

The Bigger They Come . . .

League tournaments. This year they hope to land a member in the national tournament in California and perhaps even the hemisphere competition in Cuba. From there the winners will go to Australia and then on to Tokyo for the world championships.

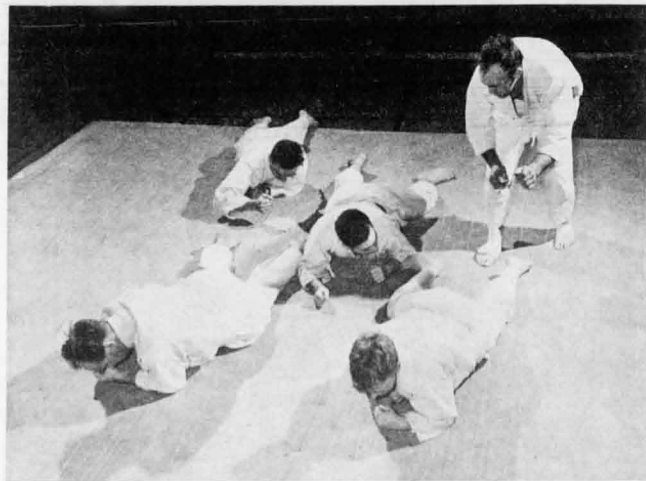
But judo is more than a competitive sport in the Western sense. It is a highly disciplined art, shot through with elaborate ritualism.

"The real purpose of Judo is to teach sportsmanship," says Mr. Zaffuto. "Occasionally we get some fellow with a chip on his shoulder who wants to learn a few quick tricks so he can get revenge on somebody. But that's not the way we work."

Before a neophyte can even start learning the various throws and holds of judo, he must first spend at least three weeks practicing how to fall. This is vital, because after he gets into judo further he's going to spend a lot of time sailing through the air and landing smack on his back.

"The soreheads are usually weeded out fast," says Nick. "But if they stay they become good sportsmen. One of the best things about judo is that it builds confidence without building bullies."

Besides learning how to throw opponents and how to fall himself, the judo artist must also learn something of the Japanese language before qualifying for



WARM-UP. Director Zaffuto, members in one of judo warm-up drills. They crawl on elbows only.

the various belts — white, brown and black — which denote stages of proficiency.

These belts are won only after years of practice. Nick Zaffuto, after 11 years, holds the highest rank here the brown belt second class.

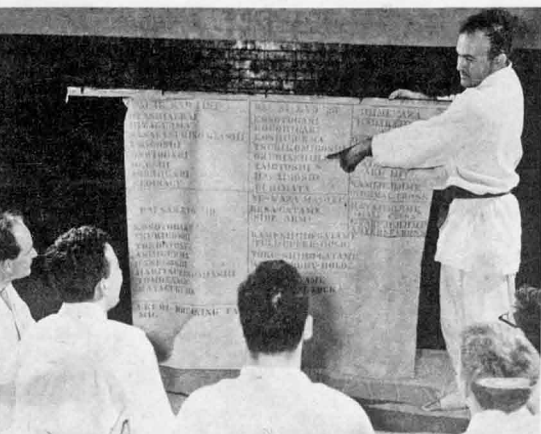
There is a great difference between judo and jujitsu, though the two are

often confused. Judo has been aptly described as jujitsu with the hitting, kicking, bone-breaking, windpipe closing trickery taken out.

"Jujitsu is for the offense, judo for defense," Nick explains.

Incidentally, in Japanese the word judo means "the soft way."

Press Photos By Stewart Love



LANGUAGE CLASS. Students of judo must learn Japanese words and phrases for various holds, throws, other judo jargon. Director Zaffuto of Pittsburgh Judo Club conducts class.

However, the rough-tough little Irishman, now a successful surrealist painter, was probably unknowingly echoing the ancient Japanese practitioners of the fine art of judo.

"Size and weight mean little in judo," says Nick Zaffuto, director of the Pittsburgh Judo Club which makes its headquarters at the Downtown Y.M.C.A.

"More important than size is timing, balance, co-ordination and quick reflexes — plus lots of practice. Practice is really the most important," Nick emphasizes.

Nick, the operator of a gas station at

1903 Brighton Rd., North Side, first learned the rudiments of judo when he was in the service in Hawaii. Returning to Pittsburgh after World War II, he re-activated the judo club at the Y.

Today the club has 15 members, ranging in age from 12 to 35. The Pittsburgh unit belongs to Shufu Judo Yudan-sha-kai, alias the Judo Black Belt Federation of the U.S.A., and is recognized by Kodokan College in Tokyo, mecca of judo devotees throughout the world.

Twice a year the Pittsburgh judo artists compete in Shufu's Mid-Atlantic



DOWNSY-DAISY. Nick flips over backwards in warm-up session. Neophytes spend weeks learning to fall before they're taught holds.



Twelve-year-old Tony Ball, right, tries . . .



a seoinage on George Rockman, 17, and . . .



tosses his heavier opponent flat on his back.