



The Bulletin

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The Kano Society

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In this edition - Brian Watson has sent us a contribution from Japan. Nick Collins continues his articles on early self defence and Harrison.

News - As I mentioned before, 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! Again 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

An Introduction to the Life of Jigoro Kano

By Brian Watson

Jigoro Kano cared passionately about the advancement of education and the improvement of society. Even today his teachings still influence thousands of Japanese. One method he used to promote his objectives was by means of sport, particularly judo, which he was eager to teach to both Japanese and foreigners.

For example, when a judo student first tries, say harai-goshi, he has little control over his opponent or over his own balance, he flops to the mat - a hopeless failure. His instructor walks over, shows him the basic technique and says: 'Do 50 uchikomi (repetitions)

at the end of daily training sessions' and walks away.

If the student is keen, he'll do 50 repetitions daily. After one month, most likely he will have improved somewhat, but still he can't throw anybody. After one year he will occasionally throw his fellow training partners, but after two years he may well win a championship medal.

That example from his judo training should teach the student the importance of perseverance and that such an attitude can help him to achieve in other activities he may attempt throughout life. Say he wants to learn to play the piano.

The first time he reads the sheet music he hits wrong notes, but if he remembers his daily judo uchikomi practice sessions, after one year he can hit all the correct keys and after two years he is able to play without the need for sheet music, the music has become part of him.

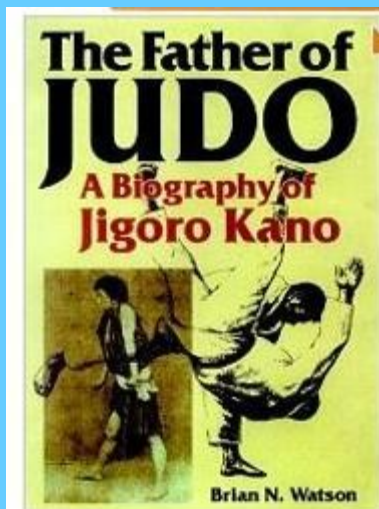
In the West we concentrate on the teaching of technique in

cultural pursuits and not much else. Kano also concentrated on teaching technique, but even more he concentrated on developing in his students an indomitable spirit, one that can help the student achieve in life, which hopefully will result in his making a useful contribution to the advancement of society.

In order to inform readers about Kano, I have published two books: (*The Father of Judo*, Kodansha International, 2000) and (*Judo Memoirs of Jigoro Kano*, Trafford Publishing, 2008)

Brian N. Watson
February 21, 2012

Brian N. Watson was born in Middlesbrough, England, in 1942. He trained in judo at the Renshuden and the Budokwai in London, gaining a 2nd dan, and later at Chuo University, Tokyo. He was formerly a Special Research Student at the Kodokan, Tokyo, where he gained a 4th dan. A university lecturer and translator, he is English correspondent for the Imperial Hotel, Tokyo, and is married with two daughters.



The Judo Self Defence Katas - by Nick Collins

Judo is more than a competitive sport comprising throws, holds, locks and strangles. Its founder, Jigoro Kano, also saw it as a means of self defence. He outlined his idea on self defence in katas.

The aim of this article is to offer a glimpse of what they were and their effectiveness.

Judo, like karate, has katas or 'pre-arranged movements that teach the fundamentals of attack and defence. Unlike karate though, these katas require two participants.

Kano developed Judo and his ideas on self defence during the late 19th century. He was a qualified instructor in two traditional schools of jiu-jitsu - Tenshin Shinyo, which emphasised strangles and holds, and Kito Ryu which concentrated on throws and Kata. Both schools also had atemi (strikes) in their repertoires.

Kano created seven katas, of which the fourth, kime-No-Kata dealt with bare hand and weapon attacks from standing and seated positions in twenty movements.

A lot of Jiu-jitsu and Aiki-style systems, looked at when a warrior was at his most vulnerable—seated and / or when he did not have access to his sword. Although judo was a modern system for a modern age, Kano never forgot its traditional roots. The other six katas demonstrate aspects of Judo such as balance, control, suppleness etc.

In 1956 a working group of some of the top judoka at the kodokan designed a modern kata called goshin Jitsu or self defence kata.

