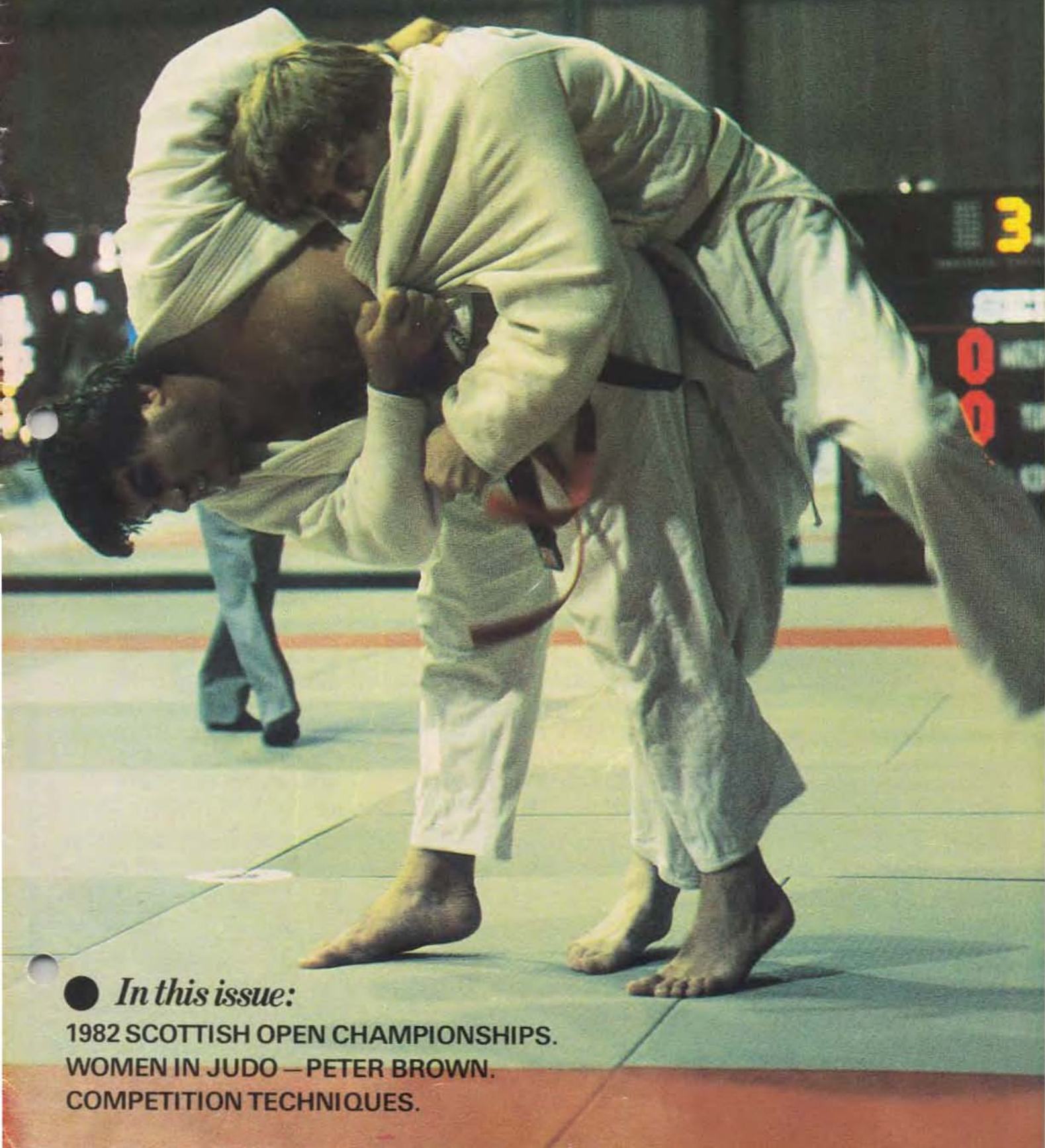


JUDO

No. 21

April 1982

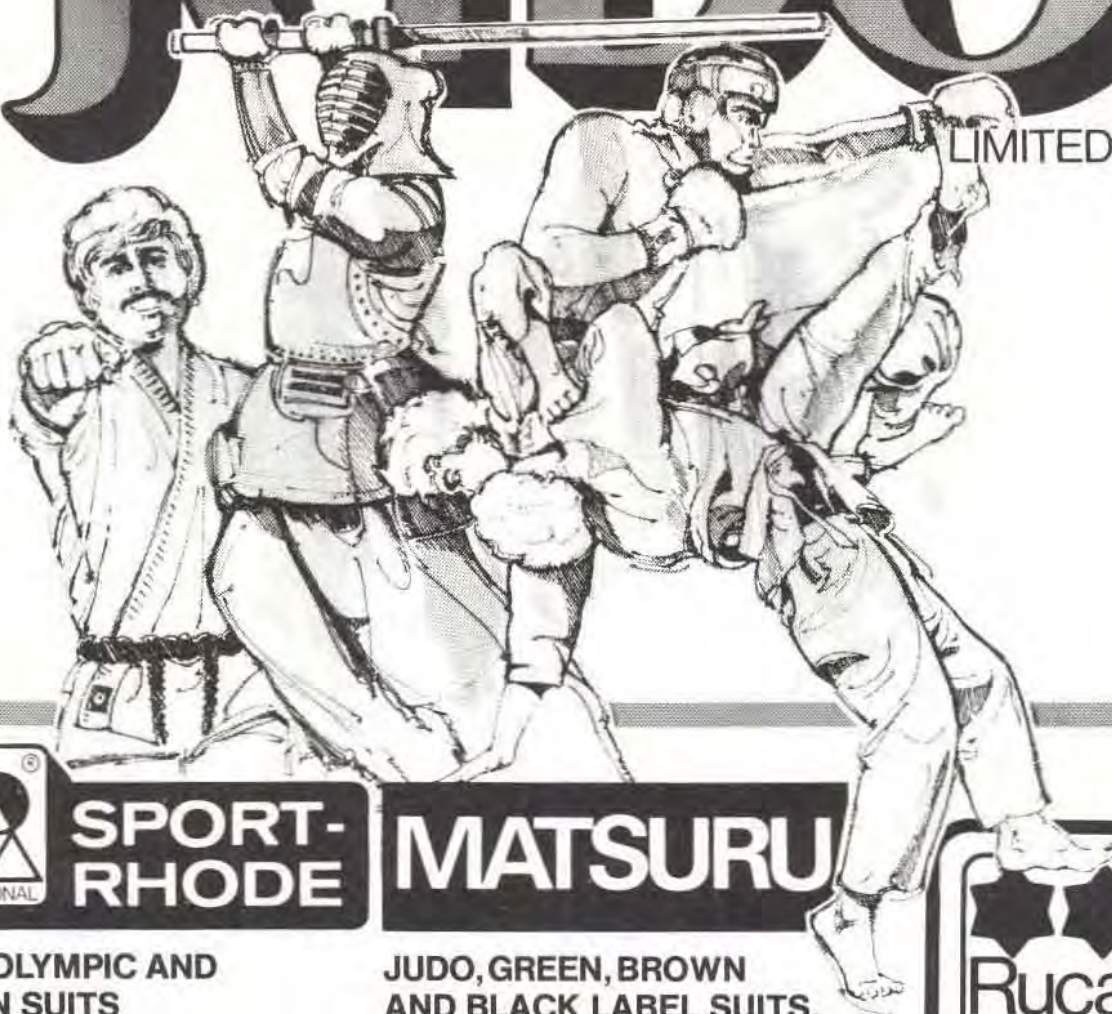
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● *In this issue:*

1982 SCOTTISH OPEN CHAMPIONSHIPS.
WOMEN IN JUDO — PETER BROWN.
COMPETITION TECHNIQUES.

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COMPETITION REPORTS

On pages 6, 7 and 8 Colin McIver reports on the well attended 1982 Scottish Open Championships for Men at Meadowbank N.S.C. Whilst on pages 13



and 14 Frank Smith has details of the popular Sandwell Junior Knockout at Haden Hill Leisure Centre and presents a further photographic portfolio of the Paris Tournament on pages 28 and 29.



Contents

JUDO



on pages 19, 20, 23, 24, 25 and 26. David Finch shows his ability with a camera in 'Action Spot', pages 16 and 17. 'In Conversation' introduces you to Eric Woodward the new Press and P.R.O. Officer of the B.J.A. Plus much more news and results in April JUDO.

Peter Brown appears to know more about women than he ought to in his interesting article on 'Women in Sport' on pages 21 and 22, and for the competitive players there are technical articles



JUDO

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Diary of Events

National Events

Saturday 24th April 1982
British Open Championships for Men—Crystal Palace—9-00am
Tickets from British Judo Association

Midland Area Events

Saturday 8th May 1982
North Shropshire Junior (Under-16 years) for Boys and Girls
at Whitchurch, Shropshire
Saturday 5th June 1982
Midland Area Mens Team Championships (Closed to Midland Area)
Combined with Midland Area Womens Individual Championships
(Open to all Areas). To be followed by a DISCO/SOCIAL EVENING
Saturday 26th June 1982
Midland Area Boys Team Championships (Closed to Midland Area)

BJA North West Area

Sunday 2nd May 1982
Kyu Grade Promotion Examination—Stretford Sports Centre
Sunday 9th May 1982
Mon Grade Promotion Examination—Kirkby Sports Centre
Sunday 16th May 1982
Centre of Excellence Training Session—Stretford
Sunday 16th May 1982
Mon Grading for Boys (7th to 12th Mon) and Girls—Thornton Cleveleys

Midland Promotion Examinations

Sunday 2nd May 1982
Men Kyu Grades—Grimsby—1-00pm
Saturday 8th May 1982
Boys All Grades—Long Eaton—9-30am
Sunday 9th May 1982
Men Kyu Grades—Derby—9-30am
Sunday 9th May 1982
Girls Beginner to 9th Mon—Pershore—9-30am
Sunday 9th May 1982
Women Kyu Grades—Derby—12-00 noon
Sunday 16th May 1982
Boys All Grades—Worcester Judo Club—9-30am
Saturday 29th May 1982
Boys All Grades—K.K.K.—9-30am

Timekeepers and Recorders Course

A course, covering requirements from novice to Senior recorder will be conducted by Brian Regan on Saturday 6th June 1982 from 10-00am until 4-00pm at...

COVENTRY JUDO CLUB
KENPASS HALL, KENPASS HIGHWAY, COVENTRY

The Course and examination fee will be £3.50 and will include a copy of the BJA Tournament Handbook for each candidate.

Please send cheques or postal orders made out to B.J.A. Midlands no later than Saturday 29th May 1982 to Bill Coffey, 20 Link Road, Edgbaston.



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REPORT: COLIN McIVER

STAR

1980
OLYMPIC SILVER MEDALLIST
1982
PARIS TOURNAMENT GOLD
MEDALLIST

ISAAC AZCUY Cuba

One of the most convincing winners of this year's Paris Multi-Nations Tournament was the Cuban Under-95 kilos Isaac Azcuy. Even though many of Europe's top competitors did not compete in this event, the standard was quite high and Azcuy defeated some very strong players on his way to winning the title. He also fought superbly in the 1980 Moscow Olympics where he was narrowly defeated in the Final by the Swiss player Rothlisberger.

Azcuy looks physically very powerful and is a very dynamic player. His favourite technique is Sode Tsuru-komi-goshi, which he does to the right — using the same sleeve grip he will do Uchimata and Kosotogake. He is also very adept with Morote-gari which he will often do as he is fighting for grips. Like many other players who have a high success rate with their throwing skills, he tends to avoid Newaza often missing opportunities to score.

