

# BRITISH JUDO COUNCIL

---



**NEWSLETTER: FEB.'79.**

# An Appeal from the PRO.

Everyone receiving a free posted copy of the Newsletter, is morally obliged to circulate it to their club membership.

Communication from the H.Q. has consistantly, over the last year, been superb, but we find that the general membership at large are not having the information contained in the Newsletter passed on.

Even from the 500 members, who are mostly Club Secretarys or Dan grade Instructors who receive their priveleged copies, there is virtually no feedback. Believe me, it is most disheartening to the H.Q. staff, the H.Q. General Committee (and the PRO) who work so very hard to organise and disseminate information, type it and publish it, to then get such little response from the membership - which should be in the region of 15,000.

There are two main suggestions I would like to make, to put encouragement back into stalwarts at H.Q.

SUGGESTION ONE Because of the exceedingly small number of adult members who have renewed their licences (all Dan Grades should have done this in January) - all Club Secretarys and Dan Grade Instructors should institute a system by which the Grading Books of all their club members are to be inspected once or twice a year, so that a check be made to see if they are up-to-date. To save any embarrassment - have a notice to this effect displayed on the Club Notice Board, pointing out that the possession of an up-to-date licence is mandatory, in order to continue practice. It is to be remembered that many adult members who do not attend area contests or other organised events ( the only place where Grading Book inspection is carried out) can escape their obligation to the B.J.C.

Let me hasten to add, that there exists a very small hard-core of clubs that are dedicated to Kyu Shin Do (B.J.C.) and are always diligent in seeing to the renewal of licences of all their members, so - for the rest, PLEASE ACT NOW.



SUGGESTION TWO A few months ago, we issued a Questionnaire, asking if you would like to receive a monthly or quarterly Judo magazine which would be a very professional journal, full of technical articles and photographs. Out of 500 questionnaires sent out we received back a grand total of 27, ..... yes just 27. So we are going to ask just once more. Will each Club Secretary ask their members within two weeks of receipt of this newsletter, and kindly post back the replies the following week, answers to these questions below:-

- (a) Would you be interested in subscribing to a top-line Judo magazine which would also contain much BJC material?

- (b) How much would you be willing to pay?
- (c) Would you prefer a Monthly or Quarterly magazine?
- (d) Would you be willing to pay, say a years subscription direct to the publishers?

It will be important for Club Secretaries to allow each member to give HIS or HER own answers so that we can have a realistic appraisal from the membership at large.

The next two suggestions are old hat by now, but still I will repeat them for the sake of our Administration Secretary.

SUGGESTION THREE Next month a list of Dan Grades will be published. If you are surprised to see your name NOT listed; it is because you did not register it; so, if you write now, you may just catch the first listing but remember your licence has to be up-to-date.

SUGGESTION FOUR Many clubs have not yet registered. This listing will immediately follow the Dan Grade List; again the remedy is in your hands.

Well, dear colleagues and fellow judoka, I assure you that we at H.Q. are working to give you an even better B.J.C. Organisation. All we ask is a little help from our friends.

K.ALLAN Ni Dan  
BJC Public Relations Officer.

14th February 1979

---

# St Ives Easter Course

ALTHOUGH IT WAS PREVIOUSLY ANNOUNCED THAT THE EASTER COURSE WAS LIMITED TO THE FIRST ONE HUNDRED APPLICANTS, ARRANGEMENTS HAVE NOW BEEN PUT INTO HAND TO CATER FOR MORE JUDOKA. FULL DETAILS WERE ENCLOSED IN THE JANUARY NEWSLETTER. THE FEE IS £5 FOR THE COURSE, TO BE SENT TO MICHAEL O'NEILL, DUCHY ADVERTISING LIMITED, ST. IVES, CORNWALL (AS SOON AS POSSIBLE).

A COACH HAS BEEN CHARTERED BY HEAD OFFICE FOR LONDON BJC MEMBERS. THE COST WILL BE EQUALLY SHARED BY THOSE TRAVELLING ON THE COACH, BUT AT A MINIMUM OF 20 PEOPLE THE COST WILL BE NO MORE THAN £8.00 EACH. ALL BOOKINGS TO BE MADE TO HQ, 10 STUART ROAD, ACTON, LONDON W3 6DG. THE FINAL ARRANGEMENTS FOR PICKING UP PASSENGERS WILL BE MADE AFTER HQ KNOWS THE PASSENGERS WILL BE, SO THAT IT CAN BE ARRANGED FOR MAXIMUM

AND AS SOON AS POSSIBLE.



# LETTERS.

From - Les Drilama, Liverpool.

I have been forced to put pen to paper. I feel I have a couple of points to make. One is in regards to the BJC Newsletter. On the inside of your front cover you apologise to anyone who submitted articles or items to be included. Yet, on the other hand you donate two full pages to South Wales and their so called BJC clubs. When other clubs and areas have shown interest in their competitions or championships we are always informed they are for people in their areas only. I personally condone this action and feel justified in saying this. If people are not invited to compete, why should we be compelled to read about it in our National Newsletter? - which in fact is not a closed (!!!) Newsletter, but open. The late Otani, Sensei, if he knew of this, would not have approved. Even Abbe, Sensei, though I have never met him, would be thinking, this is not true Kyu-Shin-Do spirit. So, please Editor, no more wasting of precious space in our monthly life-line to Judo.

