

From this stage of return, and providing she has kept herself reasonably fit, the participant will usually take on a new lease of life judowise. As we all know there are no short cuts or easy roads to 1st Dan, and the only route is to practise more and more (every night if possible) in addition to a strict training schedule or running, skipping, early nights, etc. Once 1st Dan has been achieved it is necessary to maintain this peak-form condition, because from here lies the ambition to progress even further.

Mixed practice is a good thing especially for high-graded women judoka, although in the beginning stages it can have its disadvantages, as kata plays such a big part earlier in ladies judo. The sooner one learns the various katas the better. Not only do they contain all the basic forms of Tachi-waza and Ne-Waza, they improve posture and balance and aid concentration. However, to practise randori with the men certainly makes your techniques faster and stronger.

The Coach Award and Club Instructors Award courses and examinations for women are invaluable. However much one wants to broaden ones own talents, the higher grades may be called upon to instruct at some time during the evening, and a briefly prepared itinerary should always be ready.

A difficult choice to make when one is ready and capable of teaching a class of beginners, is whether to devote time to this, as many of us have found out that it is not possible to adhere strictly to your own training campaign at the same time. This doesn't mean we must neglect our own progress entirely, and if beginners are enthusiastic and doing well, this seems a personal satisfaction in itself. After all the beginners of today can be the black belts of tomorrow.

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## The European Kendo Renmei

The following promotions within the *dan* degree ranks are announced by this Renmei:

To *Yon-dan* (4th *dan*):

Mr. R. A. Lidstone (Nenriki Dojo)

Mr. R. M. Knutsen (Butokukan Dojo)

To *Sandan* (3rd *dan*):

Mr. J. Mathie (Saineikan Dojo)

Official consultations were conducted in Japan between representatives of the Z.N.K.R. and the

Secretary-General of this Renmei regarding promotions in Europe and subject to ratification between the two parties all promotions made by this Renmei will be under the signatures of the Chairman together with five *hachidan sensei* in Japan. These rulings will be in operation until such time as revised rules are brought in by the new Kokusai Kendo Renmei. It must be clearly understood that only those rankings issued and authorised by the European Kendo Renmei have any validity in Europe.



# KENDŌ forum

by MUSASHI

## International Goodwill Kendo Tournament, Tokyo, 1967

Kendoka of all ranks and nationalities converged on Tokyo for this top-class international tournament held to mark the foundation of the Kokusai Kendo Renmei (= World Kendo Federation). European Kendo was represented by Mr. Roald Knutsen, as chief delegate, and Jim Mathie, *sandan*, at present studying Kendo at the famous Tokyo Saineikan Dojo of the Imperial Palace.

The highly organised schedule included a welcome practice for all Kendoka at the Saineikan Dojo and early morning practice at the Nippon Budokan where the tournament was held on 4th October.

The Goodwill matches started with superb exhibition of ancient

Roald Knutsen and Jim Mathie, at the early morning welcome practice in the Saineikan Dojo Tokyo Castle, 3rd October, 1967.



style drumming, followed by individual matches between the Kendoka as far as possible matched evenly. In these Mr. Mathie met and defeated an American *nisei sandan*, while Mr. Knutsen defeated a very tall American *sandan* from Los Angeles.

There were five-men teams from Okinawa, Korea, Taiwan (Republic of China), Hawaii, U.S.A., Brazil, and Japan, but the Commonwealth put up a combined team captained by Larry Nakamura, 5th *dan*, Canada. The Commonwealth team was managed by Akune Sensei, 7th *dan*, from Vancouver.

Against the other very strong teams we did not do too well but we managed several creditable wins including the tremendous sensation of a two points to nothing victory by Roald Knutsen over an Okinawa 7th *dan*, much to the surprise of everyone concerned. Japan ultimately won the matches with the Republic of China second followed by Okinawa.

But the most important results came at the delegates meetings, where it was proposed by Mori Terao *Hanshi* of the U.S.A. that the Kokusai Kendo Renmei be formed immediately. This was agreed unanimously and with enthusiasm. The European delegate, Roald Knutsen, requested Mori *Hanshi* to represent Europe and those countries not able through distance to attend meetings regularly and Mori *Hanshi* readily





Early morning practice at the Nippon Budokan, Tokyo, before the Taiki, 4th October, 1967. About 150 Kendoka from twelve countries filled the Budokan with sound and movement.

agreed to this. The Zen Nippon Kendo Renmei will undertake all the paperwork involved in organising the new International Renmei.

The day after the Taikai there was a reception at the Palace Hotel given to the Kendoka by Mr. Minobe, Governor of Metropolitan Tokyo, who addressed the assembled guests in English. The reply the Governor was given on behalf of all the countries present by Mr. Knutsen and his speech was warmly received.

On the 6th October everyone went down to Osaka on the New Tokaido express to take part in the 3rd World Kendo Match organised by the International Businessman's Kendo Renmei. This time 10-man teams were required and these were China, Korea, Okinawa, Hawaii, the U.S.A., Japan and a combination team of Europe, Canada, Australia, Brazil plus two or three other nationalities, captained by Mr. Kim Suk Chum, 6th *dan*, of Korea. Again, the very strong Japanese

team won the Championship which was not unexpected as they fielded eight 7th *dan* and two 6th *dan*.

The Combination team fought the U.S.A. first losing by four wins to five wins with one draw (Jim Mathie drew his match and Roald Knutsen won his), but against Japan the team went down with one win and one draw against great odds. Roald Knutsen faced Mr. Kayaba Sendai, 7th *dan* Nito, and fought a spirited battle for three long minutes before losing by two *men-uchi*. For his performance he was awarded a special prize for fighting spirit by the President of the Tournament, for Kayaba *Sensei* is one of the greatest *nito* experts in the world.

#### 9th dan Hanshi visits Europe

Kendoka are reminded of the official inspection visit of Ozawa Takashi *Hanshi* to Europe in the middle of November. Ozawa *Sensei* will be in England four days then leave for Germany and France.