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In this edition: Respected *jūdō* scholars Professor Carl De Créé and Dr Llŷr Jones have provided a short article on the little-known women's self-defence *kata* "*Joshi (jūdō) goshinhō*".

News: Again we remind 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

Joshi (jūdō) goshinhō: Women's Self-defence Methods By Carl De Créé and Llŷr Jones

Background

As we explained in Issue 22 of this Bulletin, *kata* are predetermined and choreographed physical exercises, which together with free exercises (*randori*), lectures (*kōgi*) and discussion (*mondō*) form the four critical pillars of *Kōdōkan jūdō* education.

It is particularly important to realize that some of the more dangerous, yet essential, techniques in *jūdō* now only exist in the form of *kata*. Consequently, those who focus solely on IJF "contest-type" *jūdō* are denying themselves knowledge of a crucial part of *jūdō* essential to properly defend oneself against malicious physical attacks.

We also documented in Bulletin 22 (and elsewhere) that, despite many differing claims, there are in fact ten *Kōdōkan*-recognised *kata* in *jūdō* today. Rather than repeating that material

here we recommend that interested readers peruse Bulletin 22 and the references therein.

Scope

In this article we will provide an overview of a *kata* that, despite being officially recognised by the *Kōdōkan Jūdō Institute*, never really gained much popularity in Japan (except in the *Kōdōkan Joshi-bu*) or abroad, namely the *Joshi (jūdō) goshinhō*. Furthermore, over recent years this *kata* has silently disappeared from *jūdō*; *inter alia* it was omitted from Toshirō Daigo's multi-part article on *kata* "*Kōdōkan jūdō Kata ni Tsuite*" ("About the *kata* of *Kōdōkan jūdō*"), which was serialised in seven parts in the *Kōdōkan's* monthly periodical "*Jūdō*" from late 2008 until early 2009; also, it does not feature on the instructional programme of the *Kōdōkan International Summer Kata Course*.

It is beyond the scope of this short piece to expand on the reasons for the *Joshi goshinhō* falling into desuetude; for that, the reader is directed to our more extensive and original work which is published as a trilogy of papers elsewhere (see the reference at the end of this article). This more extensive work was based on critical analysis of the available literature and rare source material on the *kata*, as well as interviews with top-experts.

Rather, it is our intent here to address the acute shortage of information regarding *Joshi goshinhō* by providing a summary synthesis of that other work. In doing so we hope to whet the reader's appetite to read more widely about *Joshi goshinhō* and discover more about this interesting and practical set of exercises.

Joshi goshinhō

Joshi goshinhō or "Women's self-defence methods" is a collection of self-defence exercises that takes into account the types of attacks of which women usually are the victim, and as well as containing useful techniques its practice also fosters self-confidence and courage. The *kata* includes a number of escapes from holds and grabs, some striking techniques (*atemi waza*), and one throw.



Figure 1 - Jirō Nangō the second *kancho* (head) of the *Kōdōkan* from 1938 to 1946

Figure 2 - Jirō Nangō's 1944 book *Joshi goshinhō*, which became the most extensive work dedicated to the *kata*. Nangō-*kancho* wrote the foreword, while Masako Noritomi (Torii) & Fusatarō Sakamoto (Uke) demonstrated the *kata* therein



Unlike the *Gō-no-kata* (which we wrote about in Bulletin 22), there exists no controversy about the actual existence or content of *Joshi goshinhō* or when it was created. It is well known that its creation was finalized in 1943 following a request from Jirō Nangō (1876–1951) [Figure 1], a nephew to Jigorō Kanō, who led the *Kōdōkan* after the *shihan*'s death in 1938. However, many Western authors have wrongly suggested that Nangō-*kanchō* would not only have “ordered” but also have “created” the *kata* himself. This is incorrect, and we will now show that Nangō-*kanchō*'s own writings confirm that the *kata* was actually synthesised by a technical team of experts from the *Kōdōkan* Institute.

