



The Kano Society Bulletin



Issue No. 60

April 2024

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In This Edition

The lead article in this *Bulletin* is by first time contributor Dr Andrew Yiannakis who explores the major attributes of traditional (and traditionally based) *jujutsu* systems. This issue also features the second instalment in a series of articles by Stephanie Leigh, profiling notable personalities in British *judo*. Another newcomer to our contributors' list, Russ Ebert, provides a succinct outline of *Kito-ryu koryu jujutsu* as it is manifested within the framework of *Kodokan Judo*. Finally, John Bowen, a regular contributor, presents an article featuring John James Knonsheil, a longstanding instructor at the Cambridge University *Judo* Club.

Editor's Comments

I'm pleased to present the latest issue of *The Bulletin*, featuring content I hope you'll find interesting. The Kano Society also congratulates Nicola Fairbrother on her promotion to 8th *dan* by the International *Judo* Federation. Thanks to John Bowen for proofreading this *Bulletin*. Any errors are solely my own.

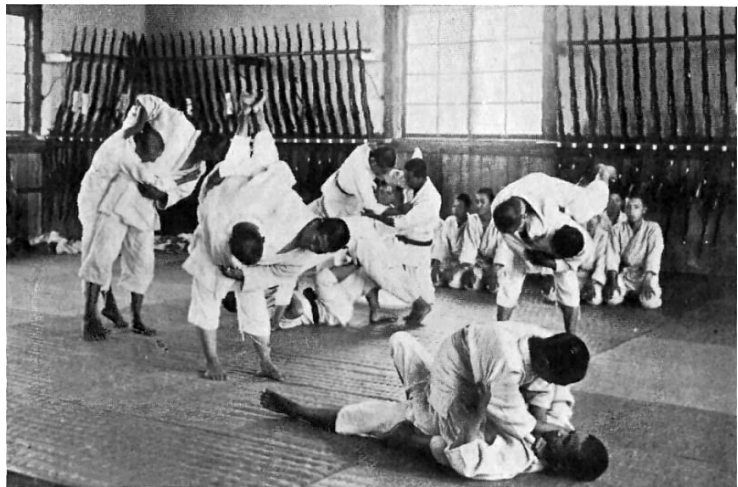
Contributions

The backbone of the Kano Society's activities is this on-line publication. We welcome contributions in the form of articles or photographs *etc.* to *The Bulletin*.

Dr Llyr Jones

Major Attributes of Traditional (and Traditionally Based) *Jujutsu* Systems – A Brief Overview

Andrew Yiannakis



Jujutsu training at an agricultural school in Japan around 1920

Major features of traditional, or traditionally based, *jujutsu* systems include:

1. The use of Japanese terminology in the *dojo* [training hall].
2. The use of traditional Ways and Practices (for example, etiquette, attire, and protocols) in the *dojo*.
3. The study and practice of *jujutsu* as a combat art, which includes both offensive and defensive techniques, strategies, and tactics.
4. The inclusion of talks and lectures in the *dojo* that speak to principles, history, philosophy, and the like. In traditional systems that stress the *budo* [martial way] aspects of the art this is considered quite normal, and the theoretical aspects, including discussions about both values, history and principles are expected. A big proponent of this approach was Jigoro Kano-*shihan*, the founder of *Kodokan Judo*.
5. The wearing of proper attire on the mat. This may include (in some systems) a *hakama* [traditional Japanese garment] where appropriate, and the avoidance of numerous patches that serve to advertise commercial interests and organisations (a system patch and a patch denoting a teaching award/licence are acceptable). For men the wearing of a shirt under the *keikogi* [training uniform] is generally not acceptable while on the mat. This is a highly visible differentiating characteristic between genuine Japanese, and Japanese based, systems and their various Western *jujitsu/jiu jitsu* manifestations – note spelling.
6. The application of the highest levels of hygiene practices, and the wearing of *zori* [sandals] from the changing room to the edge of the *tatami* [mat area] are a major requirement in traditional systems.

7. In traditional systems the correct spelling is *jujutsu*. This is based on the Romanisation of the Japanese language (Romaji), the system adopted by all Japanese martial arts including *jujutsu*, *judo*, *aikido*, *ninjutsu*, *bujutsu*, *karate*, *jojutsu* and *kenjutsu*, among others. In Romaji “*jutsu*” means art or craft. “*Jitsu*” actually means reality or truth. Therefore, a system that claims to be Japanese-based (or authentic Japanese) and spells its art as *jujitsu*, or *jiu-jitsu* is to be considered suspect and is clearly not a genuine Japanese-based art.
8. In traditional systems, while sparring is strongly encouraged in training, competition for medals and trophies is not. Combat systems do not adapt well to competition rules, and training for competition must, of necessity, focus on teaching only those techniques that are legal and safe in such a context. Consequently, in “*Sport Jujitsu/Jiu Jitsu*”, for example, combat techniques are rarely taught and as a result these often wither away and die. A case in point is modern (organised) tournament *judo*, which appears to have distanced itself from traditional *judo*, and is most certainly not the comprehensive system Kano intended it to be.
9. *Kata* [forms] are an essential component of all traditional systems. *Kata* introduces and reinforces the application of key principles and, as such, it is an essential aspect in teaching offense and defence safely. *Kata*, however, is only a starting point because effective self-defence and combat training require much more. See item 10 below.
10. *Bunkai* [fighting applications]. To truly prepare students for both offense and defence, instructors initially employ *kata* as a foundation, before moving into fighting applications, under more realistic conditions. This is where the real training for combat and self-defence begin to take shape. Fighting applications build on most of the principles found in *kata* and apply these in fighting/self-defence contexts under realistic conditions.
11. The teaching of traditional *jujutsu* as an “internal art” is grounded in several key principles that include:
- The activation and application of internal energy – *ki*.
 - The use of deception – *damashi*.
 - The use of improvisation on the fly – *sokkyo*.
 - The application of multiple internal and external sources of energy – *shuchu ryoku*.
 - The joining of own energy with that of the assailant – *aiki*.
 - The development and application of breath power – as in *kiiai*.
 - The development of a strong spirit – *shin* – among others.
- control, and ease, and not with muscle, strength and force!
12. Traditional *jujutsu* systems, in addition to stressing both offense and defence, also serve as vehicles for character development, and for the acquisition of broader goals that focus on mutual welfare and benefit. Thus, as *budo* systems, they are also about the perfection of character, the development of social responsibility, loyalty, honour, self-control, and personal empowerment, among others.
13. Traditional *jujutsu* systems are mostly an outgrowth of earlier systems (mostly *bujutsu* systems that focused exclusively on battlefield combat skills) from both the Early Classical Period (circa 900-1602), and the Late Classical Period (circa 1603-1868). However, evidence of the transition to *budo jujutsu* can be seen as early as 1860, if not slightly earlier, so it safe to assign the date of the emergence of traditional *jujutsu* systems to about this time (late 1850 or early 1860, that is). Also, it can be asserted with some degree of confidence that by about 1930 (give or take), traditional *budo*-style *jujutsu* systems had established a secure foothold in Japan, and even began to spread *jujutsu* as a *budo* art beyond the shores of Japan.

