

Keiko Fukuda**Her motto:****“Be strong, be gentle, be beautiful”**

October 27, 2009

Place: Kodokan

Jointly organized by NPO-The Solidarity of International JUDO Education and “Fukuda Keiko Coming Home Organizing Committee”

Moderator: Kaori Yamaguchi (Kodokan female 6th dan)

Panelists: Katsuko Umezu (Kodokan female 8th dan), Eiko Saito (Kodokan female 6th dan, United States Judo Federation 7th dan)

Keiko Fukuda (Kodokan female 9th dan)

Born in 1913 in Tokyo. Her grandfather was Hachinosuke Fukuda, a renowned jujitsu master who taught the Japanese martial art to Jigoro Kano. Keiko Fukuda was invited by Kano to study judo and joined the women’s section of the Kodokan when she was 22. In 1964, she demonstrated the “Ju-no-Kata” at the Summer Olympics in Tokyo. In 1966, she visited the United States to teach judo and, in 1967, established the San Francisco Women’s Judo Club. She traveled not only all over the United States but also in Canada, Australia, France and other countries around the world, teaching judo. This earned her the name, the “Mother of World Women’s Judo.” In 1990, she received the Order of the Sacred Treasure, Gold Rays with Rosette. In 2006, she was awarded the female 9th dan by the Kodokan, becoming the first woman in the world to receive such a high rank in judo. In the same year, she established the “Keiko Fukuda Judo Scholarship” with the aim of teaching and supporting her successors.

Yamaguchi: Good afternoon. Thank you all for coming here today.

Today, we have invited Keiko Fukuda Sensei from San Francisco. We are also joined here by Katsuko Umezu Sensei and Eiko Saito Sensei. My name is Kaori Yamaguchi, and I will serve as the moderator today.

In February 2009, I visited Fukuda Sensei in San Francisco to interview her for a magazine article on the history of women’s judo. During the interview, she told me so many wonderful stories that I thought, “This is too good to keep to myself.” So I asked her if she would share her stories with the many younger judo practitioners in Japan. It was a little tricky, but I was able to persuade her to come to Japan.

I understand that Fukuda Sensei must be tired but, with the help of Umezu Sensei and Saito Sensei, I hope that today we will be able to hear as many of her stories as possible. Six of Fukuda Sensei’s students from the United States are here today too.

As all of you know, she is 96 years old. When she was talking to Toshiro Daigo Sensei the other day, Daigo Sensei said, “I’m 83 years old now.” In response, she said, “Oh, you’re young,” (laughs) which made me think I must be just a baby. Fukuda Sensei has made a significant contribution to women’s judo not only in Japan but also throughout the world over many years. All of us here have looked forward to hearing about your valuable experiences today, Fukuda Sensei.

Fukuda: I’m very pleased to see so many people here today. Thank you very much for coming. Since I’m not used talking in front of people, I’m feeling a little shy but I’m also pleased.

I know little about my grandfather. What I do know I heard from my grandmother. I thought I would talk about him more than anything else today but, sitting in front of such a big audience, I find myself trembling, which is a chronic condition for me, and, honestly, I’m feeling a little confused. (laughs)

Hachinosuke Fukuda and Jigoro Kano

Yamaguchi: Well, then, let me ask you some questions. Fukuda Sensei, as the audience knows, is the granddaughter of Hachinosuke Fukuda, a jujitsu master. As he was a teacher to Jigoro Kano, I think you had frequent opportunities to see Kano Sensei after

you started practicing judo yourself, and have applied what you learned from him.

Fukuda: Yes. My grandfather was Kano Sensei's first jujitsu teacher. He came to my grandfather's dojo to practice jujitsu. When my grandfather passed away, there was only my grandmother and my father, who was small in stature. Therefore they asked Kano Sensei to take over the dojo. But it didn't go as they'd hoped and they reluctantly closed the dojo. This is what I heard.

