

# JUDO



AUGUST 1983

NUMBER 38

85p



● *IN THIS ISSUE...*

- **THE JUNIOR WORLD CHAMPIONSHIPS—**  
Puerto Rico
- **COACHING SPOT—MOBILITY—**Roy Inman
- **STAR PROFILE—**Dawn Netherwood
- **ACTION SPOT—**Contest Techniques
- **ROUND AND ABOUT**

**A MAJOR REPORT ON**





# Get to grips with **JUDO** Limited



Judo  
Holdalls  
Various Types



TRACK SUITS\*  
Training Shoes

\*Red  
White, Blue or Navy  
& White by Rucanor  
Also Club Suits on Request



Judo Mats

14 pound density  
17 pound density  
CRASH MATS



PVC Stickers Badges  
Judo Syllabus Books  
Sweat Shirts S/Kiex  
Jackets

full details on request



Club Judo Suits  
Judo Flip Flops  
Towels Zoris

Electronic  
Score Boards Sports-  
Rhode Scoreboards  
for Judo Competitions  
Matte and Osae -  
Komi Bats and Time-Keepers  
Flag in Red and White



**SPORT-  
RHODE**

**MATSURU**

FOR THE BEST NAMES IN SPORT



**Judo Limited**

Camden House  
717 Manchester Old Road  
Rhodes, Middleton  
Manchester Tel: 061-653 1499







# Frankly

OBSERVATIONS, NEWS AND VIEWS...by FRANK SMITH

Firstly a few words of thanks to all those people who helped stage the 'BRITISH MASTER'S' Tournament whom I haven't had the opportunity to thank personally since the event.

I cannot imagine that anyone who went to the Tournament came away unhappy with either the Judo, the great British results or the whole entertainment package. If you did...I give up!

A lot of people worked very hard both in the planning before the event and in the hectic few days leading up to the Championships and the tournament organisation of the Midland Area did very well on the day. I am very grateful to everyone of them.

Regretably the Event was not financially viable due to several circumstances, the most important being that not enough of you turned up to watch. Just 200 more people on both days would have made all the difference and probably guaranteed the future of the event. Now, having made a loss, that must be in doubt with regard to the British Judo Association's support.

Those of you that did not come should write to the Chairman of the Management Committee saying whether you want the Tournament to be repeated. I had hoped to stage it every second year in World Championships sometime in June which seemed to be the time most favoured. Please...make your views known.

*July and August are normally the quiet times for Judo on the British calendar but this year that is far from the case. This month we have reports on the Junior World Championships in Puerto Rico and of course our main feature is on the 'British Master's' event to which we devote ten pages with reports from British Team Manager, Colin McIver and John Beard. There are also some excellent pictures from Doug McGregor and Bill Goulden with some nice action sequences.*

*Next month we have the Jack Law Junior Team Championships from the Midlands and the British National Championships for Women which is followed by the British National Championships for Men at the end of the month.*

*Look out for JUDO...the only Judo magazine which brings you all the Local, National and International news and results.*

Finally a word of encouragement and advice for the new Management Committee who may find that their Management role is more restricting than it would appear to be, so that the actual process of management still largely resides in the hands of the Chairman.

It is difficult at times to stick to one's beliefs and aspirations in the presence of obstinate or apathetic Members and Association officials, yet it is essential you do so or changes are made to which you owe no allegiance. Have your say and vote with your beliefs.

Because John Beard and I have been replaced, it does not mean that our pursuit of professional management was wrong, in fact far from it. The Association and Members benefit from professionalism in all its activities. You should aim to make us even more professional. You do not have a mandate to return to amateur management of squads and administrative positions, rather more the opposite. The Association want you to improve on what has gone before (perhaps with a less abrasive style than that of John and I, though that was what was required at the time). I wish you every success.

COVER PICTURE: Angelo Parisi under attack by Biktachev of the USSR in the European Championships.

# JUDO

## MAGAZINE



**JUDO MAGAZINE**  
is published by Judo Limited,  
Publications Division,  
Candem House,  
717 Manchester Old Road, Rhodes,  
Middleton, Manchester M24 4GF.

★ ★ ★ ★ ★

Subscription, distribution and  
advertising enquiries should be  
addressed to the Manager,  
Judo Limited, at the above address.

★ ★ ★ ★ ★

All material published in this  
magazine is copyright and  
reproduction, in whole or in part, is  
expressly forbidden except by written  
consent of the Editor and  
Judo Limited. Write to the  
addresses shown.

© Judo Limited 1983

★ ★ ★ ★ ★

Editorial contributions and letters  
should be sent to the Editor,  
**JUDO MAGAZINE**  
c/o Photodesk Photography Limited,  
67 Union Street, Wednesbury,  
West Midlands WS10 7HB.

★ ★ ★ ★ ★

Designed by...

**Photodesk  
Photography  
Limited**

Printed by... Peerless Press Limited  
Spon Lane, West Bromwich.

★ ★ ★ ★ ★

Edited by... Frank Smith  
*Photographs in this issue...*  
Frank Smith, Doug McGregor  
and Bill Goulden  
Photodesk Photography Limited

★ ★ ★ ★ ★

Subscription rates...

United Kingdom—  
Six Issues £4.50, Twelve Issues £9.00

Overseas—  
Six Issues £6.20, Twelve Issues £12.40

Airmail—  
Six Issues £10.50, Twelve Issues £21.00



# JUDO DIARY

## NATIONAL AND INTERNATIONAL EVENTS

**Saturday 30th July 1983**

British National Championships for Women  
Haden Hill Leisure Centre

**Saturday 20th August 1983**

British National Championships for Men — Edinburgh

**Saturday and Sunday 27-28th August 1983**

Multi-Nations Event — Austria

## AREA EVENTS

**Sunday 25th September 1983**

Merseyside Open Judo Championships for Men and Women

*Note: The Veteran's Event in this Tournament is for Over 35 years of age — not over 30 years of age as printed on the Entry Forms.*

## MIDLAND AREA PROMOTION EXAMINATIONS

**Sunday 7th August 1983**

Boys Novice to 6th Mon — Worcester 9-30am

**Sunday 7th August 1983**

Boys 7th Mon and Over — Worcester 12-30pm

**Sunday 14th August 1983**

Boys Novice to 6th Mon — Chapelhouse 9-30am

**Sunday 14th August 1983**

Boys 7th Mon and Over — Chapelhouse 12-30pm

## MIDLAND AREA PROMOTION EXAMINATION

**Sunday 4th September 1983**

Girls All Grades — B.D.R. — 9-30am

**Sunday 11th September 1983**

Boys Novice to 6th Mon — Samurai (Leicester) 9-30am

**Sunday 11th September 1983**

Boys 7th Mon and Over — Samurai (Leicester) 12-30pm

**Sunday 11th September 1983**

Men All Grades — Tamworth 9-30am

**Sunday 18th September 1983**

Boys Novice to 1st Mon — Derby 9-30am

**Sunday 18th September 1983**

Boys 2nd and 3rd Mon — Derby 12-30pm

**Sunday 25th September 1983**

Boys 4th to 6th Mon — Derby 9-30am

**Sunday 25th September 1983**

Boys 7th Mon and Over — Derby 12-30pm

**Sunday 18th September 1983**

Girls to 9th Mon — Bingham 9-30am

**Sunday 18th September 1983**

Women All Grades — Bingham 9-30am

**Saturday 24th September 1983**

Men All Grades — Bicton 9-30am

**Saturday 24th September 1983**

Women All Grades — Bicton 12-30pm

## MIDLAND AREA GRADING VENUES

**List of Addresses for your Notice Board—Please retain for future reference**

### DERBY JUDO CLUB

50 Canal Street, Derby

### LONG EATON JUDO CLUB

Trinity Methodist Church Hall  
Cross Street, Long Eaton  
Nottinghamshire

### WELLINGBOROUGH JUDO CLUB

Old Drill Hall, Great Park Street  
Wellingborough, Northamptonshire

### PERSHORE JUDO CLUB

W.I. Hall, Priest Lane  
Persore, Worcestershire

### BINGHAM JUDO CLUB

Bingham SP. Centre, The Banks  
Bingham, Nottinghamshire

### BICTON JUDO CLUB

Bicton Social Club, Bicton Village  
Near Shrewsbury, Shropshire

### MIDLAND ART CENTRE

Cannon Hill Park, Edgbaston  
Birmingham

### WORCESTER JUDO CLUB

(Above Zettlers Bingo)  
Forgate Street, Worcester

### HYSON GREEN (Notts) JUDO CLUB

St Paul's Avenue, Hyson Green  
Nottingham

### KETTERING JUDO CLUB

Linden Hall, Linden Avenue  
Kettering

### QUORN JUDO CLUB

Rawlings Upper School, Leicester Road  
Quorn, Leicester

### CHAPELHOUSE JUDO CLUB

Chapel House Road, Fordbridge  
Chelmsley Wood, Birmingham

### TAMWORTH JUDO CLUB

Mercian Ward Cricket Club  
Masfield Drive, Tamworth,  
Staffordshire

### B.D.R. JUDO CLUB

Dumblederry Lane, Aldridge  
Walsall, West Midlands

### SAMURAI JUDO CLUB

Plimsol Street, (Off Park Street)  
Kidderminster, Worcestershire

### FOSSE JUDO CLUB

Fosse Neighbourhood Centre  
Mantle Road, Leicester



# JUNIOR WORLD CHAMPIONSHIPS



## How the blind eyes of the I.J.F. can turn John Beard reports on the trip to Puerto Rico—10th/12th June

If you think about the places where Judo is performed whether it be in practice or competition—especially in the United Kingdom—you are likely to conjure up mental pictures of Nissen Huts, Public Houses, Assembly Rooms, Drill Halls, School-rooms and now-a-days, Sports Centres, and, for the fortunate few—purpose-built Dojos.