Of note is the fact that by 1880 Jigoro Kano’s early *judo* (founded in 1882), and Morihei Ueshiba’s *aikido* (developed mostly from *Daito-ryu Aiki-jujutsu* in the early 1920s) were among the first Japanese arts to reflect such a transition from *bujutsu* to *budo*, and the incorporation of key internal principles.

Both educational and political considerations made such a shift a necessity during this period, and systems that accomplished this transition successfully were able to survive and grow. However, many *koryu bujutsu* [old school combat arts] systems failed to adapt and either faded away or continued to limp along in small family dojos around Japan.

About the Author

Dr Andrew Yiannakis is Professor Emeritus at the University of Connecticut. He holds a 9th *dan* in *jujutsu* (USJJF) and a 6th *dan* in *judo*. He is also an inducted member of USA *Jujutsu* Hall of Fame.

Andrew is the author of *JUUJUTSU: Traditions, Ways & Modern Practices*, and the founder of the Institute of Traditional Martial Arts, Albuquerque, New Mexico.



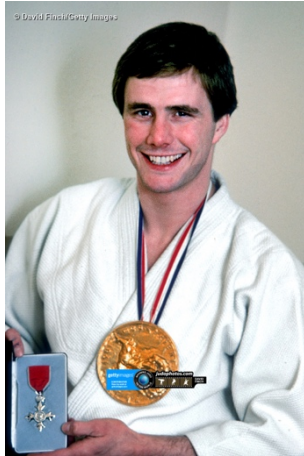
Andrew Yiannakis

Thus, when we teach by such principles we avoid the excessive use of strength, muscle, and force. These are viewed as undesirable attributes which are often found in external systems. The ultimate goal in *jujutsu* is to execute technique with fluency, timing, coordination,

Celebrating British *Judo* Personalities – Part II

Stephanie Leigh

Neil Adams MBE



Neil Adams

Neil Adams was Great Britain's (GBR) first male World Champion (1981) and is a double Olympic silver medallist (Moscow 1980 and Los Angeles 1984). He also won a World bronze in 1979, silver in 1983 and bronze in 1985. Multiple European Championship medals, British and other national Open medals, multiple times British Champion – too many other titles to list. Now a 9th dan Neil is still very active in all aspects of *judo* at the international level.

Diane Bell



Diane Bell

Diane Bell was a five times senior World medallist and twice World Champion (1986 and 1987). She took a gold medal at the 1988 Seoul Olympics where women's *judo* was a demonstration event and won three European senior titles. Diane won a total of 11 European medals, and in 1986 she was simultaneously World and European Champion.

Rowena Birch



Rowena Birch

Rowena Birch (née Sweatman) won bronze in the 1986 Commonwealth Games. She was twice British Champion and a double European medallist, winning gold in 1994, and bronze in 1995. In 1996, Rowena represented GBR at the Summer Olympics in Atlanta. She married fellow Olympian and European Champion Ryan Birch. Currently Rowena is the President of the British *Judo* Association (BJA).

Ryan Birch



Ryan Birch

Ryan Birch was a double Olympian, representing GBR at Barcelona (1992) and Atlanta. He was a double British Champion and a European Champion (1994). Ryan married Rowena Sweatman, also a British International and European Champion and they had two children. When Ryan retired from his competitive *judo* career, he became a commercial airline pilot. Ryan was tragically killed in a car accident in the Bahamas in 2013. He was 43 years old.

Jane Bridge



Jane Bridge

Jane Bridge was GBR's first World Champion (1980) winning a gold medal at the inaugural women's 1980 World Judo Championships in New York. She was a three-time European Champion (1976, 1978 and 1980) and a three-time British champion (1976, 1977, 1982). Jane moved to France and was for a time a bodyguard to Sylvester Stallone and Alain Delon, despite her 48kg stature. From 1993 to 1997 she coached the British women's *judo* team. Jane has previously been a Vice President of the European *Judo* Union (EJU) and is currently an 8th *dan*.

