

British Judo Council

MARCH
1979



THE B.J.C.
IS MOVING TO.....

237 HORN LANE,
ACTON, LONDON W 3

Dear Friends,

March 2979

You will have seen from the cover we are moving. The staff have very mixed feelings; whilst we are excited seeing our new office taking shape, being on the main road etc., we all have a long association with 10 Stuart Road. I know I shall be very sorry to go from here and I am sure many of you will also feel regretful. On the back page you will find a diagram showing where to find us. During the week beginning 12th March we will be going to and from both offices, but after that will welcome you calling to see what you are getting for a Head Office.

It is hoped this move is only a temporary measure in the rise of BJC fortunes. Money from the building fund has been spent in buying equipment, all of which can be removed later, but the Building Fund will continue so that as soon as possible we can realise the dream of O'Tani Sensei's and own our headquarters. Although small the new office is also inexpensive, so this should bring the realisation of that dream closer to reality.

Things are very exciting at present, everything seems to be happening together. By a great stroke of luck we obtained an automatic typewriter and electronic scanner for less than the price of the scanner. We have thrown away those worn out quill pens and joined the 20th century. Move as often as you like, and we can still keep our mailing files up to date. We can even separate Areas, men and women and anything else you can think of. You may have already noticed the benefit of the scanner. We can produce photographs and cartoons, using your originals. To give you an idea of the worth of this machine, that piece about Denis Cope in the February was taken straight from the newspaper, and in this issue we used Frank Skingsley's original typing to reproduce part one of the Training Manual.

I would like to thank Frank for giving the BJC the rights to this Manual. We shall be producing parts 2 and 3 soon, and follow that by printing it in booklet form for your members to buy at cost.

At times it has been difficult to get the newsletter together because of lack of news. We have scrounged, wheedled, gossiped and twisted arms for information, but things are coming in quickly now. It is so good that if the trend continues we may have to think about producing more often than monthly to use all the available information. With our new equipment we can also offer newsletters to any subscriber. If every club found two people to subscribe at £3.00 per annum the newsletter could pay for itself almost.

An old member of staff has returned to help on a very part-time basis. You may remember Raymond O'Brien who worked for BJC and Mr. Abbe for many years. Raymond is taking a degree course and is able to give some help. Valuable help because of his long experience in both office work and BJC. (Valuable because he seems to be here working for twice as long as he is paid for.)

I would like to thank the O'Tani family for the use we have had of their family home, and hope they feel repairs which have been made during the past year will go in some very small measure, to repay the family for having their lives disrupted for the past thirteen years by having our head office as a guest in their home. We made so free with the house many people believed the family were our guests!

Yours sincerely,

Doreen A. Smith.

Secretary.

The British Judo Council Newsletter is printed and published by the BJC, 237 Horn Lane, Acton, London W.3. (telephone 01 992 9454).

Any articles or other information contained herein is not necessarily Official Policy of the British Judo Council. Individual members are welcome to contribute , but the British Judo Council accepts no responsibility if information accepted for publication in good faith.

About The Move.

During the week beginning 12th March the British Judo Council will be moving from its home of many years to a new address. In order that the work will be disrupted as little as possible we have tried to anticipate some of your questions.

Q. "What is the address?"

A. The British Judo Council, 237 Horn Lane, Acton, London W. 3.

Q. "What about the telephone number?"

A. THE SAME, IT STAYS THE SAME 01 992 9454

Q. "I have already posted something to you, will it arrive?"

A. YES. At first we can pick up anything, but the Post Office will deliver anything addressed to BJC, 10 Stuart Road, or Robin O'Tani, or Doreen Smith, or Rosemary Caffary or Simon Smith or Mem Sec or Sec or anything else you care to call us.

Q. "I have addressed envelopes for BJC, can I use them?"

A. YES, they will be delivered, and this arrangement will continue for at least eighteen months.

Q. "Everyone knows the old address, how will they remember the new one?"

A. All clubs will receive a quantity of adhesive labels with the new address to stick on anything they are holding. To put in member s licences. To adhere to contest rules or anything else that will act as a reminder to our members.

Q. "I have written once a month for ages asking for the new address, I have asked to be notified before anybody else, I have spoken to the Secretary at events, so why did I not know before this newsletter?"

A. Dear Correspondant, you are only one of the many who wanted to know first... everyone knows at once because everyone is just as important as everyone else, and anyway the office staff have been neurotic about someone sending to the new address before we had moved in (and whatever we said someone would have done so).

Q. "I have sent in memberships that are needed urgently, when will I get them?"

A. Obviously there will be some disruption in the work, but arrangements are being made for the membership secretary, Rosemary Caffary, to be disrupted as little as possible. Much of the move will be started on the Sunday. Routine work (apart from memberships) has been put out for months already, finding this office and anking all arrangements has taken its toll on time available for letter answering etc. With all the will in the world even the office staff have to go to bed eventually despite leaving some work undone. The worst thing about getting behind is that it seems to keep you behind... but please be patient if you do have to wait a little for something. It will be done, and nothing will be neglected.