Thinking of some of the International venues—Paris, New York, Meadowbank, Moscow, Crystal Palace, Milan—none of these places are really pleasurable for visiting Judo enthusiasts. For the majority of visitors, fighters, officials and spectators alike, the trips usually consist of an arduous journey to accommodation varying from mediocre to 'not too bad'...a couple or three days incarceration in a hall varying from decidedly uncomfortable to 'not much better' rounded off by an equally arduous journey back made bearable by the thoughts of decent food at home.

Most of us would not set foot in the places if it were not for the Judo.

The Third Junior World Championships for 1983 promised something different. The choice of the venue was 'The Enchanted Isle' better known as Puerto Rico.

Lingering at the end of the chain of Caribbean Islands, Puerto Rico is a tropical island blessed with lush vegetation, almost incessant sunshine, trimmed with beautiful palm bedecked beaches, kissed by the warm surf of the Atlantic on the Northern Coast and resting its feet in the soothing Caribbean Sea.

Happy to leave behind the unsociable and unpredictable British weather the British Judo Association party boarded a DC10 aircraft in good spirits just after 9-00 am our time and settled into seats which were plentiful as the plane was less than one-third full.

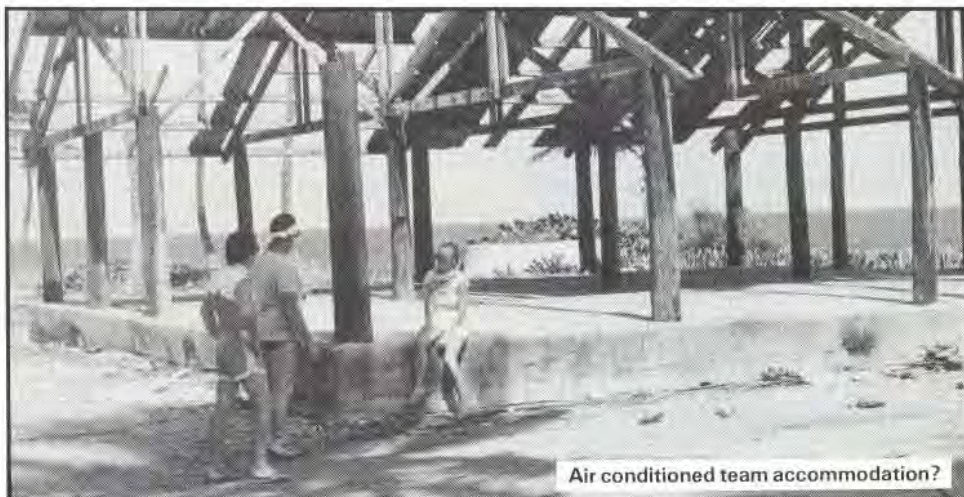
"Just a minute! Is this a DC10?"

"Yes."

"These keep crashing don't they?"

"No...it's DC9's they've had problems with."

"What about the one in Canada where the door came off?"



Air conditioned team accommodation?

"Don't worry...it's too late now anyway."

Particular attention was paid to the recorded message about safety routines never-the-less.

"Are you scared of flying?"

"No...it's the crashing that worries me."

The party soon settled down. Some people slept. Others played cards. Some people worried. Others worried a bit more when they started to lose at cards.

After eight-and-a-half-hours of uneventful travel the nonchalant voice of the pilot announced arrival at San Juan Airport where the temperature was 90°F.

The group, resplendent in full B.J.A. uniform shuffled to the exit on to the top step of the gangway and WHAM! Not a patch of blue sky could be seen—only a thick grey cloud cover and that pilot was right—90° of choking heat took immediate effect.

The group walked—just about—from the aircraft to the customs control looking and feeling as though they had just made a short cut through a suana bath, fully dressed in soggy B.J.A. uniforms, bow legged with luggage, passed through customs, to be greeted by a friendly official who proudly announced that we were to be taken by bus under Police escort, to our accommodation.

Why a Police escort?

Puerto Rico has a population of 3.7 million. More than a third of whom are juveniles and there is over one million cars, all of which seemed to be in San Juan on that Sunday afternoon. It also has 40 known terrorist gangs. The Police were out to make an impression—and they succeeded, driving down one way streets, the wrong way, across foot-paths, in the middle of the crowded roads with flashing lights and wailing sirens, squeezing their motor-cycles through the narrowest of gaps—followed by our bus, plus one other, plus a van, plus a patrol car.

Red lights, stop signs and junctions were totally ignored. We stopped for no-one, even when it poured suddenly with rain. The Police riders changed into oilskins without stopping.

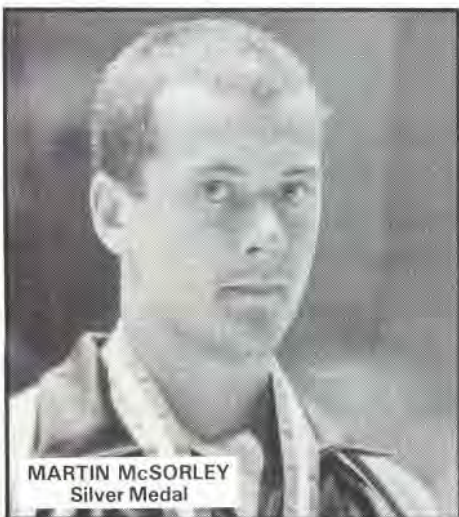
When we arrived at our accommodation, which was a sprawling ex-United States Air Force Base,

we waited a mere two hours for our identity passes, as no-one knew how to operate the camera, and then we were shown to our rooms.

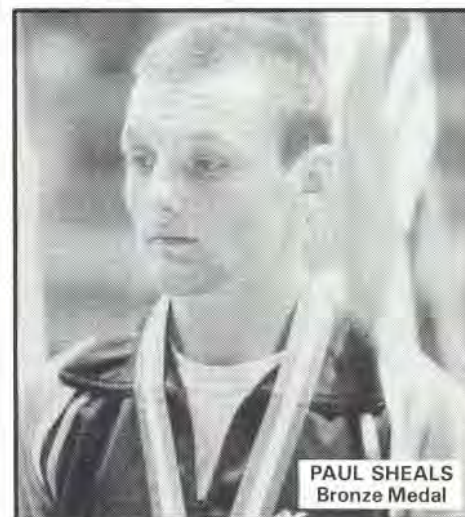
Dripping with sweat, tired and hungry, the whole party was longing for the comfort of a shaded, air-conditioned room in which to flop. The rooms to be shared by four people had no air-conditioning, no toilet paper, no power points, no fans, no coat-hangers and no lights!

They did, however, have sea crabs, which we assumed were there to eat the lizards, which, no doubt, were there to eat the ants which were crawling over the beds.

Having decided that we were not prepared to live in bug-ridden sweat boxes, Colin McIver arranged for the party to move into the one and only motel which consisted of acceptable accommodation, but we were told that we could stay only a couple of nights because the I.J.F. Officials had commissioned the whole hotel. McIver made it known, gently and firmly, we were in—and we were staying. One or two IJF Officials complained at our presence—but we stayed.



MARTIN MCSORLEY  
Silver Medal



PAUL SHEALS  
Bronze Medal





The evening of the draw for the fighters, Colin McIver arrived at the appointed place, and then had to wait two hours for the draw to begin because the officials—amongst whom was Mon. Courtine, who refused to allow Paul Radburn to be drawn for the open category in the Moscow Olympics due to the British Manager's inability to be at the draw—thought it only fair to wait to see if Cuba and Venezuela turned up. One rule for some and another rule for others—depending on your politics—it seems.

The stadium was a 55-minutes bus ride from the camp, but it was necessary to add a further 45 minutes whilst the delegates sat in buses waiting for them to move.

The stadium was fine, seating about 6,000 people. No spectator fee was charged, consequently the audience consisted of a colourful crowd of about 400 on the first day. There were no electric scoreboards, no visible timing devices and 'time' was sounded sometimes by a whistle and other times by a horn...eventually.

The opening ceremony, headed by beautiful young girls and junior judoka eventually took place. The Governor of Puerto Rico entered and was booed by the majority of the audience, the Mayor of the town entered and was cheered rapturously by most of the audience, the President of the Puerto Rican Judo Federation entered and was applauded, and...Mr Matsumae, President of the I.J.F. entered!

They each gave a speech. One hour and forty-five minutes later the fighting was resumed, and most of the spectators went home.

The refereeing was best described as 'unusual'. One corner judge waved out every time the fighters moved into the red and waved in each time they careered into the safety area.

Another referee called 'Matte' after approximately one minute, 30 seconds, when someone pointed out that the table officials had gone for their break.