Three years later, Kano Sensei opened his own dojo. He had been taught jujitsu by three teachers, including my grandfather. I have heard that, on the occasion of 50th anniversary of his dojo, he paid his respects to the spirits of his three teachers. According to my brother, who attended the ceremony, Kano Sensei turned to my grandfather's altar first and talked to his spirit as if he were still alive. My brother said, "The ceremony today was so sincere. I was overcome by emotion."

A short time after the opening of his dojo, Kano Sensei visited our house, which is when I met him for the first time. When I served him a cup of tea, he said, "You look like a lot like Ryu-san." I thought, "Do I look that much like my father, Ryukichi?" Not long after he said to me, "My dojo has a women's section. Why don't you come and see?" My mother later took me there and that was the first time I visited the Kodokan.

At my house, my grandmother was very strict about manners and I always had to maintain the formal *seiza* posture when I sat on tatami. So I was very surprised to see women practicing *ashi-waza* and throwing their opponents at the Kodokan. I thought, "How bad mannered of them!" (laughs) After coming back home, I told my mother and brother what I had seen at the Kodokan. They didn't force me to join the Kodokan but I decided to do so on my own. I was 22 years old.

Yamaguchi: What was your first impression of Kano Sensei?

Fukuda: When he hung his coat at the entrance of our house, I happened to see inside one of the pockets and saw some candy in there. (laughs) He was not very tall

and he had a slender body. Because there were a lot of people who wanted to hear him talk, we sometimes asked him to come and talk at our house.

So that's how I joined the Kodokan. The teachers there treated me somewhat better than other students because I was the granddaughter of Hachinosuke Fukuda, which is something I still appreciate now.

Yamaguchi: I've heard that your grandmother treated Kano Sensei like he was her apprentice.

Fukuda: Yes. I don't know why, but she often called him "Kano." I thought, "How bold she is!"

One of my grandfather's apprentices was a fish market "czar," who was called "Enma no Kane-san." Kano Sensei was once thrown by him. After that, he kept thinking, "One day I will throw Enma no Kane-san on the ground." After reading a foreign book he developed a new *waza* that looked like *kata guruma* or "shoulder wheel," which he used to finally throw Enma no Kane-san onto the ground. Because Kane-san was one of the strongest apprentices at my grandfather's dojo, I have heard that Kano Sensei was very, very pleased.

The early years of women's judo

Yamaguchi: What were your first impressions when you started judo?

Fukuda: At first, I didn't find it interesting. Only after I became friends with two women a year older than me did I gradually begin to enjoy practicing judo. Back then there were two teachers for the women's section: one was Yoshitaka Handa and the other was a man who had opened a school in Hawaii. After 30 years in Hawaii, the *sensei* returned to Japan, bringing one of his apprentices from Hawaii with him. This apprentice was one of my two best friends. The other was the daughter of the Emperor's deputy head servant.

Yamaguchi: What was your best *waza* at that time?

Fukuda: None of them! (laughs) It takes years to master them.

Yamaguchi: Oh, sorry for asking such a stupid question. You demonstrated the “Ju-no-Kata” at the Summer Olympics in Tokyo with Masako Noritomi.

Fukuda: I remember that I performed the demonstration but have no memory of feeling nervous or excited. Following my demonstration, a *sensei* in the 8th rank performed a demonstration. I remember very clearly that his legs were very thick and I thought, with these thick legs, he must be very strong. Thinking in this way, I was not nervous at all.

It seems that practitioners these days do not take time to prepare for a demonstration but when I was young we took a month or sometimes two in preparation. So we did not get nervous when we performed a demonstration in front of an audience. That was a very good experience.

Going to the United States

Yamaguchi: You then visited San Francisco to teach judo. Why the United States?

