

## Contents (Previously published)

### Report I (1958)

Preface	Risei Kano (President, The Kodokan)	
Physiological Studies on "Choking" in Judo		
Part I	Studies in General .....	(1)
	<i>M. Ikai, T. Ishiko, G. Ueda and J. Yamakawa (Tokyo University)</i>	
	<i>A. Toyoda, S. J. Hirai, R. Katsumura, T. Seki, M. Minami and</i>	
	<i>K. Akutsu (Tokyo University of Education)</i>	
	<i>M. Masuda, O. Inoue and T. Sakai (Tokyo Jikei-kai Medical School)</i>	
	<i>K. Suzuki and M. Morikawa (Nihon Medical School, Tokyo)</i>	
	<i>T. Watanabe (Ochanomizu University, Tokyo)</i>	
	<i>Y. Matsumoto (Kodokan)</i>	
Part II	X-ray Observations on the Heart .....	(13)
	<i>M. Ikai, and J. Yamakawa (Tokyo University)</i>	
	<i>S. Ogawa and K. Akutsu (Tokyo University of Education)</i>	
	<i>M. Masuda (Tokyo Jikei-kai Medical School)</i>	
	<i>Y. Matsumoto (Kodokan)</i>	
Medical Studies on "Choking" in Judo, with Special Reference		
	to Electro-encephalographic Investigation .....	(23)
	<i>K. Suzuki (Orthopedic Sugery, Nippon Medical School)</i>	
The Kinetics of Judo .....		
	<i>M. Ikai (Tokyo University)</i>	(49)
	<i>Y. Matsumoto (Tokyo University of Education)</i>	
Studies on Reflex Action in Judo .....		
	<i>M. Ikai (Tokyo University)</i>	(63)
Energy Metabolism in the Fundamental Throwing Techniques of Judo .....		
	<i>S. Ogawa, Y. Imada, K. Akutsu and S. Yoshino (Tokyo University of Education)</i>	(71)
	<i>R. Sugimoto, and T. Seki (Jikei-kai Medical School)</i>	
Survey on Public Interest in Judo, with Consideration to Age .....		
	<i>M. Maekawa, T. Otaki and Y. Matsumoto (Tokyo University of Education)</i>	(79)
The Effect of Judo on Blood Pressure .....		
	<i>M. Ikai (Tokyo University)</i>	(91)
Various Forms of Injury Caused by Judo .....		
	<i>T. Sasa (Tokyo Medical-Dental University)</i>	(99)

### Report II (1963)

Preface	Risei Kano (President, The Kodokan)	
Studies on Jigoro Kano—Significance of His Ideals of Physical Education and Judo—	.....	(1)
	<i>M. Maekawa (Tokyo University of Education)</i>	
	<i>Y. Hasegawa (Ministry of Education)</i>	