Yet another referee acting within the spirit of the Tournament sternly issued 'Hansoku-maki' to a fighter and promptly called 'Hajime'. The corner judges noticed on this occasion and very unsportingly stopped the contest.

Taking everything into account however, and not wishing to be over critical, the standard of refereeing was...abysmal. Never before in the whole history of Judo conflict have so many been robbed by so few.

Each team was requested to take a cassette of their National Anthem. When Brazil won a Gold medal, there was a long delay, even more than we had become used to, whilst we waited for the medal ceremony. To everyone's surprise and amusement, a wailing voice pierced the atmosphere. It was the Brazilian Coach singing his anthem...unaccompanied. They forgot to bring their recording.

**Above... Hard, uncomfortable trip!**  
**Below... One of the enthusiastic supporters.**  
**Bottom... Just to show that there was some Judo.**



Just prior to the Finals on the first day, it was announced that the officials of each delegation were invited, with the referees, to take dinner at the nearby *Hilton Hotel* with Mr Matsumae.

As a result, the buses were used firstly to take the officials to the *Hilton*, whereupon the fighters had to sit outside in the street from 8-30pm until 10-20pm as the buses failed to return. The fighters eventually arrived back at *Stalag 17* well after 11-00pm. the reason given was that an accident had blocked the road.

The party mustered at 5-15am on the day of departure and sat in a bus—the ritual waiting again—for over an hour before the four-and-a-half-hour teeth rattling journey to the airport began.

After two hours one of the buses chugged to a stop. It was learned that it had run out of petrol and one of the passengers had to pay for some petrol before the journey could re-commence.

An English speaking Puerto Rican, travelling with the Korean team (don't be surprised!) boarded our bus and informed us that we would also run out of petrol shortly and if we wished to get to the airport we should have a 'whip round' to buy some fuel.

This we duly did, not without difficulty as the Chinese were on our bus and could not understand the predicament. On the advice of an American referee however, we inspected the fuel gauge which read 'empty' which on closer inspection we found to be disconnected.

We did not buy any petrol; we gave back the money; we did make it to the airport.

So...if you are going to the Caribbean before you include Puerto Rico in your schedule, just ask a member of the B.J.A. party what it's like...from a distance.

If you ask an I.J.F. Official what he thought of the event, if he's anything like those to whom I spoke, he will complain about the food, or the night life or the lack of luxuries...and if you listen very carefully or question him persistently, he might just comment on the Judo.

Incidentally, we did very well! Martin McSorley won a Silver and Paul Sheals a Bronze, whilst Neil Eckersley was one of those robbed!

**● We hope to have a brief competition report from this event next month from Colin McIver.**



# THE WHO'S WHO OF OLYMPIC CHAMPIONS

A NEW SERIES COMPILED BY TONY MATTHEWS

## **DOUGLAS, John, W. H. T. (Great Britain)**

Cricket has never been part of the Olympic scene for the obvious reason that only a handful of countries participate in the sport to justify its inclusion. However that has not always kept cricketers out of the Games – and for one man, batsman supreme, Johnny Douglas, the 1908 Games in London proved to be worth their weight in Gold!

For Douglas was a middleweight boxer – and he took the Olympic crown when he beat Reggie Baker of Australia in the final after a pulsating battle.

Douglas played his county cricket for Essex and he also represented England in 23 Test matches between 1911 and 1925, as an all-rounder. He scored 962 Test runs at an average of 29.15, and claimed 45 wickets for an average of 33.02 with a best performance of 5-46. His top Test score was 119.

It was said that out on the cricket square "Johnny won't hit it today" but in the boxing ring in 1908 he certainly made his strikes count!

## **DRUT, Guy (France)**

The mens 110 metres Hurdles Gold Medal at the 1972 Olympic Games in Munich went to the high-flying American, Rod Milburn. In second place, just a split second behind, was Guy Drut of France, who claimed, with some substance, that the final should have been re-run following a false start on the part of two further competitors both of whom were in sight of Drut.

But Drut's claims were brushed aside and he had to wait four years before gaining the title which had eluded him in West Germany. Then, in Montreal he powered home in a time of 13.30 seconds to pip the Cuban Casanas and Willie Davenport who had taken over from Milburn as America's top-hurdler.

Two years earlier, in 1974, Drut had set a new European record in the 110 metres hurdles (13.40 seconds) and indeed Drut achieved the hat-trick of European triumphs in this event when he took the Gold medal at the European Games in 1970, 1973 and 1975.

One sour note in Drut's career was when he obtained a suspension for infringing amateur rules in 1976. He was re-instated in 1980.

## **ELEK, Ilona (Hungary)**

Miss Elek was the greatest womens fencer either side of the last War, winning Gold medals (foil) in 1936 and 1948, and taking the Silver in the foil in 1952. She won the World title in 1933 in Budapest, her birthplace in 1907, and later took a winning team medal in the Rome World Championships in 1955, finishing fifth in the individual event at the age of 48.

Her tremendous strength and powers of resilience brought Miss Elek eleven Gold medals in World Championships, plus five Silver and a Bronze. She was described as being a 'dull' fencer but she had a compelling desire to win – and win she did!

## **ELLIOTT, Herb (Australia)**

During his international career Herb Elliott was never beaten over a mile or 1,500 metres – and he was an athlete in top-line company for ten years, 1957 to 1966 inclusive.

He first made his mark as a schoolboy running over

distances of 200 and 400 metres. Then in 1957, at the age of 19, he made his mark when winning track events in the World Junior Championships in record times. Coached superbly by Percy Cerutti, Herb ran his first mile in under four minutes at the age of 20, in 1958, and the same year saw him lower the world records in the mile (down to 3 minutes 54.5 seconds) and the 1,500 metres (down to 3 minutes 36 seconds). He also won the British Commonwealth Titles over 880 yards and one mile, rejecting a good offer to turn professional in between times.

At the Rome Olympics Herb Elliott – nicknamed Super Legs – thrashed the opposition in the 1,500 metres final, taking the coveted Gold award in a new World record time of 3 minutes 35.6 seconds. This triumph was hailed at the time as the most sweeping of all Modern Olympic victories, and it was achieved by a truly wonderful runner.

## **ELVSTRØM, Paul (Denmark)**

Four Gold medals came Elvstrøm's way in the Yachting events in the four Olympics Games after World War Two. In the Firefly class in 1948 he came in first when the yachting was held at Torbay; he took the title in the Finn class in 1952 (when Charles Currey of Great Britain was second); retained the title in 1956 and then made it a hat-trick four years later in Italy.

Elvstrøm also won eleven World Championships in seven different classes between 1957 and 1974, and in 1954 he wrote the first of several books on sailing. A fitness fanatic, Elvstrøm was a student of weather lore and loved to go out in the roughest waters to learn more about his craft and how to handle it if the going got a little too tough in competition.

## **ENDER, Kornelia (German Democratic Republic)**

Perhaps the greatest woman swimmer of all-time, Miss Ender gained four Gold medals and a Silver in the 1976 Games when she was only 17 years of age.

Four years earlier she had won three Silver medals – in the 200 metres Individual Medley, in the 4 x 100 metres Medley Freestyle and the 4 x 100 metres Medley Relays.

In 1976 she won the 100 metres Butterfly, equalling her world record of 1 minute 00.13 seconds, and just 20 minutes later she stepped up to compete in the final of the 200 metres Freestyle. And she won that too, in a new world record time of 1 minute 59.26 seconds. She also set a world record in winning the 100 metres Freestyle (55.65 seconds) and helped in another when swimming the last leg in the GDR's winning Medley Relay team (4 minutes 07.95 seconds).

In 1973 Miss Ender won the award as the most outstanding swimmer of the first World Championships when she won four events including the tough Butterfly race.

After the Montreal Games of 1976 Miss Ender retired from major competition and married fellow Olympic champion, Roland Matthes.

## **EVANS, Lee (United States)**

Born in February 1947, Lee Evans climaxed his 1968 athletics season with world records and Olympic titles for 400 metres (43.86 seconds) and in the 4 x 400 metres Relay. A year earlier he had won the highly competitive

Pan-American 400 metres title.

A powerhouse mover, Evans, a man of colour and a member of the Black Power movement, once set a world best in the 600 metres race held at the high altitude of Echo Summit, South Lake, Tahoe, California, clocking 1 minute 14.3 seconds. And later, at the first International Track Association (ITA) Indoor Meeting at Idaho in March 1973, which was attended by over 10,400 spectators, Evans set a new world indoor record for the 600 metres race of 1 minute 16.7 seconds.

In July 1966 the first sub-three minute 4 x 400 metres Relay was run by the crack USA national team comprising Bobby Frey, Tommie Smith, Theron Lewis and Lee Evans. The race itself was run in Los Angeles.

## **EWRY, Ray C. (United States)**

Ewry, from Lafayette, Indiana, won a total of ten Olympic Gold medals in the now-abandoned standing high, long and triple jump events. Paralysed as a young lad, Ewry was full of grim determination and guts, and following long periods of strenuous exercising he developed unusually strong lanky legs which proved so very valuable to him in years to come.