Fukuda: Soon after World War II, the wife of a man who owned a dojo in Auckland in California came to Japan to learn judo. The head of the Kodokan told Noritomi Sensei, me and Haruko Niboshi Sensei to teach her judo. So, the three of us did. When she left Japan after about six months, the woman said to me, “I have bought you a ticket for a ship to the United States. Would you come with me and teach judo at my dojo?” I asked the head what I should do and he said, “Go. Take care of yourself.” My brother also said, “Teaching abroad will be a good experience for you. If you need money, I will send it to you.” So I left for the United States.

The ship was a cargo vessel. There was another woman who was going to the United States to learn the piano and we shared a special room. We took meals with the officers. We were treated well. I think it took about a week. I stayed in the United States for about one and half years. After returning to Japan, I continued my studies at the women’s section of the Kodokan for another 10 years.

Yamaguchi: What was judo in the United States like in

those days?

Fukuda: The level was very low. I once saw a teacher teaching judo to kindergarten kids and he threw one of the children with a *kata guruma*. I thought it was dangerous and at the same time I understood that their knowledge of judo was very poor. I was later asked to teach judo throughout the United States, so I did. I did that for one year.

Ten years later, an Australian student came to the Kodokan and asked me to teach judo in Australia. So I went there to teach, and on my way back to Japan I visited the Philippines with an introduction from a Japanese teacher. I taught judo there too. I was worried about how I would be treated in the Philippines but there was nothing to worry about. Everybody welcomed me warmly. I toured around four cities. I have good memories of teaching there. Among those who came along to my sessions there was a large contingent of nurses from a big hospital.

Yamaguchi: Foreigners are usually physically larger than us. I am small and so are you, Fukuda Sensei. Has anyone ever made fun of you by saying, “Can such a small person really do judo?”

Fukuda: Never. There is a picture of me throwing a tall opponent. I look so small. Because I was always trying to hold and throw larger opponents, I disjointed both my thumbs: first, the thumb on my right hand and later the thumb on my left hand. After I had surgery on them, they were left deformed. I have to use all my strength to throw someone who is bigger than me and that is why I get injured.

Yamaguchi: Overseas, no one has ever shown you disrespect because you are a woman.

Fukuda: Not once. But I have heard that when I first visited France, the students, who were coming from all across the country, were wary about what an 80-year old woman could do. At that time I had a problem with my low back so I carried a small chair. I put the chair on the wide tatami mat floor of a dojo built as a temporary structure and demonstrated 40 *nage-waza*.

After the performance, nobody said, “What can an 80-year old woman do?” any more. Even after you reach 80 years of age, you can still move fairly well. Five years later I was invited to Paris again and I went there and I taught some *waza*. It was a good time.

A Story from Katsuko Umezu

Yamaguchi: Now I would like to ask Umezu Sensei to talk about the women’s section of the Kodokan when she started judo. It has now become common for women to participate in judo competitions. How about the teaching principles of the women’s section of the Kodokan back then?

Umezu: I started judo in 1948, soon after the GHQ lifted the ban. There was a dojo near my house and next to the dojo was a dance hall. I was in first grade at the time and I took a look inside both the dojo and dance hall, thinking “Which would be more interesting?” I thought judo was cool. So I went to the dojo and said, “I want to practice judo,” but I was flatly refused. They said judo was not for women. After persisting for four or five months, I was finally permitted to enter the dojo. I was told that they would treat me the same way they treated the boys, which meant no underwear. I also had to change clothes in the same room as the boys. They said to me, “If you can’t deal with it, you’re welcome to quit anytime.” The dojo, located close to Hakata, was Sekiryukan, which boasts a 300-year history spanning 15 generations. I didn’t care about what they said. I continued to practice and made 1st dan.