Also, in the Peterborough report, ("Les Drilama nearly got a HANSO-KAMAKI"), should it not be 'HANSOKU- MAKE'. I should talk. I am the worst person when it comes to spelling, as well as writing. But, like everything else in Kyu-Shin-Do, I am trying to improve harmony within Judo as well as life.

From - Jane Skinner, Paris, France.

I have found a very good Judo Club in the 15e area of Paris. It is run by Remy Berthies who was captain of the French team in the last Olympics. There is rather a shortage of women though - as in most clubs - there is one other lady black belt, two blue belts and about five white belts. We have visited several other clubs for inter-club matches and there seems to be an average of one female to every ten males - (and most of the women I have seen hold low grades).

The general standard seems to be about the same, (from what I can gather), but they do seem to promote people up to blue belt relatively quickly and then to get their black belts I think is much harder. I'm not sure what the national grading system is but in this club, when the teacher decides someone is worth a high grade, he keeps them behind after the lesson and puts them through their syllabus, (I think he only does this up to blue belt though). Brown and black belt gradings are held in the same way as ours I think.

I went to the European Men's Championship in December and thoroughly enjoyed it. I'm afraid we, (in this case the BJA), did not do very well and France won very well indeed. Their best person was Angelo Pansi - who used to belong to us, didn't he?

From - O. Oguntokun & O. Onabanjo, Shoreham-by-Sea, Sussex.

September 13th. Last witnessed the inauguration of the Shoreham Grammar School Judo Club, officially known as the Kyu-Do-Kwai.

Under the experienced guidance of our Sensei, Mr. Tony Moore, 4th. Dan, the Club has grown rapidly with contributions from the Headmaster Mr. G. Gervis (Club President) and Master-in-Charge Mr. I. T. Whitehurst (1st. Kyu).

The Club which started with twenty boys now has an increased membership of over thirty boys and is growing stronger all the time. The first official Club grading took place at the Dojo at the end of November under the experienced eyes of Mr. Tony Moore (4th. Dan) and Mr. Frank Wilkes (2nd. Dan); this was a huge success with six seniors and over twenty juniors being graded.

On the 2nd. December we had our first inter-club competition against Penfold Judo Club, Steyning - which we won.

On looking through the latest copy of the BJC Newsletter we note little or no representation of the Sussex area and we hope that this will be rectified in the near future.



AND, HERE, REPRODUCE AN ARTICLE THAT FIRST APPEARED IN THE BJC NEWSLETTER IN THE WINTER OF 1970/71 BY SOMEONE MANY OF YOU WILL REMEMBER AS A GOOD FRIEND AND FINE JUDOKA, THE LATE WILLIAM OTANI.

## Mental Models.

JUDO AS ALL WHO PRACTICE WILL TESTIFY, can only be learnt on the mat. The old formula for success - "practice, practice, practice" is the common acknowledgement of almost all experienced judoka, and no contradictory case is presented here. Yet although mat-practice is the only thing to get results and no amount of book-learning can alter this fact, a correct understanding of the principles of learning, can significantly improve the progress rates of your pupils.

It is most unfortunate that in Judo, the obvious conception is rarely the correct one. If a Judoka exerts a considerable amount of muscular energy, he tends to think he is also exerting considerable force upon his opponent, when it is far more likely that he is not. Likewise the stiff armed "Strong Man" who pulls and pushes is thought to be more of a menace than the Judoka who does none of these things, despite the fact that "no warning" is one of the most important contributory factors to a successful throw.

The establishment of correct mental models of throws, or mental images within the minds of novices should therefore be a major concern of any instructor who considers his responsibilities extend to more than "drill".

Usually the only kind of "mental models" given to student Judoka are "use your opponent's strength to defeat him"; "maximum efficiency minimum effort"; "power-Judo" and other similar slogans. All these are very difficult and hard to implement below Dan Grade standard!

We might therefore reckon it is TOO difficult to teach the novice ANY mental models as such are clearly beyond his grasp.

-Yet every Judoka when practicing (in spite of bad co-ordination and mechanical inaccuracies) expresses an underlying IDEAL OF HOW HE OR SHE CONSIDERS A TECHNIQUE SHOULD OPERATE. To the raw beginner the process of throwing seems to consist of "tripping and pulling", "lifting and dropping" or "throwing over shoulders".

"MENTAL MODELS", far from being theoretical abstractions beyond the comprehension of the novice, are therefore very much a part of every Judoka's Judo. ALL Judoka make use of them unconsciously or consciously, but few adopt the correct ones without much fruitless trial and error.



We might therefore regret that it is TOO difficult to teach the novice ANY mental models as such are clearly beyond his grasp.

-Yet every Judoka when practicing (inspite of bad co-ordination and mechanical inaccuracies) expresses an underlying IDEAL OF HOW HE OR SHE CONSIDERS A TECHNIQUE SHOULD OPERATE. To the raw beginner the process of throwing seems to consist of "tripping and pulling", "lifting and dropping" or "throwing over shoulders".