Little is known of the Cubans or their training methods but I suspect there to be quite a lot of Soviet influence. At the last two Olympic Games they have done well but they do not really seem to have any real depth of players, relying on the same few players to win the medals. Azcuy must be one of their main hopes for a medal at the 1984 Olympic Games in Los Angeles but he is now 30 years of age and whether he can stay at the top until then remains to be seen.

P O F I L E



1-2... With a sleeve grip, Azcuy attacks with Kosotogake against Shurov of the Soviet Union.
3-5... Azcuy scores Ippon on Rousseau of France with Morote-gari.



1982 SCOTTISH OPEN

Words and
Photographs:
Colin McIver

CHAMPIONSHIPS

Over 150 competitors made the long journey to compete in this year's Scottish Open Championships which were, as usual, held in Edinburgh's Meadowbank Sports Centre. I thought this year's event, the eighth to be staged by the Scottish Judo Federation, to be the



Douglas Borthwick and Nick Kokotaylo in the Under 95 kilo Final.

most successful so far. The organisation was efficient and the standard of the contestants generally high.

There were the usual large groups of players from Ireland and England. Tony Macconnell brought the North West's Young Men's Squad and three Norwegians, which gave the Championships a slight International flavour. The weigh-in was held on the Friday evening and the event started almost on time. The new 'German' Compound Knockout system, which guarantees each competitor at least two contests, was used and seemed to work reasonably well, at least I heard no complaints. Once this system is better understood by the players I am sure it will be readily accepted, as it does seem fairer than the Knockout and Repechage system normally used and has the distinct advantage of taking less time than the Pools System.

The refereeing at the event received some criticism, some of it justified, some not. There is some possibility that next year teams from overseas are to be invited. Should this turn out to be the case then perhaps the Scottish Judo Federation will have to 'import' some referees of the required standard. It is all very well to use only local referees but if the standard of the event is to be realised then it will be necessary to ensure that the officiating is of the appropriate standard.

Under-56 kilos—

This category was extremely popular this year, attracting many talented young players. I have said before that there is a need for a category below the first International weight category and the large entry in this event is further proof. At sixteen when many of our young players move into the senior ranks they are much too light to compete in the Under-60 kilo class and many must give up for this reason.

Michael Somerville (KKK) and Stephen Smith (Centar) emerged as the two finalists and really got the early evening finals off to a good start. Both players were evenly matched and each determined to win. Somerville scored first, a Koka from an Osaekomi, then Smith equalised with Tai-otoshi. At times there was nothing to choose between them and it was Somerville



John Drogan of Judo Limited presents medals to the winners.



Fitzroy Davies and Willie Buchanan fighting for their favourite grips in the early rounds of the Under 71 kilo category.



Willie Bell controls John Swatman's left arm with a strong sleeve grip.



Left... Martin McSorley attacks with Osotogari into Tai-otoshi.
Above... Gavin Bell attacks with Tai-otoshi during the early rounds of the Under 85 kilo category.

who was awarded the decision by the referee, after the judges failed to agree.

Under-60 kilos—

The two favourites for this division John Swatman (Wolverhampton) and Willie Bell (Cambuslang) reached the final. Bell, after a disappointing result in the recent Young Men's Trials, had a particularly good day, winning all his contests by Ippon. Despite this however, it was Swatman who started the final contest as favourite since he had defeated Bell when they last met. The final was another good match with both players showing a fair level of skill. It was a close match with Bell the winner scoring three Kokas to Swatman's two. I also thought Bell on this occasion to be slightly superior in Newaza, where he is quite adept.

Under-65 kilos—

The Under-65 kilo final was a complete North West affair between Paul Sheals (Samurai) and Michael Liptrot (Kendal). Both players, members of Tony Macconnell's Young Mens Squad, had some good wins during the preliminary rounds. Sheals defeated possible favourite Gavin Bell (Centar) and Liptrot defeated Tom Brindle (Wolverhampton) a very experienced player. In the final it was very obvious that both players knew each other well and there was little chance of a clear victory. Sheals turned out to have the slight edge and was the eventual winner by two Kokas.

Under-71 kilos—

There was a large entry in this category which included some very good players and it was quite a surprise to see Norman Barbour (Samurai) take the title. Barbour a 1st Dan has had a couple of good performances lately and he did well here with good wins over Martin McSorely (Hamilton) and Hugh Syme (Hamilton). In the final match he completely dominated Syme before throwing him for Ippon with Harai-makikomi. This was a disappointing performance from Syme who can be incredibly skilful when on form; in his favour, Barbour should have been, in my opinion, disqualified in the final for throwing with an armlock on at least two occasions.

The favourite to win this category Willie Buchanan (Centar) lost in the semi-final to Syme and had on this occasion to be content with a Bronze medal.

Under-78 kilos—

I thought Richard Armstrong (Army) to be favourite for this category but he was defeated in the third round by Ray Stevens (Veraloy). Stevens, who recently won the Young Mens Trials, is a very skilful young player and his performance in this event, with his result against Armstrong, should give his confidence a boost.

With Armstrong eliminated it was left

to Jim Rae (Burnhill) and Douglas McGregor (Edinburgh) to dispute the title. On the way to the final neither player seemed to be on their best form, although both fought consistently and were worthy finalists. The final went to time, both players knowing each other and being evenly matched. McGregor, who lost to Rae when they last met, was slightly superior on this occasion and managed to score a Koka to tin the contest.

Under-86 kilos—

Stuart Travis (Kettering) was, rather surprisingly, defeated by Mick McLaughlan (James Murray) in the Under-86 kilo final. McLaughlan dominated the first minute of the final contest and scored a Yuko with Kosotogake to go into the lead. Travis tried to equalise but could not break through the experienced McLaughlan's defence. This was a good win for McLaughlan who has only just moved into this category.

The only other player of note was the veteran Irish Internationalist Terry Watt. Watt who lost to Travis in the semi-final and went on to win the Bronze medal must surely be thinking of retiring. He seems to have been competing for as long as I can remember and has certainly been one of Ireland's most consistent players.

Under-95 kilos—

Nick Kokotaylo (KNK) currently number one in the British Squad won the Under-95 kilo category, defeating Douglas Borthwick (Meadowbank) by a Koka in the final. Kokotaylo and Borthwick were favourites for this category and neither had any trouble reaching the final. The final was rather disappointing however, with neither player really committing themselves to their attacks. Borthwick, who usually competes in the Under-86 kilo category, looked small against Kokotaylo and was obviously struggling against his more powerful opponent.

Over-95 kilos—

There were only five competitors in this division and Elvis Gordon (Wolverhampton) had no trouble in winning the Gold medal. Gordon won all his contests by Ippon except the one with Rune Sundeland (Norway) which he won by a Waza-ari. Sundeland, who is really an Under-95 kilo player, did well in this category finishing in second place winning all his other contests by maximum points.

It was unfortunate that Gordon did not manage to win a place on the Senior Squad at the recent National Trials. I would think that he deserves to be co-opted as he has won all of the major internal tournaments over the past few years. This is another example of the unfairness of the method of Squad Selection in operation at present.

The Wolverhampton Squad: Fitzroy Davies, John Swatman, Tom Brindle and Elvis Gordon.



**Willie Bell
Under 60 kilo Champion.**



**Mick McLaughlan
Under 86 kilo Champion.**



Paul Sheals scores on Michael Liptrot with Kosotogari in the Under 86 kilo Final.

RESULTS—

Under-56 kilos—

- 1—Michael Somerville..... KNK
- 2—Stephen Smith..... Centar
- 3—Craig Penrose..... Azami
- 3—Martin Jones..... Pinewood

Under-60 kilos—

- 1—William Bell..... Camb
- 2—John Swatman..... Wolverhampton
- 3—Gordon Cameron..... Centar
- 3—Fred Bradley..... Grimsby

Under-65 kilos—

- 1—Paul Sheals..... Samurai
- 2—Michael Liptrot..... Kendal
- 3—Steven Ravenscroft..... KNK
- 3—Gavin Bell..... Centar

Under-71 kilos—

- 1—Norman Barber..... Samurai
- 2—Hugh Syme..... Hamilton
- 3—Martin McSorely..... Hamilton
- 3—William Buchanan..... Centar

Under-78 kilos—

- 1—Douglas McGregor..... Edinburgh
- 2—James Rae..... Burnhill
- 3—Richard Armstrong..... Army
- 3—John Armer..... Kendal

Under-86 kilos—

- 1—Michael McLaughlan... Bailliestone
- 2—Stuart Travis..... Kettering
- 3—Peter Mason..... Keidokwai
- 3—Terry Watt..... Ireland

Under-95 kilo—

- 1—Nick Kokotaylo..... KNK
- 2—Douglas Borthwick... Meadowbank
- 3—Graham Campbell..... Glasgow
- 3—Robert Mains..... Liverpool

Over-95 kilos—

- 1—Elvis Gordon..... Wolverhampton
- 2—Rune Sundeland..... Norway
- 3—Major Jones..... Army

ROUND & ABOUT

Competition reports, News, views and opinions



Around 300 juniors and over 100 senior players attended a coaching/training course with World Champion Neil Adams at Edinburgh's Meadowbank Sports Centre on Sunday 21st February.

Neil was helped during the sessions by Tony

Macconnell; this marked the start of a very tough week's training for the Young Mens Squads from Scotland and the North West. At the end of the morning session with juniors, Neil was swamped by autograph collectors and had to be rescued by Colin McIver.

1982 MIDLOTHIAN OPEN JUNIOR JUDO TOURNAMENT

Saturday 27th and Sunday 28th February

Under 28 Kilos...

- 1—C. Neil—St. Ninians
- 2—C. Henderson—Kilwinning
- 3—G. Campbell—Cranberry Moss
- 3—K. Devine—Edinburgh Club

Under 31 Kilos...

- 1—S. Glass—Dundokwai
- 2—R. Reid—St. Ninians
- 3—J. Lazlo—Meadowbank
- 3—A. Rafferty—Cranberry Moss

Under 34 Kilos...

- 1—C. Hall—Dalry
- 2—D. McCarron—Spartan
- 3—P. Paterson—Tora Scotia
- 3—D. Rennie—Azami

Under 37 Kilos...

- 1—A. Duncan—Meadowbank
- 2—J. Ross—Edinburgh Club
- 3—A. Gillan—Yoshin
- 3—W. Jackson—Wishaw YMCA

Under 41 Kilos...

- 1—C. Donnelly—Edinburgh Club
- 2—M. Perfect—Yoshin
- 3—R. Inglis—Wishaw YMCA
- 3—J. Imrie—Edinburgh Club

Under 45 Kilos...

- 1—M. Preston—Meadowbank
- 2—K. Hanson—Meadowbank
- 3—R. Gillespie—Azami
- 3—G. Weir—Largs

Under 50 Kilos...

- 1—J. P. Ross, Edinburgh Club
- 2—J. Harkins—Cambuslang
- 3—S. Todman—Dundokwai
- 3—K. Braidwood—Edinburgh Club

Under 55 Kilos...

- 1—W. Cusack—Yoshin
- 2—S. Hartley—Cambuslang
- 3—J. Doherty—St. Ninians
- 3—B. Balloch—Camberslang

Under 60 Kilos...

- 1—G. Forrest—Dundokwai
- 2—J. Savage—Cambuslang
- 3—J. Johnstone—Yoshin
- 3—D. Trevis—Falkirk

Under 65 Kilos...

- 1—S. Dickson—Wishaw YMCA
- 2—R. Bell—Lasswade
- 3—R. Bell—Samurai Wishaw
- 3—S. Wylie—Gowkthrapple

Over 65 Kilos...