Survey of Actual Conditions of Judo Training in Various Countries .....	(13)
<i>Y. Matsumoto (Tokyo University of Education)</i>	
<i>T. Kawamura (Tokyo Gakugei University)</i>	
Physical Fitness of the Top Judoists in Japan (1961) .....	(23)
<i>T. Sasa, T. Shinozuka, and N. Kato (Tokyo Medical-Dental University)</i>	
<i>Y. Matsumoto, S. Ogawa, S. Morita, and K. Akutsu (Tokyo University of Education)</i>	
<i>M. Ikai, T. Ishiko, J. Yamakawa, and T. Asami (University of Tokyo)</i>	
<i>K. Tomiki (Waseda University)</i>	
<i>K. Suzuki (Nihon University)</i>	
Physical Fitness of the Top Judoists in Japan (1962) .....	(35)
<i>T. Sasa, T. Shinozuka and N. Kato (Tokoy Medical-Dental University)</i>	
<i>Y. Matsumoto (Tokyo University of Education)</i>	
<i>M. Ikai, T. Asami, and M. Kaneko (University of Tokyo)</i>	
Studies on Judo Techniques with Respect to Distribution of Body Weight .....	(45)
<i>Y. Matsumoto (Tokyo University of Education)</i>	
<i>T. Yanagita (Seitai-Kyokai)</i>	
<i>Y. Sato (Gakushuin University)</i>	
<i>T. Asami (University of Tokyo)</i>	
Studies on "Kansetsu-waza (Armlock)"	
(1) Introduction of "Kansetsu-waza" .....	(53)
<i>Y. Matsumoto (Tokyo University of Education)</i>	
(2) Roentgenographic Studies on "Kansetsu-waza" .....	(59)
<i>K. Suzuk. (Nihon University)</i>	
(3) Physiologic Studies on "Kansetsu-waza" with Special Reference to the Reaction of the Nervous and Muscular Systems. ....	(67)
<i>M. Ikai (University of Tokyo)</i>	
<i>T. Asami (University of Tokyo)</i>	
<i>T. Sasa (Tokyo Medical-Dental University)</i>	
(4) Studies on "Kansetsu-waza" with Special Reference to the Reaction of the Circulatory and Respiratory systems. ....	(87)
<i>S. Ogawa, K. Akutsu and Y. Matsumoto (Tokyo University of Education)</i>	
Electromyographic Studies on the "Nage-waza" (Throwing Techniques) of Judo .....	(97)
<i>M. Ikai, T. Asami and M. Kaneko (University of Tokyo)</i>	
<i>T. Sasa (Tokyo Medical-Dental University)</i>	
<i>Y. Matsumoto (Tokyo University of Education)</i>	
Physiologic Studies on "Choking" in Judo—Studies on "Choking" with Reference to the Hypophysio-Adrenocortical System— .....	(107)
<i>S. Ogawa and K. Akutsu (Tokyo University of Education)</i>	
<i>R. Sugimoto, H. Saiki, Y. Ikawa and W. Tsuboi (Tokyo Jikei-Kai Medical School)</i>	

### Report III (1969)

Preface Risei Kano (President, The Kodokan)

[Physical Fitness Test]

1. Physical Fitness of the Top Judoists in Japan (1967) ..... (1)
  - Y. Matsumoto, S. Ogawa and T. Asami (Tokyo University of Education)*
  - T. Ishiko (University of Tokyo)*

	<i>T. Kawamura (Tokyo Gakugei University)</i>	
	<i>T. Daigo (Police University)</i>	
	<i>S. Katsuta (Kyushu University)</i>	
	<i>M. Masuda and S. Shibayama (Physical Fitness Research Institute)</i>	
2.	In Making up the Standard Physical Fitness Test of uJdoists .....	(13)
	<i>Y. Matsumoto, S. Ogawa and T. Asami (Tokyo University of Education)</i>	
	<i>T. Ishiko (University of Tokyo)</i>	
	<i>T. Kawamura (Tokyo Gakugei University)</i>	
	<i>T. Daigo (Police University)</i>	
	<i>S. Katsuta (Kyushu University)</i>	
	<i>M. Matsuda, and S. Shibayama (Physical Fitness Research Institute)</i>	
3	Evaluation Method of the Standard Physical Fitness Test of Judoists .....	(27)
	<i>Y. Matsumoto, S. Ogawa and T. Asami (Tokyo University of Education)</i>	
	<i>T. Ishiko (University of Tokyo)</i>	
	<i>T. Kawamura (Tokyo Gakugei University)</i>	
	<i>T. Daigo (Police University)</i>	
	<i>S. Katsuta (Kyushu University)</i>	
	<i>M. Masuda and S. Shibayama (Physical Fitness Research Institute)</i>	
[Physiological Studies]		
4.	Studies in Stamina of Judoists	
(1)	.....	(33)
	<i>T. Sasa (Tokyo Medical-Dental University)</i>	
	<i>T. Asami (Tokyo University of Education)</i>	
	<i>M. Kaneko (University of Tokyo)</i>	
(2)	.....	(41)
	<i>T. Sasa (Tokyo Medical -Dental University)</i>	
	<i>T. Asami (Tokyo University of Education)</i>	
	<i>M. Kaneko (University of Tokyo)</i>	
5.	Physical Fitness of a Judoist from the Viewpoint of Cardiovascular Function.....	(49)
	<i>M. Masuda and S. Shibayama (Physical Fitness Research Institute)</i>	
6.	Roentogen Cinefluorographic Studies on Changes in Heart Volume of Judoists during Physical Exercise .....	(63)
	<i>M. Masuda, S. Shibayama and H. Ebashi (Physical Fitness Research Institute)</i>	
7.	Changes in Heart Rate during Judo Practice .....	(73)
	<i>M. Ikai and M. Kaneko (University of Tokyo)</i>	
8.	Studies on Body Composition of Judoists .....	(81)
	<i>M. Ikai, T. Fukunaga and H. Toheda (University of Tokyo)</i>	
9.	Studies on the Muscle Strength around the Elbow Joint .....	(93)
	<i>T. Ishko (University of Tokyo)</i>	
[Analysis of Technique]		
10.	Regulation of Respiration during Nage-Waza in Judo	
(1)	.....	(99)
	<i>Y. Matsumoto and T. Asami (Tokyo University of Education)</i>	
(2)	.....	(111)
	<i>Y. Matsumoto and T. Asami (Tokyo University of Education)</i>	
11.	Studies on the visual Fixation Point of Judoists .....	(117)
	<i>Y. Matsumoto (Tokyo University of Education)</i>	