Q. "How will this move benefit the members?"

A. Firstly, for the first time we will have a purpose built office, in a main road, with it laid out for convenience of work. So efficiency should improve. Secondly, for London it is very cheap, just £850 p.a. rent which can be paid from ordinary office income. If the Building Fund continues after the move we can still eventually have our own HQ Dojo, owned by the members, for the members and run by the members of BJC.

Q. "Can I see it?"

A. YES PLEASE. We always welcome members who visit us in the office, but do not bring a coach-party, it is too small.

Q. "How small? Too small?"

A. Small. Just an office with a cloakroom. But the front is on a main road. We believe this will be the first judo office on a main road, with a good business-like impression for visitors and passers-by alike. It is also on a busy road and our signs and windows will give us very valuable advertising just by being where it is.



SPORT FOR ALL

Stowe Summer School of Sport

Stowe is a Public School about 3 miles from Buckingham. The house was originally the home of the Dukes of Buckingham and Chandos; it was built between 1715 and 1780 and is situated in a park covering 750 acres, of which 250 acres are landscaped.

For the past three years the school has run a summer school of sport, and will do so again this year with the notable addition of a course including Judo, Aikido, Karate and Classical Kobujutsu under the direction of Frank Perry (who holds a variety of Dan Grades in the Martial Arts.)

In addition to this swimming, squash, tennis and golf are available to all boys and girls. The quality of tuition can be judged by the fact that swimming will be under the personal direction of Brian Brinckley M. B. E., G. B. Olympic Captain and Medallist.

The Martial Arts course costs £68.00 per week, and only a very limited number of places are available. Frank Perry has kindly given the BJC the opportunity of letting our members know of this opportunity exclusively.

There is a possibility of Education Authorities making grants towards the cost, and full details are available from Mr. Perry.

Further enquiries should be either addressed to Mr. F. Perry,
c/o The British Judo Council, 237 Horn Lane, Acton, London W. 3.

or Stowe Summer School of Sport, Stowe, Buckingham, Bucks MK18 5EH

YORKIE

"WHO PUT A GUARD
DOG IN THE DOJO
THEN?"



NATIONAL SQUAD TRAINING

NORTH

18th March. 11am 4pm.
The Seacroft Youth Centre,
Seacroft, Leeds.
Men and women 2nd Kyu and
above are invited to attend to
train with the squad.

SOUTH

25th March. 10am prompt
Picketts Lock Centre,
Picketts Lock Lane,
Edmonton, N9 OAS
Training shoes must be taken

and it is advised to take along
a track suit.

NORTH & SOUTH

All squad members are advised
that ST IVES EASTER COURSE
is an official squad training
session and your attendance is
required.

Squad Manager: Mr M Player,
125 Dugdale Hill Lane,
Potters Bar, Hertfordshire.
telephone 77 58911

Concepts Of Fitness For Judo

Part I

F. Skingsley M. F. Phys., I. F. P. C
3rd Dan.

INTRODUCTION

In this series I shall be including extracts from my work on 'Fitness For Judo' and shall be dealing with such aspects as Diet, Muscle Action, Weight Control, Injuries, Exercises to Use and Physical Tests.

This series is intended for the Judo Instructor who wishes to introduce more interest into his class and for the serious minded Judoka who wishes to have a better Physical Foundation on which to build his Judo.

THEORY OF FITNESS

Fitness is a poorly defined theory and again asks the question of 'fitness for what?' The general components include skills, strength and stamina, but basically fitness, in the sportsman's term is limited to the activity concerned. For example, a Judoka may win an Olympic gold medal but be quite unable to throw a javelin or swim adequately. Some aspects of fitness, such as stamina or endurance, which can be measured by the oxygen uptake capacity, may very well overlap between various sports of similar type. Judo skills however, because they are part of a neurological learning process tend to be highly specific, and a change in the sport will mean to some extent a change in the skills required and a new programme of learning.

ENDURANCE

Endurance or stamina, the ability to perform submaximal work for prolonged periods, is usually measured in terms of oxygen uptake capacity. It is sometimes determined by the amount of oxygen taken up and how quickly it is transported to the muscles being worked, and to have a preponderance of slow-acting muscle fibres. The heart rate gives a good indication to exercise capacity and potential. Pulse rate may be taken with the fingers to give an indication of the heart rate.

A test for improved endurance is to take the heart rate before any exercise, and then to perform a set of exercises for say five minutes and then take the heart rate again immediately afterwards. This will give you a measure of endurance. For example, if your heart rate is 80 in 1 minute before exercise, and then you do five minutes of step-ups, and your heart rate immediately afterwards is 120 in 1 minute, your measure will be 40. The aim will then be, with a planned programme of exercises every other day, to do this test again every two weeks, and see if you can perform longer than five minutes before your heart rate reaches 120 or perform for five minutes and see if the difference in heart rate before and after exercise is less than 40.