In the preface of his 1944 book “*Joshi goshinhō*” [Figure 2] Nangō writes:

“All the techniques selected as materials for this book are due a great deal to the collaboration between *Kōdōkan* Instructor Kyūzō Mifune, Head of the Women's Division Nori-

ko Watanuki, with equal assistance from *Kōdōkan* 8 dan-holder Ariya Honda, from Women's Chief Instructor 8 dan-holder Yoshimaro Handa, from 6 dan-holder Fusatarō Sakamoto, Women's 5 dan-holder Masako Noritomi and the yearlong devotion to research by other people; furthermore, also the long-time practice and experience and contributions to the history of women's jūdō from, in particular, Hisako Miyagawa, Head Mistress at Tōkyō Ō'in Women's School, are appreciated. March 1944.” (...)

This extract is unambiguous and confirms that Nangō-*kanchō* did not himself construct the *Joshi-goshinhō*.

Contents of the *Joshi goshinhō*

Joshi-goshinhō is a set of 18 named individual self-defence techniques which are divided into two categories: *Tandoku-dōsa* (solo exercises) and *Aitai-dōsa* (partnered exercises). See Figure 3 for a complete list of

the technical contents of the *kata*. *Tandoku-dōsa* contains only one group of techniques called *Tai-sabaki-hō*, whereas *Aitai-dōsa* contains two groups of techniques called respectively *Ridatsu-hō* and *Seigo-hō*. (Note that *Tai-sabaki-hō*, *Ridatsu-hō* and *Seigo-hō* are often referred to as Parts 1, 2 and 3 of the *Joshi-goshinhō* respectively).

Tai-sabaki-hō consists of body turning movements whereas *Ridatsu-hō* consists of *te-hodoki* (hand releasing) type of escape techniques. Finally, *Seigo-hō* consists of more complex techniques where an initial escape is followed by a more aggressive escape.

Tandoku-dōsa

Within the *Tandoku-dōsa* category of solo-exercises the single *Taisabaki-hō* group contains eight distinct techniques, supposedly representing body movements practiced in eight directions or principles; it is these principles which afterwards are then

Joshi Goshinhō (Self-defence Methods for Women)

A. TANDOKU-DŌSA (SOLO EXERCISES)

I. *Dai ikkyō: Tai-Sabaki-hō* (Part One: Methods of Body Turning)

1. *Tai-no-idō* (*migi yori, hidari yori*) (Body displacements [from right, from left])
2. *Tsugi-ashi* (*hosen, hogo [migi yori, hidari yori]*) (Step initiated with the following foot (forward step, backward step [from right, from left])
3. *Migi-(hidari)-sabake* (Rightward-[leftward] turning)
4. *Migi-(hidari)-mae-sabake* (Rightward-[leftward]-forward-turning)
5. *Migi-(hidari)-harai e* (Down-sweeping to the right-[left])
6. *Migi-(hidari)-maware* (Right clockwise [left counterclockwise] back turn)
7. *Mae-shizume* (*hidari migi*) (Squatting to the front [left right]) & *Migi shizume* (Right diagonal squat) & *hidari shizume* (Left diagonal squat)
8. *Hiza-ate* (*hidari migi*) (Knee strike [left right]) (with *kiai* !)

B. AITAI-DŌSA (PARTNER EXERCISES)

II. *Dai nikkyō: Ridatsu-hō* (Part Two: Methods of Escape)

9. *Katate-tekubi-dori* (Single-handed seizing of the wrist)
10. *Ryōte-katate-dori* (Double-handed seizing of one hand)
11. *Shishi-gyaku-dori* (Grabbing and backwards bending four fingers)
12. *Ude-kakae-dori* (Encircling the arm)
13. *Ushiro-dori* (Seizing from behind)

III. *Dai sankyō: Seigo-hō* (Part Three: Aggressive Defence Methods)

14. *Ude-gyaku-dori* (Seizing the arm with hands reversed)
15. *Ushiro-eri-dori* (Seizing the collar from behind)
16. *Ushiro-kubi-himo-jime* (Strangling from behind [using scarf, rope or string])
17. *Ushiro-dori* (Seizing from behind)
18. *Kyohaku-(dasshu)-dori* (Robbing at knifepoint; vocal: ‘*Deseku* !’)