In 1953, I left for Tokyo where I went to the women’s section of the Kodokan, wearing my black belt. The people there looked at me curiously and I was not allowed to use a lot of the *waza* I had already acquired. They said to me, “Don’t do this, don’t do that.” I was told that some of the *waza* I used were just for men and that women shouldn’t fall with their legs open. Women should not use *uchi-mata*. I explained, “Even if I throw my opponent with *harai-goshi*, if she leaps, it will be called *uchi-mata*,” but it was in vain. No *ouchi-gari* either. With so many restrictions, they taught me *kata*. I felt disappointed. I had had to persuade my parents to allow me to come all the way

to Tokyo and, after all my efforts, I thought, “Is this how the Kodokan treats women?”

After I learned *kata* for one year, I became apprenticed to Tanaka Dojo where I did household work, learned bone setting, and went to the Kodokan every day. At the Kodokan, teachers gave lessons designed for wellborn girls, with the main emphasis on how to take *ukemi* beautifully. When a practitioner named Margo came to Japan, she said to me, “Competitions in foreign countries have been opened up to women. If you don’t start practicing for competitions soon, Japanese women will fall behind the women in other countries.” So I asked the Kodokan repeatedly to let women practice for competitions but they would not listen to me. “Judo for women? No way. Competitions for women? Absolutely not.” This was the fundamental way of thinking at the Kodokan in those days.

I thought therefore that if I wanted to participate in competitions, I had to go abroad. Was Fukuda Sensei already abroad at that time? Or was it me who first escaped Japan to a foreign country? (laughs)

The 5th rank was the highest in those days and I was in the 4th when I left Japan. I traveled around the world for about three years. I traveled by sea and I frequently meditated on who I was while I was stuck on a boat for long days at a time. “If we are born, we should achieve something,” is what I always say. By practicing every day since the day we were born we have all accumulated some skill. We all, including everyone in this room today, have learned to walk, starting from the first step we made toward the parent who was beckoning and saying, “Come to me.” After learning to walk, one step at a time, we become able to run and then become strong enough to practice judo and play other sports. I think this idea of building up step-by-step is very important. At the same time, having reached this age, I also think it is important to share what I have learned with other people. I learned judo from Noritomi Sensei, who always says that a matchstick, if it’s not broken, is strong enough to hold a one-ton weight and that judo is the application of dynamics. As I watched different *senseis* practicing judo, I learned and became more and more interested in *kata*. The more I practice, the more difficult it

becomes. If you continue practicing, you will be able to understand both your opponent's feeling and your own feeling. I find it most gratifying that I was attracted by such an interesting thing as judo. At the same time, I am very happy to have met so many like minded people.

I have learned a lot from Fukuda Sensei. I have also learned a lot from Noritomi Sensei and Niboshi Sensei. Today, lots of people have come together here in this room. To me, every one of you is a treasure.

Yamaguchi: Thank you. Umezu Sensei also put down her roots in the Kodokan, even while saying, "I hate it." The Kodokan seems to be that kind of a place. Now I would like to ask Fukuda Sensei again to continue her story.

The women's section of the Kodokan after World War II

Fukuda: Well, shall I start with what it was like during World War II? During the war, the dojo was empty. Teachers returned to their hometowns and I was the only teacher in charge of the women's section. But I wanted to continue with judo. On cold nights, we warmed ourselves with *o-zosui* so that we could keep practicing.

When the war was over, the second-in-charge of the dojo had the idea that women should learn *goshin-ho*, or self-defense methods. So three prominent *senseis*, Shuzo Nagaoka Sensei, Kaichiro Samura Sensei and Kyuzo Mifune Sensei, started developing *gohin-ho*. I and Noritomi Sensei used to sit in the corner of the dojo so that we could see what they were doing. Mifune Sensei would say, "What about this? What about that?" And Samura Sensei would respond by saying, "Okay, let's do it." That was *goshin-ho* was developed.

Before the end of the war, the women's section of the Kodokan had only accepted girls from good families. But, after the war, the head of the dojo hoped to provide more opportunities for more women to practice judo. So, practice fees were lowered so that anybody could attend the dojo. The number of female members, as a result, increased to 60 or 70. The size of the dojo was 100 mats, which was too small for such a

large number of women, and we asked that if the dojo was ever reconstructed that it be enlarged to 200 mats, which I can still remember. Because I had thought that it would be difficult for women's judo to develop and I had never imagined that so many women could come and practice judo, this is a good memory for me.

