peter Bradley. +44 1225 384784

A copy of the video 'An Interlude with Richard Bowen' has also been donated to the collection.

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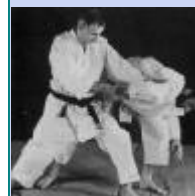
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In preparation—Kimeno Kata



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