- 1—T. D'Ambrosio—Hamilton
- 2—R. Rodriguez—Tora Scotia
- 3—R. Dickson—Samurai
- 3—G. Scobie—Azami

JUDO ROADSHOW

Since August 1981, when Frank Hancock, a British Judo Association 2nd Dan Black Belt, and qualified club coach turned 'professional' enquiries have flowed in.

Because proper training facilities were lacking in many places, and local funds were scarce, Frank decided to buy his own. Now, with his trailer and mats, he is able to take judo anywhere, anytime.

Apart from the local schools (in which the Sports Council is already sponsoring judo with a special purchase of judo mats), most enquiries come from the villages surrounding Bedford, where there is an almost complete lack of proper equipment and available coaching expertise and from where the time and cost of travelling into Bedford make activities in the town very expensive.

The self-defence aspect of the sport is likely to appeal to sports societies within companies whose female members are currently very aware of the need for self-protection.

Frank teaches according to the syllabus of the British Judo Association, the only official governing body for judo in the U.K. Licensed members are able to be represented officially at club, area, regional, national and international levels. Locally, the average player is able to progress from novice to the highest level,

according to the individual's skill and determination.

The judo mats (making up an area 21' x 36') and lock-up trailer are available separately for hire. Details from Bedford 63956.

LONDON JUDO SOCIETY

Rumours have been circulated which state that, due to the increased running costs of our building, *London Judo Society* is closing down. We wish to assure everyone that nothing is further from the truth. Far from running down our activities and highly successful Examinations and Coaching Courses we are increasing them. The provision of a fourth Dojo has enabled us to re-introduce Aikido, lai-do and Kata classes, and we are also able to cut down the time taken at our very popular Grading Examinations as a result of the use of this additional mat area. Since September 1981 when we purchased not only our main Dojo but also the old manor house at the front we have, at no inconsiderable cost, converted it into the additional Dojo, an office and a conference room on the first floor. Additionally, on the third floor is a three bed roomed flat. In strenuously refuting this story we assure all and sundry that *London Judo Society* is HERE TO STAY.

As the fourth mat area mentioned above is now in use for all Grading Examinations we are able to offer facilities to all Area and *B.J.A.* referees who would like to add to their experience by refereeing the contests under the supervision of a National referee. Any one interested is requested to contact *London Judo Society* in good time before any grading examination. A complete list of dates is available and will be forwarded upon request.

ERIC DOMINEY

FILM REVIEW WORLD CHAMPION NEIL ADAMS IN ACTION

On 4th September 1981, Neil Adams became the First Male Briton to win a World Judo Title. His fights were filmed at the matside by Scott Wenn Associates. This film, together with film of his victory in the 1981 British Open Championships, has been compiled into a forty-five minute film that is now available for sale on Video Cassette. SWA hope that this will be the first of a series of films featuring Britain's greatest ever Judo Player.

This film called '*Ippon: Championship Judo 1981*' shows all of Neil's knock-out fights and both of the finals in the 1981 British Open and the 1981 World Championships. The fights are interspersed with film of Neil in the Studio talking informally about his contests, and the strengths and weaknesses of his opponents. Neil himself takes the viewer through the fights with an informative commentary and selects highlights for repetition in analytical slow motion; some techniques are seen from more than one angle. In the World Championships Neil fought better than ever before and emerged a totally convincing winner, taking this title away from the Japanese for the first time in the history of the sport. On this one film we see him score with Uchimata, Tai-otoshi, O-Soto-ogari, O-Uuchi-Gari, Ippon Seoinage, Te-Guruma, Yoko-Shiho-Gatame and of course his famous rolling Juji-Gatame, many of them more than once and most of them for Waza-ari and Ippon scores. Among Neil's many opponents are Mongolia's Ravdan Davaadalai (Olympic Bronze Medallist), Canada's Kevin Docherty, Japan's Jiro Kase and Britain's Design White.

The quality of the film I received, on *V.H.S.*, was not of the highest quality but it is in no way detracted from my enjoyment of the film (which I think I have watched ten times now). I am informed by SWA that this is caused by the transfer process to video tape from film and cannot be improved unless a much more expensive process is used, which would add to the purchase price.

The company ran into many technical problems in the making of the film and they have done much work to produce a professional judo film. I think it is a very good effort and look forward to seeing their next production.

The film, available on both *Betamax* and *V.H.S.* formats, can be purchased from SWA, 161 Nightingale Lane, London SW12 8NQ. Telephone: 01-675 3761, at around £30.00. At this price I consider the film to be extremely good value for money and have no hesitation in recommending it to you.

Colin McIver

NORTHERN AREA OPEN CHAMPIONSHIPS

Consett Sports Centre
Sunday 18th April 1982

Over 200 Men and Women competed in 17 categories in this year's Northern Area Open Championships. Consett Sports Centre once again hosted this event, which was sponsored by Marley. Even with so many categories, the event finished in reasonable time.

Karen Briggs—Britain's new European Champion—had no difficulty in securing the Under 48 kilo title winning every contest by lppon.

Grimsby Judo Club took no less than five Gold, two Silver and two Bronze medals home with them.

RESULTS

Under 48 Kilos...

- 1—Karen Briggs—Kingston
- 2—Helen Taylor—Crawcrook
- 3—Debbie Snowden—Crawcrook

Under 52 Kilos...

- 1—B. Alltoft—Grimsby
- 2—C. Shiach—SJC Alba
- 3—S. Shaw—Wigan
- 3—D. Paton—SKK

Under 56 Kilos...

- 1—C. Brennan—Grimsby
- 2—V. Whiteley—Kendal
- 3—M. Taylor—Aston
- 3—G. Collin—Panda

Under 61 Kilos...

- 1—K. Greenhaugh—KNK
- 2—C. Dufficy—Aston
- 3—D. Young—Crawcrook
- 3—M. Haywood

Under 66 Kilos...

- 1—M. Bennett—Leeds
- 2—J. Mather—Wigan
- 3—S. Selling—Sittingbourne
- 3—K. Mackay—Kodokwai

Under 72 Kilos...

- 1—E. Simpson—Seiryokuryu
- 2—J. Glasebrook—RAF Cosford

MEN (UP TO 2 KYU)

Under 60 Kilos...

- 1—A. Peace—Grimsby
- 2—P. Baxter—Stockton
- 3—K. Bullock—Crawcrook
- 3—J. Docherty—St. Ninians

Under 65 Kilos...

- 1—P. Joyce—Grimsby
- 2—G. Davidson—East Kilbride
- 3—E. McConnell—Glasgow University
- 3—G. Hambling—Grimsby

Under 71 Kilos...

- 1—G. Millington—Doncaster
- 2—W. Barlow—Concord
- 3—A. Brown—Grimsby
- 3—S. Crosswell—Furness

Under 78 Kilos...

- 1—S. Guill—Great Ayton
- 2—J. Halpin—Grimsby
- 3—A. Wells—Barton
- 3—H. Savojsi—Newcastle University

Over 78 Kilos...

- 1—D. McKenna—Concord
- 2—I. Perrett—Solihull
- 3—A. Cheshire—Solihull
- 3—D. Ditchburn—Koizumi

MEN (1st KYU AND OVER)

Under 60 Kilos...

- 1—M. Bowmer—Bradford
- 2—F. Bradley—Grimsby

Under 65 Kilos...

- 1—G. Taylor—Crawcrook
- 2—N. Clynes—St. James
- 3—D. Brown—Stockton
- 3—M. Murphy—Seishin

Under 71 Kilos...

- 1—M. Earle—Grimsby
- 2—R. Whiteley—Kendal
- 3—J. Young—Crawcrook
- 3—M. Samuels—RAF Cosford

Under 78 Kilos...

- 1—R. Saez—Parkhead
- 2—K. Lynch—Liverpool YMCA
- 3—C. Douglas—Kettering
- 3—C. Jefferies—Concord

Under 86 Kilos...

- 1—S. Travis—Kettering
- 2—D. Gow—Glasgow University
- 3—S. Faulkner—Kendal
- 3—B. Cumming—Natsuiwai

Under 95 Kilos...

- 1—R. Knight—Solihull
- 2—H. Ferns—St. Ninians

BRITISH STUDENTS JUDO CHAMPIONSHIPS (MEN)

Crystal Palace—Saturday 13th February

Under 60 Kilos...

- 1—J. McCorrum—Ulster Polytechnic
- 2—M. Heward—Newcastle
- 3—A. Tourzini—Ulster Polytechnic

Under 65 Kilos...

- 1—J. Mossley—Huddersfield Polytechnic

Under 71 Kilos...

- 1—P. Terry—Avery Hill College
- 2—D. Broughton—Portsmouth Polytechnic
- 3—S. Ottaway—Portsmouth Polytechnic
- 3—D. Walsh—Huddersfield Polytechnic

Under 78 Kilos...

- 1—D. Nasmith—City Polytechnic
- 2—P. Costello—Lancaster Polytechnic
- 3—G. Parker—Portsmouth Polytechnic
- 3—M. De Caires—Middlesex Polytechnic

Under 86 Kilos...

- 1—C. Austins—Bristol Polytechnic
- 2—S. Mitchell—City Polytechnic
- 3—D. Davies—Farnborough College
- 3—C. Lasekan—Brighton Polytechnic

Under 95 Kilos...

- 1—C. Scott—Avery Hill College
- 2—C. Barnard—Middlesex Polytechnic
- 3—P. Rondell—Bristol Polytechnic
- 3—V. Hecley—City Polytechnic

Over 95 Kilos...

- 1—R. Willingham—Portsmouth Polytechnic
- 2—A. J. Goff—Bristol Polytechnic

Under 60 Kilos...

- 1—H. Quinn—Queens University
- 2—D. Russell—Manchester University
- 3—H. Martin—Cambridge University
- 3—M. Callan—Loughborough University

Under 65 Kilos...

- 1—D. Rance—Brunel University
- 2—K. Jones—Edinburgh University
- 3—C. Paterson—Strathclyde University
- 2—D. Hampshire—Oxford University

Under 71 Kilos...

- 1—P. Johns—Aberdeen University
- 2—D. Mansell—Swansea University
- 3—B. Wilson—Edinburgh University
- 3—M. Silvera—East Anglia University

Under 78 Kilos...

- 1—M. Sullivan—Brunel University
- 2—R. Meltzer—London University
- 3—A. Mitchell—Queens University
- 3—A. Wright—Salford University

Under 86 Kilos...

- 1—D. Smith—Manchester University
- 2—P. Stewart—Queens University
- 3—D. Findlay—Glasgow University
- 3—T. Gyles—East Anglia University

Under 60 Kilos...

- 1—H. Quinn—Queens University
- 2—M. Callan—Loughborough University
- 3—H. Martin—Cambridge University
- 3—J. McCorrum—Ulster Polytechnic

Under 65 Kilos...

- 1—D. Rance—Brunel University
- 2—J. Mossley—Huddersfield Polytechnic
- 3—K. Jones—Edinburgh University
- 3—C. Paterson—Strathclyde University

Under 71 Kilos...

- 1—P. Johns—Aberdeen University
- 2—D. Mansell—Swansea University
- 3—B. Wilson—Edinburgh University
- 3—P. Terry—Avery Hill College

Under 78 Kilos...

- 1—M. Sullivan—Brunel University
- 2—D. Nasmith—City Polytechnic
- 3—A. Mitchell—Queens University
- 3—A. Wright—Salford University

Under 86 Kilos...

- 1—C. Austins—Bristol Polytechnic
- 2—C. Lasekan—Brighton Polytechnic
- 3—S. Mitchell—City Polytechnic
- 3—P. Stewart—Queens University

Over 86 Kilos...

