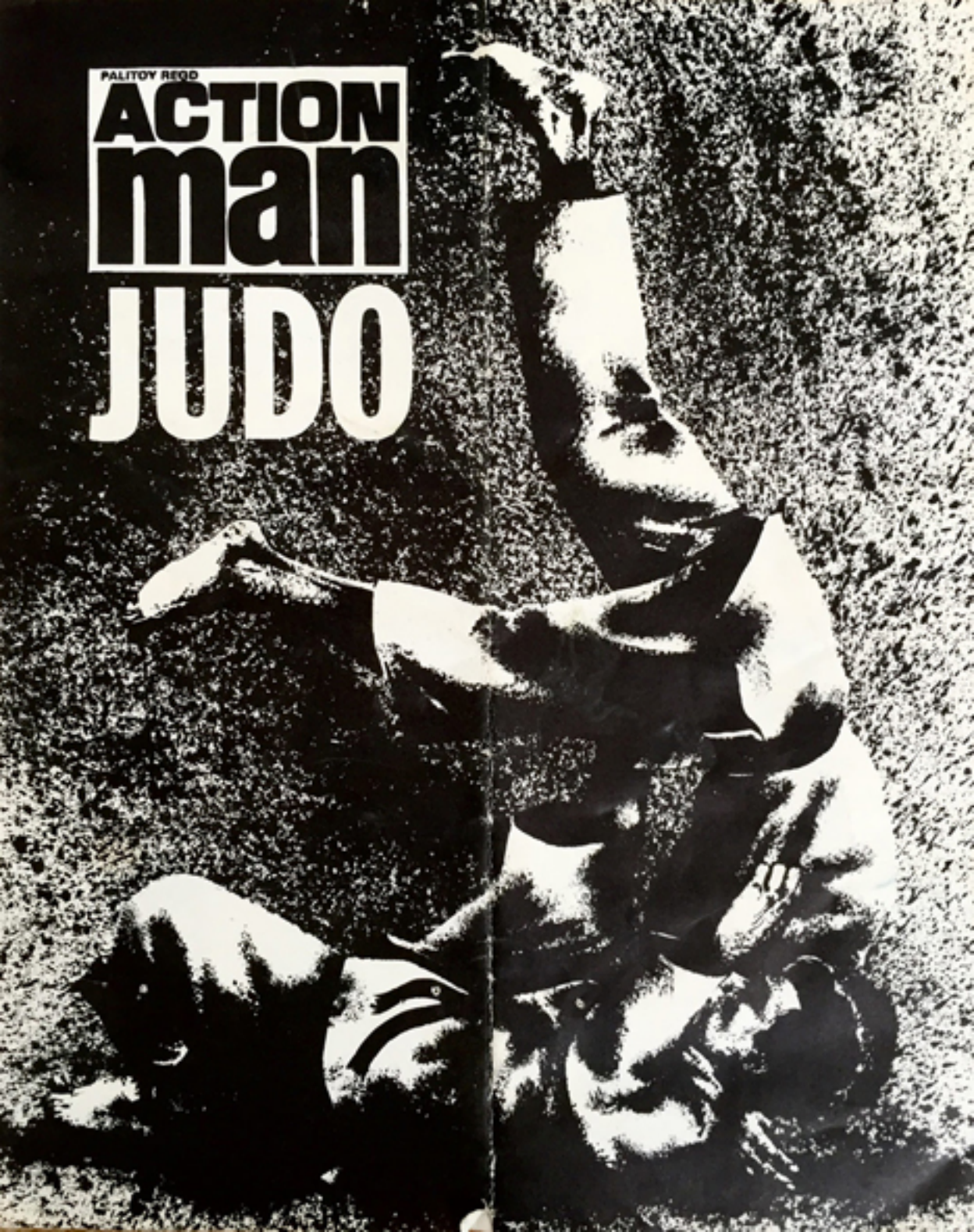


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# ACTION man JUDO



JUDO, a system of Physical, Mental and Moral Training, Provides a Form of Defence From Bodily Attack. It was created in 1882, by the establishment of The Kodokan Judo Hall in Tokyo by a group of enthusiasts.

Judo was evolved from Jujutsu which has its origins deep in Japan's feudal history and there is evidence of a system of bare-handed combat in Japan as long ago as the 14th Century. Other attacking forms can be traced back 2,000 years. The practice of the new Judo revived a waning interest in the art of bare-handed combat to such an extent that today there are roughly half a million members registered with the Kodokan. Though of Eastern origin, Judo today enjoys Universal popularity as its recent inclusion in the Olympic Games testifies. All serious practitioners, to ensure world-wide uniformity, still use the Japanese names for the various holds, locks and throws.

To one who engages in its pursuit, Judo affords many beneficial effects such as increased self-confidence, fitness, better balance, and the developed sense of awareness which this quick thinking sport requires. Many people mistakenly have the impression that Judo merely entails using another person's strength, thus implying that one need not expend any great amount of energy. It should be remembered that, in any



Body Drop to the side  
(Yoko Taiotoshi)



How to Fasten  
your Action Man's  
Judo belt.

sport, the stronger man in an otherwise evenly-matched pair will eventually wear down his opponent. The secret of Judo lies in knowing how to use one's strength, combined with one's opponents, to attack him in the direction from which he least expects it and to render him incapable of further aggression. Balance is the keynote and in order to accomplish the throwing of an opponent, one must first break his balance. Since Judo is practised in pairs, it follows that the first priority for the beginner is to learn how to fall correctly, using the arms and feet as shock-absorbers.

It must be stressed that, for an aspiring Judoka (as the participant is called) a membership of a Judo Club is most desirable. All Clubs follow fairly uniform schedules of instruction which ensure that the novice progresses properly and safely through the various grades or kyu. The lowest official grade is the Sixth Kyu which is signified by the wearing of a white belt. From the white belt, the participant is carefully passed through the Yellow, Orange, Green, Blue and Brown stages – the Brown belt being the First Kyu.

After this come the Master of Dan grades when one is entitled to wear the Black Belt. The highest grade of all is the Twelfth Dan (White Belt). No-one has ever been known to reach this exalted position though a Japanese has attained Tenth Dan.

### Action Man's Judo Uniform

The uniform, known as the Judogi consists of a pair of loose-fitting cotton trousers fastened by means of a draw-string, and a strongly woven jacket free of pockets or buttons which is secured by a belt that goes round the waist twice and is tied at the front.

### Ceremonial Bow

Before and after practice bouts, it is common for the contestants to bow to each other. This ceremonial bow (or Zarei) takes place on the mat with the combatants on their knees facing each other roughly six feet apart. Placing their hands on the mat just before knees, they lean forward, showing to each other the tops of their heads. This is a simple expression of respect and civility.

### Ceremonial Bow

Standing: (Tacherei)

Kneeling: (Zarei)



### Typical Judo Throws



Shoulder Drop Throw  
(Seio-Otoshi)



Hand Throw To Rear  
(Ma-Ushiro Tewazi)

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