Karen Briggs MBE



Karen Briggs

Karen Briggs was four times World Champion (1982, 1984, 1986, 1989) plus a silver (1991). She was a five-time European Champion between 1982 and 1987 as well as winning three European silvers and two bronzes. Numerous other titles including Commonwealth Gold for England in Auckland in 1990, five Japanese Open golds, and a *Tournoi De Paris* gold medal. Karen was known for her grit and steely determination, continuing to fight whilst seriously injured and returning to international *judo* after a very serious leg break. Karen is presently an 8th *dan*.

Karina Bryant



Karina Bryant

Karina Bryant represented GBR at four successive Olympic Games between 2000 and 2012, winning a bronze in 2012 in London. She won seven senior European medals including four golds and seven senior World medals including seven silvers. As a junior she was twice World Champion and once European Champion. She won a multitude of other accolades during a long career.

Ellen Cobb



Ellen Cobb

Ellen Cobb was an England and GBR international competitor and team captain of the England and GBR Women's Teams. She was a triple European medallist and won medals in seven European Nation Opens. Ellen was British Open Champion in 1971, 1975 and 1976, won four other British Open medals and was British Champion in 1977. In 1972 Ellen was the first British woman to win a gold medal in international competition (in Belgrade) and in 1976 she became the oldest female medal winner in the European Championships at the age of 35. Later, Ellen was the Young Women's Squad Manager, Southern Area Ladies' Squad Manager and ran Guildford *Judo* Club. She was also a British

kata champion. Ellen was a dedicated BJA volunteer – a Senior Coach, Senior Examiner, Referee and Tournament Controller, with qualifications up to international level. She was a fearsome manager of events at Crystal Palace, and many remember her there in charge of the weigh-in, and the sound of her voice booming across the public-address system. Ellen is now in her eighties, and an 8th *dan*. She is an accomplished practitioner of complementary therapies, especially the Bowen Technique and lives, and has her clinic, in Farnborough, Hampshire.

John Cornish



John Cornish
[Source: Diana Birch]

John Cornish was born in 1928 and started *judo* when he was in his early twenties at The *Budokwai* under Trevor Leggett. He studied extremely hard before heading to Japan – learning the language and practicing *judo* and *aikido* devotedly. When he enrolled at the *Kodokan* he was already a *judo* 1st *dan* and he attained 2nd, 3rd, and 4th *dan* during the years he was there. As a 1st *dan* he was already a well-respected practitioner of *kata* and he continued to learn and practice this aspect of *judo* in Japan where he became skilled enough to demonstrate at the All-Japan Championships twice, the All-Japan Police Championships and at the Tokyo Olympics in 1964 (being *Uke* to Donn Draeger's *Tori* in *Nage-no-kata*) in front of the Crown Prince of Japan. It was a real honour for non-Japanese *judoka* to be selected in this way. John spoke an extremely high level of Japanese and met his wife Setsuko Kuga at the language academy where she worked. When John returned to the United Kingdom (UK) after the Olympics, he coached *judo*, especially *kata*, and *aikido* at The *Budokwai* for over 40 years as well as running *kata* and technical courses all over the country and beyond. He was for some years an Honorary National Coach (responsible for *kata*) for the BJA and wrote numerous articles on *kata* and other topics. He was a BJA *Kata* Examiner and a *Kata* Judge, and his book on *Kodokan Goshinjutsu* remains a valuable English language resource on this *kata*. John was a calm, kind, and thoughtful person both on and off the mat, and incredibly interesting to chat to because he knew about unusual subjects as diverse as Japanese flower arranging or the life cycle of the newt. John retired from teaching in 2010 and died in 2018. He held the *judo* grade of 7th *dan*.

Billy Cusack



Billy Cusack

Billy Cusack was six times British Champion (between 1988 and 1994), won multiple international medals including the US Open gold and represented GBR at the 1992 Olympics. Since retiring from international competition, he has reached world renown as a coach. Billy has been involved as either a personal, Scottish or GBR Coach over the last seven Olympic Games. He set up the first full time Scottish *judo* training centre in the early 1990s, attracting *judoka* from across the UK and overseas. Following the World Championships in 1999, when Billy coached Graeme Randall to win a gold medal, he was presented with the Coach of the Year Award and the Mussabini Medal for “coaches of athletes who have achieved outstanding success on the world stage”. Billy has gone on to coach *judoka* such as Sally Conway and Sarah Clark at British, European and World Championships and Commonwealth and Olympic Games. He is currently Director of Coaching at Edinburgh *Judo* and still involved in the club's grassroots activities. Billy received his 7th *dan* in 2016 and his Master Coach Award from the International *Judo* Federation (IJF) in 2022.

Loretta Doyle



Loretta Doyle

Loretta Doyle won a bronze medal at the inaugural Women’s World Championships in 1980 and became World Champion in 1982. She was twice European Champion (1983 and 1992) and also won three silver and two bronze European medals. Loretta also took gold in the Commonwealth Games in Auckland, fighting for Scotland. She has spent the last 20+ years living in Scotland and has held many prestigious positions within *judo* – both as a coach and as an elected (by the club membership) Director of the BJA. An 8th dan, Loretta has been a member of the IJF Coaching and Education Commission, and a Member of the EJU. Her voice is now familiar to a lot of us as she commentates for the IJF and EJU Live Stream Teams. Loretta has additionally established “The Loretta Doyle Judo Foundation” with the charitable aim of inclusively embracing individuals into the *judo* community who might otherwise face exclusion and achieving this without any financial burden on the individual.