- 1—C. Scott—Avery Hill College
- 2—R. Willingham—Portsmouth Polytechnic
- 3—P. Rondell—Bristol Polytechnic
- 3—C. Barnard—Middlesex Polytechnic

B.S.S.F. WOMENS INDIVIDUAL CHAMPIONSHIPS—RESULTS

Under 52 Kilos...

- 1—J. Allen—Aberystwyth University
- 2—M. Hoadley—Manchester University
- 3—M. O'Leary—Stirling University

Under 56 Kilos...

- 1—G. Entwistle—Bath University
- 2—A. Caven—Strathclyde University
- 3—E. McEwan—Glasgow University
- 3—K. Game—London University

Under 61 Kilos...

- 1—L. Bradley—Avery Hill College
- 2—C. Clarke—Loughborough University
- 3—M. Clarke—Bath University
- 3—C. Robinson—Liverpool University

Under 66 Kilos...

- 1—J. Thorpe—Durham College
- 2—K. Higman—Birmingham University
- 3—A. Butler—Ulster Polytechnic
- 3—A. McDenagh—Loughborough University

Under 72 Kilos...

- 1—J. Malley—New University Ulster
- 2—P. Crocker—Bristol University
- 3—L. Sykes—Harefield Polytechnic
- 3—A. Miller—Aberdeen University

Over 72 Kilos...

- 1—D. Sherringham—Swansea University
- 2—D. Smith—Liverpool University

B.C.S.A./B.P.S.A. TEAM CHAMPIONSHIPS—RESULTS

- 1—Bristol Polytechnic
- 2—Portsmouth Polytechnic
- 3—City Polytechnic
- 3—Jordan Hill College

GROUP TOURNAMENT DRAW—RESULTS

- 1—Scotland
- 2—South
- 3—North
- 3—London

TEAM CHAMPIONSHIP DRAW—RESULTS

- 1—London
- 2—Brunel
- 3—Edinburgh
- 3—Cambridge

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- 5 1980 British Womens Open, European Team Championships
- 6 World Championships for Women, Junior Europeans—Lisbon
- 7 Angelo Parisi Interview, 1981 British Senior Trials
- 8 1981 Paris Tournament, British Women, Young Women and Young Mens Trials
- 9 British Students Championships, Scottish Open Championships
- 10 Womens European Championships, National Team Championships
- 11 British Open and Dutch Open Championships
- 12 All Japan Championships, Senior European Championships, Home Internationals
- 13 World Championships Preview, British Schools Championships
- 14 European Championships Photo Feature Star Profile—Shozo Fujii
- 15 World Championships
- 16 British Open for Women
- 17 National Under 18's Championships

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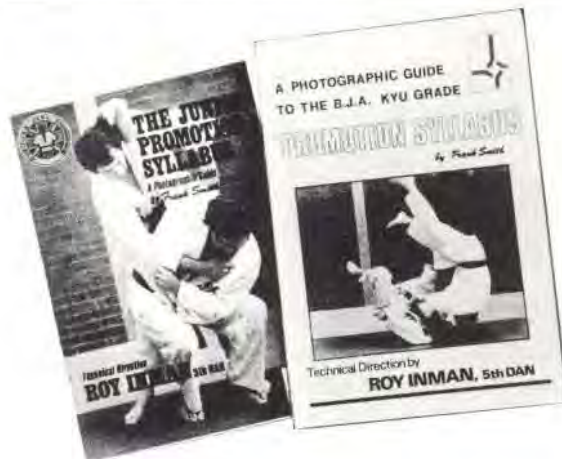
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1st Meadowbank Open Girls Junior Judo Championships

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Date	Saturday 17th April 1982.
Venue	Meadowbank Sports Centre, London Road, Edinburgh, Scotland
Prizes	Trophy, Medals and Prize will be presented in each category.
Categories	—30kgs —33kgs —36kgs —40kgs —44kgs —48kgs —52kgs —56kgs —61kgs —66kgs +66kgs
Age Qualification	Over 8 years and under 18 years on date of Event.
Weigh-in	Weighing-in will be held on both Friday even- ing and on the day of the Event.
Closing Date	All entries must be received no later than Friday 2nd April 1982. Entries only accepted on official forms accompanied by correct fee. No telephone entries will be accepted.
Applications	All Competitors must hold a current SJF/BJA individual membership.
Rules... 1...	Due to the number of mat areas required, the rules governing location will be modified.
2...	Armlocks and strangles will be permitted in the following categories... —56kgs —61kgs —66kgs +66kgs.
Entry Fee	£2.50—Tournament Licence applied for. ★ New National weight categories to be used at the BJA National Under-18 Championship in 1982.
Application Forms and Full Details	Meadowbank Sports Centre, London Road, Edinburgh, Scotland—Telephone: 031-661 5351.

Letters

TO THE EDITOR

Dear Sir,

With reference to our telephone conversation, I would like to inform you of my club's intention to do a sponsored superstars competition for juniors and a sponsored walk for seniors to raise money for Sheila Rossall, the girl with the total allergy to the twentieth century. It seems such a shame that an isolated illness needs such efforts to raise money, when you think of all the money raised for projects abroad, (Blue Peter Appeal) and now Freddie Laker Airways—it all seems to be out of balance to me.

I was wondering if Judo could help to throw the balance of fortune a little towards Sheila Rossall by offering our fitness, and competitiveness to fight for this lady's life.

Perhaps the publication of this letter may inspire other Judo clubs to raise money for her, in some way or another, and help to win the Gold for her.

I do hope that with your help we may achieve great things.

Thanking You.

ROY HARBAN
Steer Judo Club
Coalville, Leicestershire

Dear Sir,

Can it be that Mr Smith had become so excited by John Beard's cartoon and his own references to Ladies of the Streets, in February issue, that he, by mistake, used the contents list for the January issue again?

Or is this the long awaited revival of the competitions which you used to have regularly? If so, I claim the prize!

A. BRUNDLE, Notts.

Fair Cop! Yes—I do (of course) refute the suggestion. It was entirely the fault of the Printers. Your prize is to compile and design the next issue.

—FRANK SMITH

Dear Sir,

In the January 1982 issue of *JUDO*, a report appeared entitled 'Japan International Judo Championships.' The reporter, Vivien Tarkirk, writes: "In an interview at the World Championships I asked who was the last person to beat this powerhouse, and Yamashita racked his brain for a minute or so, and then recalled that Saito had beaten him some years back..."

I think that there must have been some misunderstanding on Yamashita's part, because the fact is that Saito has lost all his contests to date against Yamashita.

However, Saito was the last man to throw Yamashita. That particular contest took place in October 1979 at the All Japan Students Championship. Yamashita attacked with Ouchigari and Saito effectively countered him. I thought Saito deserved a Yuko or at least a Koka, but the referee decided no score. Yamashita eventually won the contest, However, with a 30 second hold-down.

Yamashita has had more than 500 contests over the past 13 years. During this period he has been beaten by only seven men. These were on the following occasions: Tsuyoshi Yoshioka, in July 1973; Isao Matsui, August 1974; Moroi, March 1975; Haruki Uemura, April 1975; Sumio Endo, May 1975; Kazuhiro Ninomiya, May 1975; Anzai, July 1975; Endo, Uemura and Ninomiya, in February and April 1976 (Olympic Trials); Uemura, April 1976 (All Japan Championship); Endo, May 1976; and his last defeat was again by Tsuyoshi Yoshiko in October 1977.

BRYAN N. WATSON, Tokyo

Dear Sir,

Please find enclosed my letter to Charles Palmer, regarding junior judo beyond the Nationals.

I would be pleased if you could find space to re-print it in your magazine columns.

ALAN E. CATER
38 Trevelyan
Tawfield Copse
Bracknell Berkshire
RG12 4YD

19th February

Mr Charles S. Palmer OBE 8th Dan.
President and Chairman of the
Management Committee
British Judo Association
70 Brompton Road
London SW3 1DR

Dear Mr Palmer,

I am writing with regard to my recent telephone conversation with Arthur Mapp—this was solely regarding junior judo at National/International level.

The conversation commenced with my asking if there were to be any squad training sessions leading to future international competition, for those who won medals at the 1981 National and Under-Eighteen Championships. He informed me that currently there was nothing planned for the year ending 1982, after which I put to him the following points.....

Junior judoka form approximately 75% of the membership of the Association, which must be even higher than that when considering that a large proportion of senior licence holders are juniors between fifteen and eighteen years old, resulting in most of the top flight junior players in the country feeling that they are being sold down the river.

After travelling countless miles up and down the country, competing at top level competitions, finally reaching Crystal Palace for the Nationals, winning a much coveted medal, then nothing. WHAT AN ANTICLIMAX.

Arthur followed by saying that it was considered the pressures of international competition would be an unacceptable strain on the young players.

Surely this would not be the case with our top players at National level, say from thirteen or fourteen upwards to eighteen, these must rank among some of the most experienced players anywhere, attending some twenty or more events in a year.

Personally I find the excuse of stress is more than a feeble one.

What about World and Olympic class gymnasts, swimmers, tennis and table tennis players, to mention but a few, with the majority of them considered pensionable by the time they reach their early twenties.

With regard to the position of the BSJA you must be aware as well as I that with the best intentions in the world, they do not provide facilities for all of our under eighteens, therefore, as has been apparent in the past, the fielding of not a truly representative team leaving these shores.

Charles, I and your entire junior membership would be more than grateful for you and your Management Committee's favourable consideration.

These are my personal views but I know from discussions with people who have deep junior involvement at Centres up and down the country, that these views are shared by thousands more.

Yours very sincerely,

ALAN CATER
Pinewood Judo Club

P.S. Please note that I shall be endeavouring to have this letter published in the form of an open letter in the Pinewood Newsletter and *JUDO* Magazine.

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SANDWELL

JUNIOR KNOCKOUT

Haden Hill Leisure Centre 20:2:82

Once again, entries into this popular junior event showed that the Junior Membership love Competition, whatever its style and this was no more evident than in the 28 and 32 classes for girls and the Under-31 kilo category for boys which the BJA are intending to drop from National Championships in the near future.

Yet again, injuries were negligible and of the graze and bleeding nose standard which means that in ten years of Junior Competition in the Midlands involving many thousands of players in these weight categories no serious injuries have been recorded. The decision to delete these groups still astounds many of the top junior clubs.

The competition is designed to be a straight knockout and renegeage with players booking directly on to the knockout slot after weighing-in and consequently the competition has no seeding other than that engineered by the players themselves when adjusting the order in which they register. This worked well in every event except the heavyweight categories which had so few entries that they had to be fought on a pool basis.

This sort of competition is useful for giving the second string of Club contest players a representative fight knowing that if they are eliminated early on it probably means they were slightly out of their depth and would only have suffered unnecessarily in the later rounds. This generally works well.

Pinewood seem to use the second-string method well and always pick up a few medals as do Wolverhampton.

Amongst the girls, this type of introduction to competition is not so easy because there is not such a great depth of players available so inevitably the top line contestants usually finish

Kevin Hewitt having his nose taken for attention.



batling for medal places and this was the case this year except in the Under-28 kilo class where most of the girls were new to the contest.

There were however some remarkably skilled movers amongst them and all performed creditably.

Congratulations to all the Clubs which travelled long distances to compete and for their generally good behaviour.

I wish however, that Club Coaches would insist on their juniors wearing zoris.