When I started teaching judo in Southern California, there were still many Japanese *nisei* families in the area and their daughters came to take my judo classes. The number of students taking a ranking test sometimes reached 60 or 70. I think it was because there were a lot of people of Japanese descent who had a deep understanding of judo that I was able to achieve successful results.

My hope is to encourage more women to practice judo. In the past there was a time when we provided judo training to as many as 70 women in the women's section of the Kodokan. The judo training we provided in those days may not have satisfied those who wanted to win competitions. But I think it is very good for the health of both body and mind. Because I'm getting older, I can't make any meaningful contribution to the future development of judo. I would encourage younger *senseis* to focus their efforts on further promoting women's judo in Japan.

I still remember lectures by the head of the dojo that I often attended when I started practicing judo. We all gathered in the large dojo to listen to him. He always repeated the same expressions: "Seiryoku Zenyo, Jita Kyoei." Some students would say, jokingly, "There he goes again." That made me think that my way of learning judo was different from theirs. I always keep Kano Sensei's teachings in my mind when I practice judo. It is very important for people to learn how we should live correctly and I think the head of the dojo explained that. When I look back on the past, I have always remembered his teachings all throughout my life and I am glad to say that I have been able to focus my efforts in order to fulfill his teachings.

Because of judo I traveled to lots of different countries, like Australia and Canada. I was invited a number of times and had lots of opportunities to interact with people there. I believe these opportunities were given to me because I learned judo with Kano Sensei's teachings in my mind. I'm very appreciative.

In practicing judo, it is important to learn *waza* and at the same time to discipline your mind. I have selected the following words as my motto: “Be strong, be gentle, be beautiful.” “Be strong” refers to the importance of strength for the body and mind. “Be gentle” refers to the depth of gentleness. The “ju” or gentleness of judo is well reflected in *kata*. This is what I have always thought. Even if you may look weak, inside you are both strong and gentle. The third one, “be beautiful,” is included because I thought that the beauty of the mind is particularly important. Everybody likes beautiful things. Women tend to be attracted by things with a beautiful appearance but I always try to be a person with a beautiful mind.

“Be strong, be gentle, be beautiful” is a motto that I made up myself and I think the words are good. Particularly in regard to “be gentle,” I feel happy that I have been able to thoroughly study “Ju-no-Kata” or “forms of gentleness” over many years. “Ju-no-Kata” is designed so that you can hold your opponent in a straight-on position without having to resist their power. This is very hard to do. I have kept practicing “Ju-no-Kata” throughout my life and have finally started to understand its essence. I now feel truly happy.

Yamaguchi: Thank you, Fukuda Sensei. I was worried today that Fukuda Sensei might not feel like speaking a lot and asked Umezu Sensei and Saito Sensei to sit on each side of Fukuda Sensei just in case, but it has turned out to be unnecessary. (laughs) I could listen to Fukuda Sensei talk forever.

Can I ask you a question? I think there must be a “Judo-no-Kokoro” or the heart of judo that can only be understood by Japanese. Have you had any difficulties in teaching judo in the United States and other foreign countries?

Fukuda: English. I had language problems. But, although my English is poor, none of my students have said to me, “I don’t understand what you’re saying.” I visited many countries to teach judo and everybody there was pleased and took me to lots of different places. So, I have had almost no problems.

Yamaguchi: According to someone from the Fukuda family, you look very gentle but are really very strong-minded. Is that true?

Fukuda: I don’t know. I cannot answer such a question. (laughs)

Fukuda Sensei’s favorite students from the United States

Yamaguchi: Today we also have Fukuda Sensei’s students from the United States. I would like to ask them about Fukuda Sensei. What kind of teacher is she?