Nicola Fairbrother MBE



Nicola Fairbrother

Nicola Fairbrother won Olympic silver in Barcelona and was World and European Champion simultaneously in 1993. She won one junior and three senior European titles (plus a

senior silver and a bronze) and a World bronze in 1991. Nicola recently qualified as a chef, taking her diploma at Leith’s School of Food and Wine, in London, after which she staged at various Michelin star restaurants – working alongside some of the best chefs in the world. Nowadays she produces the *Olympian Kitchen*, a healthy-eating focused newsletter dedicated to discovering ingredients, improving cooking skills, and understanding nutrition, as well as the *Koka Kids* range of junior *judo* publications. Nicola was promoted to 8th dan in December 2023.

Craig Fallon



Craig Fallon

Craig Fallon was one of only two British male *judoka* to simultaneously hold World (2005) and European (2006) senior Championship titles (the other is Neil Adams) and remains only the third British male to hold a world senior title (alongside Adams and Graeme Randall). He held many other titles in his illustrious *judo* career. Craig’s life was tragically cut short on 15 July 2019 – he was 36 years old.

Gemma Gibbons

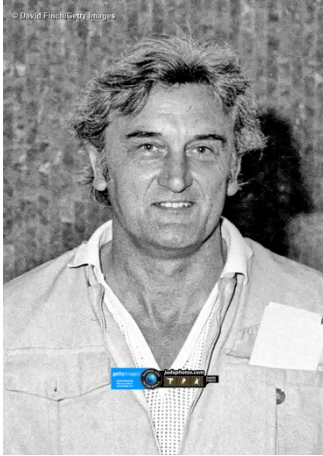


Gemma Gibbons

At London’s 2012 Olympic Games, Gemma Gibbons was ranked 42nd in the world. She went on to win the silver medal, losing to the USA’s Kayla Harrison in the final and

winning the hearts of everyone watching. After the Games she went on to win six Grand Prix medals including two golds. She later married fellow GBR international Euan Burton.

Geof Gleeson



Geof Gleeson

Geof Gleeson was born in 1927 and started *judo* at Ealing Youth *Judokwai* in 1948. He went to Japan and was a special research student at the *Kodokan* from 1952-1955. When Geof returned from Japan he was appointed chief instructor at The *Budokwai* and two years later he captained the British team that won the European Team Championships. He was twice an individual European medallist. He served on the executive committee of the BJA and in 1963 he was appointed to a paid position and served as the National Coach until he was dismissed in 1974. He went to an industrial tribunal and his dismissal triggered an EGM (Emergency General Meeting) where a vote decided not to consider his re-employment. Geof's approach to *judo* coaching was divisive, and there are as many articles damning his methods as there are singing his praises. Trevor Leggett was Geof's mentor, however, as they grew older, their philosophical paths diverged. Ken Webber, John Gowland and Don Werner are examples of successful *judoka* and coaches who attributed their success to Geof. After his dismissal by the BJA he continued to write articles for the (orange) magazine, *Judo*, and he wrote several books including *Judo for the West* and *The Anatomy of Judo*. Geof's teaching methods and ideas on coaching may not have garnered universal approval, but without doubt he left a huge footprint on the British *judo* landscape and his books still enjoy some demand. As well as *judo*, he studied other martial arts including *kendo*, *aikido*, and *karate*, and also Zen Buddhism. Geof was an 8th *dan* and died in 1994.

Elvis Gordon



Elvis Gordon

Elvis Gordon was Britain's mighty heavyweight. A triple Olympian, he represented GBR in the 1984, 1988 and 1992 Olympic games. Elvis won a silver medal in the 1987 World Championships, three European medals – including a gold in 1988, and was Commonwealth champion in 1986 and 1990. He held eight British titles and numerous nation open titles over an illustrious career. In 2009, he made a brief return to *judo*, winning silver at the 2009 British Masters Championship in the men's 50–54 years +100 kg category. Elvis died only two years later, aged 53.

Gemma Howell



Gemma Howell

Gemma Howell started *judo* aged 8 at Wolverhampton *Judo* Club under coach Bill Kelly. She won bronze medals at Junior World and European Championships in 2008 and went on to win three Grand Slam bronzes and a silver. On the Grand Prix circuit she won ten medals, including two golds. In 2022 Gemma was European Champion having previously won a European bronze in 2018. She was a Commonwealth Games medallist for England and represented GBR at two Olympic Games. After overcoming multiple injuries and surgeries throughout her *judo* career she now plans to become

a mathematics teacher. She has also done some commentating at the British Championships.

Kate Howey MBE



Kate Howey

Kate Howey is the only British woman to have won two Olympic *judo* medals (silver at the 2000 Games in Sydney, and bronze at the 1992 Games in Barcelona) and she has competed at four Olympic Games. She was World Champion in 1997 and won four other World medals (two silvers and two bronzes). Kate also won eight European senior medals. Before becoming a senior, she was Junior World Champion and three times Junior European Champion. Her final major appearance was at the 2004 Summer Olympics in Athens, where she was honoured to bear the national flag at the opening ceremony. Kate announced her retirement from competition in 2004, having competed for 16 years. Following her retirement, she continued as a coach (Head Coach 2018) for the BJA and coached Gemma Gibbons to silver at the 2012 Summer Olympics in London.

Ann Hughes



Ann Hughes

Ann Hughes was World Champion in 1986 and won two other World medals – silver in 1989 and bronze in 1987.

She won a gold medal at the 1986 Edinburgh Commonwealth Games where *judo* was a demonstration sport and is also a three-time British Open champion.

