

## Judo Club



Mr. Dodd

1951-52



If anyone looked into the Domestic Science Room at 4-15pm on Fridays they would see a scene resembling a battleground. Several people would be rolling about on the floor, joyfully practising a new hold with Mr. Dodd giving them a helping hand, for the Judo Club, would be holding its weekly meeting and the few, but keen, members would be practising this ancient Japanese art of Judo. After much practice we can now use various arm-locks, leg-locks and hip and waist-throws, but no-one has yet managed to throw Mr. Dodd whom we would all like to thank for the time he has spent with us and for his coaching. We all enjoy it and hope he will continue the Club next year.

Peter Fisher, 5C

1953-54



We now have a club roll of eight judoka, of whom two are in their second year. We began the year with rather more but some members found that they could not stand the strain and left halfway through the Christmas Term. We began the course with breakfalls and progressed through the simple throws, holds and releases to the more difficult ones which we are now doing. Recently we received two instructional charts, dealing with throws and groundwork, which should be of great value in the future.

Alan Buckroyd, L6S

1954-55



The Judo Club has had a fairly successful year, with many of the members exhibiting quite a lot of skill by the time we were halfway through the course. We began with the different judo postures and the ways of breaking an opponent's balance. From there we progressed to releases, upright and on the ground, and then on to groundwork. (Under this last heading are grouped such things as immobilisations and straight holds). Finally, the students were taught throws. A new feature introduced this year has been a five-minute free-for-all at the end of some lessons. In these periods, members tried to become familiar with the techniques and principles they had been taught. This was found to be an admirable way of expending surplus energy. The attendance at the club was quite good at the beginning of the year, with about 10 of the 12 members attending regularly. Then, halfway through the Easter Term, the attendance dropped off. This is not fair to the regular members of the Club or to Mr. Dodd, our instructor, to whom we all extend sincere thanks for the time he has spent.

Alan Buckroyd, U6S

1955-56



The keenness and skill of our Judo Students seem to improve with the years: the Autumn Term began with a dozen really keen lads and continued thus until Christmas. The second half of the course, which usually takes about six weeks of the Spring Term to complete, received a serious setback with the indisposition of Mr. Dodd, and in fact only one throwing lesson has been possible, this being poorly attended. Nevertheless, the interest displayed in the first half of the course seems to have remained: eight members of the School Club attended the first annual display of the Barnsley Judo Club, who gave splendid entertainment to a large audience in Barnsley Baths Hall. Interest was greatly strengthened by the superbly skilful exhibition and I am sure that the hints we obtained there will be invaluable in future training. This year's members would like to state their appreciation of Mr. Dodd's guiding and unsteady influence.

By the way, do you know what Judo really is? If not, here is the answer: Judo is the scientific study of the body mechanism and the most effective way of applying this knowledge. Although this is the technical definition of the art, Judo has attained its popularity as a means of attack and defence in mortal combat, and is becoming widely known as a competitive sport. In this respect, Judo has the advantage over other "fighting" sports (e.g. Boxing and Wrestling) in that an above-average physique is not a necessity for success. In Judo, throwing is not attempted until an opponent's balance has been broken. Consequently, the actual throw needs very little effort. To show this, balance on your toes and gradually lean more and more forward. Notice, when you are on the point of toppling, how little extra effort is required fully to destroy your balance. You have to shoot your foot out in front of you in order not to fall. All the Judo thrower needs to do is put his hand or leg in the way of your advancing leg, and down you go on the floor. Actually, in contest, the difficulty is in destroying the opponent's balance; after that, the throw is comparatively easily performed.

Judo began in Japan where martial arts and feudal sports were practised, 20 centuries (now 21) ago. These arts are said to have been originally used by Japanese gods, who used them to subdue the people. As practised in mortal combat by the Japanese, the arts include Ju-jitsu which, in its elements was, and is, a method of disabling and sometimes killing an opponent. During the last century or two, many of the arts fell into disrepute. As a result the general physique of the Japanese worsened. At the end of the 19th century an educationalist, Dr. Jigoro Kano, noticed this and decided to do something about it. He studied all the martial arts that remained, collected together all the best techniques, rejecting all the dangerous methods, and gave the collection the name of JUDO, which literally means "the principal of giving way". In 1882 he founded the Kodokan, a school in Tokyo for the study of the art. Immediate success was apparent, and as a result, there are many clubs throughout the world affiliated to the Kodokan.

The study of Judo enables people of poor or average physique to hold their own against physically stronger opponents, providing they are organically sound. Skill means everything, and in contest the more skilful person should always win, regardless of physical strength. So we see that Judo is a sport with much to commend it. Judo training will not confer bulging muscles but a sound all-round development of mental and physical faculties to an advanced level.

Alan Buckroyd, U6S (Price)

1956-57



This year has been a fairly successful one, and whenever Mr. Dodd was free on Friday nights, 10 or 12 members would be seen in Room 9, practising breakfalls and generally loosening up. Hold-downs, come-alongs and groundwork were learned first, but as the younger members became more proficient in breakfalling, some throws were learnt. Interest usually grows at this time, but as we could not have meetings every Friday, our numbers dropped. However, our few faithfuls were very enthusiastic and some throws were efficiently practised. The word "Judo" is made up of two Japanese words, 'Ju' meaning 'gentle' or 'to give way' and 'do' meaning 'way' or 'principle'. Thus Judo is "the principle of giving way", or submitting to your opponent's pull or push, and getting him off-balance by pushing the same way. Once he is off-balance he is at your mercy, and a throw is easily effected. A visit to the Annual Exhibition at Barnsley is again planned and this year G. Hiozumi, Black Belt Dan, and the founder of the British Judo Association and highest Judoka outside Japan, is appearing, so we are all looking forward to an exceptionally interesting evening.

All the members extend their thanks to Mr. Dodd for his unwaning support and enthusiasm. Enthusiasm! - "You'll never strangle him like that, let me show you!" - Don't I wish I'd passed GCE in French.

Edwin Hambleton, L6S (Price)