"MENTAL MODELS", far from being theoretical abstractions beyond the comprehension of the novice, are therefore very much a part of every Judoka's Judo. ALL Judoka make use of them unconsciously or consciously, but few adopt the correct ones without much fruitless trial and error.

IF FOR EXAMPLE we take a single technique we can see how pupils develop it from a simple "tripping pulling" action towards a more correct model as the student rises through the Kyu grades. A characteristic of low grade Judo is excessive use of hands and feet, so that 6th 5th and 4th Kyus generally attempt HARAI-GOSHI with only the leg contact and pulling hands. 3rd and 2nd Kyus make far more use of the hip and thigh. Pull now makes much more use of the powerful back muscles and is more effectively directed towards assuring body contact, instead of pulling an opponent over an outstretched leg. 1st Kyus and Dan grades to my own standard endeavour to throw in their whole body - the action of the arms becoming the connectors of their body movement to that of their opponent. The "tripping pulling" idea has been finally superceeded.

To summarise; the development of this particular technique has been seen to use larger and larger portions of the body. This an important observation for the idea of using your whole body as fundamental to all Judo techniques. It is a basic idea as well in

## Mental Models, Continued.

Such a simple and generally applicable idea as this can easily be assimilated by the novice and is one example of how a thoughtful instructor can effectively guide a pupil in the correct direction by concentrating on MENTAL IMAGES.

The kind of approach I have so far outlined might seem to differ little from those in general use, yet the idea of CORRECTING ONE'S STUDENTS' MENTAL MODELS OF A THROW IS A RADICALLY DIFFERENT PROCESS.

How many instructors when improving a novice's execution of a throw, begin by asking HIM how it works?? If they did this, they would be able to correct the mental images which direct the novices movements, whereas most try and correct the apparent mechanical inaccuracies, of the (assumed perfect) idea the novice is supposed to have in his mind.

FOLLOWING THE APPROACH I HAVE ADVOCATED requires that the normal methods of instruction should be radically modified. Instruction through UCHI-KOMI, the cornerstones of most Judo training, should seek to give the novice the single idea, rather than concentrate on fine details. The instructor should isolate what is essential, and concentrate upon this, rather than absolutely every desirability.

Such general qualities as relaxation, flexibility, speed and timing are always important, but a perfectly accurate technique does not always ensure a successful throw, and a mechanically inaccurate one can often produce a clean ippon.

It is no coincidence that TAI-OTOSHI and O-GOSHI, the two throws with the most effective variants should be the ones most generally adopted as the most suitable initial techniques for the novices to learn.

UCHI-KOMI should as near as possible simulate actual conditions of Randori otherwise it's value is sorely limited. Concentration upon details in UCHI-KOMI, at a plodding pace, causes the novice to think in a totally different (and therefore detrimental) from Randori.

Here he cannot afford to think of positioning hands, feet, hips and trunk all at once. The instructor should seek to give a simple but dynamic model. The exploitation of split second opportunities is the key to success in Randori and SHAI, and such decisions can only be made if the Judoka is capable of collecting and co-ordinating all his movements into single concentrated bursts of activity.



UCHI-KOMI should therefore sacrifice detailed accuracy for fluency and speed of movement. POWER should only be added when effective positioning has first been established. ABE SENSEI'S Perfect Circular Movement theory can prove invaluable in directing the thinking of the novice.

Most beginners conceive that IPPON-SEOI-NAGE is performed by lifting the opponent. This is a fundamental mental error, but it can be easily corrected. Little muscular energy is actually necessary for a successful throw, for all Judo throws operate on the principle of rotating the opponent about his centre of gravity. An understanding of this circular principle can easily be conveyed to the novice. With SEOI-NAGE the novice should be instructed to bring his head down to the mat with knees well bent. This same model can be applied to HANE-GOSHI, HARAI-GOSHI and UCHI-MATA with good effect, though here a certain amount of speed is necessary. The effects of such actions should ensure that the centre of gravity of the opponent is not raised, which radically economises effort and ensures a harmonious and efficient action.

## Mental Models, Continued.

Imagine the ridiculous impossibility of teaching a person to walk using our NORMAL JUDO TRAINING METHODS:

"take your weight on your right foot - lift your left leg, bending it at the knee and swing it forward.-Now place it on the ground and transfer your weight to this leg. Now bend your right knee, lifting it off the ground - swing it forwards - now repeat the process."!!

Thinking about walking in this fashion would more than likely result in a self-consciousness about the whole process which would needlessly lengthen the learning process. Infants DO NOT LEARN TO WALK IN THIS FASHION.

A CHILD learns to walk by watching adults and seeking to emulate them.

Initially, therefore, he has a model, which guides his unsuccessful stumblings more positively than trial and error alone.

Adults do not have this same acute ability of observation and emulation, but they have better co-ordination (if they can learn to relax) and much of the capability of the very young infant can be RE-DEVELOPED.

I have tried this method of instruction, and have noted a distinct improvement in the power of a pupil to learn through observation in the course of a single lesson.

Verbal instruction must be kept to a minimum since not only does it obscure the essence of the method - but it also causes the student to rely too much on the words. It's real values are the way it forces the student to take in the total impression of the technique, and more important in the long-run, gives a means whereby the student can learn continuously and enjoy his Judo more deeply.