- M. Ikai, M. Kaneko and M. Tezuka (University of Tokyo)*  
*A. Watanabe (NHK Scientific Research Institute)*
12. Studies on the Visual Fixation Point of the Referee during a Judo Match ..... (123)  
*Y. Matsumoto (Tokyo University of Education)*  
*M. Ikai and M. Tezuka (University of Tokyo)*  
*T. Kawamura (Tokyo Gakugei University)*  
*T. Daigo (Police University)*  
*A. Watanabe (NHK Scientific Research Institute)*
13. Kodokan Judo and Its Technical Development Which Contributed to the Modernization  
of Budo ..... (129)  
*R. Tomiki (Waseda University)*

## Report IV (1972)

Preface Risei Kano (President, The Kodokan)

## [Studies in Physical Fitness]

1. A Follow-up Study of the Physical Fitness of Judoists (Report I) ..... (1)  
*Y. Matsumoto, S. Ogawa and T. Asami (Tokyo University of Education)*  
*T. Ishiko (Juntendo University)*  
*T. Kawamura (Tokyo Gakugei University)*  
*M. Masuda (Physical Fitness Research Institute)*
2. A Follow-up Study of the Physical Fitness of Judoists (Report II) ..... (11)  
*Y. Matsumoto, S. Ogawa, T. Asami and Y. Furuta (Tokyo University of Education)*  
*T. Ishiko (Juntendo University)*  
*T. Kawamura (Tokyo Gakugei University)*  
*M. Masuda (Physical Fitness Research Institute)*
3. Characteristics of Physical Fitness of Middle and Old Age Judoists ..... (27)  
*T. Ishiko (Juntendo University)*  
*K. Tomiki (Kokushikan University)*
4. Physical Fitness of the Judoist from the Viewpoint of Cardiovascular Function (2) with  
Special Reference to Roentgenography of the Heart ..... (35)  
*M. Masuda, H. Shibayama and H. Ebashi (Physical Fitness Research Institute)*
5. The Characteristics of Physical Fitness of Judoists from the Viewpoint of Respiratory  
and Cardiovascular Functions ..... (43)  
*M. Ikai and S. Haga (Tokyo University)*  
*M. Kaneko (Osaka College of Physical Education)*

## [Physiological Studies]

6. Studies on Atemi in Judo ..... (53)  
*T. Asami and Y. Matsumoto (Tokyo University of Education)*
7. Studies on the "Kyusho" (Vital Spots) of the Human Body ..... (61)  
*T. Asami and Y. Matsumoto (Tokyo University of Education)*
8. Studies in Kappo (Resuscitation Method) in Judo from the Viewpoint of Vaso-Vagal  
Syndrome ..... (83)  
*M. Ikai, M. Tezuka (Tokyo University)*  
*T. Sasa (Tokyo Medical-Dental University)*  
*Y. Matsumoto and T. Asami (Tokyo University of Education)*  
*T. Kawamura (Tokyo Gakugei University)*  
*M. Kaneko (Osaka College of Physical Education)*
9. An Electromyographic Study on Antagonistic Muscle Regulation in the Judoist ..... (109)



