

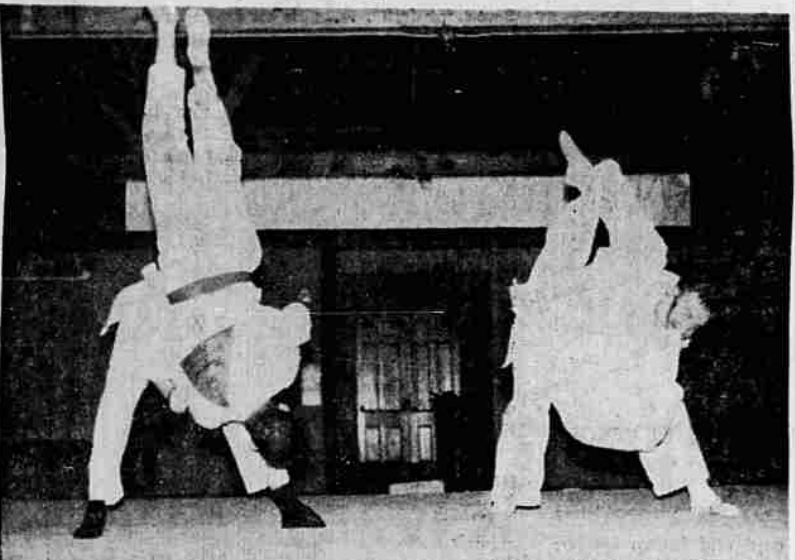
# Popularity of Little-Known Sport Increases



**WHOOPS!** — Wondering just exactly what has happened is Instructor Tom Ball Jr., head of the Medford Judo academy, who has been flipped by his sister, 17-year-old Stephanie Ball. Ball, a senior at Southern Oregon college with a science major, is referred to as a "Second degree black belt" instructor. The white judo jacket shown is standard as is the black belt. By noticing

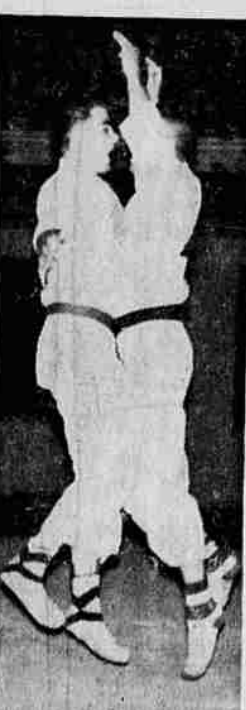
the color of a judoist's belt, one is able to tell his experience. The darker the belt the more experience. Actually, Ball confirms, it doesn't hurt him to fall as he is doing, since the fall is half of the judo and ju-jitsu skill. Being able to fall and roll is about as easy as sitting down in a chair, he adds.

— (Nolte photo)



**DIVE** — Shown taking a dive for the mat is Larry Nolte (left) who has just been thrown by Mike Byrne, both active participants at the Medford Judo Academy. Also wrestling are Ben Graves (right, facing camera) and Dr. P. H. Rutter. The toss itself is called the "Seoi Nage." Note the stance which is used for the throw.

— (Nolte photo)



**MAY I HAVE THIS DANCE?**

— Either trying out a new dance step or advocating 20th century togetherness are Larry Nolte (left) and Tom Ball Jr., both members of the Medford Judo academy. They are pictured in the defense position for a stomach bump called the Saganuki. This is one of the many different parts and phases of judo and ju-jitsu.

(—Nolte photo)



**UPSIDE DOWN!** — Being thrown upside down by Tom Ball is Larry Nolte. The picture shows typically how a judo expert may toss his opponent quickly and with considerable ease. On the other hand, if the one being thrown knows the skills of judo, he can fall and roll without being injured. By hitting the mat or ground with certain precautions, the faller will actually not feel it any more than he would by sitting down easy in a chair.

(Nolte photo)

### 17-Year-Old Remanded To District Court

A 17-year-old Central Pol boy was ordered remanded to district court following a juvenile court hearing Friday, according to Mrs. Kay Crowell, juvenile department director.

The youth was remanded on

original charges of violation of probation. The district attorney will have to make out a new complaint charging forgery, it was explained.

The youth was arrested by sheriff's deputies and admitted forging checks.

## Local Judo Academy Holds Classes on Regular Schedule

By JIM FRAKE  
Mail Tribune Staff Writer

America's security is said to lie in the strength of its people. Perhaps one yardstick to measure this strength is in the physical power of the common man.