First student: Fukuda Sensei always says, “Do it once again, please” with a smile. Judo is difficult for me. When I am struggling with something that I cannot do well, she smiles. I feel the love in her smile, which gives me strength.

Yamaguchi: I know Fukuda Sensei is a wonderful teacher. Do you have any stories about times when things went wrong, any funny episodes? (laughs)

Second student: Sensei always says, “Study seriously. Come to practice every day.” She says to cooperate with each other to learn judo. Some things are difficult for me and I make mistakes, but Fukuda Sensei never makes any mistakes or fails in what she’s trying to do. She understands very well the problems that each of us is facing. We make our best efforts to do what we can, and Sensei is always there to encourage us. None of us can hide from her during practice. When I practice on a mat, for example, I sometimes think she is too far away to see what I am doing, but when I make a mistake, she notices it. She always pays careful attention to what we are doing. I’m touched by her devotion.

Yamaguchi: I would also like to ask Sherry to say a few words. She has been living with Fukuda Sensei for the last 43 years.

Sherry: Before Fukuda Sensei came to the United States, I had tremendous difficulty practicing judo.

After I met her, my judo got a lot better. Inspired by her, I went to the Kodokan to take lessons from Niboshi Sensei, Miyajima Sensei, and lots of other teachers.

It was when Fukuda Sensei was to leave the United States and return to Japan. This may sound like boasting, but I did very well in my studies at university. But I was terrible at sports. I actually failed swimming class. After I started practicing judo with Fukuda Sensei, I wanted her to perform a demonstration at the university. When I went to a university staff member to seek her advice, she was very surprised and said, "You're not good at physical exercise. Can you do judo?" Anyway, it was arranged that Fukuda Sensei would give a lecture at the university and later she started teaching there.

She is a wonderful person. I think that one of the best gifts Japan has ever given to the world is "Kodokan female ku-dan, Keiko Fukuda Sensei." I want to encourage those who have never had an opportunity to take lessons from Fukuda Sensei to learn judo from her. I believe that she will continue teaching judo, so please visit the dojo in San Francisco.

Yamaguchi: Thank you, Sherry. Eiko Saito Sensei has been sitting beside Fukuda Sensei today. When I asked Fukuda Sensei to visit Japan this time, she said, "If Saito Sensei goes with me, then I will go." Saito Sensei, will you say a few words for us?

A story from Eiko Saito Sensei

Saito: Thank you for letting me participate in such a wonderful meeting today. I met Fukuda Sensei for the first time when I entered the Kodokan. I was 13 years old then. I started judo because I wanted to compete in competitions. Before entering the Kodokan, I had practiced judo at a dojo in my neighborhood for about two years. My brother practiced judo and when I saw him leaving the house in a uniform to participate in the Asian Games, I wanted to be like him. When my brother threw the opponent with *seoi-nage*, the person who was thrown bounced. So spectators said, "It was not an *ippon*, but *nihon*." (laughs) I longed to do something so spectacular.

When I first met Fukuda Sensei at the Kodokan, she was the top teacher and I was a little naughty girl. Now I stay close to her in the United States and learn from her. In the United States, Fukuda Sensei not only teaches judo but also has established a scholarship. I serve as the chairperson of the scholarship program. There are people in need also practicing judo. Fukuda Sensei wanted to extend a helping hand to them and so established the scholarship. At the beginning, the scholarship was awarded to one student a year. Now, the scholarship is awarded to two people a year, to practice kata this year and join competitions next year. Each of them receives USD\$500.

Through judo training and other activities such as the scholarship program, Sensei shows us what wonderful people we can become through judo. This is why she is adored wherever she goes. When she arrived here, you showed your adoration, calling, "Sensei, Sensei." This is the truth of her. Nearly 50 years has passed since I started judo and I am very happy now to be beside Fukuda Sensei. Recently, she has been talking a lot about other *senseis* who played an active role 50 years ago. She frequently talks about Kano Sensei, telling stories that have never made it into books, which I appreciate.

