



The Bulletin

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The Kano Society

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In this edition - Apologies for the long wait for a new edition of the Bulletin. Hopefully you will enjoy the new articles. Nick Collins has provided some articles on early self defence and Harrison.

News - One of the difficulties of running a website about a traditional subject is that many of the exponents are in the older generation and keeping up interest in the younger players is difficult. Also I find myself commenting on too many obituaries. Lets see some more articles by active judoka! In the last issue we reminded you that 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

Principle of Judo is Like the Nature of Water by Gunji Koizumi

The principle of Judo is like the nature of water. Water flows to a balanced level. It has no shape of its own but molds itself to the receptacle that contains it. Its surge is irresistible and it permeates everything. It has existed and will exist as long as time and space. When heated to the state of steam it is invisible, but has enough power to split the earth itself. When frozen it crystallizes into a mighty rock. Its services are boundless and its uses endless. First it is turbulent like the Niagara Falls, and then calm like a still pond, fearful like a torrent, and refreshing like a spring on a hot day. So is the principle of Judo.

The art of Judo has been commercialized under many colourful labels and

books have been published which, with a few exceptions, are either very much influenced by journalism or are of an elementary nature.

Dr. M. Feldenkrais has made a serious study of the subject, himself attaining Black Belt efficiency. He has studied and analyzed Judo as a scientist in the light of the laws of physics, physiology and psychology, and he reports the results in this book which is enlightening and satisfying to the scientific mind of our age. Such a study has been long awaited and is a very valuable contribution to the fuller understanding and appreciation of the merits of Judo.

Dr. Feldenkrais explains how Judo training educates one to be "independent of

heritage." This phrase is the keynote and hallmark of the standard of his treatise. It is universally recognized that judo practice promotes the sense of balance and self-confidence, cultivates the ability to overcome brute force, inherited weaknesses or shortcomings, but the logical and scientific reasons for these effects were left unexplored. Dr. Feldenkrais, with his learned mind, keen observation and masterly command of words, clarifies the interrelation and the intermingled working of gravitation, body, bones, muscles, nerves, consciousness, subconscious and unconsciousness opens the way for better understanding.

However, a scientific study is by its nature sectional and a matter of conscious knowledge. Readers and students must therefore put the theory into practice, and digest and assimilate it beyond the state of consciousness before they can appreciate the claims or derive the full practical benefit from it. When practicing they should keep in mind the broader and more fundamental aspects of Judo. As an art and a philosophy, the ultimate object of Judo is the attainment of harmonious unity of the opposite in tune with life's realities; in short, unity of Man and God or Nature.

This was the last photo taken of Gunji Koizumi, 2 days before his death on April 15, 1965.

Mr. Koizumi, 8th dan, was responsible for the formation of the British Judo Association and the European Judo Union, which led to the formation of the International Judo Federation.



E.J Harrison - The first British Judo Dan grade



Historian of Esoteric self-defence systems and thirty years a Judoka, Nick Collins profiles Ernest Harrison - Britain's first Judo Black belt.

Sensei translated from the Japanese literally means 'has gone before' a description that fits E.J. Harrison Britain's first Judo blackbelt. He was also an adventurer, journalist, japanes scholar, soldier, diplomat. Linguist and wrestler.

Ernest John Harrison was born in Manchester on august 22nd 1873. After his parents divorced, the young Ernest's time was divided between Yorkshire and Lancashire where he developed his skills as a writer linguist and a keen exponent of the ancient (and violent) arts of Lancashire and Cumberland wrestling.

He departed England for Vancouver, british Columbia in march 1893 to work as a newspaper reporter soon moving to a small mining town called Nanaimo. For some reason this town had more than its fair share of wrestlers. They trained at the town's athletic club mainly in catch-as-catch-can. Since his native Lancashire form was the basis for 'catch' , Ernest quickly became a man to beat.

However in 1897 his adventurous spirit found him in Yokohama, Japan, working as a reporter on an English Language newspaper. Not long after his arrival, an altercation with a Japanese policeman caused him to make enquiries regarding Jiu-Jitsu.

With the help of the newspaper's translator, Harrison joined the local Tenshin Shinyo-Ryu which was run by Hagiwara Ryoshinsai who became his sensei and friend. But training was not without some pain...

'At the outset I sustained numerous nasty falls. A cracked collar bone one stage of the proceedings put me out of action for several months.

However his determination paid off and he gained his Shodan (1st Dan) in this system despite being a target for "every disciple with blood in his eye and a mad desire to feel what it was like to hurl a foreign devil through the air"



E.J Harrison was the first British Judo Dan grade and mixed with the highest echelons of judo— here he is pictured with Gunji Koizumi and Yukio Tani was also present on this occasion.

He had a reputation for 'hardness' and his style drew controversy, split the judo world and was heavily criticised by some factions. Nevertheless he was an outstanding fighter and a Judo pioneer.