Under 28 kilos—

Gold Darren Knapp
Silver Jason Picton
Bronze.... D. Bates, M. Rothuen

Under-31 kilos—

Gold A. Flemming
Silver..... Stephen Getting
Bronze N. Edwards,
J. Charles

Under-34 kilos—

Gold..... Kevin Hewitt
Silver..... Mark Smith
Bronze A. Lowery

Under-37 kilos—

Gold Dean Binner
Silver..... Paul Sirrett
Bronze N. Truan,
Owen Lowery

Under-41 kilos—

Gold Simon Barby
Silver James Lewis
Bronze..... A. Frost, D. Tillotson

BOYS RESULTS

Under-45 kilos—

Gold Heath McDonnell
Silver..... Glen Forde
Bronze A. Tomlyn, M. Taylor

Under-50 kilos—

Gold G. Lee
Silver M. Betts
Bronze.... L. Welling, S. Holland

Under-55 kilos—

Gold David Carter
Silver Tony Baker
Bronze Jonathan Jones,
Colin Humphrey

Under-60 kilos—

Gold Lee Maher
Silver..... Dennis O'Brien
Bronze Paul Alexander,
Neil Brooks

Under-65 kilos—

Gold..... Darren Kyte
Silver..... Andrew Merchant
Bronze R. Davies, N. Jones

Under-71 kilos—

Gold C. Bowater
Silverr B. Lerwell
Bronze.. N. Murdoch, M. Dunbar

Open Category—

Gold..... D. Alexander
Silver..... M. Haynes

Under-28 kilos—

Gold..... J. Harris
Silver Nicolla Mead
Bronze..... M. Brown,
Joanne Lawcock

Under-32 kilos—

Gold Romy Williams
Silver Joanne Groves
Bronze . Erica Bowley, Ceri Lewis

Under-36 kilos—

Gold Jane Jones
Silver J. Whitehouse
Bronze . Julie King, H. Killgallon

Under-40 kilos—

Gold Helen Grocott
Silver N. Fazackerley
Bronze..... Marina Lamb,
J. Western

Under-44 kilos—

Gold Susan Cosnett
Silver Cymmone Inwood
Bronze C. Parsons, K. Allsop

GIRLS RESULTS

Under-48 kilos—

Gold Susan White
Silver Rebecca Aldrich
Bronze..... Michelle Bowater,
Daniella Minshull

Under-52 kilos—

Gold Joanne Cotton
Silver..... Helen Morgan
Bronze D. Williams,
Anthea Southall

Under-56 kilos—

Gold Debbie Sheldon
Silver Carrie Chuter
Bronze L. Rogers,
C. Anning

Under-60 kilos—

Gold A. R. Upton
Silver L. Ferrell
Bronze Sharron Warboys,
S. James

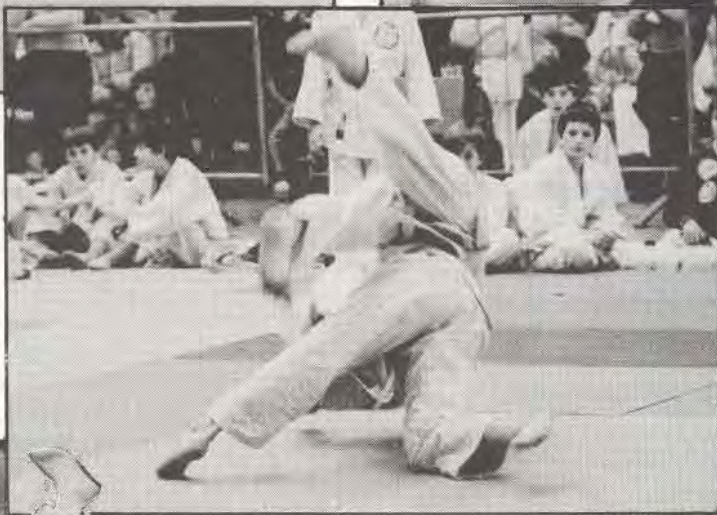
Over-60 kilos—

Gold Theresa Hayden
Silver Susanah Lobina
Bronze... Michelle Fazackerley,
Maxine Rolls



Sequence 1 to 3...
Mark Smith throws to secure a place in the final against Kevin Hewitt.

Photograph 4...
No! You're not seeing double! Identical twins Glen and Clinton Forde (Coventry) fight each other in the Quarter Final.



SANDWELL JUNIOR KNOCKOUT Photo Page

Photographs: Frank Smith



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THE NORTHERN IRELAND JUDO FEDERATION

PROGRAMME OF EVENTS UP UNTIL DECEMBER 1982

MAY

1 *Multi-National Tournament . . . Venue to be confirmed

JUNE

5 Kyu/Dan P.E. Maysfield
12 Mon P.E. Maysfield

JULY

28-6 Aug Lakeland '82 (Scouts) Lakeland Forum

SEPTEMBER

11 Mon P.E. Maysfield
18 Kyu/Dan P.E. Maysfield
25 Womens and Junior Squads Maysfield

OCTOBER

9 Under-18 Boys and Girls Maysfield
16 Q.U.B. Open Queens University
23 Squads Maysfield

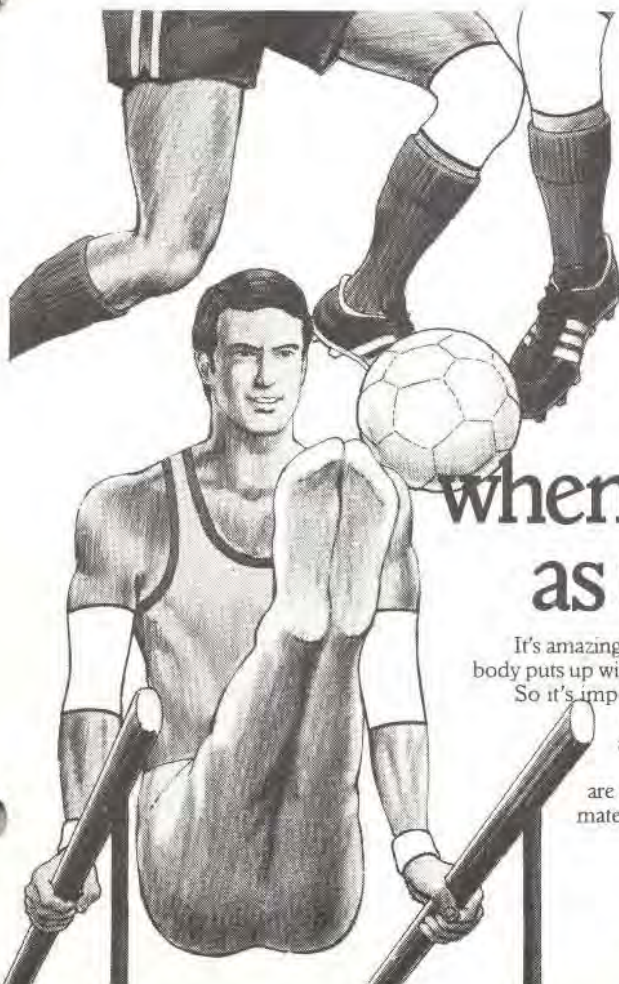
NOVEMBER

6 N.I. Weights and Grades Maysfield
13 N.I. Referees Course Valley L.C.
20 Kyu/Dan P.E. Maysfield
27-28 Club Coach Course Maysfield

DECEMBER

4 North West Championships Lakeland Forum
11 Mon P.E. Maysfield

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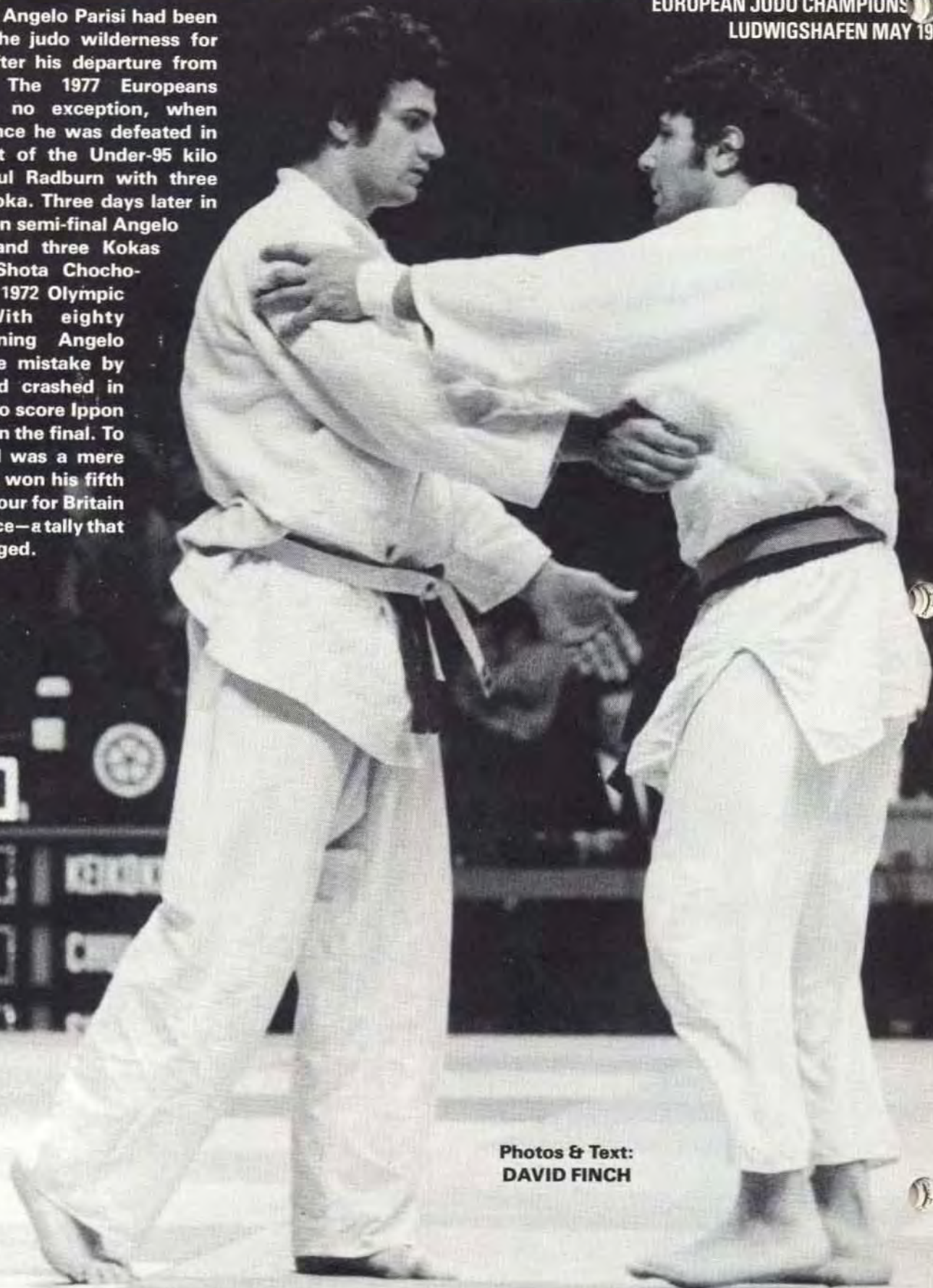
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JUDO

ACTION SPOT

EUROPEAN JUDO CHAMPIONS 
LUDWIGSHAFEN MAY 1977

Angelo Parisi had been in the judo wilderness for several years after his departure from Great Britain. The 1977 Europeans seemed to be no exception, when fighting for France he was defeated in his first contest of the Under-95 kilo category by Paul Radburn with three Kokas to one Koka. Three days later in the Open Division semi-final Angelo was a Wazari and three Kokas down against Shota Chocho-svilli of Russia, 1972 Olympic Champion. With eighty seconds remaining Angelo seized on a rare mistake by the Russian and crashed in with Osotogari to score Ippon and win a place in the final. To Angelo the final was a mere formality and he won his fifth European title. Four for Britain and one for France—a tally that remains unchanged.



