

Bow from the Heart

The Life of Judo Master Keiko Fukuda 9th Dan

About the Author

Patricia Harrington is a Menkyo Kaiden degree in Koryu Bu jutsu (ancient martial arts), first Kodokan graded Caucasian female in which is a hereditary title equivalent to 9th Dan in modern Budo (martial ways). Shihan Patricia Harrington is the highest ranking female exponent of the Sosuishi-ryu Martial Arts system in the world (a title that she shares with Shihan Betty Huxley). Patricia Harrington is the first kodokangraded Caucasian female in the world to be awarded a 6th Dan.



Sensei Harrington has received all of her black belt degrees exclusively from the Kodokan Judo Institute in Japan. All of her ranks are ratified by the International Judo Federation.

Sensei Harrington commenced her martial arts career in 1956, and began professionally teaching the martial arts in 1964, for organizations such as Sydney University, Sydney YWCA and YMCA, and colleges.

Patricia Harrington and Keiko Fukuda Sensei have a friendship that spans more than forty years. Before undertaking the biography of Fukuda Sensei, Harrington authored *Judo Basics* and co-authored *Judo: A Pictorial Manual*. She lives in Sidney, Australia.

ISBN-10: 0-615-31728-6
ISBN-13: 978-0-615-31728-1



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