In 1900 he won the Standing High Jump Gold, and retained that title in 1904 and 1908. The Standing Long Jump Gold went to Ewry in 1900, 1904 and 1908 and the Standing Triple Jump was won by him in 1900 and 1904. In the Extraordinary Olympic Games, held in Athens in 1906, Ewry collected another two Golds in the standing Long and Triple Jumps.

Ewry's Standing Jump record of 3.47 metres (11ft 4.7/8ins) set in 1904, remained on the official world record register until the event was withdrawn in 1938.

Ewry stood 6ft 1in tall but weighted only 154 pounds – yet this was the ideal build for the sport he did so very well in, in the early part of the twentieth century, when besides winning all those Gold medals he also became American Athletic champion on fifteen separate occasions.

## **FAGGIN, Leandro (Italy)**

This cheerful, raven-haired Italian won two Olympic Gold medals on a cycle in the 1956 Melbourne Games.

A natural 'on a bike' Leandro dominated world pursuit racing for over a decade (from the mid 1950's through to the 60's) and he set new records three times when riding 5,000 metres, first as an amateur and then as a professional.

His stamina was superb and this enabled him to establish a new Olympic record for the 1,000 metres in Australia when he also led his colleagues to the 'Gold' in the 4,000 metres team-pursuit event.

Between the World Championships of 1954 and 1968 when he regained a Bronze as a 'pro' Leandro picked up a grand total of twelve cycling medals, including three in the 1954 World championships.

Leandro died at the early age of 37.

## **REFEREE EXAMINATION**

**There will be an examination in Cardiff for the status of professional National Referee. Eligible persons should contact Doug Willetts – Telephone 0495 226566.**



# Don't let a winning position evaporate



When you're working hard at your sport – in training or competition – your body gets hot. So to cool down it sweats.

**And so a winning position can literally evaporate.**

The body can lose one to two litres of fluid during an average training session, and can lose much more during competition or during hot weather.

It only takes a 2% fluid loss in bodyweight to reduce physical performance by 20%.

Electrolytes or salts are also sweated away leading eventually to fatigue, cramps, or heat exhaustion. Replacing fluid loss with water, tea or soft drinks will not restore these vital minerals.

Mineral Plus 6 is the ideal way to replace both body fluid, energy and electrolytes actually during exercise.

Its delicious citrus flavour is extremely refreshing.

Mineral Plus 6 contains not just sodium chloride, but a complete balanced electrolyte spectrum including those important for heart and nerve functions.

Developed with the aid of coaches and physiologists, Mineral Plus 6 is just one of the Sportive Perform range – tailored to the demands of training, competition and recovery – that help sportsmen reach and sustain their best performance.

For further information on Sportive Perform, local stockists or our club presentation on 'Nutrition in Sport', please telephone 09277 67310.

**Sportive Perform**  
Nutrition for success

**WANDER**

Wander Ltd., Station Road,  
King's Langley, Hertfordshire WD4 8LJ.

## K.N.K. FITNESS CENTRE

JUDO LTD. BUILDING  
717 MANCHESTER OLD ROAD, RHODES  
MIDDLETON, MANCHESTER M24 4GF  
Telephone: 061-643 3535

JUNCTION 18 OFF M62 MOTORWAY  
FOLLOW A576 TO MIDDLETON

*Principal and Resident Coach:* **JOHN DROGAN**

*Instruction also by:*

**RICHARD BARRACLOUGH • TONY MACCONNELL**  
**JANE BRIDGE • AKINORI HOSAKA**  
**PHIL COSTELLO • PAT TENET**

ALSO... SHOTOKAN, KARATE  
TAE KWON-DO (Korean Karate) plus  
'DANCERCISE', WEIGHT-TRAINING, SAUNA  
FITNESS COURSE, YOGA, SUNBED



**JUDO** LIMITED

PUBLISHERS AND SUPPLIERS  
THE BRITISH JUDO ASSOCIATION  
**SYLLABUS BOOKS**

The very popular Junior and Kyu Grade Syllabus Books compiled by Frank Smith and Roy Inman have been joined by a 40-page Dan Grade Syllabus Book and all three have been approved by the B.J.A. as the Official Guides to the syllabi and bear the Association badge.

★ Junior and Kyu Grade: £1.23 including postage and packing

★ Dan Grade: £1.63p

★ Order twelve copies – get two more free. Plus £1 postage and packing

★ A donation to the B.J.A. is made on each book sold.



**JUDO LIMITED**

Candem House, 717 Manchester Old Road,  
Rhodes, Middleton, Manchester M24 4JF.





# COMPETITION REPORT

## British Team are the Masters! Winners of six out of seven titles.

**The Competition was based on having sixteen players in each weight category. Ten visitors and six British. In practice it didn't work out quite that accurately but only in the Over 95 event did we fail to achieve the minimum number whilst some of the other groups were stretched to seventeen or eighteen competitors.**

Generally, this gave four pools of four players in each group with the two top players going into the knockout round and the resulting single repechage fight being the semi-final for the Bronze medal. The British players were separated with the top four players being split amongst pools 1-4 and the last two being in pools three and four.

This meant that the top two British fighters always had three visiting players as their opposition to ensure that they got the benefit of the International competition. I think the system worked well and the draw went very smoothly with just the invited countries going into the draw for the vacant places. World and European medallists were seeded apart.

On Saturday, the Under and Over 60 kilos and Under and Over 95 kilos events were scheduled with the weights alternating two fights at a time with two categories on each mat. This meant that all four categories were involved straight away and the interest for spectators was immediate.

On Sunday, the 71, 78, and 86 kilo categories were to fight, similarly split between the two mats, but more about these later.

### THE DRAW...

In the Under 60 kilos Peter Middleton appeared to have a good draw with the Senegalese player, Gow as his first fight and then Gerry Alder (Canada) in a pool of three which meant he needed just one win to progress. John Swatman had a more difficult task with Mark Sommerville and Eddy Koaz (Israel) plus Fevre (Denmark). Gavin Bell again met Fred Bradley with Neuthaus (West Germany) and Hellquist (Sweden) whilst Neil Eckersley had Martin Bowmer and Shuki Ksaz (Israel).



Above: Tom Ross talks with Andre Ertel, President of the European Judo Union who was enthusiastic about the event. Bottom left: John Swatman attacks Eddy Koaz of Israel in the first round pool. Bottom right: Katsuhiko Kashiwazaki, Japanese Coach and World Champion in 1981.



At 65 kilos, Steve Gawthorpe had it tough with Joe Marchal (USA), the European Silver medallist Dziemianuk (Poland) and Rohleder (West Germany) in Pool One and David Rance had another European medallist from Poland (Pawlowski) in his pool of five. Howard Melville drew Mark Adshead plus three visitors and Wille Bell probably had the easiest draw of all in Pool Two.

If Chris Bowles was going to win the



title, he would be going the hard way for his first fight was against Jurgen Futchmeyer (West Germany) the 1982 British Open winner whilst Kerrith Brown had the difficult Blach (Poland) for his opening bout. Isichei and Earle were drawn together as were Ajala and Davies.

There were probably two fighters whom Neil Adams didn't want in his first fight Hiroshi Goda (Japan) and Brett



Baron (USA) and sure enough Baron was first out of the hat. With Sebald (West Germany) and Ponti (Israel) it became quite a difficult task even for Neil and Martin McSorley didn't fare much better drawing Andrejz Sadej (Poland) for his second fight. The Polish player had recently won a Bronze in the Senior European Championships beating the previous Champion, Fratica of Rumania and in my opinion was the best of a very strong Polish squad.

Densign White had a good pool and Wyndham (Stewart) Williams drew a West German and the Japanese Noriyuki Sannohoe. Travis and Ray Williams and Ward and Tilley were drawn together in Pool Three and Four with good opposition from Verhoeven and Kaspers (Holland).

Nick Kokataylo seemed to have a good match at Under 95 kilos whilst Chittenden had Sato (Japan) and the Nigerian Eferebo in his pool of three. At Over 95 kilos Paul Radburn drew a Nigerian and a Senegalese and Elvis Gordon had just one fight against the massive Ruiken (West Germany) to decide the pool order.

McLatchie was paired with Martin Clarke and Webb drew Carnegie and Wil Wilhelm (Holland).

So, no clear cut easy rounds for the British men with the two lightest and two heaviest groups on first on the Saturday.

### UNDER 60 KILOS...

Pool One. Aneasy start by Peter Middleton who threw Gow (Senegal) for Ippon with Seoi-nage and beat Gerry Alder by a Yuko to top the pool with the Canadian second.

Pool Two. This was a really tough group. Eddy Koaz (Israel) not unexpectedly topping it with John Swatman in second place after losing by a Koka. Fevre (Denmark) and Sommerville were eliminated.

Pool Three. A one point win for Gavin Bell over Fred Bradley started the Scotts lad off well but he did not reproduce his World Championships form and lost to Neuhaus (West Germany) and Hellquist (Sweden) whilst Bradley beat them both to take second place on points to Harald Neuhaus.

Pool Four. Neil Eckersley was by far the most dominant player in this group of three first beating Bowmer on a penalty and then armlocking Shuki Koaz who was eliminated with Bowmer taking second place on a Koka.

In the knockout round, Bradley's second place in the pool put him against Peter Middleton and Swatman's similar position put him against Eckersley with Bradley and Eckersley coming out on top, both with Yukos.