*M. Masuda, H. Shibayama and H. Ebashi (Physical Fitness Research Institute)*

[Analysis of Technique]

10. A Study of the Metsuke (Aspect of the Eyes) in Judo ..... (117)  
*Y. Matsumoto, Y. Takeuchi and R. Nakamura (Tokyo University of Education)*
11. The Physiological Response of the Judoist to Stimuli of the Senses of Touch and Vision (123)  
*Y. Matsumoto and Y. Takeuchi (Tokyo University of Education)*  
*T. Daigo (Police University)*  
*M. Ikai and Tezuka (Tokyo University)*  
*A. Watanabe (NHK Research Institute)*
12. Analysis of the Concerted Action of the Hand Foot in Response to Touch Stimulus .. (129)  
*Y. Matsumoto and Y. Takeuchi (Tokyo University of Education)*  
*T. Kawamura (Tokyo Gakugei University)*  
*A. Watanabe (NHK Research Institute)*
13. A Fundamental Study on the Distribution of Attention in the Visual Field of Judoists.. (135)  
*Y. Matsumoto, Y. Takeuchi and R. Nakamura (Tokyo University of Education)*  
*T. Kawamura (Tokyo Gakugei University)*  
*A. Watanabe (NHK Research Institute)*
14. Studies on Judo Technique, with Special Reference to Kamae and Kuzushi ..... (141)  
*T. Asami and Y. Matsumoto (Tokyo University of Education)*  
*T. Kawamura (Tokyo Gakugei University)*
15. A Study on the Finger Strength of Judoists ..... (149)  
*T. Asami and Y. Matsumoto (Tokyo University of Education)*  
*T. Kawamura (Tokyo Gakugei University)*

Report V (1978)

- Preface Risei Kano (President, The Kodokan)
1. Jigoro Kano's Thoughts on Judo (1) ..... (1)  
*M. Maekawa (Chukyo University)*
  2. Studies in the Training of Judoists, Investigation in the Effect of Training of General Endurance ..... (7)  
*Y. Matsumoto (Tokyo University of Education)*  
*S. Ogawa (Tsukuba University)*  
*Y. Furuta (Gifu University)*  
*K. Ogata (Ibaraki University)*
  3. Studies on the Oxygen Uptake and Heart Rate During Judo Practice..... (19)  
*M. Kaneko, M. Iwata, S. Tomioka (Osaka University of Physical Education)*
  4. Analysis of the Kuzushi in the Nage-Waza ..... (31)  
*Y. Matsumoto (Tokyo University of Education)*  
*Y. Takeuchi, and R. Nakamura (Tsukuba University)*  
*M. Tezuka (Meiji University)*  
*K. Takahashi (Kogakuin University)*
  5. An Analytical Study on the Position of the Center of Gravity in the Osae-Waza (Art of Holding) in Judo ..... (41)  
*T. Asami (Tsukuba University)*  
*Y. Matsumoto (Tokyo University of Education)*  
*T. Sasaki (Fukushima University)*
  6. Actual Condition of Women's Judo ..... (49)  
*T. Kawamura (Tsukuba University)*

- T. Kaise (Tokyo Gakugei University)*  
*H. Niboshi (Kodokan)*
7. The Shime (Strangle Hold) in Judo and the Response of the Peripheral Circulatory System ..... (61)  
     *H. Shibayama and H. Ebashi (Physical Fitness Research Institute, Meiji Life Foundation of Health and Welfare)*
  8. Physiological Studies on the Ochi (Unconsciousness) Resulting from the Shime-Waza (Strangle-Hold) in Judo ..... (71)  
     *M. Tezuka (Meiji University)*
  9. Kinesiological Analysis of the "Shizentai" (Natural Posture) ..... (75)  
     *T. Asami (Tsukuba University)*
  10. Analytical Studies on the Contests Performed at the All Japan Judo Championship Tournament ..... (83)  
     *Y. Matsumoto (Tokyo University of Education)*  
     *Y. Takeuchi, and R. Nakamura (Tsukuba University)*
  11. Jigoro Kano and the Education of Chinese Students Studying in Japan ..... (95)  
     *S. Oimatsu (Denki Tsushin University)*