Finally in conclusion, I should like to add that this advocated approach to instruction has been derived almost entirely from modern Psychological research; in particular the Gestalt School of Kofka, Kohler and Wertheimer and their disciples, Tolman and Lerwin.



## Mr. Verdun Parker.

IT IS WITH GREAT REGRET THAT WE HAVE TO INFORM YOU OF THE RECENT DEATH OF VERDUN PARKER, AFTER A LONG ILLNESS.

MR. PARKER WAS A LIFE LONG MEMBER OF THE BRITISH JUDO COUNCIL AND A GREAT FRIEND OF OUR LATE MASTER. HIS CONTRIBUTION TO BRITISH JUDO WAS INVALUABLE. HE WAS THE INSTRUCTOR AT THE WOLVERTON & STONY STRATFORD JUDO CLUB FOR MANY YEARS AND DURING THIS TIME TRAINED HUNDREDS OF YOUNG JUDOKA. PERHPS THE FINEST TRIBUTE WE CAN PAY HIM IS TO SAY THAT HIS MEMORY WILL LIVE WITH HIS PUPILS AND FRIENDS IN JUDO FOR A LIFETIME.

MR. PARKER SUFFERED HIS ILLNESS WITH GREAT COURAGE AND FORTITUDE, EARNING THE ADMIRATION OF HIS DOCTORS FOR HIS TREMENDOUS SPIRIT. HE EVEN MANAGED TO CONTINUE WITH THE ADMINISTRATION OF HIS CLUB UNTIL JUST A COUPLE OF MONTHS AGO.

WE WOULD LIKE TO EXPRESS OUR DEEP SYMPATHY WITH MRS. PARKER, WHO NOT ONLY NURSED AND SUPPORTED HER HUSBAND THROUGHOUT THIS DIFFICULT TIME, BUT ALSO CONTINUED TO HELP WITH THE JUDO CLUB.

DOREEN A. SMITH  
SECRETARY.

# Special Judo Fault Finding Chart.

by Mick Day.

<u>SYMPTOM</u>	<u>FAULT</u>	<u>ACTION TO BE TAKEN</u>
There are ceiling tiles and flourescent light strips on the wall opposite.	You have suffered the effect of a hane makikomi.	You are lying on your back. Get up, not turning your back on your opponent. Make a hasty retreat from the Dojo and do not return until you have mastered hari-taisuri-komi-ashi.
Foul smell and uncomfortable feeling in your judogi.	A six foot five, eighteen stone judoka has just walked into the Dojo, wearing a yellow belt. You are wearing a black belt. You are probably suffering from a bowel misfunction.	Grade the said yellow belt to Second Dan immediately. Call practice to an end, congratulate hartily and take to nearest Pub and patronise profusely.
Inability to throw opponents up in the air and flat on their backs.	You are not aware of any throwing techniques	Go along to the nearest Kyu-Shin-Do Judo Club and start learning immediately.
Very confused feelings whilst lying in an intensive care unit.	You have entered a BJA Club inadvertently mistaking it for a Kyu-Shin-Do Club and have sustained serious physical injuries in spite of your ability to break-fall.	If you recover, avoid BJA Clubs like the plague.
You have been practicing for two years and have not been graded. You still cannot throw anyone in your club.	Your kinisetic and co-ordinating abilities are nil. (A hopeless case.)	Give up Judo and take up crochat.



<p>You have been practicing for two years and have not been graded. You still cannot throw anyone in your club.</p>	<p>Your kinesthetic and co-ordinating abilities are nil. (A hopeless case.)</p>	<p>Give up Judo and take up crochet.</p>
<p>You have been practicing for two years and have still not been graded in spite of the fact you can throw everyone including your instructor.</p>	<p>You have not been patronising your instructor sufficiently and have repeatedly refused to buy him a pint in the Pub after practice.</p>	<p>Take instructor out for a slap up meal and ensure you buy him drinks after every practice.</p>

Everything has gone dim and you have a mouthfull of broken teeth.	You have not performed a breakfall.	Go to Gerwyn Davies' breakfall course immediately.
Everything has gone dark.	Dojo is closing.	Panic
You are suffering severe self-identification problems, also you are finding interpersonal relationships with other BJC members very difficult.	You are not aware of your BJC membership number, nor that of your friends.	Ring H.Q. for further information on your membership details.
Doubt and worry! Is your friend really a BJC member.	Friend is vague and evasive when his BJC membership number is queried.	Demand he produces his BJC membership book along with his number and make sure he memorises it backwards+

"Can we change the routine we worked out so that you can throw me into the lap of that blonde in the front row".



## A Hole in One

Note regarding the venue of the West Suffolk and Cambridgeshire Junior Championships.



## A Hole in One



Note regarding the venue of the West Suffolk and Cambridgeshire Junior Championships.

Many may ask themselves, 'Why hold the West Suffolk and Cambridgeshire Championships in Hertfordshire?'. Well, good question, but even better answer. The Dojo at the Greneway School is quite unique in that the County boundary runs through the middle making it possible (wait for it) to throw from Hertfordshire to Cambridgeshire, (how about that then). Anyone wishing to attempt this amazing feat will be made welcome, but it must be pointed out that traditions of 'a hole in one' apply.

Terry Collier.