The driving force Behind the Goshin Jitsu was Kenji Tomiki who not only studied judo under Kano but Aikido under O Sensei, Morihei Ueshiba. He went on to develop the popular Tomiki Aikido system.

The Goshin jitsu consists of 21 movements divided into two unarmed sets (Toshu No B U) and three armed sets (Buki No BU) The first unarmed set deals with close attacks and the second defending against hand and foot attacks. The armed sets deal with three attacks with sticks, three with knives and three with guns. It is worth noting that the knife and gun attacks begin with the weapon concealed demonstrating the ambush aspect of such attacks.

Both the Kame-no-Kata and the Goshin Jitsu incorporate atemi with throw and locks. Target areas are head face throat and neck and groin—areas that are prohibited in conventional Judo training and can result in serious injury or death. This is possibly why Kano separated it from normal judo training.

Two techniques are shown opposite -

Defence against a Punch to the head - by Nick Collins

01. John's hands are up in front of his face ready to deflect.

02. As I move forward, John steps left, out of my punch's path and moves forward past it.

03. His right arm swings up in a 'clothes line' move and clamps my neck hard

04. John's momentum allows him to execute osoto-gari or major outer reap and I hit the floor hard and then at quarter speed, 'I have to say that they hurt!'



In the punch defence, John's 'clothesline arm' jarred my neck and the following osoto-gari felt more powerful. Normally my balance would be broken by manipulation of my jacket. If it had been a street encounter I feel that my head would have struck the ground first.

The pain I felt in trying to stab John came from my own momentum. In my attempt I ran the risk of running my nose into John's fist while his following circular movement with his left arm (again) jarred my neck and my knife arm was almost hyper-extended.

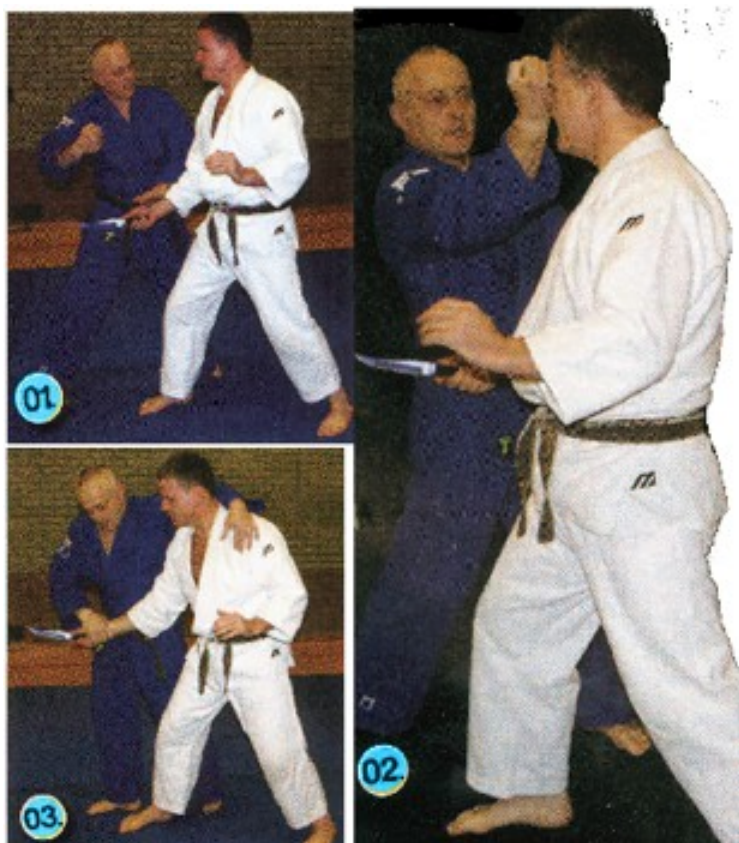
Defence against a Knife to the Abdomen

01. as I come forward, John steps sideways and forwards past the knife

02. at the same time, John's right fist (almost) connects with my nose while his left deflects my knife.

03. my forward movement coinciding with John's has meant that he is now behind me and in a position to control both my knife arm and head

04. resulting in a jarred neck and hyper-extended arm.





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The Bulletin



Unusual Martial Arts in the UK

Nick Collins won the under 80k over 46 years category of the London International Kurash championship



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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In preparation—Kimeno Kata



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