SPEED AND POWER

Fitness also includes speed and power, which are related functions calling for brief vigorous movements. Speed is tested by timing movements, such as shuttle run. The Judoka sprints back and forth between two fixed points, and the time for say twelve is recorded. Such tests may be more effective as relative measures of progress than as absolute measures.

SKILL

The last component of fitness is skill training which has locomotor and psychological aspects. Judo requires learning locomotor skills and to establishing co-ordinated patterns of behaviour through repeated practise. Because of the specificity of Judo the skills overlap less between other sports than do the endurance and speed factors already mentioned. For instance, the boxer has to practise punching in order to perform well in the ring, and the Judoka has to practise Uchikomi and Randori. The test for skills, therefore is satisfactory performance of the sport itself.

BEING FIT FOR JUDO

Some Judoka may believe that they only need to practise Judo in order to improve their state of fitness. This is not quite true, you are only capable of doing as much Judo as you are fit for, and if you take your Judo beyond this, it will put a great deal of stress on the body and possibly cause injury. For instance, if an instructor tells his class to perform 50 turn-ins for a particular throw, a few may be fit enough to do all 50 correctly and at speed without excessive stress. While others may only be fit enough to do say 20 correctly and at speed, this means that the other 30 turn-ins they are doing will be done under stress, with incorrect movements and at a slower speed. Therefore the majority of the work they have done, has not been beneficial to their Judo technique or body. It must always be remembered that in a Judo class you do not only have different levels of Judo skills, but also different levels of fitness. The best way to overcome this problem is to incorporate Individual Circuit Training which will be discussed later in this series.

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REQUIREMENTS OF TRAINING

Top level Judo has developed to such an extent that few people appreciate the Physical and Mental demands made on the competitors. To say that a top-class Judoman will have to train for approximately 12 hours a week or run 30 miles a week means little to those of us who felt exhausted after spending just 2 hours at the Dojo last week! It does mean that today's Judoka if he wants to reach a very high level needs to train for at least one full day in seven and have dietary requirements far in excess of those of virtually any manual worker.

MENTALITY OF EXERCISE

Staleness has been known for a long time as the sportsman's enemy. The signs of loss of appetite for work and of restlessness, insomnia and anorexia are recognised as typical depression. All this may be due to overwork and stress on the nervous system.

Many people become 'bored' with Judo because it involves repetative work, and of course this is necessary in learning Judo skills, but a class can be made more interesting with variable exercises which are within the capability of everyone, and at the same time building a good foundation on which to improve their Judo.

TEST YOURSELF FOR FITNESS

Many people, increasingly concerned with exercise and health, have been seeking a method of measuring their physical fitness, and of comparing it with the general fitness levels of others. By using the following series of simple tests and accompanying tables, anyone can measure his or her fitness in a few minutes. The test produces the Physical Quotation (or PQ). It is similar in some respects to the familiar IQ tests, because it uses carefully determined levels of performance for different age groups to establish norms.

PQ is a useful test that can help people find out where they stand in comparison with others, and thus encourage improvement in their physical condition. The test, in five parts, is designed to measure the three basic qualities essential for fitness: strength, flexibility and endurance. The only equipment needed is a piece of chalk, a watch with a second hand, a tape-measure, paper and pencil. Three of the tests can be taken indoors on the floor with enough space to lie down. A fourth requires jumping and reaching high up the wall. The fifth involves running some distance and can best be done at a running track or on a quiet, flat stretch of road.

The following tables set different score values for men and women. On average, only 30 per cent of a woman's weight is muscle, while muscle comprises 40 per cent of the average man's weight. As a result, men usually perform better in tests which require strength, but women excel in flexibility and, with their lighter musculature, are at less of a disadvantage in tests of endurance. It is important to remember that PQ test is not a competition but simply a measure. A Judoka should not ever exert himself: the aim of the test is to encourage the Judoka to find his or her physical fitness level, not to cause injuries. Unlike an IQ, which fluctuates only slightly throughout life for most people, the PQ can be changed-with a little effort, you can bring the rating up.

To calculate the composite score, or PQ, add the point scores from each test, and then divide by 2.5. A completely average person would get 50 on each test, for a total of 250 which when divided by 2.5 would give a PQ of 100. Thus a score of 100 is the norm for any given age group, just as an IQ of 100 is normal, at every age. A person who scored 75 on each test, totalling 375 for the five, would have a PQ of 150.

Anyone who is in fairly good physical condition can expect to score above 100, since there are many people who are very unfit; their fitness-or unfitness level brings the general scoring level down. A score of 150 means you are reasonably fit. A score of 50 or less indicates that the Judoka should do something soon about getting some supervised exercise.

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1. The Abdominal Curl

This modified sit-up tests the strength of the abdominal muscles, without causing back strain. Lie flat on the back, with hands on thighs and with feet together. Raise the head, then the shoulders and upper trunk, in an upward curl, sliding hands forward until fingertips just touch the kneecaps. Return to flat position.

Do as many as you can without straining and without stopping to rest.

Cont'd....