This left just Bowmer in the other half with three foreign players but young Michael fell by a decision to the experience of Koaz. Neuhaus earned a similar decision over Alder and was then thrown by Koaz for Ippon to put Eddy in the final against Eckersley who armlocked Bradley. In the semi-finals Swatman finally got going and overwhelmed Bradley with two Yukos, two Kokas and a Chui and Michael Bowmer put his name in the record books by throwing Neuhaus for Wazari to take the other Bronze place.

The final was something else! Neil Eckersley wasn't going to lose this chance to star under any circumstances and in the first minute he completely crushed the Israeli's spirit for the fight with a display of non-stop aggression.

I thought Neil would fade after a couple of minutes into the contest or possibly get a penalty for this un-British show of his desire to win. Still he kept going forward until Koaz sought some respite on the ground only to get swiftly armlocked in Juji-gatame.

A most important win for the young British lad who fights with a marvellous commitment to which he is now adding a degree of skill. First Gold to Britain to the delight of the audience and some consolation for the strange decisions Neil received at the Junior World's in Puerto Rico.

### UNDER 65 KILOS...

Pool One. Steve Gawthorpe headed the British entry and started well with an Ippon from Juji-gatame on Joe Marchal



Sequence 1 to 4: Sato of Japan throws Mark Chittenden for the second time in their re-fought pool.



(USA) but then slipped up, losing to Rohleder (West Germany) on a Shido to give the German first place in the pool. Amazingly the Polish European medalist, Andrez Dziemianiuk was eliminated with Marchal.

**Pool Two.** Marek Rybicki (Poland) made up for his compatriots failure in Pool One by topping Pool Two and pushing Willie Bell into second place with three Ippon wins. From Juji-gatame Yoko-Shiho and Seoi-nage.

**Pool Three.** This was a pool of five and Dave Rance had a disaster with four losses all on Koka or Yuko. Again Poland topped the group in European Bronze

one semi-final and Rybicki claimed a second medal for Poland with a Koka from leg-grab on Adshead.

### UNDER 95 KILOS...

**Pool One.** Disaster for Kokotaylo here, losing to Nilssen (Norway) and Jensenn (Denmark) to be eliminated with Jensenn claiming first place from the Norwegian by one point.

**Pool Two.** This pool was remarkable and really set the crowd alight. First Mark Chittenden was buried with an enormous lifting Uchimata from Junichi Sato (Japan) who then went on and managed to get countered when attempting a

Nigerian again who was then eliminated after scoring Ippon on the Japanese. He's probably a National hero now!

**Pool Three.** Marc Meiling (West Germany) was boss of this group right from the start and topped it easily with Dennis Stewart in second place. Dabo (Senegal) and Finlay (Great Britain) were eliminated.

**Pool Four.** Both British players Campbell and Marland were eliminated in this group with Leo Van Oosten (Holland) and James Kendrick (Canada) taking the first two places.

Sato met Dennis Stewart in the first



Sequence 1 to 3: 'The Shock of the Tournament' Eferebo of Nigeria side-steps Sato's enormous Uchimata and turns him with a Te-waza to score Ippon.

medallist Januz Pawlowski. Colin Savage (Great Britain) took second place with three wins. Gevers (Holland) Hagquist (Sweden) were also eliminated.

**Pool Four.** An all British progression here with Mark Adshead first and Howard Melville second. The three visiting players were eliminated.

Steve Gawthorpe's second place spoilt things somewhat in the knockout in that he consequently dropped into the opposite half of the table to meet Mark Adshead whom he armlocked. British players met foreign entries in all the other fights with the visitors all winning. Rohleder then met Pawlowski and Rybicki met Gawthorpe who threw him for a Koka and a place in the final. Pawlowski scored Wazari on Rohleder with Uchimata for the other final spot.

A dour struggle in the final gave Gawthorpe a second British Gold medal with a Yuko against top rate opposition in Pawlowski who has been in a European medal position for the last two years and this could prove an important boost for Steve if Kerrith Brown elects to stay at 71 kilos.

Rohleder beat Willie Bell by a Yuko in

similar throw on Eferebo (Nigeria). The African side-stepped the strong driving leg and scored Ippon with a Te-waza which left the Japanese group less than happy.

Chittenden did what he had to and scored Ippon when throwing Eferebo with Soto-make-komi to give a three way tie.

In the re-fight, Sato again threw Chittenden but then made no mistake with Eferebo this time catching him cleanly for a well deserved maximum score. Chittenden then threw the

fight in the knockout and the Midland player did well to go the full distance with the skillful Japanese but rightly lost the decision.

In this fight and again in the next bout with Van Oosten which went to time, Sato had to work extremely hard and his Uchimata could only give him a Yuko which was just enough to get him into the final.

Meiling gave Chittenden another short flight, again from Uchimata and then edged out James Kendrick (Canada) on Hantei to take the other final place.

Mark Chittenden then received some consideration for his hard endeavours with a decision over Kendrick in the semi-final whilst Van Oosten threw Dennis Stewart, again with Uchimata, in just 30 seconds, for the other Bronze.

Sato had no joy in the final with Meiling scoring a Koka from Ko-uchi early on and proving tactically far too experienced to let the young Japanese player back into the fight and so took the first (and only) title which wasn't won by a British player.

### OVER 95 KILOS...

This event had the smallest entry as



# THE Dunn

GROUP



## Engineering Services Nationwide

Contractors to the Central Electricity Generating Board, British Steel Corporation, Local Authorities, Cement, Brewing, and Petro Chemical Industries. Process Manufacturing and Supply Industries.

★ Major turnkey, overhaul, maintenance, and repair contracts undertaken.

★ High pressure welding services.

★ General engineering services

★ Specialists in air pollution control.

★ Technical services, testing, and investigation.

Fabrication and machine shop facilities are available through the groups regional offices.

★ Electrical and Instrumentation by Dunn Electrical Systems.

★ Associated plant hire companies located at each regional office.

★ Suppliers of personnel to the off-shore oil producing and chemical industries.

**Head Office: STANLEY HOUSE, NEW MILLS, STOCKPORT SK12 4AE**

**Telephone: 0663 42590    Telex: 669949**



## JUDO BOOKS NOW AVAILABLE

**JUDO**  
LIMITED

Book Title	Author	Price
7 KATAS OF JUDO .....	by N. Kawaishi and E. J. Harrison .....	£6.75
KATA JUDO .....	by T. P. Leggett and Dr. Jigoro Kano .....	£8.75
BEST JUDO .....	by Isao Inokuma and Nobuyuki Sato .....	£12.00
BRIAN JACKS		
NOVICE TO 1st DAN .....	by Brian Jacks .....	£6.30
1st DAN TO 2nd DAN .....	by Brian Jacks .....	£6.25
FAMOUS THROWS HARAIGOSHI .....	by Ross and Goodger .....	£2.00
FAMOUS THROWS SEOINAGE .....	by Sweeney and Goodger .....	£2.00
JUDO IN ACTION GRAPPLING .....	by Kazuzo Kudo .....	£3.75
JUDO IN ACTION THROWING .....	by Kazuzo Kudo .....	£3.75
ALL ABOUT JUDO—Hard Back .....	by Geoff Gleeson .....	£5.25
ALL ABOUT JUDO—Limp .....	by Geoff Gleeson .....	£3.25
JUDO STARBROOK STYLE—Hard Back .....	by Dave Starbrook .....	£5.50
JUDO STARBROOK STYLE—Limp .....	by Dave Starbrook .....	£3.40
SECRETS OF JUDO .....	by Jiichi Watanabe and Lindy Avakian .....	£4.75
SPORT OF JUDO .....	by Kobayashi .....	£4.75
JUNIOR SYLLABUS .....	by Roy Inman and Frank Smith .....	£1.23
SENIOR SYLLABUS .....	by Roy Inman and Frank Smith .....	£1.23
DAN GRADE SYLLABUS .....	by Roy Inman and Frank Smith .....	£1.63
THE FIGHTING SPIRIT OF JAPAN .....	by E. J. Harrison .....	£6.30
Back issues of Judo .....		£0.75

The above prices are inclusive of Postage and Packing with exception to Overseas.

To order please write to: JUDO LIMITED, CANDEM HOUSE, 717 MANCHESTER OLD ROAD  
RHODES, MIDDLETON, MANCHESTER M24 4JF—Telephone: 061-653 1499

**Please make Cheques/Postal Orders payable to JUDO LIMITED**





expected which produced three pools of three players and one of two.

**Pool One.** This was headed by Paul Radburn, who must have been delighted with his Ippon from Seoi-make-komi on both Coly (Senegal) and Ede (Nigeria).

**Pool Two.** Elvis Gordon lasted just a few seconds with the giant Roland Ruiken (West Germany) before being thrown with Uchimata for Ippon. Only two in the pool so Elvis went through in second place.

**Pool Three.** A three point win by Marvin McLatchie over Martin Clarke gave the British heavyweight second place to Dewey Mitchell (USA) who

buried Clarke for Ippon and then scored Wazari on McLatchie for top spot.

**Pool Four.** Two good wins for Wil Wilhelm (Holland) throwing Errol Carnegie with Osoto and holding Jim Webb. Errol scored Ippon, also from Osot-gake on Webb for second place.