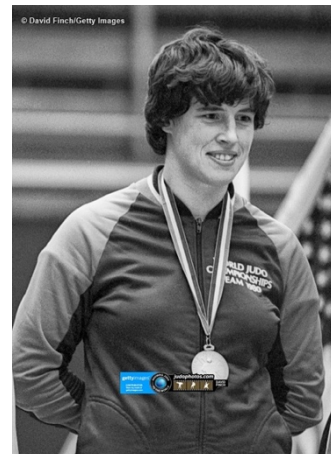
Roy Inman OBE



Roy Inman

Roy Inman started *judo* at The *Budokwai* in 1964 and was an international competitor for 12 years, winning two British Open titles. He was the BJA women's Team Manager for over 15 years and coached at four Olympic Games. Competitors that he coached over that period won six Olympic Medals and 14 World titles. At various times, Roy was a Director of High Wycombe *Judo* Club, a High-Performance Coach at Bath University, a Director of the BJA, a member of the BJA Management Committee, a prolific coach educator delivering the various BJA Coaching Award, and the architect of the BJA Instructor Award. He was a lecturer for the EJU on their suite of Coach Awards, Chairman of the BJA Coaching Commission and Chair of the BJA Promotions Commission. He wrote more than a dozen books. Roy was UK Coach of the Year in 1991, was presented with an OBE in 1992 and a Full Blue from the University of Bath in 2001. The IJF awarded Roy his 9th dan in 2013. He died in 2015, aged 69.

Avril Malley



Avril Malley

Avril Malley won a bronze medal at the inaugural women's World Championships in 1980 and was part of GBR's Olympic team at Seoul. She won five European medals at -72kg and in the Open category. She won multiple British Open titles and Commonwealth Championship medals.

Arthur Mapp



Arthur Mapp

Arthur Mapp was born in British Honduras (now Belize) and served as a Corporal in the British Army. He won a bronze medal in the 1980 Moscow Olympics in the open-weight category and was the first person of colour to win an Olympic judo medal for GBR. Arthur was also British heavyweight champion. In 1982, after retiring from competition, he was appointed "National Squads General Manager" with Team Managers Colin McIver and Roy Inman reporting to him. He went on to be British Men's Team Manager for the Seoul and Barcelona Olympics and was Team Manager for the 1990 Commonwealth Games in which England won nine gold medals. Sadly, Arthur was the victim of a political dismissal by the BJA, and he took the Association to an industrial tribunal for unfair dismissal (which was settled out of court). This was after months of turmoil in the Association which saw the "departure" of all four coaches of the men's and women's teams. Later, Arthur taught *judo* at Loughborough University for many years. Sadly, Arthur is no longer involved in *judo* – undoubtedly a monumental loss to the sport. He is a 3rd dan.

Dawn Netherwood



Dawn Netherwood

Dawn Netherwood was a double World medallist, winning silver in 1980 and bronze in 1984. She won four European silver medals between 1978 and 1983 and also won the Fukuoka Tournament, British Open, US Open and Belgian open titles.

Angelo Parisi



Angelo Parisi

Angelo Parisi was born in Italy, moving to England when he was three. He was good at sport and the combination of shot put, rugby and *judo* gave him an imposing physique. At 15 he decided to focus on *judo*, gaining his *dan* grade less than a year later. Albert Jacks 3rd dan (Brian Jacks' father) taught him *judo* at school then introduced him to The *Budo-kwai*. Angelo was British Champion four times as a junior, once as a cadet and three times as a senior, was European Cadet Champion twice and European Senior Champion three times. Aged just 19, he won a bronze medal at the 1972 Olympics in the Open category where he was the lightest player in the group. In 1974, Angelo married a French woman and switched to French citizenship. He won six European titles and three Paris Tournament titles competing for France. Angelo missed the 1976 Olympics due to restriction of representation/citizenship rules at that time, but

at the 1980 Moscow Games he won every heavyweight contest with *ippon* and threw his Bulgarian opponent (who was 40 kg heavier than him) with a spectacular *seoi-otoshi* in the final, with less than a minute to go. Angelo also won a silver medal in the open category that same year. At the 1984 Olympics in Los Angeles, he was France's flag bearer at the opening ceremony and went on to win another silver medal. This fourth Olympic medal made him the most medalled male *judoka* in Olympic history. After retirement from competition, Angelo was a coach for the French national team, helping to mentor the likes of Olympic Champions Jamel Bouras and David Douillet. He is an 8th *dan*, still living in France and acting as a *judo* ambassador, inspiring a new generation of *judoka*.

Dennis and Tina Penfold



Dennis and Tina Penfold

[Source: Fort Purbrook Judo Club, Portsmouth – Facebook page]

Dennis Penfold was 16 when he started *judo* in 1948 and was awarded his 1st *dan* in 1952. A while later, Tina (who had started *judo* when she was 15) was on the mat at Portsmouth Judo Club and according to Tina “*In came a dan grade who had just come back from living in London and training at The Budokwai. During the session he proceeded to tell me what I was doing wrong (I was not best pleased)*”. This year Dennis and Tina will be celebrating their sixtieth wedding anniversary. Despite Dennis's lightweight stature, he was hard to beat, even by much bigger opponents. He won a silver medal in the European Championships in 1963 and was in the British Squad for many years. *Judo* was different for women back then, and in 1966 Tina took part in the first ever competition for females, with Margot Sathaye as team captain. No spectators were allowed because the *judo* authorities did not want women to be seen fighting. There was also a fear of breast cancer in the sixties which meant women were not allowed to throw straight into groundwork. Tina was once denied a promotion at a grading because she went straight down into *ne-waza* in one contest. Another sign of those times is her qualification as “Women's Club Instructor” awarded in 1968. Dennis and Tina have been devoted volunteers for the BJA over many decades, working as Senior Examiners and serving on numerous committees. They are known internationally as *Kata* Judges and themselves won many accolades performing *kata* as well as

coaching others to the highest level. They have also run Fort Purbrook Judo Club in Portsmouth for an extensive period. Tina was promoted to 6th *dan* in 2015 and Dennis received his 8th *dan* in 2020. They were joint recipients of the BJA President's Award in 2017.