E.J. Harrison - by Nick Collins



In between being the only foreigner practicing Jiu-Jitsu in Yokohama and being the only living reporter for his newspaper, he found time to learn Japanese, study calligraphy and generally accept the people and culture. Some thing he was able to do through that was he regardless of the country he was in. In fact he spoke Japanese, Lithuanian, Russian, Polish, French, German (not too good) and Spanish (also).

In 1904 he moved to Tokyo where he joined the Kodokan, the principle dojo and headquarters for Judo. He had to start at the beginning again. "Had to unlearn a good many bad habits engendered by the practice of relying on too much upon brute strength in preference to skill." Again his preformance resulted in the award of Shodan. The first Briton to do so - in fact the first Briton to be awarded Shodan in two systems, Judo and Tenjin Shinyu Ryu.

The next fifteen years were quite eventful for Harrison - besides his daily Judo training his reporting and language skills found him travelling to China, Korea and Siberia. During World War One he was commissioned as a 2nd lieutenant in the British Army and served in Military Intelligence. He served in France and then Russia (there are rumours he was in on the plot to kill Rasputin) and upon demobilisation became a vice-consul in Lithuania.

In late 1919 Harrison returned to England, joined the Butokwai Judo Club in London, and worked as a linguist and translator. He even found time to get married and raise a daughter.

So what was Harrison like? By all accounts he was a laid back, A friend of his said, "I

believe (Harrison) was the world's champion knock-down-drag-out fighter. I know he would have made any professional pugilist, Chicago brawler... look like little girl babies. When (Harrison) needed practice he went looking for trouble."

He certainly looks hard. Two photos of him, one as a young man and another in late middle age, show an aggressive, determined and fit individual. He was 5ft 6in tall and felt the mado-ten-ten was suitable. This may be why he was drawn to combat.

He balanced the practical with the theoretical. He wrote twenty-two books on Judo, Wrestling, Karate and other subjects. His Fighting Spirit of Japan, published in 1912, is a classic on the Japanese fighting arts and culture.

In chapter three of Fighting Spirit... Harrison makes his own observations regarding Judo. He states that, although Judo's emphasis is on skill, strength cannot be ignored. "No modern Judo teacher decries strength... it is almost certain to turn the scale in favour of the possessor... A knowledge of Judo enables the student

to distinguish between the right and wrong use of strength."

He felt that finding the balance between strength and knowing WHEN to apply it was the hardest lesson of all. He said that he had a tendency to use "sheer beef," as he called it during his early days.

Harrison also discussed when NOT to use Judo! In a later book, The Manual of Judo, published in 1952, he cites the case of a Japanese policeman demonstrating an arm lock against a punch. "The Japanese policeman went down for the count..."

In 1959 Harrison wrote The Manual of Aikate. He was 86 and had no experience of Karate yet his publishers and the Society for the Study of Japanese Karate in Tokyo felt he was the right man for the job. The book was well received and, by all accounts, helped in some way toward introducing Karate to the British public.

E.J. Harrison passed away in March 1961 aged 88. He had paved the way for many of his countrymen to travel to Japan to study Judo and other martial arts. He was a scholar and a teacher but, above all, he was a fighter.

NICK COLLINS

ABOUT THE AUTHOR: Nick Collins has been training in Judo for over 30 years and holds a 3rd Dan and is also a BJJ qualified Club Coach. He teaches at Southend Judo Club in Essex. In addition he is a qualified instructor with American Cardiofitness and also studied under his late Uncle, Peter Robins, in Father's methods.

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The Bulletin



BBC TV Film on Martial Arts in the UK

We have been contacted by the producer of some BBC programmes on Martial arts and some historical items are going to be aired in the next month or two including an interview with Syd Hoare on the history of judo and some of our footage about Sarah Mayer. There may also be some of Koizumi's DVD and parts of Dickie Bowen and Alan Zipeure. Watch out for the series.

Sad Loss

Friends and acquaintances of **Iris Fryatt** (nee **Dehnel**) will be sad to hear that we have just been informed that Iris Dehnel (one of the first women to become 2nd Dan in England) who practised at the Budokwai in the 1950s, 60s and 70s, died aged 92 on 15th December 2011. She married late in life and became Mrs George Fryatt, although most Budokwai members would only have known her as Iris Dehnel.

Hazel Lister who informed us - would be grateful if you could pass on this information to anyone whom you think may have known Iris.



Gunji Koizumi demonstrating with Iris Dehnel, 2nd Dan 1955.

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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An Englishwoman in Japan - Sarah Meyer and Ichiro

Hatta - Based on letters to Gunji Koizumi - 15 mins -

£10 donation plus p&p

Budokwai advert 90 secs clip £3 donation

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Len Hunt - Judo Newaza Legend VHS or DVD 35mins

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(Proceeds of sales to charity)

In preparation—Kimeno Kata



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