Then followed a swift exit for three of the four qualifying British players. Elvis Gordon got thrown again, this time by Dewey Mitchell (which is an experience that Elvis doesn't have very often). McLatchie suffered the Ruiken Uchimata for a Wazari and Paul Radburn threw Errol Carnegie for the maximum score. This put Paul against the

American, Mitchell, whom he handled quite competently scoring Wazari, whilst Wil Wilhelm, who was even bigger than Ruiken also threw for Wazari with Soto-maki-komi.

So Radburn against Wilhelm in the final with the lighter British player scoring a Koka from Osoto to take the title. Mitchell beat Carnegie and Ruiken beat Coly in the semi-finals for the Bronze places.

So ended Saturday with three out of the four British titles going to Britain in a most entertaining day's sport and the prospect of even better things to come in the middleweight groups on Sunday.

Top left: Diallo of Senegal attempts a pick-up in the 71 kilo event.

Sequence 1 to 3: Nice Newaza turn in Juji-gatame, which just fails.

Top right: Marvin McLatchie with a pick-up on Martin Clarke of Great Britain.







Sunday 3rd July was another hot sunny day and Aston Villa Leisure Centre looked great with everyone in shirt sleeves and the arena bedecked with trays of flowers and plants.

Contests started bang on time with the 71 kilo category and two pools of the 86 kilo group on Mat One with the 78 kilos group and the other two pools at 86 kilos on Mat Two.

#### UNDER 71 KILOS...

Pool One. A bad start for Chris Bowles here who lost by a Koka to West German Champion, Jurgen Futchmeyer but he came back to take second place with a Yuko over Ohnrell (Sweden) and a nice ippon from Seo against Glenn Beauchamp (Canada).

Pool Two. No trouble for Kerrith Brown on his first outing at 71 kilos with a three point win against Palmer-Hansen (Denmark) and an Ippon from Uchimata over Blach (Poland).

Pool Three. Three wins for Mark Earle pushed third ranked British player Kirk Isichei into second place here with Evensen (Norway) and Diallo (Senegal) being eliminated.

Pool Four. Convincing victories for Paul Ajala saw the skillful young British player topping the pool with the Pole, Legien second with a Wazari and a Keikoku penalty win.

Kirk's second place meant that he had to face Kerrith Brown who tied him up in groundwork to hold with Yoko-shiho and Chris similarly went in against Paul Ajala and strangled him. Mark Earle edged out Blach and then had a real battle with Futchmeyer losing on a Yuko. This was a good performance from Earle who has made excellent progress in the last twelve months and is now a serious contender for the top trials places.

Chris Bowles and Kerrith Brown had a tremendous battle with Chris starting off very fast causing Kerrith to defend for most of the first minute. During this period Brown somewhat severely received penalties for defensive posture up to Chui from referee Gordon Mortimer and then spent the rest of the contest going at Chris to make it up. Tactically Chris was superb and frustrated Brown's attacks time and time again and absolutely refused to get caught in Newaza. Several of his turns into drop knee Seoinage to avoid attacks could easily have been penalized yet Gordon seemed inconsistent in application and Chris survived with just a Shido for defensive posture and so edged out the Midlands fighter.

Not the most popular of decisions naturally enough in the Midlands but an important win for Bowles who had

fought very well all day. In the final he never looked in danger against Futchmeyer to whom he had lost in his pool fight and eventually threw the German for Wazari and the title.

Brown strangled Ajala with the inevitable Sangaku in one semi-final and Poland added to their medal tally with Legien beating Earle on a Yuko.

Not un-naturally during the 71 kilo fights most eyes drifted to Mat Two where World Champion Neil Adams was on first in the 78 kilo event against Brett Baron.

Pool One. Neil's first fight was a disciplined thinking performance against the experienced American in which he scored a couple of Kokas to win whilst giving nothing away. Next came Moshi Ponti (Israel) whom he threw for Ippon with Uchimata followed by Sebald (West Germany), Tai-toshi into Kuzure Kesa-gatame for Ippon and first place. Sebald also beat Baron to take second place.

Pool Two. Disappointment for Martin McSorley in losing to the polished Sadej (Poland) and Faulkner (USA) who took the first and second places. Andrezej Sadej looked in fine form as he scored quick Ippons from Uchimata on Faulkner and Ekpokuba (Nigeria) to emphasise his status as European Bronze medallist.









# MASTER'S

JUDO PHOTOGRAPHERS AT THE 'MASTER'S'



A



B

A—Marek Rybicki of Poland with extra Israel in the 60 kilo final. Sequence 1 the Re



1



2



E



5





# PHOTO-ACTION

DOUG MacGREGOR, BILL GOULDEN & FRANK SMITH (Photodesk)



ordinary pick-up technique. **B**—Sannohe of Japan attacks Frank of West Germany with Uchimata. **C and D**—Neil Eckersley scores on Eddy Koaz of France. **E**—Sannohe of Japan attacks Kaspers of Holland in the Repechage Semi-final. **F**—Kaspers temporarily holds Sannohe of Japan in the Repechage Semi-final.





## 'IT PAYS TO ADVERTISE'

WHEN YOU ADVERTISE IN  
**JUDO MAGAZINE**  
YOU GET RESULTS, GUARANTEED  
TO REACH 1000 CLUBS

**Judo Limited**, Publications Division  
Candem House, 717 Manchester Old Road  
Rhodes, Middleton, Manchester M24 4GF  
Telephone: 061-653 1499

### **JUDO MAGAZINE** ADVERTISEMENT RATES AND SUBSCRIPTIONS

RELAUNCHED PUBLICATION MAY 1980

Estimated Readership 20,000

PUBLISHED MONTHLY ON LAST FRIDAY  
OF MONTH PRECEDING COVER DATE

COPY DEADLINE First of preceding month.

SUBSCRIPTIONS Great Britain and Northern  
Ireland—six issues £4.50,  
twelve issues £9.00. On  
subscription cost 75p.  
Retail 85p. Overseas—six  
issues £6.20, 12 issues  
£12.40. Airmail—six  
issues £10.50, twelve  
issues £21.00.

### ADVERTISING RATES

INSERTIONS	1	3	6	12
Whole Page .....	£250	£235	£225	£200
Half Page .....	£140	£133	£126	£112
Third Page .....	£100	£95	£90	£80
Quarter Page ....	£80	£76	£72	£64
Eighth Page .....	£50	£48	£45	£40

Column Centimetre .....£11.50

Classified ....50 pence per word (min £5.00)

### SIZES mm x mm

Whole Page .....	184 x 267—Type Area 213 x 303—Bleed Area
Half Page .....	184 x 134—Horizontal 90 x 267—Vertical
Third Page .....	184 x 81—Horizontal 59 x 267—Vertical
Quarter Page .....	184 x 65—Horizontal 90 x 32—Vertical
Eighth Page .....	42 x 132

# What do sportsmen drink at lunchtime?



### ... Or at anytime for that matter?

The phrase "you are what you eat" could well have been written for the competitive sportsman. The right amounts and correct balance of protein, vitamins, minerals and carbohydrates are vital.

Yet there are occasions when time pressures, travel or heavy competitive schedules can leave you with the option of eating the wrong food at the wrong time, or skipping meals altogether.

Simple pre-competition tension can leave you with no appetite for a normal meal.

That's why Plus Food should be an essential part of your training and competition diet.

Plus Food is rich in high quality protein, carbohydrates, vitamins, minerals and is low in fat. Because it is a liquid it is quickly and easily digested, which makes it an ideal pre-game meal or a great drink when your appetite has deserted you. A glass of delicious chocolate flavoured Plus Food means you can keep your diet balanced wherever you are.

Developed with the aid of coaches and physiologists Plus Food is just one of the Sportive Perform range - tailored to the demands of training, competition and recovery - that help sportsmen reach and sustain their best performance.

For further information on Sportive Perform, local stockists or our club presentation on 'Nutrition in Sport', please telephone 09277 67310.

**Sportive<sup>®</sup> PERFORM**  
Nutrition for success

**WANDER**

Wander Ltd., Station Road,  
King's Langley, Hertfordshire WD4 8LJ.





# A TEAM MANAGER'S VIEW



From...COLIN McIVER

**In the development of a good competitive judo player, there are many things which are important. Some are easy to pinpoint whilst others are more intangible and difficult, if not impossible, to define with any real certainty.**

In simple terms I tend to look at three areas which are very obvious and need to be catered for. These areas are coaching, training and competition experience. It is essential that any young player wishing to attain success in the top levels of competitive judo must have the best possible technical coaching and advice. He must also do the necessary training for along with learning the skills of the game he must also develop his physical capabilities to the full.

Competition experience also must be gained both to test the ability of the player and to measure the results of the coaching and training programmes.

These three areas must be advanced slowly with gradual increase of quality and intensity. As the player becomes more skilful, more advanced skills can be learned and as fitness increases more intense training must be undertaken to make further progress.

Competition experience must be sought at ever increasing standards. It is in this last area that many coaches find difficulty. When their players have reached a certain level of say British National Squad standard or just below there is a lack of the right level of competition. Players who only compete in British Competitions will rarely rise above that standard.

It is essential that a higher level of competition be sought, for, only by experiencing a higher level can you see the standard that you have to attain.