## Sussex Meeting

If you are able to attend the Sussex Area BJC meeting on February 28th. (see 'News from the Areas'), fill out the slip below and return it to Tony Moore, 81 Arundel Rd., Worthing, Sussex.

Name..... Club ..... 1.....

# Members Meeting

On 14th January fifty members of the BJC struggled through bleak weather to the members meeting in Hertfordshire. Apologies were received from many, including the President, not only because of the weather but also because of petrol shortages (remember?)

The Chairman, Peter Garside, opened the meeting by thanking people for having come so far in such weather, and then spoke briefly about the Headquarters Committee, its work since the AGM, and described its often contentious meetings.

He went on to talk about the new Constitution and its effects upon the Council, reminding members of their collective responsibility for the BJC. All areas are required to have annual elections for Representatives and Committees which must be open to every senior member. Many have already implemented this rule, and soon all Areas will have done so. Peter compared the situation with January 1978 to that today, with many more events in the calendar, information going to all clubs, we are no longer deeply in debt, and have a regular staff.

To summarise, Peter felt that the organisation has never been in better health, but the continued health is in the hands of the members who deserve an organisation as good as they can make it.

The meeting continued with debate from the floor. HQC members were present to answer questions on their particular responsibilities. Alf Hopkins asked how had the Chairman been elected? The AGM elects an HQC who are responsible for the election of the Chairman, this HQC decided to nominate the person who had most votes at the AGM, namely Peter Garside.

Lou Jenkins, ex Chairman of BJC and MOSJ opened an interesting debate on the practical and philosophical approaches to judo, and emphasised the prime objective being the safety for one's partner. During this discussion one comment was worth repeating, "Our late Master was repaid in part for his teachings by the fact that he was wanted until the day he died, and there can be no finer testimonial to him or his organisation than this."

A great number of questions concerned the technical aspects, all of which were discussed without conclusion because these are a matter for the President and his technical committee. However a number of senior judoka were present so the discussion was not fruitless. Standardisation for gradings came in for lengthy discussion, and the point was made again and again that whilst two 8th Dans were responsible for all gradings a written standard was not needed, but now this is no longer the case many felt this an urgent necessity. Junior gradings were also discussed. The syllabus was first formed for children from the age of twelve, and many felt the syllabus needs reorganisation. It was reported that Robin O'Tani has been considering this, and it was evident that reform would be popular.



Les Drilisma brought up the matter of Dan Grades renewing in January, and it was explained that the Council needs to know who its paid up instructors are at a set time of the year so that a directory can be published. Dan Marshall asked if the extra charges imposed on Dan Grades had affected renewals. The Secretary replied there is considerable opposition to this and it had affected renewals by important members.

Club registration was discussed and the Secretary said that from some 500 clubs only 135 had reregistered. She did not feel this reflected interest because membership was rising, but it did reflect the apathy of members when being asked to contribute to the BJC in any way that did not show the immediate benefit to themselves. Many were concerned that these clubs are still receiving the newsletter and asked what could be done?

Little was said about finances, but a written report was circulated by the Office. Syd Moyle suggested that a saving could be made by giving juniors a provisional membership for the first year, the regular licence issued upon renewal. This was referred to the HQC for consideration.

Many other matters were raised but space prevents reporting. This was a 'first' for BJC and those present felt it very worthwhile. It was a critical, constructive meeting and most left looking forward to the next. One wonders where those who asked for this meeting were that day?

# Illness

Mr. Jim Chambers, Area Representative for Berkshire & Oxon was taken seriously ill on his way to the Members Meeting recently. Luckily he was with someone who could take care of him until he got to hospital. Sadly Jim suffered a severe stroke which has affected his sight and left side. Such is the concern of Jim for the BJC that during the afternoon he kept asking his family to telephone the meeting to explain his non-arrival.

The latest news is rather better. Jim has taken a few steps and is working hard in a rehabilitation centre near Oxford. A member of his area has said that if it is humanly possible to get over this Jim will do it, and I am sure we all echo this sentiment.

Jim has to lose 56 lbs in weight, and it is being lost quickly. He was first taken to the Radcliffe Infirmary and found they need a Body Scanner to diagnose conditions such as his, quickly. I am sure those who know Jim will know what is coming next....that's right, he is having a sponsored slim. The Chairman would like the BJC to contribute towards the Scanner, and the new slim line Jim by getting members to sponsor him, the amount to go forward in the name of the BJC. Already Alf Bates and Tony Larkins have said they will contribute.

If you would like to give Jim your good wishes in this practical way, please send your name and address to the Secretary at 10 Stuart Road, Acton, London W3 6DG, together with the money per pound (remember Jim is likely to lose it all). When Jim reaches his target we will let you know and money can be sent in. All donations will have a receipt, and the total published in the newsletter.

# New Member

The recent illness of Mr. J. Chambers has forced him to resign from the Headquarters Committee, causing a vacancy.

At the Annual General Meeting two people tied in votes cast for the place that would fill any casual vacancy, they were Mr. D. Delderfield and Mr. A.W.A. Fletcher.

Rather than having to choose between two members the Chairman asked that the person who came first, alphabetically, should be invited to sit on the Committee until the Annual General Meeting. Therefore Mr. David Delderfield (who has accepted the invitation) is now a member of the Headquarters Committee.