Graeme Randall



Graeme Randall

Graeme Randall, double Olympian and one of only three British male senior World Champions. The home crowd took the roof off when he won the World Title in Birmingham in 1999.

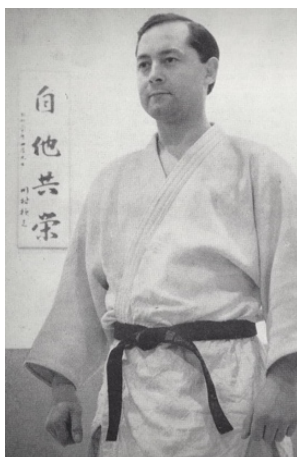
Sharon Rendle



Sharon Rendle

Sharon Rendle won Gold in the 1988 Seoul Olympics (demonstration event), was World Champion in 1987 and 1989, European Champion in 1990 and 1996 and Commonwealth Champion for England in 1990. She also won a bronze in the Barcelona Olympics in 1992, silver and bronze World medals in 1986, 1991 and 1995, and three European bronze medals (1987, 1989, 1995).

Percy Sekine



Percy Sekine
[Source: unknown]

Yasuji Percy Sekine started *judo* in 1935 at The *Budokwai*, studying with Gunji Koizumi, Trevor Leggett and Yukio Tani. During World War II Percy was an air-gunner with 83 Squadron Bomber Command and was shot down in 1942. Whilst in a Bavarian prisoner-of-war camp he taught *judo* (one of his students was Eric Dominy), famously making *judogi* jackets out of sacks, in between escape attempts. Percy was a British International from 1947 to 1951, and Team Captain in 1951. He was British Team Manager for several European Team Championships including for the winning team in 1957. In 1947 Percy married Hana, daughter of Gunzi Koizumi, and in 1954 they opened the London *Judokan* in Hammersmith, which they ran for 50 years. The club was situated in two disused squash courts and attracted a host of Japanese instructors, British internationals and celebrities including Stirling Moss, Tommy Cooper and Jak the cartoonist. A slight man, Percy famously defeated opponents significantly heavier than himself at a time when there were no weight categories – he was apparently never beaten in international competition. He wrote articles for the (orange) magazine *Judo* about various techniques “for the smaller man”. Percy was the first British man to be promoted to 7th *dan* by the *Kodokan*. Roy Inman who received his 1st *dan* from Percy at the *Judokan* recalled – “I heard that there was a good *randori* on a Friday night at the *Judokan*. I went, and had good night, having just won the British Open. After the session I was invited to sit at the famous bar. He said to my astonishment (he remembered me), now you have something to fight with, but the *Uchi-mata* is a bit crude, too much *makikomi* used....and I will have a Scotch please”. Percy continued to coach five nights a week, well into his eighties. He died in 2010 aged 90. He was a 9th *dan*.

Ray Stevens



Ray Stevens

Ray Stevens started *judo* aged ten and gained his *dan* grade aged 16. He is a double Olympian (1992, 1996), winning silver in Barcelona in 1992. Ray has won many other accolades including a European silver medal in 1993, multiple nation opens, and two Commonwealth Games gold medals. A *judo* 7th *dan*, he is also a Roger Gracie 3rd degree Brazilian *Jiu-Jitsu* (BJJ) black belt. These days Ray is the proprietor and head instructor of the Ray Stevens Academy in New Malden, that offers coaching in *judo*, BJJ and kickboxing. He is also a senior instructor at The *Budokwai* and Vice Chair of the London Area.

Dennis Stewart



Dennis Stewart

Dennis Stewart won a bronze medal at the 1988 Seoul Olympics in 1988. He won the British Open in 1986 and collected multiple British titles in the eighties. Nowadays he runs the successful Stewart Judo Academy in Birmingham. Both his sons are also successful *judoka*,

Densign White MBE



Design White

Densign White was British Champion nine times and three times an Olympian. He won a World bronze in 1987, and two European silvers (1987 and 1988) and a bronze (1990). He was Commonwealth Champion for England in Auckland in 1990. He went on to serve as the Chair of the BJA. Densign became Chair of Sporting Equals in 2016 and is currently CEO of the International Mixed Martial Arts Federation.

Marion Woodard



Marion Woodard (Right) with Margot Sathaye
[Source: MW's personal collection]

Marion Woodard started *judo* aged 18. She was a full member of The *Budokwai* for over 20 years and competed at Area and National level. She also practiced *kata*, winning medals in the British Championships. Marion stepped back from competitive *judo* due to a heart condition and after being encouraged by Chris Child to do a refereeing course, she passed her level 1 BJA Refereeing Award in 1975. Marion became a trailblazer in the refereeing world. She was the first British woman to reach EJU level (now IJF (B)) and later the first British woman to reach IJF level (now IJF (A)). She refereed internationally for 22 years including at 16 European and 5 World Championships. During this period, she spoke at the Centennial Olympic International Congress in

Paris on behalf of the IJF and served on the EJU Refereeing Commission (making her the BJA's first female EJU commission member). Marion has been a devoted, long-serving volunteer for British *judo*. Aside from refereeing, she was also Assistant Women's Team Manager for six years, was a Senior Examiner for 20 years and has served on a multitude of committees across several decades. Marion still referees regularly at Area events across England. She is a 6th *dan*.