Most authorities will agree that participation in sports and athletics is the key to physical fitness. Activities that one may indulge in include golf, tennis, track, football, basketball, wrestling, swimming, baseball, and many others.

Probably the least known sport or activity in this area is judo and ju-jitsu, instructed locally by Tom Ball Jr., and his assistants, Larry Nolte and Mike Byrne.

### Many Introduced to Sport

Many people have been introduced to this sport, and weapon, and at the same time assisted in the time of need. Besides being a spectator sport, judo has three distinct uses off the mat—for self protection, for protection of others, and for when odds are uneven, according to Ball.

Ball and his colleagues operate under the title of the Medford Judo Academy currently holding its meetings on the front lawn at the home of its head, Tom Ball, Jr. When investigating the movements of the academy, one is cautioned that the seating capacity at the forested location is not too great, and is advised to await the opening of their new gymnasium at Phoenix in a couple of weeks.

Nevertheless, judo and ju-jitsu are currently being recognized as an up-and-coming activity and with simple understanding most sports-minded citizens can realize the value and benefits of it.

Actually, one skilled in the arts of ju-jitsu is able to subdue an attacker without killing, maiming, or injuring him. People throughout the United States as well as the world are finding this out every day. Although it is possible to kill a man, or seriously injure him, judo is not designed for that purpose.

Simply the Japanese art of self defense, judo has developed from exclusive military use by the Chinese and Japanese empires during the Christian era. It's history is declared a long and honorable one. Judo is said to date back over 4,000 years and its arts have not changed significantly.

No doubt the unenlightened would hesitate to associate the sport and the techniques they teach with gentleness. To the casual and uninformed observer, it actually looks rough. On the contrary, judo literally means "the gentle way."

### Meaning of Judo

Broken down, ju means gentle or to give way; do means way or principle. Thus, judo indicates the gentle way or the principle of giving way.

As the president of the American Judo and Ju-jitsu federation puts it: "Judo is one of the mildest and gentlest sports I know. There are fewer persons injured practicing judo than any other sport that I can name unless perhaps it be possibly chess or crossword puzzles."

Many people consider judo "bone-shattering," although the experts claim it is a clean, safe sport. Besides, the participants say it is even "fun." Experts testify that a throw received by a judo expert is about as rough as sitting down easy in a chair.

What is the difference between judo and ju-jitsu? Is judo the same as ju-jitsu, or is ju-jitsu a form of judo?

### Difference Noted

Technically, judo is to ju-jitsu as baseball is to sports. Ju-jitsu, being a large group of skills and meaning perfection, includes judo, karate (self defense arts of the empty hand), savate (french foot fighting), kendo (sword and quarter-staff), kapo (resuscitation arts), and lomilomi (Hawaiian foot massage). Judo itself has some 3,000 arts which each have about 15 variations, according to the local participants.

According to the local instructor, there are some 40 arts of judo to perfect while still being classified as a beginner. Following perfection of these arts the judo student is considered a "green belt" student.

While watching a judo demonstration or match, one may observe that there are different colors of belts worn by the contestants. They may be white, green, brown, or black, with many degrees of color range in between. By just observing this difference a spectator can judge the experience and skill of the participant.

### Color Is Symbol

The belt itself is called a "obi" (oh-bee), and is used to secure the judo jacket. The color is an outward symbol of the student's rank. Theoretically, the darker the belt, the more experienced the wearer. Beginners wear a white belt; they are then called white belt participants. Before advancement they must prove their skill and perfection of form. Among other arts to perfect are the yawara (hand arts) and the nago no kata (throwing arts). The next step is the green belt rank. Completion

of these requirements take an average of three months of hard training.

To become a brown belt participant, as well as higher ranks, is not as easy as the bystander may imagine, the local group points out. Because a person's rank symbolizes experience and skill, the different degrees or ranks are not given casually. Following the green belt rank, the student advances through three degrees or brown belt, ranging from third to first. Black belt participants are considered the elite and most skilled.

There are 10 degrees of black belt, with titles to go along with them. Students ranking first and second degree black belt are considered instructors; those with three degree black belts, masters; and those boasting fourth through 10th degree black belts, professors.

Tom Ball Jr., is a second degree black belt and qualifies as an instructor. Ball has gone through judo training at Chico State college. Nolte is a first degree brown belt, and Byrne, a green belt.

It should be noted that these ranks are just for judo and not for ju-jitsu. It is also important to realize that upon advancement, a judo student is responsible for his own conduct on or off the mat, as he symbolizes the elite.