---



---

" WHOSE A ROTTEN LOOSER,  
THEN! "



# NEWS FROM THE AREAS.

IN AN EFFORT TO MAKE INFORMATION ABOUT SPECIFIC AREA EVENTS MORE ACCESSIBLE, THE NEWSLETTER WILL CARRY A SPECIAL SECTION EACH MONTH ENTITLED "NEWS FROM THE AREAS". WE WILL CONTINUE TO CARRY FEATURES AND REPORTS ON AREA EVENTS. FURTHER, WE WILL PUBLISH APPLICATION FORMS FOR AREA CHAMPIONSHIPS PROVIDED THEY ARE LIMITED TO ONE PAGE OF FOOTSCAP.

FOR "NEWS FROM THE AREAS" WE ENVISAGE CARRYING ONE HUNDRED WORDS OR SO ON CURRENT NEWS AND EVENTS FOR EASY REFERENCE. WE LOOK FORWARD TO THE FULL CO-OPERATION OF OUR AREA REPRESENTATIVES.

## Cornwall

Of the eleven competitors, from two clubs, who attended the BJC National Championships, to bring back six medals is a fine job and one wonders what would happen if more of the clubs from Cornwall were to attend the Nationals.

The Senior Gradings were held at the St.Ives Dojo and a reasonable number of Seniors turned out, if only they would attend the local Championships, it would make it all worthwhile. Congratulations to all those who were upgraded and better luck next time to those who failed.

SPECIAL DATE TO REMEMBER - March 10th. Cornwall Area Championships.

## Leicestershire

Coming events:-

Sat. April 28th. Leics. & Northants. Junior Squad Training Session.  
Venue: G.E.C. Kyu Shin Kwai.

Sat. May 19th. Leicestershire Team Events, including Junior Inter-Counties Event. Venue: G.E.C. Kyu Shin Kwai.

Sat. October 27th. Leics. & Northants. Individual Open Championships.  
Venue: G.E.C. Kyu Shin Kwai.

AREA GRADINGS, Junior & Senior are as follows:-

Venue: Kyu Shin Kwai, G.E.C., Cambridge Rd., Whetstone, Leics.

Sat. Feb. 24th. Commence 2.30pm. Children under 12. 5th. Kyu and below.  
Mat Fee - 50p.

Sat. March 3rd. Commence 2.30pm. Children under 12. 5th. Kyu and above.  
Mat Fee - 50p.

Thurs. March 8th. Commence 7.30pm. Senior Males over 16. ALL Kyu grades.  
Mat Fee - 75p.

Sat. March 24th. Commence 2.30pm. Juniors 12-16. 5th. Kyu and below.  
Mat Fee - 50p.

ALSO, Senior Girls over 16. ALL Kyu grades. Mat Fee - 75p.

Sat. March 31st. Commence 2.30pm. Juniors 12-16. All grades ABOVE 5th. Kyu.  
Mat Fee - 50p.



Please note:-

ALL members are expected to make the effort to attend the Area Gradings. Only your first grading should be taken at your own club and all subsequent gradings must be taken at the Area Gradings.

ALL Juniors and children who achieve the grade of 3rd. Kyu or above will, in due course, receive the BJC Green Certificate of Merit, (Area Gradings only). This Certificate is issued free.

SENIOR Grading Certificates will be issued to successful candidates.

Certificates of Grade are also available for existing grades - Price: 25p.

DO NOT FORGET: Bring your Membership Book and correct fees or NO grading. Further details from; Bert Fletcher, 46 Glengate, South Wigston, Leics.

## London and Essex

On Sunday 5th. November, at the Michael Sobell Sports Centre, Judoka from various Clubs in North London came together for the selection of the North London Team. The junior team was selected first and this gave seniors a very difficult standard to follow.

## News from the Areas, Cont.

On the weekend of the 18th./19th. November, nine members of University College, London Judo Club travelled to Durham University to take part in a contest and practice with Durham University Judo Club. The contest and joint practice took place on Saturday afternoon. In the contest, UCL beat Durham by 40 points to 10. When most of us thought the practice had ended, we found we had a further match against Durham; this time it was 'Murder Ball'. Against greater numbers, UCL just managed to hold their own, a most fitting end to a very good practice.

## Midlands and East Anglia

The venue for the Midlands & East Anglia Junior Championships is:-  
The Cresset, Bretton, Peterborough on June 3rd. 1979.  
Further details from Albert Clark, 45 Pioneer Caravan Park, Eye,  
nr. Peterborough; Tel: 222722.

## North Staffordshire

North Staffordshire Area Open Junior Championships will be held at  
Knutton County Secondary School, Stoke-on-Trent. Start at 9.00am.  
25th. March. Details from Mr.G.Bell, 6 Frederick Ave., Penkhull,  
Stoke-on-Trent.

## Sussex

It is proposed to hold a meeting of the Sussex Area of the BJC to  
nominate an Area Representative and also to discuss the future of  
Judo in the area. The meeting will be held at 81 Arundel Rd., Worthing  
at 5.00pm. prompt on Sunday 28th. January. Your support is needed so  
that we may once again make the Sussex Area fully organised and  
functioning within the BJC. We will be pleased to receive a represent-  
ative from your Club.