Photographs

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A brief outline of *Kito-ryu* as it exists within *Kodokan Judo* Russ Ebert

起倒流

Kito-ryu

The founder of *Kodokan Judo* Jigoro Kano was first a student of *Tenjin Shin'yo-ryu* [Divine True Willow School] under Hachinosuke Fukuda. When Fukuda died, Kano took up the study of *Kito-ryu* [the School of the Rise and Fall] with Iso Masatomo, and under him received *menkyo kaiden* [license of total transmission]. Traditional [*koryu*] *jujutsu* schools at this time primarily focused on pre-arranged forms [*kata*] which fell apart and were discarded if the school was ever raided by challengers – a practice known as *dojo* storming. This experience led Kano to believe that a mutual focus on *randori* [free practice] and *kata* was important.

Today the majority of *judo* practitioners focus mainly on competition, and *kata* is generally left to those ascending to the stage for public demonstrations, or the recent phenomenon of tournament *kata*. When one looks back on Kano's situation, however, it can be seen that *kata* was essential in his ability to spread his teaching.

During Kano's development of *judo*, he refined *Kito-ryu's Yoro-i-Kumi-uchi-no-kata* [Forms of Grappling in Armour] and evolved it into what is known today as *Koshiki-no-kata* [Forms of Classics] to fit his needs, finally changing the set name entirely after 1901.

Kano was appreciative of *Kito-ryu's* philosophy, which was intended to be based on a state of unity mind and body, called *hontai*. This state of *hontai* places strong emphasis

on spiritual training and harmony without being distracted by the movement or activity of the pre-arranged forms. Kano valued the steady posture of the performer that unbalanced the posture of the partner in the *Kito-ryu-no-kata* and based his interpretation of *judo* around those principles.

When comparing the *Yoroi-Kumi-uchi-no-kata* and *Koshiki-no-kata*, it can be seen that there are five *waza* [techniques] that acquired a different name and two *waza* that are reversed in order. In *Kito-ryu* 14 techniques and seven *mudan* techniques have been recognised as different forms. Also, in *Kito-ryu*, there are techniques which were intended to grab and hold the neck, and Kano changed these to pressing against the opponent's chest – both to emphasise safety and to make them look more elegant.

Excluding the Children's Form [*Kodomo-no-kata*] and the modern (1956) *Kodokan Goshin-jutsu* [*Kodokan Self-defence*] there are seven divisions of *kata* mainly adopted by the *Kodokan*. These seven serve as an impression of the type of *jujutsu* that Kano had learned, and as a prototype image of the way he saw *Kodokan Judo* as an overall school.

In 1971 the book *Shashin de Miru Judo no Kata* [*Judo Kata in Photographs*] by Chikashi Hashimoto [1] was published, in which the technical aspects and theory of the *Kito-ryu kata* are explained to great length and which has become a standard text for *judo kata* evaluation.



Judo Kata in Photographs
– Chikashi Hashimoto

According to Yoshiaki Todo's 2007 book – *Judo's History and Culture* 柔道の歴史と文化, *Kito-ryu* was one of five major schools of *jujutsu* responsible for *judo kata* as they are known today. However, what exactly those schools contributed and how Kano decided to hand them down has been the subject of great contention, and the role of *Kito-ryu's kata* within *judo's kata* is rarely considered.



Judo's History and Culture –
Yoshiaki Todo

Studies on *Noda-ha Kito-ryu* in form and pictures have been conducted, such as Otani and Uchino's 1986 paper entitled *Kito-ryu (Bitchu Noda-ha) no kata ni tsuite* [*About the kata of Kito-ryu (Bitchu- and Noda-ha style)*], wherein the differences between the old and new forms are discussed. However, the strategy and applicable meaning behind the forms have never fully been explored in writing, with only a focus on what is different visually. Additionally, there has not been a serious discussion on the expression of the *kata* as it is changed form from the old to new.

Yoroi-Kumi-uchi-no-kata was formally demonstrated in 2013 during the fifth International Judo Federation (IJF) *Kata World Championships*, held at the *Butokuden* [*Budo Centre*] in Kyoto. *Tori* was the late Shoji Inoue (1927-2018), a *Kodokan 8th dan*, and *Uke* was Jun Okajima, presently a *Kodokan 7th dan*.



Shoji Inoue and Jun Okajima showing the *Yoroi-Kumi-uchi-no-kata* at the 2013 IJF World Kata Championships in Kyoto

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2. Todo, Y. (2007). *Judo no rekishi to bunka* [*Judo's History and Culture* 柔道の歴史と文化]. Japan: Fumaido Publishing. [in Japanese]
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About the Author



Russ Ebert

Russ Ebert started training in *Sosuishu-ryu jujutsu* at the *Kaze Kawa dojo* in 1984 in Oregon. He then started training with Oregon Judo and *Jujutsu in Kodokan Judo* and Brazilian *Jiu-jitsu (BJJ)* in 1995. In 1999 he started *Shinto Muso-ryu* and in 2000 moved to Japan where he continues to train, opening his own *dojo* in 2018. He now trains at several *dojo* and has his own students.

John J. Knonsheil – Judo Coach John Bowen

John James Knonsheil, who died in 1957, became the *judo* instructor at the Cambridge University *Judo Club* around 1927 and taught there for 30 years. He was a very private man who used his own methods to teach and expected his students to keep those methods confidential. Knonsheil was also very stoical and trained through numerous injuries.

Knonsheil spoke fluent French and was the son of a security guard at the British Embassy in Paris, where he seems to have been born. It is said that he started to learn *judo* in Paris around 1906, aged six. However, his death certificate states that he died in 1957 at the age of 63, in which case he would have been born in 1894. In a comment on this discrepancy, Richard Bowen wrote that “ages noted on death certificates are often unreliable”, but was unable to track down Knonsheil’s birth certificate to confirm. On the internet, his birth year is cited as 1892 in a few instances, but without the inclusion of any source references.