Photos & Text:
DAVID FINCH



TOP TECHNIQUE

TEXT:
COLIN McIVER

PHOTOGRAPHS:
COLIN McIVER & DAVID FINCH

At the recent Paris Multi-Nation Tournament the Japanese Hikage, winner of the Under-78 kilo category, scored on several occasions with the somewhat unusual technique which we will be looking at in this issue.

At first sight I thought the technique to be a simple Wake-otoshi (see below), but as I watched him repeat it, it became apparent that he was doing something a bit different. It wasn't until I was able to study the action photographs that I began to get an idea of what he was actually doing.

You will have to study the photographs very carefully as the camera angle is not good and it is not easy to see just what is going on. The move is

more complicated than it looks and it will take you some time to work it out. Unfortunately with still photographs it is almost impossible to 'catch' the entry for throwing techniques, as the action has started before the photographer (in this case me) can fire the camera. This of course means that I have to try and work out that part of the technique from what I saw, or think I saw, happen. The following description may not be all that accurate but I hope it will be of some help if you decide to try the technique.

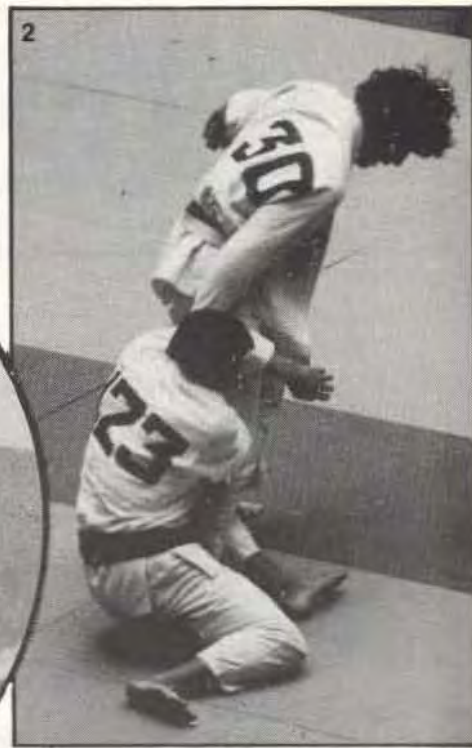
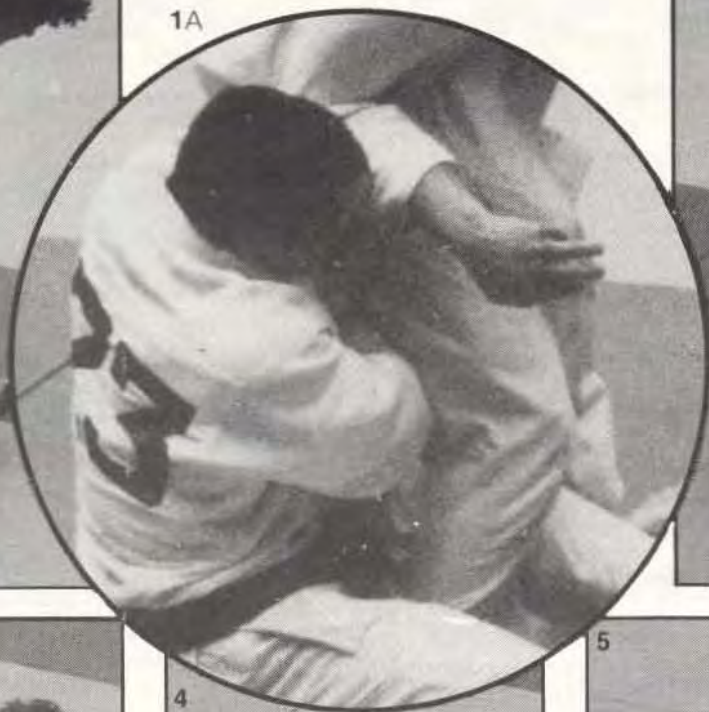
To get to the position in Photo 1, let your opponent grip your left lapel with his right hand, grip the end of his right sleeve with your right hand and pull him strongly to his front. As he reacts by bringing his right foot and hip forward, bring your left arm over his right arm and across the front of his body, at the same time as you hook his right leg with your left leg release your grip with your right hand and slip your right arm behind his right leg. This is not entirely clear from Photo 1 but is easily seen in Photo 6 and in 1A which is an enlargement of Photo 1. The throw is then completed by driving back as in photo A.

It's a bit complicated this time, so you will need to spend some time to get it right. Till next month, good luck!





A detail of picture one shown left.



1982 CALENDAR

★ **SCOTTISH JUDO FEDERATION—EVENTS FOR 1982** ★

Saturday 8th/Sunday 9th May
*Bellshill Open Championships for Girls

Sunday 23rd May
Scottish Judo Federation Annual General Meeting

Sunday 19th September
Scottish Girls Championships

Saturday 16th/Sunday 17th October
Scottish Boys Championships

Sunday 7th November
Scottish Senior Womens Championships

Sunday 21st November
Scottish Under-18 and Under-21 Championships

Sunday 5th December
Scottish Senior Mens Championships

*This event is open to non-Scottish Judo Federation members

For further details please contact...
THE SCOTTISH JUDO FEDERATION
8 FREDERICK STREET, EDINBURGH, SCOTLAND

.....
**REVISED PROGRAMME OF MIDLAND AREA
EVENTS FOR 1982**
.....
AT HADEN HILL LEISURE CENTRE
.....

Saturday 8th May . . . North Shropshire Championships for Junior Boys and Girls (Open to all Areas). Venue: Whitchurch, Shropshire

Saturday 22nd May Midland Area Team Championships for Boys (Closed to Midland Area)

Saturday 5th June Midland Area Mens Team Championships (Closed to Midland Area). Combined with Midland Area Womens Individual Championships (Open to all Areas). To be followed by a DISCO in the evening

Date to be arranged Inter-County Team Championships (Closed to Midland Area)

Saturday 10th July. Jack Law Team Championships (Open to all Areas)

Saturday 18th September Midland Area Girls (Elimination) Championships (Closed to Midland Area)

Saturday 23rd October Midland Area Boys (Elimination) Championships (Closed to Midland Area)

Saturday 20th November Midland Area Mens Championships (Open to all Areas)

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Double Olympic Medallist

EASTER SUNDAY 11th APRIL TO SATURDAY 17th APRIL
Venue: Royal Marines Depot, Hamworthy, Poole, Dorset

Residential, Male only from 15 years. Any Grade, Coaching, Accommodation, Full Board—Total Cost: £50.00

Non-Residential. Any Grade, Male or Female, over 16 years. Per Week: £18.00

Any Grade, Boy or Girl, from 11 years to 16th birthday. Per Week: £14.00

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JUDO EASTER SCHOOL 1982
North Lodge, New Farm Drive, Abridge, Essex
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By: Peter Brown

FEMALE PHYSICAL FITNESS

It is not until a male coach is confronted with some 50-60 female judoka, all training intensely as though there were no tomorrow that the full impact hits him. They are DIFFERENT from the men normally predominating the sport of Judo. This realisation can be quite daunting to the most experienced of coaches and although he realises that female judoka are different he still doesn't really know HOW different they are, or how this should affect their training.

This articles, which I do not offer as the definitive guide, should go some way to explaining the principle differences and how they affect judo training.

My introduction to female training was with the United States Marine Corps, at the Officer Candidates School at Quantico, Virginia, where I was responsible for the Physical Training Programmes. At the time of my arrival 'The 9' had been passed and in the eyes of the law at least, both males and females were exactly equal. The physiological differences however could not be equated overnight—stemming as they had over millions of years of evolution. It was during this period that I had an ideal opportunity to gain, at first hand, knowledge of the effects of intensive physical training upon females. True to its mission the USMC physical fitness programme was very much more demanding than any other Armed Services and the 'Women Officer Candidates' worked maximally on a daily basis and in a programme that was extremely tough and challenging, and there are many men who could not have completed the course.

To a certain degree there are social differences in that females traditionally have not taken part in what are termed 'mens sports' and have been brought up to be channelled into 'feminine activities' for the larger part of their life style orientation. Of course times are now changing at a faster pace and whether through natural interest or feminist group pressure more women are demanding to be taken seriously. Fortunately in Judo this situation does not have to be forced as females have in general been able to participate in the sport in the same way as men.

It is probably true that men who are training seriously for top competition do not want to spend much time training (in their opinion) with the less-able females. So whilst there could be some discrimination in male training sessions there is certainly very little resistance to women training together or as squads. In the club session most men enjoy training with women for a change in tempo and style.

Despite the unisex trend of the 60's even the marketing men cannot engineer out the physical differences between the sexes, and may I proclaim myself to be delighted that such differences should continue, at least during my lifetime.

In the early 70's women's sports began to grow rapidly and there was no reliable information on the effects of training females and the main research that was carried out was mostly confined to the Eastern Bloc Countries. We now have quite a large amount of information, but there is still a long way to go. Most of my research was carried out in the USA but similar findings are now being confirmed in the UK.

PHYSICAL DIFFERENCES

The physical capabilities of females are different from males and training programmes and tests reflect this difference. To ignore this fact will result in unnecessary injuries; to subject females to male training programmes will inevitably lead to stress injuries.

If the tissues are not coarse and the osteomal systems in the bones, or the tendons or ligaments are not developed they will not be able to take the microtrauma of intensive physical training. This could be one reason why the larger number of female 'joggers' are particularly susceptible to knee problems, shin splints and stress injuries. With appropriate consideration and slow progression women can avoid these types of injuries.

Several studies are now available to show the physiological differences between males and females. Most indicate that compared to women, men have greater height, weight, lean body mass, muscular power and strength and a higher maximum oxygen uptake.

In none of the physical tests did women reach the mean average for the men on the tests dominant grip strength, arm bench-press strength and power, leg press strength and power and lean body weight.

In one test the average scores were as follows:

	<i>Males</i>	<i>Females</i>
a Chin-ups	10.1	1.5
b Push-Ups	34.4	16.6
c Sit-Ups	25.4	22.0
d Dips	18.8	3.2

You might note that the difference in the abdominal region (3) is not nearly so pronounced as with the other tests.

In comparison with high-level male athletes, high-level female athletes are significantly less mesomorphic and more endomorphic in physique. Females are composed of less muscle, more body fat, and are a smaller size. They vary in hip-shoulder width and leg length, have less strength and exhibit lower aerobic and anaerobic capabilities.

In all but the English Channel swimming the world of records of males are from 7-13% above those of females.

Some indications of the range of differences can be found using the following findings:

1 SIZE

The average 18-year-old male is 70.2 inches tall and weighs 144.8lb. (US figures). The average female of the same age is 64.4 inches tall and weighs 126.6lb. The males greater height gives him greater lung volume, speed and power. As he is 20-25% heavier, he has more explosive throwing power.

2 MUSCLES

The percentage of muscle-mass in males is 50% greater, which gives an advantage in speed and power.

3 FAT

Females have, in general, 20-30% more body fat than males. Men accumulate fat mainly on the back, chest and abdomen. Women accumulate fat on the waist, arms and thighs. This indicates that a woman's centre of gravity is lower than in the male, making her more bouyant and stable, but she has to overcome more resistance in moving the lower body.

4 BONES

Females have less bone mass than males, but their pelvic structure is wider.

5 HEART SIZE

The female's heart is 25% smaller than the male's. The male's heart can therefore move more blood per beat. The larger heart also means that it beats 5-8 beats per minute less than a female's heart, which means that a female will tire quicker.

6 RED BLOOD CELLS

The male has 8% more red blood cells than females. As red blood cells carry oxygen in the body and since oxygen is the primary ingredient in energy production, most females tire quicker than males, because they usually work closer to their maximum capacity than men.

7 LUNGS

The lung capacity of females is 25-30% less than that of males. This means that females are able to process less oxygen.