MEN (abdominal Curl)

Score	Age:			
	15-25	26-35	36-45	46+
Sit-ups				
100	104	56	42	37
90	100	55	40	35
80	90-95	50	35-37	32
70	75-85	45	30	25-30
60	55-70	35	25	20
50	40-50	25-30	20	15
40	30-35	20	15	10
30	20-25	10-15	10	7
20	10-15	5	3-5	3-5
10	5	3	1	1
0	1	1	0	0

WOMEN (Abdominal Curl)

Score	Age:			
	15-25	26-35	36-45	46+
Sit-ups				
100	45	41	32	27
90	43	38-40	30	22-25
80	40	35	24-27	19
70	35	25-30	21	14-16
60	25-30	20	15-16	10-12
50	20	15	12	8
40	15	10	8-10	6
30	10	7	6	3-4
20	5	3-5	4	2
10	2-3	1	2	1
0	0-1	0	0-1	0

2. The Chalk Jump

This test measures your ability to summon up a burst of muscular power. (It is important to warm up with partial knee-bends and squats, in order to avoid pulling a muscle or a tendon.)

Make a chalk mark as high as you can reach on a wall, keeping your heels on the ground. Then, holding the chalk, jump as high as you can, crouching down first and swinging your arms up to carry you higher, and make another mark as far up on the wall as possible. Rest of three counts. The number of inches between the two marks is your jump height. Score as follows:

MEN (Chalk Jump)

Score	Age:			
	15-25	26-35	36-45	46+
Inches				
100	26.5	25.2	24	19
90	26	25	23.5	18
80	25	24	23	16-17
70	23-24	22-23	21-22	14-15
60	21-22	19-21	18-20	13
50	18-20	16-18	14-16	9-11
40	14-17	14	10-12	6-7
30	10-12	8-12	6-8	4-5
20	6-8	6	3-4	3
10	3-5	2-4	2	2
0	0-2	1	1	1

WOMEN (Chalk Jump)

Score	Age:			
	15-25	26-35	26-45	46+
Inches				
100	18	16	14	11.8
90	17.5	15.5	13.5	11
80	17	15	13	10
70	15-16	13-14	12	9
60	14	12	10-11	7-8
50	12-13	9-11	8-9	5-6
40	8-10	6-8	5-7	4
30	6	4-5	4	2-3
20	3-4	2-3	2-3	1-2
10	1-2	1	1	1
0	0	0	0	0

3. Forward Bend

This test measures flexibility. Sit on the floor (after warming up by stretching), legs extended. Heels should be about five inches apart, touching a strip of tape, edge of mat or other marker line. Place a tape-measure on the floor between and parallel to the legs so that 15 inches mark is on the line between the heels, and the 36 inches mark is furthest away from you. Slowly reach with both hands as far forward as possible, with fingers extended without straining or jerking, and note the furthest point you can touch on the measure. Best of three tries counts. Your score is determined from the table by the distance reading in inches .

(Forward Bend)	MEN	WOMEN
Score	Inches	Inches
100	22-23	24-27
75	20-21	21-23
50	14-19	16-20
25	12-13	13-15
0	0-11	0-12

4. Press-Ups

This measures strength in the upper arms, back and shoulders, and provides some measurement of endurance. Lie face-downwards, hands by the shoulders, with fingers pointing forwards.

MEN: With feet on the floor, keeping back straight, raise body by straightening arms, then lower slowly so body again touches floor. Repeat as many as possible without straining and without stopping to rest.

WOMEN: Begin in a similar position. Keeping back straight, do press-ups so that the weight rests on your knees when body is raised.

MEN (Press Ups)

Score	Age:			
	17-29	30-39	40-49	50+
100	54	34	30	26
75	40	30	24	16
50	30	20	16	8
25	14	10	6	4
0	0	0	0	0

WOMEN (Press Ups)

Score	Age:			
	17-29	30-39	40-49	50+
100	75	45	23	15
75	30	24	15	11
50	20	15	12	8
25	12	9	6	5
0	0	0	0	0

5. The 6-Minute Distance Test

Designed to measure endurance, this test consists of determining the distance you can cover - running, even stopping to rest if necessary - in exactly 6 minutes.

In doing this test stop if discomfort is felt, and try again only after a period of warming-up and you are breathing normally. To calculate the distance covered, use track markings (most tracks are 400 metres round and have smaller intervals marked.) If you run on a road, use a car odometer, or get someone to follow you in a car to measure the distance on their speedometer.

MEN

Score	Age:			
	Under 30	30-39	40-49	50+
	Distance in miles covered in 6 minutes			
100	1.75+	1.65+	1.55+	1.50+
75	1.50-1.74	1.40-1.64	1.30-1.54	1.25-1.49
50	1.25-1.49	1.15-1.39	1.05-1.29	1.0 -1.24
25	1.0 -1.24	0.95-1.14	0.85-1.04	0.80-0.99
0	Under 1.0	Under 1.14	Under 0.85	Under 0.80

WOMEN

Score	Age:			
	Under 30	30-39	40-49	50+
	Distance in miles covered in 6 minutes			
100	1.65+	1.55+	1.45+	1.35+
75	1.35-1.64	1.25-1.54	1.15-1.44	1.05-1.34
50	1.15-1.34	1.05-1.24	0.95-1.14	0.85-1.04
25	0.95-1.14	0.85-1.04	0.75-0.94	0.65-0.84
0	Under 0.95	Under 0.85	Under 0.75	Under 0.65

In part 2 I shall be discussing the Balanced Diet, and what it means to the Judoka.