Further details from Tony Moore, 4th. Dan c/o the above address.

(If Judoka in the Sussex Area can attend this meeting, a notification  
slip, returnable to Mr. Moore, is enclosed in this issue.)



# West Suffolk and Cambridgeshire

The first Junior Championship of the newly formed area were held on Saturday, 9th. December, 1978 at the Greneway School, Royston, Herts. A good day of Judo was had by all the children taking part and the standard was high.

The results were as follows:-

Under 25 Kg. 1st. M.Rigby (Royston), 2nd. C.Comfort (Royston),  
3rd. O.Joyce (Royston).

25-34 Kg. 1st. W.Rayman (Royston), 2nd. D.Muir (Royston),  
3rd. P.Holgate (Ickleton).

35-44 Kg. 1st. N.Rigby (Royston), 2nd. P.Clarke (Brandon),  
3rd. G.Muir (Royston).

45-54 Kg. 1st. A.Muir (Royston), 2nd. R.Vincent (Brandon),  
3rd. P.Snowball (Royston).

Over 55 Kg. 1st. P.Martin (Royston), 2nd. I.Muir (Royston),  
3rd. A.Muir (Royston).

Terry Collier, 3rd.Dan, sends his thanks to all the referees and helpers who helped make the event so enjoyable.

## News from the Areas, Cont.

### Yorkshire

This is the calendar of events for Seacroft Judo Club as far ahead as we can organise for now. We hope to see Judo from all over Britain attending.

Feb.24/25. Weekend Course under the direction of Mr.A.Hopkins, 3rd.Dan  
Seacroft Civic Youth Centre.  
(Application Form enclosed.)

March 25. Senior and Junior Grading. Seacroft Judo Club.

April 14/15. Weekend Course under the direction of P.Garside, 4th.Dan.

May 27. Senior and Junior Open Competition.  
Seacroft Judo Club, Seacroft Centre, Leeds 14.

Oct. 6/7. Weekend Course under the direction of F.Ryder, 5th.Dan AJA.

Further details from C.&L.Dalton, 1 Ravenscar Terr., Gipton Wood, Leeds 8.

---

## Yoshinkwai Judo Club.

Last December (1978) the Club celebrated its 30th. Anniversary!

We celebrated in due style with a 'JENORMOUS' cake with the club's badge displayed on the top made in coloured icing, the whole topped off with 30 candles. This was prepared by Mrs. Jeanne Bullock, (Hon. Club President), and was a huge success. Thanks Jeanne!

The cake cutting was preceded by the Junior section of the Club having its Annual Championship. I would like to mention that I am very proud of the Junior members as they have a very good Club and competition at the moment.

The Senior section have done well for themselves over the past two or three years, and we now have several higher grades, our lowest grade being green. Special congratulations to Francis Fernandes who achieved his 2nd. Dan at the recent Middlesex grading.

I would like to take this opportunity to thank all Members, Instructors and Parents who have helped the Club voluntarily in a variety of ways over the years.

Visitors are always welcome. The dojo address is c/o Northwood Secondary School, Northwood, Middlesex, situated near the Northwood Hills roundabout on the A404. The 183 and 282 bus routes pass this and the Metropolitan tube line comes direct to Northwood Hills.



Junior practice, 7.00-8.30pm., Seniors, 8.30-10.00pm. on FRIDAY evenings during school term time only and not on half-term holidays.

We have plenty of mat space for anyone, (Middlesex Area judoka take note), wishing to practice Kata for grades or competition.

A HAPPY JUDO NEW YEAR TO ALL JUDOKA.

Marion Ashford, 2nd.Dan. Club Secretary.

---

## DAN GRADING

Dan Grades in South London, take note! There will be a Dan Grading in South London on 23rd. June at Aylwin School. W.Smith will be in charge.

# Majorca Judo Trip

The training programme was due to begin Friday, the day of arrival. However due to the delayed flight and the tiredness of many of the squad, this was duly postponed.

The first training was held on Saturday and many of the squad, including myself, heard a little too late and had to miss a valuable session. Three members were yet to arrive from England due to bad weather conditions. They did however arrive late that evening.

The word went around that the local lads were very good but big, broad, stocky and then very good. Not having been on this trip previously I was like a few others, very disturbed about the opposition we were due to meet.

The competition was held Monday night and everyone was wishing to see the back-end of Monday altogether. The squad arrived early and full of frivolity, probably full of nerves. We changed, entered the mat and started loose training.

The condition of the mat was really bad. If you like fighting on a mat that felt as though it had been stuffed with feathers, that was dyed green and looked like a bowling green with more holes than St. Andrews and as many ridges as a freshly ploughed field come next year and sample the delights.

I ran a cigarette slightly but Lou Jenkins wrapped it up by suggesting that it was like fighting in treacle. On this point alone the home team had a great advantage.

The opposition arrived and the stage was set. The home side was well set, only half a kilo must have separated the heaviest and lightest man, whereas five stone must have ours.

The mixed Spanish and Majorcan side took an early lead of six wins to one draw. I must explain that the two teams had seven a side and the competition was run as a pool. Everyone fought everyone on the opposing side, making fortynine fights in all; seven rounds.