Besides this, he is responsible for the conduct of the other students who are his equal or below him in rank; therefore the higher the rating the greater the responsibility.

### Persistent Practice

Ball has emphasized that continual and persistent practice is important. Also basic is strength and employing regularly calisthenics. It has been said that when a student has performed an art one thousand times, he may begin to understand it, physically. This however, does not necessarily imply that he will also understand all of the principles behind the art.

In learning judo, the student first starts with mat etiquette and the basic judo roll and fall. One of the next steps is to learn "yawara," a system of hand arts and escapes.

The philosophy behind judo has been called unique and complicated, although it is really using the opponent's weight and size to the other's advantage. The ways of giving way in order to gain ultimate victory are numerous; however, all are keyed to the principle of seeming to give in to the opponent and his wishes, while at the same time utilizing his efforts and energies to gain victory and aid the defendant's aims.

Having learned to roll and fall satisfactorily, the student then practices various arts of throwing. Throughout the instruction, safety and sportsmanship are emphasized.

In mastering the various arts of choking, throwing, and holding there are specific and individual fundamentals that have to be perfected, according to Ball.

Perhaps two of the most common and important phases of judo are "kata" and "randori." Kata is considered the formal practice of judo, while randori is the judo contest.

Kata, being also the basis of knowledge on or perfection of form, is named one of the most enjoyable parts of judo since, in it, ideas are tried out, many questions asked, and specific results are estimated. In kata, the student learns step by step the why's and how's of each judo fundamental.

The students learn the relationships of one art to another and how to employ their basic skills to improvise when such an improvisation is needed. Reflexes are formed in kata so emergency actions during a match will come naturally. After complete comprehension, the judo student then progresses into the art and practice of randori.

Randori is defined as a free style of practice in which the students attempt to defeat each other by the use of throws, chokes, hold-downs, locks and bars. This practice, although it may sound rough, is declared relaxing and enjoyable. Any actions which are dangerous or harmful are outlawed. The mental process in randori is important and success depends much on how the knowledge is used.

Ball explains that randori is much like a game of chess, the object being not so much to win, but to outmaneuver and outthink the rival. Too, the participants are usually of equal physical power and may be reasonably equal in knowledge of the arts. The way that they use this knowledge is the important thing in randori. Randori, of course, can be involved if the mental gymnastics used are considered.

When a throwing art is executed, the person is actually tripped. The thrown student will protect himself by going into a fall which consists of a continuous series of actions that can be explained as "established" physical laws. They are, and appear to be, natural. When a student lands on the mat or ground he isn't hurt because he is positioned properly and relaxed.

A judo match is similar to a wrestling match, although somewhat more technical and psychological. For participants under the black belt degree, they last three minutes. For black belt holders, they are five minutes. Ball advises that one point wins the match. This is gained by a good, clean throw or complete control of the mat. If neither of the participants scores in the allotted time, the match may be judged on technique or may be extended for another minute. As in elaborate wrestling, bowing is a part of formal judo. This is a sign of respect.

In discussing regional judo and ju-jitsu activity, Ball noted that there are judo academies in Salem, Ore., and Dorris, Yreka, and Arcadia, Calif. During this month there is to be a judo match in Oak-

land. Local participation ranges from 25 to 30 men and women from 15 years of age up.

### Ways Considered

Ball emphasizes that judo and ju-jitsu can be considered in three ways—as a manner of defense, as a sport, and as ultimate perfection. The local group advocates also the development of the body, the mind, and the spirit. Ball adds that courtesy, confidence, and consideration are also observed.

Basically, character building is a chief goal or aim of judo participants or "judokas," the technical name for contestants. It is a moral obligation and duty of each ju-jitsu and judo participant to live up to these standards, Ball stresses.

Locally, Medford residents have had judo training of-

fered to them for about a year and a half. The Medford academy's officers include Ball, as president; Nolte, as treasurer; and Byrne, as secretary. An administrative council consists of the officers plus Dr. P. H. Rutter, Phoenix.

Nationally, judo interest has increased dynamically in the last few years with the American Judo and Ju-Jitsu federation being founded in 1929.

Tom Ball Jr., Larry Nolte, and Mike Byrne are heading a staff of athletes who are engaged in one of the most unusual and interesting activities available in the Rogue valley; one that is easily recognized as one of importance and value. Proof lies in the activities of the Medford Judo academy.

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