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NEWS FROM THE AREAS.

Essex

On Sunday 18th February Essex held its first Inter Area Championships. Five teams were invited altogether, and three Areas actually produced teams, Surrey Middlesex and Essex.

The Junior teams consisted of fifteen boys and girls in set weight categories, and Surrey's team proved to be by far the most experienced, taking the gold medals, beating on the way Essex 'A', Essex 'B', Middlesex and a scratch team produced on the day. Essex 'A' took the silver, and Middlesex the bronze.

The standard of Judo was good and everyone seemed to enjoy the day. The Senior teams consisted of two ladies and six men in each team - and although there were only three teams the competition was hard fought - Middlesex finally came out on top, with Essex 'B' taking the silver medal and Essex 'A' bronze.

On behalf of Essex I would like to thank our visitors for a good day's judo, and promise them our squads are training hard and with what we learned from the competition we'll give you an even harder match next time.

The teams were as follows:-

JUNIORS

ESSEX 'A'	MIDDLESEX	SURREY	ESSEX 'B'	SCRATCH TEAM
G. Calden	P. Fereday	S. Gromolya	D. Millbank	S. Cooper
A. Burgess	D. Ling	D. Murphy	D. Harding	D. Roach
G. Palser	C. Seelis	C. Merriman	David Harding	K. Monks
G. Holland	S. Billings	P. Murphy	G. Brand	I. Curtis
P. Tinklin	G. Jarvis	L. Edge	M. Tipler	M. Reynolds
D. Fiddy	P. Iyasena	W. Benson	B. Osborne	T. Curtis
P. Timpson	-----	S. Jones	M. Bidder	D. Purdy
G. Osborne	K. Perry	D. Gregory	L. Saville	G. Lingham
C. King	A. Martin	D. Rose	N. Lane	L. Hardy
D. Ridgewell	A. Oliver	M. Gringham	J. Blake	S. Little
S. Chaplin	R. Ling	B. Amerne	L. Tipler	K. Queen
T. Heywood	S. Clancy	K. Hogan	C. Ward	J. Sargeant
C. Shepley	W. Feaviour	S. Blackie	S. Sullivan	S. Mileham
J. Alvin	H. Rao	Dawn Rose	-----	D. Little
M. Williams	C. Faircloth	J. Carter	J. Adams	D. Adams

SENIORS

ESSEX 'A'	ESSEX 'B'	MIDDLESEX
Sue Quarless	Dawn Harding	V. Khan
Diane Langton	Marie Ingle	J. Reddie
Michael Merrison	Dennis Usher	T. Jennings
Lawrence Trelvelion	Barry Wheeler	S. Seager
Steve Osborne	Geoff Brand	D. Jason
Russell Strode	John Calden	A.D. Ford
Glenn Weekes	'Spike' Milligan	F. Fernandes
Wayne Cox	Derek Johncey	M. Streams

Report by Russell Strodes, 1st Kyu, Essex Area BJC.

Sussex

A meeting was held on 28th January to elect a Sussex Area Representative for the British Judo Council.

Eight clubs were represented as follows:-

Ashington Judo Club	Mr. C. Burton 5th Kyu
T.M.C. Judo Club	Mr. A. Collins 2nd Kyu
Penfold Judo Club	Mr. R. Elliott 1st Kyu
Select Judo Club	Mr. J. McCormac 1st Dan
Ki-No-Nagare-Aiki	Mr. J. Gaitley 1st Dan
Arun Judo Club)	Mr. J. Hill 3rd Dan
Littlehampton Judo Club)	
Kyu-Do-Kwai	Mr. T. Moore 4th Dan
	Mr. I. Whitehurst 1st Kyu

News from the Areas, Cont.

Two Senior Instructors were also present, Mr. Bob Penney 2nd Dan and Mr. Frank Wilkes 2nd Dan.

The meeting unanimously elected Tony Moore as Area Representative. The future of Judo in Sussex was discussed, with ways and means of promoting and advertising.

Consideration was given to Dojo etiquette and it was agreed that rules should be displayed in each club. Amongst other matters considered were competitions, the development of better relationships within the Area, a Grading Panel, and of course the next meeting ... 29th April 1979. Any enquiries to the Area Representative.

The Senior Grades asked for confirmation as to which form of Kata the British Judo Council wished to be taught and practised generally, as there does seem to be some confusion.

Report by Tony Moore, "Welbeck", 81 Arundel Road, Worthing, Sussex.