Figure 4 - The Technical Contents of the *Joshi goshinhō*

applied in the *Aitai-dōsa* category of partnered exercises.

Taisabaki-hō (Part 1 of the *Joshi-goshinhō*) contains body turning and management techniques. As well as being useful self-defence moves in their own right, their continued practice can contribute to helping females minimise fear and panic when attacked. The movements of *Taisabaki-hō* should be executed without a loss of balance with body stability always being maintained whilst moving

Aitai-dōsa

Within the *Aitai-dōsa* category of partnered exercises the *Ridatsu-hō* and *Seigo-hō* groups both contain five techniques each, making a total of ten techniques in all.

Ridatsu-hō's escape techniques (Part 2 of the *Joshi-goshinhō*) contains three simple *te-hodoki* escapes to free the hands. The fourth technique intends to free the arm, while the fifth and last technique focuses on freeing the body. There are no throws and no *atemi* included in *Ridatsu-hō*, only escapes.

Seigo-hō (Part 3 of the *kata*) differs from *Ridatsu-hō* in that *tori*'s action is not constrained to a simple escape but also includes a more aggressive action aimed at hurting the assailant, as the initial escape is followed up in each of its five techniques by an *atemi*. In this group's third technique, called *Ushiro-kubi-himo-jime* (Choking from behind with a scarf or rope) the *atemi* is even complemented by a *hiza-ate* (kick with the knee), and in the fourth technique *Ushiro-dori* (Grabbing from behind) the initial *atemi* is concluded with a *te-waza* (hand throw).

The series of pictures in Figure 4 show the late Keiko Fukuda (1913 - 2013) at that time *Kōdōkan Joshi 6 dan* (later 9 *dan* and USA Judo/USJF 10 *dan*), demonstrating the defence to *Ushiro-dori*, the fourth technique of the *Seigo-hō* and the only technique in *Joshi goshinhō* to be concluded with a throw. It can be seen that the throw resembles a *tai-otoshi henka* (variation to the body drop throw) or *seoi-otoshi henka* (variation to the back carry drop throw) or *seoi-nage* (back carry throw). The pictures were taken during an outdoors public demonstration in San Francisco, Cali-

fornia on 8 July 1965.

Practicing the Joshi goshinhō

It is generally recommended that *Joshi-goshinhō* be practiced with a male *jūdōka* as *Uke* (the assailant), so that females, as *Tori*, can realise the importance of conserving their mental and physical energy when attacked, and use skill and technique to escape, rather than fighting against superior strength. It is also important for the female *Tori* to use an aggressive and powerful short, loud expression of internal strength, or

kiai. This serves two purposes. Firstly, the female *Uke* will find that using an aggressive *kiai* will help unite her mental and physical faculties and prepare her mind and body for emergency. Secondly, the *kiai* shocks the male attacker mentally shattering his ego and bad intentions.

In summary, a calm mental attitude and frequent practice, to make its techniques second nature, are recommended when studying to master *Joshi goshinhō*.