I was therefore delighted when Frank Smith first mooted the idea of staging a Multi-Nations tournament on our home ground. From my point of view it would be ideal. It would give me the chance to give many of the Squad players a chance for some Competition experience which otherwise would be impossible. It would also give many of our young players the chance to see just what the standard of judo played by other Nations was like. There would be a chance to see the Japanese in action which would be highly motivating for many potential future Champions. For the spectators it would be a special treat. It would be an opportunity to see in their own backyard the type of judo competition that they normally are only able to read about. It was a great concept. But, who was going to organise it?

It was obvious of course, Frank Smith. Having come up with the idea he was too interested in seeing the event become a reality that he asked for, and was given, total responsibility for the organization.

Most of the organization for events like this is done long before the day and I am sure there were many times Frank had wished he had never thought of the idea.

Whether you like or dislike Frank Smith you have to admit he is 'go ahead' and he gets things done — a trait that is not too common in the Judo world.

Now that the event is over we can look back and see that all the hard work was well worth it and the event was a great success. A good proportion of the tickets were sold and the spectators were given a display of some really good judo. The event was well

managed and the commentator's attempts to involve the audience as well as keep them informed was a worthwhile idea. Britain has a reputation for good event organization and now the standards have been set even higher. Well done Frank, I only hope you have recovered enough to think about the next British Master's in June 1985.

Thirteen Countries took part and I suppose most people came to see the Japanese team in action. I was disappointed they did not send a full team and also that they did not send their best players. The results indicate that the standard of the three players they did send was not so high. The team from Holland was very strong and I thought perhaps that their overall performance could have been better. Poland had a very strong entry as the results show and I am sure that the Polish Coach would be pleased with the performance of some of his younger players. West Germany did not send their best team but they still took their share of the medals.

Technically the judo was very good and very interesting for the spectators. Uchimata now seems to be the 'in' throw and there is no doubt that it was the throw of the tournament. Juji-gatame claimed a good percentage of the Ippon scores and was most certainly the most popular Newaza technique. The Japanese used Uchimata a lot and in the early rounds did a lot of throwing. I thought their judo to be very stylized as they did stick to the same few throws and whilst this seemed sufficient in the earlier rounds it did not seem adaptable enough as the competition progressed and the matches got tougher.

Of all the players, Britain's Neil Adams stood head and shoulders above the rest. He virtually looked unbeatable and on this form he looks set to capture his second World Gold medal in Moscow later this year.

His wins over the strong American, Brett Barron and the tactically clever Pole Andrej Sadej were both excellent and will have no doubt given his confidence a boost. The performances of the British Team on the whole was very good and the results were good for British Judo. To win six of the seven Gold medals was very pleasing especially as it was the first British Master's.

*Editor's Note...Saburo Matsushita the Japanese Team Manager said that he had been surprised and pleased by the high standard of judo at the event and would see that the Japanese team for the next Master's would be superior in quality and quantity and they would be delighted to come.*



Above: Chris Bowles, the Under 71 kilo 'British Master's' Champion.

Below: Neil Adams receives his Gold medal from Andre Ertel.





**My first two visits to the Coubertine Stadium in Paris left me full of admiration for the manner in which the French organized their tournaments. The enthusiasm and appreciation of the audiences caused me to wonder what was lacking in the U.K. I just put it down to the French money supply. Other trips to France were always enjoyable and impeccably hosted.**

On several occasions I have discussed this with Frank (I'll do it myself) Smith and he never doubted that the U.K. was equally suitable for similar tournaments. Characteristically, he got fed-up with talking about it and set about organizing it.

During his term of office on the Management Committee he proposed a grand British Multi-Nations invitation Tournament should be staged and was given the go ahead to try provided it was staged at no cost to the B.J.A.!

He received co-operation from the General Secretary, Gillian Kenneally in sounding out potential



Top: Kerrith Brown, Bronze medallist at 71 kilos. Above: Neil Adams throws Moshé Ponté of Israel.

happily, but this event was organized by Frank Smith in the face of something less than enthusiasm from many sectors.

Some folk criticised the title declaring that "Masters" smacked of has-beens and veterans. Others criticised the choice of venue saying that it should be in London. The price of seats caused concern amongst others.'

Happily for everyone concerned, in the opinion of most people it turned out to be the most exciting and best organized event to be held in the U.K. for many years. Great care was taken over details which we do not normally cover in Britain. Every guest was provided with transport, to and from the selected place of arrival and departure. Specific arrangements were made with the 'Moat House Hotel' who provided excellent service and accommodation.

One or two things went wrong which caused Frank to 'tut' a little. In fact I did hear him swear just once or twice. The Senegalese got lost, but they were soon found...in Paris! The Nigerians telexed their flight number and time of arrival at Heathrow...and never turned up until a day and a half later.



## AN EPITAPH FOR AN EX-M.C. MEMBER

By JOHN BEARD

guest countries and later officially inviting the participants.

On July 2nd, 1983 at 10-00 am, feeling somewhat guilty for not helping organize it, but feeling very proud for Smithy, I lead into the Aston Villa Leisure Centre Main Arena the judoka of the thirteen invited Nations to the first British Master's Tournament knowing that it was going to be a success.

It's true that the first day's audience was a little disappointing. It's a fact that not enough I.J.F. referees turned out, though promised. It's fair to say that the ceremonial would have been better if there had been flags of all the Nations and National anthems. Aside from those things, what was missing? Nothing, except for National TV coverage.

The tournament arena was comfortable though perhaps a little warm in the unaccustomed heat-wave. The layout was attractively functional and well controlled. The fighters were very happy and hassle free. The participants were

well cared for and the audience well satisfied.

Midland Area members and officials were asked to fulfill specific functions, which they did quite



Above: Tom Ross interviews Neil Adams for BRMB Local Radio. Below: The Scoreboard specially commissioned by 'Judo Ltd' in agreement with the organiser.



Gillian Kenneally broke the sewing machine when she helped sew on the start numbers. Colin McIver declared the Association's mini bus as being clapped out, but it served its purpose after the plug leads were put on and a leaking fuel line replaced.

There was some consternation in the accounts department of the hotel when they presented bills for 'extras' signed by M. Mouse and J. Thomas, etc, and it came as a shock to find a couple of teams arrived absolutely penniless—in one case to stop them defecting and in the other because they were free-loading.

It all took over 12 month's preparation on Smith's part, but for me and more than 2,000 others it was worth every sleepless night he spent.

The fights went off as planned (not the results). The duration of the fighting sessions was well timed to avoid boredom and the intermittent entertainment by musicians, dancers and compere Tom Ross were just right. On Sunday 3rd July, although not quite filled to capacity, the audience were thrilled by exciting, well organized contests, with a veritable plethora of Ippons.



Despite the objections Smithy deviated from the usual pattern by insisting on an Opening Ceremony at the beginning! It usually takes place before the medal fights on day one. It was a good idea because the fighters could then get on with their business without interruption.

Just to be awkward—so I thought—he decided to have a closing ceremony at the end. No one will be there, thought I, But I was wrong and what a great moment it turned out to be. Adams in absolutely devastating form took his Gold medal, to be followed by Densign White crashing his way to Gold with the most explosive Ippon of the tournament. White had a smile on his face before his opponent hit the mat! A better finish could not have been rehearsed.

The appreciative audience kept their places whilst the medal winners, lead on by Neil Eckersley and followed up by Neil Adams came into the arena to be saluted by the crowd, and how the crowd saluted them!

When the Gold medallists were asked to take a step forward, anyone who doubted Colin McIver's selection for the British Team must surely have eaten their words for every Gold medal went to Britain except one.

Japan took no Gold medals. Mr Matsushita however predicted "Next year I will bring a BIG team!" It was in Frank Smith's mind to perhaps stage the "Master's" every two years but every visiting country expressed the hope to be invited in 1984.

Frank Smith may not be the most popular bloke in the B.J.A. but he sure can organize a tournament—and Colin McIver knows a bit about selections, too.



As usual apart from Central TV, the BBC and ITV deprived not only the Country of a very fine Judo spectacle, but also deprived six other countries who were interested in taking TV time as British television could not network the event.

Central TV screened a preview on Friday and Adam's final followed by an interview on the following day. It was very well presented and again this was due to Frank Smith's persuasion.

Now that the seeds have been sewn, I hope the "Master's" will become a regular in the Judo World's calendar. I hope Smithy has the will to continue staging it.

Finally, I make no apologies for singing Smith's praises. He and Colin McIver's British Squad demonstrated at Aston Villa what judo ought to be. ENTERTAINING, THRILLING, WATCHABLE, and FUN!



Top: European Champion Ann Hughes in interview.  
Above: Densign White, 'British Master's' Champion at 86 kilos.

Bottom left: Wil Wilhelm of Holland with a powerful Ko-soto-gari. Below: Dennis Stewart meets Sato of Japan with whom he was the first to go the full contest distance.