Bedfordshire

Bedfordshire Area has been in something of a decline for the past couple of years, but during recent months a dramatic improvement has taken place. Les Bonny, the Area Representative wanted to relinquish his duties for some time, but felt he could not do so until some future could be foreseen. A report of the Annual General Meeting will be made at a later date, but until then the new Area Representative, Dale Tibbett 3rd Dan, would like to thank Les for all the work he has done for Bedfordshire in the past.

The Area has a committee, and is looking for competition with other Areas. Expect to see more of Bedfordshire in the future, things are really looking up to the extent that clubs from other associations are showing an interest, and a rise in membership is anticipated.

Clubs and Areas looking for competition and co-operation with Bedfordshire should get in touch with the Area Representative, Mr. Dale Tibbett, 29 Appleby Gardens, Dunstable, Bedfordshire (telephone Dunstable 65706). Clubs within the Area who have not yet been in touch should do so immediately in order to obtain the maximum benefit for their pupils from the British Judo Council.

BEDFORDSHIRE AREA JUNIOR JUDO CHAMPIONSHIPS

The first ever Bedfordshire Area Junior Judo Championships were held during November at the new sports centre, Houghton Regis, Bedfordshire.

There were over one hundred entries. The Championships consisted of male and female individual competitions, and a male and female team event. The eliminations commenced at 2pm and they were run on a knock-out system.

The finals started at 7.30pm and included was a display of 'Ukemi' by Houghton Regis Judo Club, 'Karate' by Houghton Regis Karate Club, and there was an excellent display of 'Aikido' by Mr. Dale Tibbett 3rd Dan.

He was attacked by everything from a truncheon to a sword.

At the end of the evening two very special guests presented the trophies and medals, Mr. Les Bonney 4th Dan, and Mr. Alf Gosford 3rd Dan. Through the pages of this newsletter I would like to thank both Mr. Bonney and Mr. Gosford for all the help they have given the area.

I would also like to thank Mr. Tibbett for the work he does in the Area.

Results

Boys, under 32 kilograms.

WINNER: N. JONES

Boys, over 32 kilograms.

WINNER: S. VIVASH

Girls, Open event.

WINNER: L. BOND

Boys Teams.

1st. Hitchin Judo Club

2nd. Houghton Regis Judo Club.

3rd. Simpson J. C.

Girls Teams

1st. Hitchin Judo Club

2nd. Houghton Regis 'A' Team

3rd Houghton 'B'

News from the Areas, Cont.

Kent and Surrey

Owing to lack of support a meeting was called to discuss the future of the Area. Four clubs out of the original sixteen attended and the following facts were stated.

Due to the lack of support to training sessions, Kata courses, Area Gradings and tournaments over the past twelve months, it has been decided to give the Area a three month trial period, with a decision being taken at the end of April as to whether to close the area completely, under its present terms. As an effort to raise enthusiasm during this period it was agreed to arrange an 'Inter Club Training Night'. Try to support this by sending along a maximum of six judoka from your club (three boys/three girls, if possible, no mat fees). The next will be at the Stone Invicta J.C., Stone Ho use Hospital Social Club, Invicta Road, Dartford, Kent. Wednesday 21st March... 8pm. Instructor Mr. F. Morris.

A Grading has been arranged for Saturday 21st April at Yokohama Dojo, Salvation Army Hall, Old Bromley Road, Downham. 10 am start. Please note that the President has asked for all gradings to be conducted by Areas and not by individual clubs.

Tournaments have been a problem during the past year because of the difficulty in finding a suitable Sunday venue. If you know of a suitable 4-mat area hall please get in touch with the Area Representative.

If anyone is keen in taking this Area over to see if they can raise more enthusiasm I would be interested in hearing from them, but I feel I have done my best and put in a lot of time and effort which could be devoted to my club, in arranging sessions over the past twelve months and have been very disheartened by the lack of support, and feel now this three-month trial period is the only answer to see if clubs are interested in continuing as an area.

Alf Bates 4th Dan (8 Oakshade Road, Bromley, Kent. telephone 01 698 3462)

Newcastle

After a meeting of Dan Grades and Instructors of this Area I am sorry to have to inform all who have enquired about the President's course due to take place in April, that we have to limit it to members of this Area. We have to take this unfortunate step because of the numbers from this area wishing to take advantage of being on a course with Sensei, and the size of the Dojo. Once again, apologies to all whom we have to disappoint.

On 3rd and 4th February the Areas had their first course and grading of the year taken by Eddie Kenny 3rd Dan and Bob Glass 3rd Dan. Everyone worked hard and the outstanding promotions were Melvin Gunn and Alan Clarke to Junior Black Belts, Heather Horsbrough and Elizabeth Smith to 2nd Kyu Seniors.

This weekend more than 300 Judo enthusiasts, from as far away as London and Liverpool will be travelling to the North Shields Y.M.C.A. for the North of England Open Championships (3rd March).