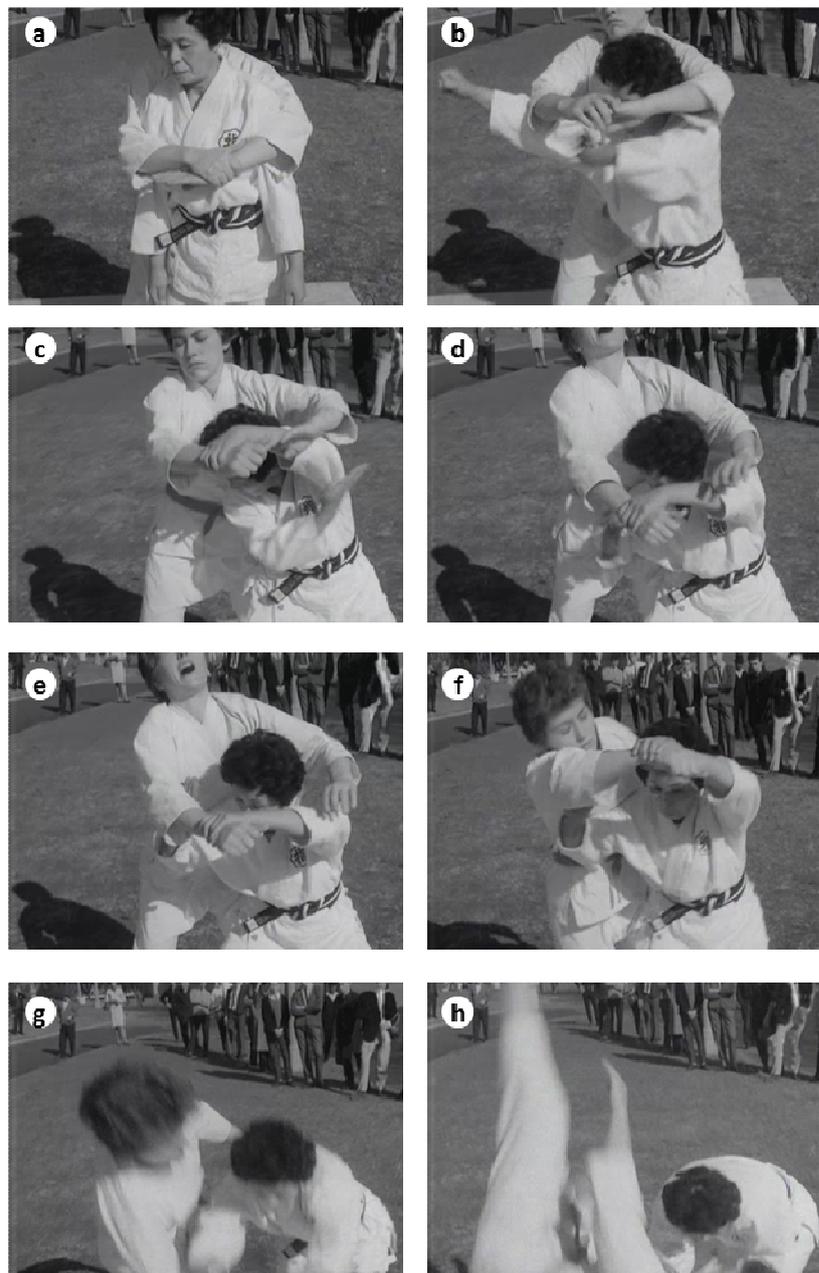


Figure 4 - Keiko Fukuda demonstrating the defence to *Ushiro-dori*, within the *Seigo-hō* group of *Joshi goshinhō*



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Concluding Remarks

Joshi goshinhō is worthy of a place in contemporary *jūdō*. As a series of technical skills rather than a ceremonial performance exercise it helps to install self-confidence, situational awareness and build mastery of simple escape moves which may be effectively combined with *randori* techniques during an emergency.

Despite *Joshi goshinhō* being little-taught today as a complete *kata*, techniques derived from it do continue to be taught. Figure 5 shows Sergeant Makoto Tsuruoka, *Kōdōkan* 6 *dan* of the Sagami-hara Police Department in Kanagawa Prefecture teaching *Joshi goshinhō*-based *te-hodoki* (hand and wrist releases) during a recent self-defense class for female students at *Izumi Tanki Daigaku*, a private educational establishment in Aoba, Sagami-hara. The students expressed surprise at the efficiency and relative ease with which they were able to master the techniques.



Figure 5 - Police-directed *jūdō*-based training for women's self defence

Reference

De Créé C., Jones L.C. (2011). *Kōdōkan Jūdō's* Inauspicious Ninth *Kata*: The *Joshi goshinhō* – "Self-Defense Methods for Women" (Parts 1-3). *Archives of Budo* 7(3), 105-123; 125-137; 139-158. Articles online and available from the *Archives of Budo* website: <http://www.archbudo.com/search/archives?Volume=2011&issue=835012>

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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