Fukuda Sensei's hope is that everybody becomes stronger both mentally and physically through judo, and also that they win competitions.

If you'll indulge me, I would like to talk a little more about myself. I started judo because I wanted to compete. In 1964 when the Summer Olympics was held in Tokyo, I was 14 years old and had a purple belt. I was told to take a test for 1st dan and, after the test, I was told that although according to the rules of the Kodokan it was not possible for them to issue a certificate, I would be allowed to wear the black belt. This was because there were lots of tourist groups from all over the world scheduled to visit the Kodokan during the Tokyo Olympics and I was to teach them judo. I performed *randori* with lots of women and Maeda Sensei from the Tokyo Metropolitan Police Department did it with the men. The two of us gave the visitors some training. In the following year, 1965, I was bold enough to have a bout with a male player

for the first time. At that time, I was criticized harshly. Now I am very pleased to see Japanese women competing and winning on the world stage. I would like to encourage these women to continue their efforts. Thank you very much for coming today.

With Kano Sensei's teachings in mind

Yamaguchi: As I have been listening to you, I have realized something I wasn't expecting. Both Umezu Sensei and Saito Sensei were "naughty" girls when they first started doing judo at the Kodokan. A practice session in the women's section of the Kodokan starts, even now, with the greeting "Gokigen yoroshu gozaimasu." Students are required to sit straight in *seiza* position and are never allowed to stretch their legs. I have also practiced judo at the Kodokan and was always told to behave myself, which just made me feel tense and nervous. I'm relieved to know that everybody is the same. I think that the naughtiness of the two senseis in their childhood was driven out by Fukuda Sensei through her lessons.

Fukuda Sensei is now 96 years old. As you are probably surprised to see, her skin is smooth and radiant. There are lots of women here today, so let me ask her what the secret of her health and beauty is. Fukuda Sensei, how do you manage to stay looking so young?

Fukuda: What a compliment! (laughs) I don't do anything special to maintain my health. When I was still a beginner, I was thrown by Noritomi Sensei and got a small crack in my lower back bone. I have been suffering from this my whole life. But anyway, I have been lucky to be able to travel to lots of different countries. As I am getting older, my old wounds hurt but I have never regretted doing judo. I'm grateful.

[Applause]

Yamaguchi: Fukuda Sensei, thank you very much for today. It is not possible to hear all the stories about all her experiences since Sensei started judo at the age of 22. But I think everyone here today has been able fully pick up on everything she has said.

I'd like to end by asking, what does judo mean to you?

Fukuda: I think that what is important is that it teaches you to discipline your mind, as a human being. To accomplish this, I have always been guided by Kano Sensei's teachings. I have always tried to live in harmony with his teachings and I'm grateful that I've been able to do so throughout my life.

Yamaguchi: If Kano Sensei were standing behind you, what do you think he would say to you now?

Fukuda: I think he would say, "Well done." (laughs)

[Applause]

Yamaguchi: Fukuda Sensei, thank you for sharing your wonderful stories with us today. It must have been tiring for you, but thank you. I wish you good health. And I will create another opportunity for you to return to Japan next year and the year after that, so please come back again.

Fukuda: These days I have low back pain and the pain sometimes makes it hard just to walk, but my students are all very considerate and kind to me. I appreciate it. By the time your next invitation comes, I think I will have said goodbye to this world. (laughs) But as long as I am in good health, I will keep on teaching my students. It is my responsibility to help my students achieve a higher rank, so I will love my students and train them well. I hope my students will help other people and keep an open mind wherever they are.

Yamaguchi: The people who have come here today are Fukuda Sensei's Japanese students, including myself, I think. Now that you have this many students in Japan, please do not forget about us. I wish you good health and I hope your leadership continues. Thank you very much for today.