On May 25th the Newcastle and Northumberland Area B.J.C. have been invited to enter a team in the International Team Tournament involving teams from Turkey, Scotland, Ireland and BJA Northern Area. This is a competition that the boys are looking forward to, not only to represent the Area but above all the British Judo Council. A full report will follow.

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Report by Eddie Kenny 3rd Dan Newcastle Area Representative.

(*Editors Note: It is common to see in reports from this area that Judoka have travelled many miles to attend events could it have anything to do with the fact that the Area always sends a complete list of events to Head Office months in advance of the dates, and therefore gets maximum advertising in plenty of time for visiting clubs to make their own arrangements?)

News from the Areas, Cont.

London

GAKKO JUDO CLUB

The North London Area Gradings at the Gakko Judo Club on 13.12.78 saw many good bouts throughout the evening. It was particularly pleasing not to hear a loud spectator commentary as is so often heard at many Dojos during Shiai.

Alan Fromm, our Area Representative, was unfortunately unable to attend owing to family illness, but many thanks to Simon Mazullo for so ably deputizing in his stead. Thanks also to the other Dan Grades who helped out during the gradings.

The clock beat us for upgrading Dan Grades but I am sure we will be able to arrange something soon.

One first Kyu attained his Dan Grade after many hard fights. I was also pleased to find that no penalties or warnings had been called and I'm sure of Sensei O'Tani was watching he would have been pleased as well.

Once again a weak point in the gradings were the Katas. They seem to be a necessary evil instead of as it should be, part of a Judoka's general practice.

Report by Wally Prince 3rd Dan.

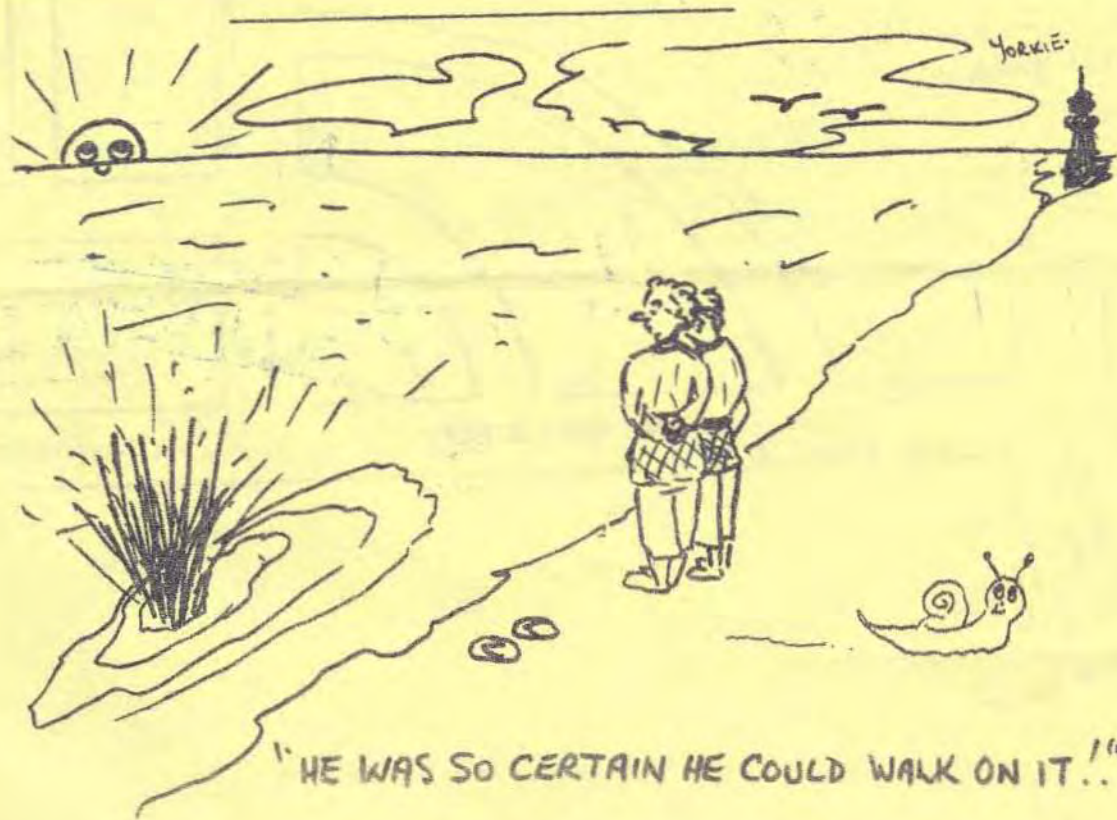
BUDO COURSE HOGARTH JUDO CLUB

Gerwyn Davies 2nd Dan, kindly came from Wales to run a course for our club on weekending 3/4th March. The course deserved a more explanatory title because this was not an introduction to 'Budo', but a course to demonstrate in a practical way how KYU SHIN DO Judo has its origins in Classical Budo. From demonstrations and practice we gradually came to see how an understanding of origins can help with the study of BJC Judo.

Everyone present not only enjoyed themselves, but was given much food for thought for future practice. Hogarth would like to thank Gerwyn for giving us this course, and also thank our visitors for coming.