8 HEAT

Women have higher body temperatures and fewer sweat glands than do men. Women, therefore, do not begin to sweat until higher body temperatures are reached. Since women have more fatty tissue, which act as an insulator, it is harder for them to release their excess body heat.

Biologically, the greatest differences occur from puberty through the active reproductive years, when sex hormones are at their greatest levels.

During this period, males have a higher level of ANDROGEN, which promotes greater muscle mass, larger and denser bones and increased power. These give distinct advantage over females in situations demanding strength, speed, power and stamina.

Females have a high ESTROGEN level, which shortens their growing period and increases fat tissue. The general result is a smaller, less powerful person.

Before puberty girls and boys have approximately the same strength and physical skill. Girls mature physically at an earlier age and consequently, at that particular period only, are growing faster than boys and are bigger and stronger than boys of their equivalent age.

During the maturation period girls produce the hormone ESTROGEN which promotes the deposit of fat, whereas boys produce TESTESTERONE, which helps promote the development of muscles. As a result, even without outside influences, adult men have a tendency to become muscular, while adult women have a natural tendency to become fat. Boys improve in strength until the age of 18 years, girls taper off at 14.

In addition to the differences already mentioned, man's organs are large and heavier than in women. Also because women have a wider pelvic region than men, their thigh bones are more obliquely attached and they have a shorter lower leg. They are also more loosely-jointed which predisposes some to be more prone to injury.

One interesting aspect is that whereas the female in general has only 50% of the upper body strength compared to men, she does have 75% of the leg strength. She also has a greater range of flexibility.

FEMALE 'PROBLEMS'

Most informed gynaecologists have pointed out how little we really know about this area and good scientific studies are needed to clarify the problem areas. However some general conclusions can be made for the average person. If you have any real problems obviously you must go to your doctor for advice.

Females can normally exercise during menstruation. Many National and International records have been broken during this time. However, if the female player complains of unusual discomfort she should report to the doctor. One important aspect to consider could be the loss of iron and a supplement may well be needed during this period, especially in a person with a greater blood loss than normal.

There is some evidence that suggests that regular exercise and a high level of physical fitness can lead to a reduction of 'period pains,' or for females involved in endurance work, stop altogether. This is not harmful and periods return to normal when the level of exercise is reduced. This does not alter the likelihood of a subsequent successful pregnancy.

Vigorous activity will not harm a woman's reproductive organs or cause menstrual problems.

IMPLICATIONS FOR TRAINING

My experience and recent research suggests that the ability of women to perform hard physical work has been very much underestimated.

Most girls can remember being cautioned by yesterday's PE teachers to avoid strenuous exercise. In the light of current knowledge and information this can in general now be discounted. The greatest danger facing modern society is INACTIVITY, which is responsible for obesity and coronary heart disease.

One of the most commonly held fears amongst girls is that strenuous exercise will result in the development of large and unattractive muscles. Women have nothing to fear on this count as they just do not produce the hormone ANDROGEN which is responsible for muscle growth. In the majority of cases exercise will decrease body fat and increase muscle tissue which will make you look more attractive and give you 'muscle tone'—that healthy look.

In the early stages of a new exercise programme many people actually put on some weight because the muscle that they are gaining is heavier than the fat that they are losing. Also conditioning leads to an increase in fluid retention in the muscles and in the new blood vessels that have opened. At the same time that weight is gained, inches may be lost as the fat is disappearing.

Unfit people allow muscle-mass to turn into fat, through inactivity and mis-use. Then they control food intake (which reduces the nutrients and vitamins into the body) in order to stay at a low weight. They then can't understand it when they look terrible, because they have reduced vitality and muscle-tone.

My answer is that you should eat all the good food you require—so long as you partake in strenuous training, and maintain a healthy balance between calorie intake and expenditure.

While the implications of subjecting females to intensive fitness training have yet to be documented in detail, my experience would suggest the following guidelines.

1. Expect a slower progression from females, owing to the generally lower starting point in terms of Physical Fitness.

2. Some of your female class (maybe 5%) will be extremely fit—they may well match up to your average male ability level. The difficulty is in ensuring that they are fully extended physically, but not to the detriment of the 95% other females remaining who will not be anywhere near this level of fitness. By implication the unfit females will want to become as fit as the 5% immediately and will almost certainly over-extend themselves by trying to reduce the progressions of Physical Fitness. This will lead to doing too much, too soon, and result in stress injuries. The fit females may feel that their fitness standards are applicable to all the group, which is rarely the case.

3. All exercises, weight training programmes, circuit training, running distances and judo practices must be tailored to the physical differences already explained, if true development is to take place.

4. Females thrive on challenge, the same as men; if they are less competitive, it is because they have not been subjected to competition as much as men. Women are now responding much more to competitive situations and this is shown in career structures as well as in sport.

FITNESS STANDARDS

In February I had the pleasure of establishing a fitness test for the National Womens squad, during their residential training week at Crystal Palace. Whilst fitness is but one parameter of a judo champion it was very interesting to see the fitness profiles of this squad.

Just so the girls have something to aim for I have included a simple fitness test which you can compare yourself with.

	1 Minute				
	Standing Broad Jump	Sit-Ups (Hand be- hind Head)	Dorsal Raise	Push-Ups (Knees Rest)	1.5 Mile Run
National Squad	80"	60	60	60	10-11 mins
Area Standard . .	70"	50	50	50	11-12 mins
Club Standard . .	60"	40	40	40	12-13 mins

In general with men you will almost certainly need to supplement your skill training with fitness training. You should do plenty of running, cycling or swimming to develop your cardiovascular base and also include plenty of quality work—intensive bursts of activity which takes the pulse rates to its higher levels. Hill sprints, interval training, pressure training etc. will also be extremely beneficial for you to do a general muscle-conditioning programme using weights or exercises that reflects your capabilities.

In general if you are a female you can partake of nearly all the training that men do, but do it in a manner which is consistent with your strengths and abilities, and with plenty of progression. Then you will become very much more effective and be better prepared for competition. Like men, there is no limit to what you can do—if you train correctly.

PETER BROWN

TECHNIQUES FOR THE COMPETITOR

TEXT and PHOTOGRAPHS: COLIN McIVER

This month, for a little change, we take a look at some throwing techniques. The techniques I have chosen are in some ways similar, although this may not be obvious at first, and are all done whilst gripping your opponent's right lapel with either your right or left hand. The opportunity for these attacks is when you are both holding with one hand only and the situation is generally more loose than when you are both gripping with two hands. This opportunity arises quite often and I believe it is necessary to have a range of attacking skills which you can execute with a good chance of success and with as little risk as possible.

First then, let's look at a pretty straightforward Seoi-nage (photos 1-6). The attacker is gripping his opponent's right lapel with his left hand (photo 1), which I think is an ideal grip for this throw. He brings his right leg forward (photo 2) pivots on his right foot to bring his left leg to a position between his opponent's legs (photo 3). It is of the utmost importance to pull your opponent towards you as you move into position and that you place your right arm in the correct position under his



right armpit (photo 3a). The throw is completed with a powerful driving action of your legs (photos 4-6) in the throwing direction, at the same time turning your head and upper body so that you finish looking back towards your feet.

Next, let's examine a variation of Kouchi-gari (gake) which works well in the same situation, especially if your opponent is expecting an Ippon Seoi-nage attack. From the same starting position (photo 7) stamp your left foot into the mat and lunge directly at your opponent (photos 7-9), at the same time making the arm movements as for Ippon Seoi-nage (photo 3a). Your right leg goes between your opponent's and 'hooks' his left leg. Continue driving forward with your left leg to complete the throw (photos 10-12) at the same time pulling sharply down as in (photo 10a).



Don't think of these two attacks as a combination technique, the Kouchi-gari (gake) is not something which you attempt should the Ippon Seoi-nage in some way fail. Think of them as two separate attacks which use similar arm actions and take advantage of the same opportunity. It is important to commit yourself fully to these throwing actions and if you do this you will be unable to change the direction of your attack halfway through.

Now, let's look at a different approach to Kouchi-gari, still holding your opponent's right lapel but this time using your right hand with a cross grip (photo 13a). Take a look at the photo sequence 13-18, you will notice that there is much less body contact this time. The technique has to be done at a much faster pace and your right leg merely clips the inside of your opponent's right leg to make him lift it off the mat so that you can catch it with your left hand. Notice again how the attacker 'stamps' his left foot into the mat as he lunges directly at his opponent (photos 15 and 16). In photo 19 World Champion Neil Adams throws Davadalai (Mongolia) with this Kouchi-gari variation, on his way to winning the World title. This is a good attack to use to get your opponent moving and to keep him from settling down.





Lastly an unorthodox version of Ouchi-gari. As with the previous throw the left hand is used to catch your opponent's right leg and it has to be done at a pretty fast tempo. From the same start position in photo 13a turn to your right (photo 21— which probably strikes you as being a bit unusual) and make left Ouchi-gari on your opponent's right leg (photo 22). As he lifts his leg to avoid the throw, catch it with your left hand. (photo 23).

Try to put this sequence of throws into your repertoire. I'm sure you will find them useful and effective. Try them to both sides and with different grips; maybe you will find something more suitable for yourself.

There's plenty here for you to work on, and should keep you busy this month. Have fun.



Frankly



CONVERSATION

with ERIC WOODWARD
*Press and Public Relations Officer of the
British Judo Association.*



When Eric Woodward resigned as Commercial Manager of Aston Villa Football club on 27th December 1980 after twelve years in the job he was at the height of success. The *Sunday Mercury* described him as 'one of the most far-sighted talents from the English Football Arena,' and this was obviously well recognised in the sport as offers from major Clubs at home and abroad poured in.

Eric thought however that he had done as much as he could within the constraints of his job at Villa and chose to go to America as Media and Marketing Manager for Portland Timbers FC where he was offered wider scope than with any British Club.

Nineteen years a journalist with the *Birmingham Mail*, latterly as the Chief Sports reporter for the Group, Eric's start in the business was as a copy boy who took the opportunity which presented itself when a football reporter would not go to Plymouth over Christmas and thereafter he never looked back.

In 1966 he left the *Mail* to join Phil Woosnam in America in setting up the American soccer explosion from a position of Business Manager of the Atlanta Chiefs where in addition to helping them to the League title learnt a lot about marketing later to influence his thinking at Villa Park where he rescued the Club from near bankruptcy with his innovative ideas and commercial expertise.

In recent years Eric Woodward's advice has been sought by the Professional Footballer's Association for whom he devised the PFA television awards, the Football League, Football Association and the Professional Golfer's Association. He is also a partner in a business Management Company which manages the commercial interests of Sporting personalities like Bryan Robson and Steve Hunt.



"Well Eric, I suppose the most obvious question to start with is why a man of your stature in the Media and Business Management field should take what even the most committed of judo players consider an uphill job with the British Judo Association?"

Well, I am quite excited by the prospect as I consider there is almost a direct correlation to the launching of Soccer in the USA which everyone thought to be an impossible task. Soccer was so unknown in the days when I went that an immigration official asked what I was to do and received the answer 'I've come to sell Soccer to the USA' replied, "How do you eat it?" At least with judo, there is already a large committed following.

"It's an often repeated statement in British judo that 'judo is not a spectator sport' as someone who has no technical knowledge of the sport, what impressions did you get from your introduction to it last weekend?" (The National Team Championships).

I enjoyed it thoroughly, even though I didn't know how the scoring worked, and so did my son and with the help of people like yourself I soon learnt what to look for and became very involved. I don't see that there is any reason why this could not be achieved on a larger scale. What you have to remember is that you cannot force your sport on anyone. They have to be shown what it is and decide for themselves whether they like it. It is in this presentation that my particular skills will be used.