The first round went to the home side mainly because of the home advantage (The Mat). The mat was also duly responsible for injuries sustained and unfortunately our young blue belt, Clifford, was the first to withdraw with an injured wrist.

The second round saw our boys coming back with skilful techniques and the home boys looked bewildered. The Majorcans were basically counter men except for their teacher, Tolo. The counters were very well executed, when they didn't score Ippon from them they were very quick to enter Oesetomi waza. This I think is where they were strongest. The Majorcans were still in front on wins but the points position must have looked about evens,

The third round saw the exit of one of the home boys through a leg injury which looked like a possible fracture or tearing of the upper leg muscles. The Majorcans pulled away with decision points and on the win table, which counted as the outcome factor were well ahead.

The fourth and fifth rounds were now showing how skilful the English Judoka are. The somewhat jubilant first round leaders first round leaders were now very perplexed and looked very eager to see the end of the competition.

Borman Barker showed how well we could Mountain Drop by selling his



Norman Barber showed how well we could Mountain Drop by selling his opponent a beautiful dummy and picked him up, smashed him down for a beautifully scored Ippon.

Bzinley Thomas also seemed to enjoy this period of the competition by having what could only be called a comic interlude to a serious competition. His Mohammed Ali-Ken Norton chit-chat conversation with his opponent whom nobody understood was a delightful spectacle. Both competitors enjoyed themselves, as did everyone concerned.

The sixth round, due to injuries, was the last scheduled in the tournament. This round went convincingly to the English contingent with skilful fighting from Terry Taylor, Carl Sadler and Norman. The last fight of the day was won by yours truly, which ended a good days fighting by all members of both squads.

I am not one for picking out people and making them embarrassed by individual documentations but I feel that everyone in the squad fought to the best of their abilities and showed how good British Judo is in technique and fighting skills.

continued on back page/ ....

## MAJORCA TRIP CONTINUED.

On the whole the competition was fought in great spirit, friendship and compassion. The Majorcans beat us in wins, but I should have liked to have seen the points card. Everyone in the squad made good friends with the victors, and the friendship also extended to the spectators.

We were generously presented with an engraved plaque each to mark the celebrated event, but of course the Majorcans kept the trophy.

Your friend and mine, Brian Bailey, fought well considering, and not only went on a pund-stretcher to MAjorca, he went on a few in MAjorca, direct to the centre of the mat. Sorry Brian, no offence meant.

The next few days brought the training sessions to a close. The girls who didn't get the chance of a fight showed how well we are represented in BRitain and literally fought their hearts out against some very good opposition. Sharon, Lesley, Julie and Debby are to be congratulated on their efforts.

The sessions showed how the Majorcans and Spanish shape their own styles and ninety-five percent of the training is done in Ne waza.

There was a blue belt training who we shall have to look out for next year. The standard of his Judo was very good.

I would like to thank Lou Jenkins and Doreen Smith for giving me this chance of a trip. I would recommend to anyone who didn't see the advertisement for a chance of a winter break holiday plus the chance of training in Palma Nova and Magaluf to look out for next year's and get on it. I had a great time making new friends, having a birthday of a holiday and training in an area where I couldn't otherwise have a chance. Thankyou all concerned.

PAUL KING 1ST DAN  
LEICESTER.

---



WITH GREAT PLEASURE, WE REPRODUCE THE FOLLOWING ARTICLE FROM THE LONDON EVENING STANDARD.

# How a judo black belt overcame handicap

WHEN Dennis Cope was 16 he decided to aim for the top in judo.

Now aged 30, he has been awarded the British Judo Council's first-ever honorary Dan grade, entitling him to wear the coveted black belt. And he has taken up teaching youngsters at the Kyushin-Ryu Club at Hill House, St. Heller, South London.

The thing that makes his achievement outstanding is that Dennis, of St. James's Road, Sutton, was born with cerebral palsy and at one time couldn't even do up his own shoes.

As a clerical officer at the

Post Office's telecommunications centre, he commutes to Moorgate every day. He is also taking driving lessons and has reached gold star standard at dancing classes.

One of his ambitions now is to start his own judo group for people with similar handicaps. His aim has won praise from his instructor, Mr. Neville Pearce, and the British Judo Council.

## Thrilled

Doreen Smith, the council's secretary, said: "We are a very orthodox and traditional organisation and have never handed out honorary grades before.

"But we were so impressed

by Dennis's grit and perseverance that our president Robin O'Tani made this award to him personally.

Dennis's parents, Ron and Win Cope, are thrilled about the award.

His mother said: "It has been a long haul, but Dennis always wanted to be independent and we were advised from the beginning to treat him as an ordinary child.

"We are proud of the way he has fought to achieve his ambitions. He has had some tough problems to overcome — difficulty with co-ordination, having to wear a hearing aid and suffering lots of injuries when he first took up judo."

---

IN THIS ISSUE YOU WILL FIND ENCLOSED AN ENTRANCE FORM FOR THE

BJC NATIONAL JUNIOR CHAMPIONSHIPS, 1979. PLEASE RETURN COMPLETED FORMS,

AT YOUR EARLIEST CONVENIENCE, TO THE EVENT ORGANISER, MR.G.MEALING

AND NOT TO BJC HEAD OFFICE.

---

P.& F. by the British Judo Council, 10 Stuart Rd., London W.3.