In 1918-1919 Knonsheil was graded to 1st *dan* (supposedly) by three Japanese officers of the Imperial Army *Judo Grade Holders’ Association* and ended up a 4th *dan*. In 1918 he was “Allied, or British, middle weight champion on the Western Front” – probably wrestling champion. He was a British or French agent in occupied Belgium (probably during WWI). Subsequently there is a gap in the available information until his appearance in Cambridge, although there are suggestions he was involved in activities in Canada, and that he made a number of mysterious trips to Russia.

A *Budokwai* member, Richard Bancroft, told Richard Bowen (my brother) about how Knonsheil learned *judo*:

“He was enlisted to partner the Japanese Ambassador’s young son in learning *judo*. Their teacher was an old samurai, either a security guard at the Japanese Embassy or an old retainer of the Ambassador. The teacher seldom or never spoke; the boys would for instance have been shown how to do an ankle sweep by being thrown by the teacher. One, as soon as he got up, would ask “How did you do that?” Bang! Down he would go by the same throw, with the teacher muttering, “Just like that!” After perhaps a year of practising the same throw on each other and trying it on the teacher, he would suddenly introduce a new throw. The same teaching method would be repeated, only now the two boys had a second throw to try and to watch out for.”

Richard Bowen describes more of Knonsheil’s exploits in his book, *100 Years of Judo in Great Britain*.

It does indeed appear to be unusual that, despite periodic Google searches on “Knonsheil,” no other individuals with that name have surfaced, aside from his wife, Kathleen, who died in 1978. This uniqueness adds to the mystery surrounding the name and raises questions about its origin and rarity.

In 1997, Knonsheil’s students erected a headstone in Cambridge City Cemetery. The eulogy reads – “His former pupils without exception remember him with gratitude, respect and genuine affection”.



John James Knonsheil headstone –
Cambridge City Cemetery

The below is cut and pasted from the memorial page on the Find a Grave website.

“A Grand old Man of Judo was honoured a few weeks ago when the Cambridge University Judo Club held a memorial match, at the Perse school, in affectionate memory of JJ KNONSHEIL- the man who taught Judo in Cambridge for thirty years. Mr Knonsheil died in November last, after a long illness.

He was not able to practice for some time, of course, but those who remember him could not fail to be struck by the grace and ease of movement with which he moved his weight and the gentle way in which he achieved his results exactly according to the Judo doctrine.

His record was most impressive; and it is said that in 1912, before the Tsar of Russia, he defeated twenty wrestlers in twenty-five minutes. In Germany he was supposed to have defeated forty-seven. His life before joining Cambridge is somewhat legendary. He was an agent to the French Field Security Police during and after the First World War. He lived behind German lines and was captured but made a miraculous escape on the eve of his execution.

These exploits gave him a character and breadth of vision which will not be forgotten. He was a friendly and extremely likeable man and not afraid to speak his mind and act in accordance with his own opinions."

Reference

<https://www.findagrave.com/memorial/178120672/john-james-knonsheil>

Points to Ponder

"Bowing is an expression of gratitude and respect. In effect, you are thanking your opponent for giving you the opportunity to improve your technique."

Jigoro Kano (1860-1938)

"In the rei after the judo contest, we find the core values of humility, respect, and gratitude. It's a pivotal moment where opponents become partners, acknowledging the journey they share, and the valuable of mutual learning."

"To fight bravely and lose is better than to win by illicit means."

Jigoro Kano (1860-1938)

"To lead people, walk behind them."

Lao Tzu (active 604–531 BC)

"Judo has the nature of water. The water flows to reach a balanced level. It has no proper shape but takes that of the container that contains it. It is as permanent and eternal as space and time. Invisible to the vapor state, it nevertheless has the power to break the earth's crust. Solidified in a glacier, it has the hardness of the rock.

It renders countless services, and its usefulness has no limits. Here she is, swirling in Niagara Falls, calm in the surface of a lake, threatening in a stream or thirst quenching in a fresh spring discovered on a summer's day."

Gunji Koizumi (1886-1964)

Renjuku Academy

The Kano Society is pleased to endorse the Judo Black Belt Association's (JBBA) "Renjuku Academy" programme as an exceptional offering in judo education – <http://www.judo-blackbelt.com>. The Academy provides a distinctive experience through its immersive home-study curriculum in judo and leadership education. The distinct modules on the 12-month study programme emphasise five fundamental areas of judo:



1. Biomechanics of Judo;
2. Judo as Physical Education;
3. Kata;
4. Judo History and Philosophy;
5. Judo Terminology.



The demanding programme concludes with the submission of a formal dissertation on any aspect of judo. It is noteworthy that the editor of this *Bulletin* successfully completed the Academy programme in January 2024.

Judo Collections



UNIVERSITY OF
BATH

The "Bowen Collection" at the University of Bath Library, contains the extensive judo archive amassed by judoka and scholar Richard Bowen during the course of individual research for his many books and publications.

Alongside the "Bowen Collection" is the personal book collection of Syd Hoare which includes many rare texts, some in the Japanese language, given to Syd by Trevor Leggett. As well as the books, there is a bound compendium of the educational articles and lectures written and delivered by Syd. Also residing at Bath is the "Woodard (Judo) Collection" – a compilation of archival material relating to the history of women's judo assembled by Marion and Graham Woodard.

All these collections represent a wonderful resource for present and future judo researchers. They are for reference use only (not available for loan) and can be viewed between 0900 and 1700 hrs.