The profit from the course was £30.00p and Gerwyn Davies refused any fee or expenses, asking instead that it be donated to the British Judo Council Building Fund.

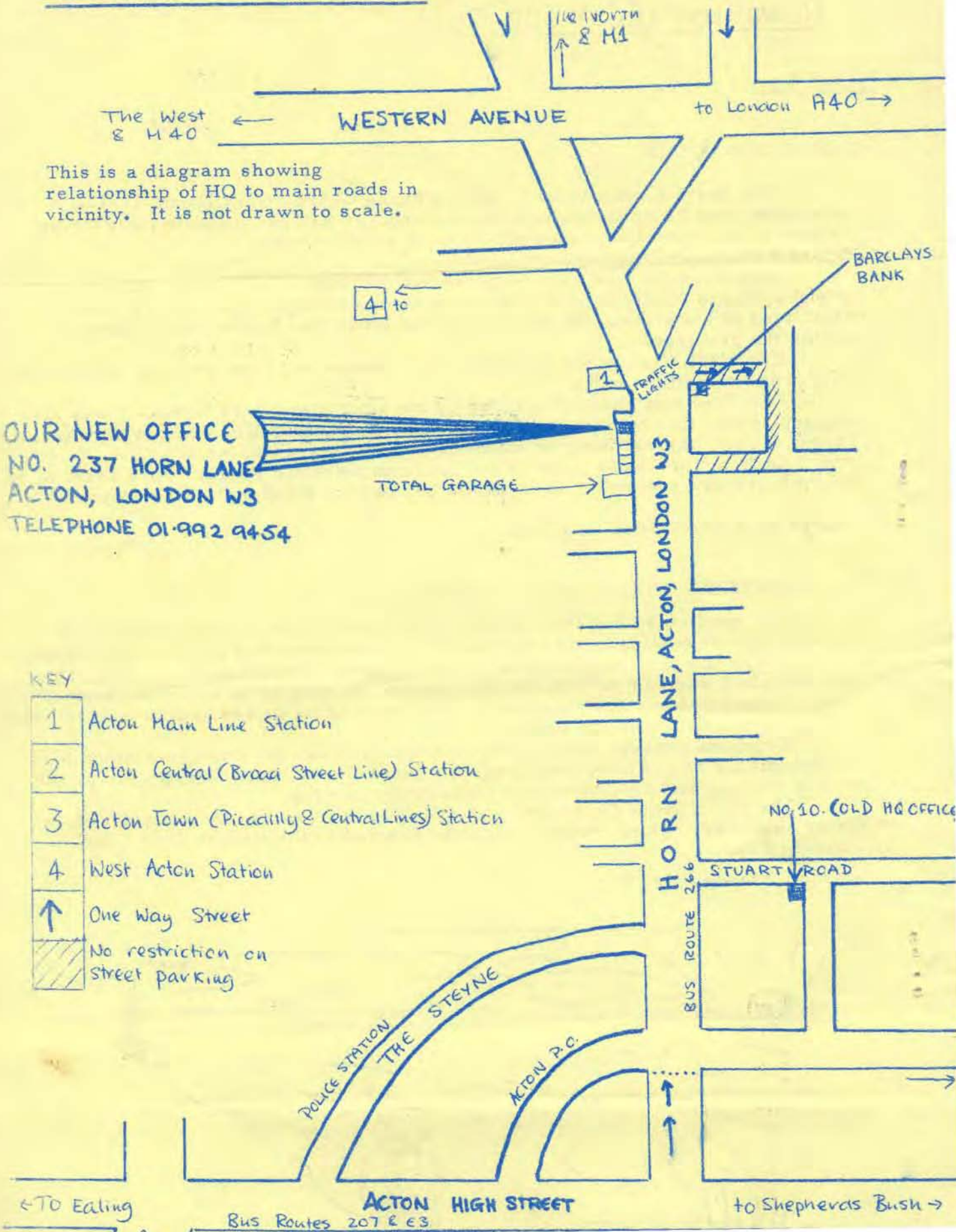
Norman Trawley 1st Dan.



"HE WAS SO CERTAIN HE COULD WALK ON IT..!"

WHERE TO FIND US

This is a diagram showing relationship of HQ to main roads in vicinity. It is not drawn to scale.



OUR NEW OFFICE
 NO. 237 HORN LANE
 ACTON, LONDON W3
 TELEPHONE 01-992 9454

KEY

- 1 Acton Main Line Station
- 2 Acton Central (Broad Street Line) Station
- 3 Acton Town (Picadilly & Central Lines) Station
- 4 West Acton Station
- ↑ One Way Street
- ▨ No restriction on street parking

← To Ealing

ACTON HIGH STREET
 Bus Routes 207 & 43

to Shepherds Bush →

← TO Ealing

ACTON HIGH STREET

to Shepherds Bush →

Bus Routes 207 & E3

TO NORTH CIRCULAR
SOUTH CIRCULAR
& M.4.

3