"You are a man of immense knowledge of the mechanics of the Media and with numerous contacts within it! Do you think you can ever see this being used to our benefit in securing television coverage?"

My outlook has always been that when faced with a difficult problem or proposition I approach it from a different angle than is usual. Instead of asking Why? I ask why not? and eliminate the reasons for failure and then the question Why, never arises. I don't see why this exercise should be any different.

"I suppose it's a bit early to ask you which aspects of the sport's make-up you would single out for promotion first, perhaps it would be better to ask what were your first memorable impressions when seeing it for the first time?"

The dignity and discipline of it and since then thanks to your introduction to a local Club, the joyful involvement of the children when practising and learning. My son has now joined and we are teaching each other. It is really an inspiring experience to watch such powerful players as Bob Bradley and Elvis Gordon in the tremendous battles they had yet to see how they are conducted with such control, humour and discipline. Perhaps, as players or ex-players your members no longer recognise how impressive this is.

With regard to the first part of your question, I already recognise there is going to be different sorts of promotion required as that to stimulate increased involvement at Club and Area level and so increase Membership is totally different from the P.R. job to be done with International players.

"You will undoubtedly be the sounding board for many people who will want to know why their local papers do not publish the reports which they think should be published and even feature other groups which the British Judo Association regard as dissidents, how will this fit in with your concept of the job?"

The trouble with organisations like your local Club or Area unit is that they forget what newspapers regard as their prime objective which is obviously to sell more newspapers. They will never refuse to take a product which sells more papers, it is in the presentation of this product where amateur sports fail because people do not admit to themselves that a list of results at the local Club Championships interests no-one other than those involved. Where I can advise on what sort of

material people should present I cannot get involved in individual cases or I would lose sight of the overall concept of promoting and marketing the sport.

"You have seen how our sport is administered and you have seen some of the magazines and newsletters which are published. What are your immediate impressions of these Areas?"

I once worked with a board of directors which a colleague described as being 'So confused that they are stabbing each other in the front,' and there is always this problem when conflict of ideals are concerned.

I think you are moving towards good professional management for which there is no substitute and I was quite impressed by the new offices and especially the computer.

I do not believe the old saying that there is no such thing as bad publicity and was somewhat surprised at how outspoken some critics are, as at times, it only serves to bring some aspects of the sport or its administration into disrepute. Inevitably this outspoken attitude is usually the result of secrecy at board level or in executive management of which I have read that in the past may have happened in the British Judo Association. I see no evidence of it now and everyone I have met has been welcoming and friendly.

"I'm pleased about that and may I also welcome you and hope that your record of success and innovation continues with the British Judo Association and that your association with us is a long and happy one."

PARIS 1982 PHOTO

A—Thierry Rey with a headache.

B to D—Tremendous avoidance of a strong attack by the Japanese Lightweight.

E—Rousseau of France attacks with Uchimata.

F—Rey versus Delvingt.





Pictures: Frank Smith



1—Nakanishi (Japan) scores with Seoi-nage attack.
 2 and 3—Angelo Parisi (France) attacks Ito (Japan) with Tai-toshi.
 4—Tamura (Japan) scores with Osoto-gari.
 5—Stohr (GDR) foiled by Parisi's defence in the Over 95 kilo final.
 6—Hikage (Japan) with Osoto-gake attack on Gilbert (France).
 7—Osvar (Hungary) holding in the Over 95 kilo category.

GLEESON'S MARKET STALL

JUDO HAZARDS



It is comforting to read in this magazine, the concern about the introduction of the long established hazards of arm-breaking and strangling into junior competition. It is equally disturbing to read of the apparent indifference of the Management Committee to the advice of the British Judo Association's medical advisers. Why have advisers, if no notice is to be taken of their advice?

I certainly have written to the Management Committee as Mr Smith suggested to make my opinion known. Although it has not been acknowledged, I do hope it has been read. I am very much against the intention.

Judo leaders, whatever form they come in, coaches, organisers, mums and dads, have a greater responsibility to judo and its participants than just making the task of winning that much more expedient. There is a responsibility to the future of both.

In the Kodokan Research Bulletin published in 1958 there is a very scientific article, outlining research done on strangling by a team of doctors appointed by the Kodokan. The first of its several conclusions is that strangling does do known harm to the brain mechanisms. That is bad enough when considering adults, who have some control of what they get involved in, for juniors it would be criminal. As we all know many children are pushed into judo by over-enthusiastic parents. The children have little if any say in what they do or don't do and therefore in such cases responsible grown ups must protect them.

As for arm-breaking, well I am sure that many leaders in judo have met that small army of ex-judo competitors who cannot straighten their arms out, who have a sharp pain in the elbow joint when a certain extension is past through and those who from time to time get an inexplicable numbness in the fingers because the elbow joint is 'acting up' again, all that—and more—is being wished on to children, *for what?* So that they transfer to the senior rules more easily? What a facile reason. Surely that is not the only one?

Why does the judo establishment always consider the judo competitor such an idiot when it comes to learning rules? I remember when I tried organising an experiment on a new type of contest rule, the main objection by the establishment (in fact the ONLY objection) was that the judo competitor could not learn two sets of rules at the same time and would get them mixed up, making a 'mess' of the 'real' ones. Around that same time quite a number of the top judo performers tried their hand at sambo (and did remarkably well at it too!). I heard several of them say they learnt the rules of sambo in the morning of the day they

entered the sambo competitions in the afternoon! There was nothing said about those rules confusing their poor little minds. Of course any reasonable performer can learn two sets of rules. Surely judo rules are not that difficult—and if by any chance they are—perhaps that would be a sound argument to change them.

If changes of the rules are to be contemplated should they not be changed to allow the participants to demonstrate all their skills? This very restrictive '1 point win' concept is very destructive of skill development. The whole approach to judo training is how not to make a mistake, rather than do things in order to win. Why not let the children have several 'bites of the cherry'; why not let them see how many times they can throw each other. The one who does it the most times wins! That would make a much more exciting match to watch than seeing them struggling on the ground like two demented tortoises.

Has the Management Committee any statistics on the percentage of matches won by arm-locking and strangling? Does the British Judo Association keep such statistics? If it does not, it should. The last figures I saw, which was many years ago now, showed that such a percentage was extremely low. If that is still true, why bother to introduce such hazardous techniques into training? For as we know most bad injuries are suffered in training, not in competition. The injuries are made when competitive skills are not tightly controlled by officials, when the trainees are practising the new skills and when bullying takes place, as when someone tries to show his superiority. All that takes place in training. For the children that would certainly be the most dangerous time.

So I for one, and I do have considerable experience of judo, PLEAD with the Management Committee to think again and do not change the existing rules regarding children and arm-breaking and strangling. Jigoro Kano, the founder of judo, saw judo primarily as an education through a physical medium. Contest judo for him was very much the secondary objective (in fact he had great suspicions about the benefits of contests). I am sure that the learning of how to break arms and strangle people into stupidity is not one of the better ways of educating our children.

It was again gratifying to read in Mr Macconnell's article on Uchikomi that he agrees with me that traditional Uchikomi is largely rubbish. He quotes me as saying that ALL Uchikomi was rubbish—NOT strictly true, I did say, "largely rubbish." Everything bad has some good in it. But he shows his argument with me, by reciting how he tried to correct the major faults of Uchikomi by making certain modifications to it. I am not going to argue here

if such modifications did what he says they do (although I could—argue that is); all I want to suggest here is that by making such modifications he is no longer advocating Uchikomi.

Uchikomi, as defined in the Kodokan official set of books *Judo Koza* published in 1955 is a static exercise in which a part of technique is repeated. Now what Mr Macconnell is recommending is not that, for he proposes movement plus repetition. What I suggest he is recommending is Kata not Uchikomi. That is fine by me; I would accept that completely—and then analyse the Kata he is recommending. Kata is a sequence of movements designed to improve a physical skill. That is precisely what Mr Macconnell is doing. Seeing Kata in this way would not only put the record straight about 'Uchikomi is nonsense' but would also give much support to those, like Mr Leigh, who want to see more Kata in judo training. The pro-Kata people should get much comfort from those coaches like Mr Macconnell who are making Kata take a realistic place in judo training.

So there are two forms of judo hazards that need be looked for, both supported with the best of intentions but containing insufficient information on what is being attempted.

1. Is the hazard of focussing the eye for the future, or too near objective; this produces a form of myopia that is very dangerous for everyone involved.
2. Is the hazard of not knowing enough about a change of direction before the change is implemented.

The hazards are always being found in judo, particularly in the British Judo Association and they can be blamed for many of the errors made in evolving judo. What I don't understand is, why does not the British Judo Association establish its own research department? Out of the many £1,000's it receives from the Sports Council every year, it would need very little expenditure to set up such a department. Think of all the worry it could save! To state the obvious—sport is no longer the thing it was even ten years ago; it is having to cope with more and more complicated problems, that are so often only peripheral to the business of skill acquisition, but are very important none the less. Sports organisations will sooner or later need such research departments. Why does the British Judo Association not leap to be the first in the field?

In the past the British Judo Association started many new developments. A research department could be the beginning of a new era!

G. R. GLEESON
March 1982



British Judo Association . . . Midland Area



presents
a Double Feature with a Disco
on
Saturday 5th June 1982
at

Haden Hill Leisure Centre, Barrs Road, Cradley Heath
Warley, West Midlands

MIDLAND AREA MENS TEAM CHAMPIONSHIPS

1 — Mens Open Weight, Any Grade

2 — Mens Open Weight, 1st Kyu/Under

3 — Mens Open Weight, 5th Kyu/Under

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Name..... Grade..... Name..... Grade..... Name..... Grade.....

CLUB.....

RULES AND INFORMATION... The Event is a Three-Star BJA Tournament. The Event is a Promotional Points Scoring Competition. Entry Fee: £12.00 per team, which carries entry ticket to the Disco in the evening at Haden Hill. No entry fees are returnable. Booking-in/Weighing-in from 9-00am to 9-30am. BJA Membership Certificates must be produced or a £2.00 fine will be imposed. No excuse for out of date licences will qualify for the return of the fine imposed. Entries will not be acknowledged. Cheques/Postal Orders should be made payable to MAM. Closed to Midland Area Clubs.

together with the

MIDLAND AREA OPEN CHAMPIONSHIPS FOR WOMEN

Event 1 — Under 48 kilos

Event 2 — Over 48 kilos but Under 52 kilos

Event 3 — Over 52 kilos but Under 56 kilos

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Event 4 — Over 56 kilos but Under 61 kilos

Event 5 — Over 61 kilos but Under 66 kilos

Event 6 — Over 66 kilos but Under 72 kilos

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Name..... Grade..... Name..... Grade..... Name..... Grade.....

Event 7 — Over 72 kilos

Event 8 — Open Category

CLUB

Name..... Grade..... Name..... Grade.....

Name..... Grade..... Name..... Grade..... AREA

Name..... Grade..... Name..... Grade.....

RULES AND INFORMATION... This Event is a Three-Star BJA Tournament. It is a Promotional Points Scoring Event. Entry Fee £2.50 per Event, which includes entry ticket to the Disco in the evening at Haden Hill. No entry fee is returnable. Booking-in/Weighing-in from 10-00am to 10-30am. BJA Membership Certificates must be produced or a fine of £2.00 will be imposed. No excuses for out of date licences will be accepted. Entries will not be acknowledged. Cheques/Postal Orders should be made payable to MAM. Closing date for entries is Tuesday 1st June 1982. Open to all Areas.

● All entries to Rowland Lee, 7 Ash Grove, Wem, Shropshire SY4 5RW... by Tuesday 1st June 1982

British Judo Association . . . Midland Area

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 **Judo**