★ **Back issues now available...**

**COMPLETE YOUR JUDO  
COLLECTION**

*Back issues from numbers  
1 to 36 are available  
though issues 1 to 6 are in very  
limited numbers*

★ To order...Send completed form with appropriate payment to:  
**JUDO LIMITED**

**CANDEM HOUSE, 717 MANCHESTER OLD ROAD  
RHODES, MIDDLETON, MANCHESTER M24 4GF  
Telephone: 061-653 1499**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Please send me the following back issues of *JUDO* Magazine

Numbers \_\_\_\_\_ In enclose £ \_\_\_\_\_

Issues 1-3: 65p including postage. Issues 4-onwards: 75p including postage. (Overseas: each issue add 30p per copy — in Sterling please).

*Applications will be accepted on plain paper, if reader does not want to cut this magazine.*

## Great Budo Prints

A brand new limited edition series of Judo Aikido, Karate, and Jujutsu prints drawn by Roald Knutsen

Special opening offer  
£3.50 each (inc VAT) plus p.& p.

For details of these and other samurai editions send s.a.e. for illustrated brochures to:

**Roald Knutsen Prints**  
Well House, 13 Keere Street, Lewes, Sussex, England.



## BRITISH SCHOOLS JUDO ASSOCIATION

**Have your  
'Personalised'  
Association Badge  
with your  
Club Name...**

**only from**



**JUDO LIMITED**

**717 MANCHESTER OLD ROAD, RHODES  
MIDDLETON, MANCHESTER M24 4GF**

**JUDO**  
LIMITED



**TRAINING SHOES  
JOGGING SHOES  
SQUASH SHOES  
WINDSURFING SHOES**

*All qualities, all sizes, all colours!*

Further details from:

**JUDO LIMITED**

**717 MANCHESTER OLD ROAD, RHODES;  
MIDDLETON, MANCHESTER M24 4GF**

## SPORT RHODE WHITE BOX BAG



Model 8—50 × 25 × 25 cm ..... **£23.00**

Model 9—40 × 25 × 20 cm ..... **£17.50**

The above prices include postage and packing to the United Kingdom only

**Available only from...**

**JUDO LIMITED**

**717 Manchester Old Road  
Rhodes, Middleton  
Manchester M24 4JF**



# STAR PROFILE

1980  
WORLD SILVER MEDALLIST  
FOUR TIMES EUROPEAN  
SILVER MEDALLIST  
BRITISH OPEN  
CHAMPION

## DAWN NETHERWOOD



DAWN NETHERWOOD, now resident in the London Area where she shares a flat with European Champion, Ann Hughes, is a native of Huddersfield where she first started her Judo career.

For Dawn her biggest moment must have been in New York in 1980 at the Madison Square Gardens where she beat American favourite Christine Penick to get a place in the Final against the Austrian Champion, Edith Simon, for the World title. Unfortunately in her fight against the American Dawn sustained an arm injury which proved decisive in the Final and Simon held her for the Gold medal.

This meant another Silver medal in a major championship for Dawn who has now won four European Championship Silver medals.

At home, she is the dominant 66 kilos woman player holding the British Open and National Titles and there is little doubt that next year she will be making an all-out effort for the World and European titles.

For a 66 kilo player Dawn is very fast and combines a variety of effective fast Tachiwaza such as Tai-otoshi, O-uchi-gari, Ko-uchi-gari and Seoi-nage. Whilst no slouch in Newawaza Dawn seems to have no particular favourite hold from which all others stem through Juji-gatame is an obvious preference as with all the British Squad.

Dawn fights this month in the 1983 British National Championships at Haden Hill Leisure Centre and a victory here will put her on the road to Gold in 1984.

1 - Dawn Netherwood, four times European Silver medallist. 2 - Mat edge support. 3 - Dawn in action at the World Championships. 4 and 5 - Dawn interviewed as a guest at the 'British Master's' Tournament.





# SO! - YOU THOUGHT YOU WERE SUPPLE

From...  
**ROY INMAN**

Some time ago I was coaching on the week-long *Guinness School of Sport* at Lilleshall with a group of young Midlands players, many of whom are now leading Internationals. On the same school was a group of gymnasts coached by the National Gymnastics Coach, John Atkinson and after watching them do their warm-up exercises I came to realise that in achieving suppleness and mobility there is a lot we can learn from the gymnasts.

I arranged with John for the Judo group to do the gymnasts mobility exercises and he was amazed at the total lack of suppleness in comparison to the gymnasts and quite rightly saw this as a fault and felt that more work should be done on achieving a greater range of mobility amongst Judo players.

In general, I agree that having a full range of body movement and suppleness is important. (I shall refer to this generalisation as "mobility") but I feel that specific mobility is more important from a coaching point of view. Quite often you hear Judo coaches say to players that they will be unable to do a particular throw well because they are not supple enough.

This probably means that they are not mobile enough to get into a particular mechanical position to achieve all the points needed to score successfully. Take rear foot throws as an example.

The mobility of the lower half of the body is most important so if you wanted to include Ko-uchigari in your repertoire you should first get your coach to work out the mechanics of the movement and then as part of the learning process include the specific mobility exercises for that technique.

Exercise of the joints, muscles and ligaments which will be used to achieve a specific movement will obviously help in coaching of the technique and specific exercises can be linked into the throwing movement.

Coaches should try and get their players into the best position (mechanically) to achieve an Ippon score. Coaches should not accept a 'second-best' position just because his player is lacking in mobility.

Judo players do not need the mobility of a gymnast, though it would do no harm. It is not just enough to have mobility only for the particular throw(s) that you



favour you need general mobility for Newaza movements and escapes and from avoidance and twists and turns out of throws. A good example of this is the simple leg/groin mobility you need to lift a leg over an Uchimata attack.

The pictures shown feature some young gymnasts going through the least difficult of their mobility exercises, some as solo disciplines some with gentle yet persuasive assistance. If you are going to attempt them, do so gradually, achieving a greater range of movement with each session. **DO NOT** force movement and wherever possible do not work without supervision. For the Coaches, most schools have a gymnastics coach who would probably help you with mobility classes...see what you can learn from them.

● **Editor's Note...** Having worked with Roy at Lilleshall and knowing he was preparing this piece I have tried to link the **Action File** on the following two pages to this theme of suppleness and mobility amongst leading International players. Look at the pictures and decide if your players have similar ranges of movement, or if mobility work would be worthwhile and interesting.

I know one club coach who has been doing the same warm-up sequence of exercises at the beginning of his club session for at least ten years which are now treated as a joke and are, of consequence, quite useless.

Mobility exercises led by an experienced gymnastics coach, adjusted to Judo requirements could be a lot of fun and a worthwhile change on occasions. Those of you that attended the **Master's Tournament** will have marvelled at the fluidity and range of body movement of the young dance group. What can you learn from this?







# ACTION FILE

## TECHNIQUES FOR THE COMPETITOR

Continuing the theme of 'mobility' from Roy Inman's article, **ACTION FILE** shows a number of pictures which clearly demonstrate an extraordinary degree of agility, suppleness or mobility, which ever description you may wish to use, which has led to successful throws, avoidances or counters in actual International competition.

Britain's most famous Judo players, Brian Jacks and Neil Adams, both have a certain gymnastic expertise which is a considerable asset and increases their skill levels. Brian used to be spoken of as being difficult to throw because he was so agile, (as if in criticism) and his ability to twist and land on his feet or knees and hands became reknown and created new styles of play. Neil is similarly equipped.

The first sequence of four pictures from the Tourni de Paris show a remarkable attack and avoidance followed by a counter attack which was again successfully avoided with the Japanese player twisting to land on his feet. When you realise that this sequence was taken in something less than a second then the speed and mobility of the players becomes evident.

The Newaza picture shows the tremendous range of movement children have naturally which is enhanced by regular practise and can be extended into adult life with regular suppling exercises.







Photos 1 and 2—Loretta Doyle in action. A very supple and agile competitor. 3 and 4—Good examples of the wide leg split currently favoured in Tai-O-Toshi. 5—A fine example of mobility, required for and to avoid Uchimata. 6—An agile escape from Kataguruma. 7—A good example of mobility from both attacker and defender. 8—Children are naturally supple—some Newaza positions are incredible to most adults. 9 and 10—Karen Briggs and Marie Collignon showing great agility in the executing and avoidance of Tomoenage.





# ROUND & ABOUT

## Competition Reports, News and Judo Information

### NCR TO SPONSOR BRITISH OLYMPIC TEAMS...

Major computer manufacturers, **NCR Limited**, will be helping to raise the £1.5 million needed to send the British team to next year's Olympic Games.

The Chairman and Managing Director of **NCR Limited**, Mr Fred Newall, handed over the completed sponsorship agreement to Charles Palmer, M.B.E., Vice-Chairman of the British Olympic Association, at a press preview at the *Micro Trade Computer Exhibition*, Barbican, London, on 6th/8th July.

**NCR** are backing their recent entry into the personal computer market with a dealer competition offering expenses-paid trips to see next February's winter Olympics in Yugoslavia, and a similar scheme to the Olympic Games in Los Angeles for dealers and customers.

Our photograph (right) shows Charles Palmer, M.B.E., Vice-Chairman, British Olympic Association; Densign White, British Masters Judo Champion; Steve Nolan, ABA Lightweight Champion; Colin McIver, British Olympic Judo Team Manager and Mike Couzens, Manager of **NCR's** newly set up Independent Marketing Division.

\*\*\*\*\*

### EASTERN AREA NEWS

#### • Great Yeldham Judo Club...

**A report on the trip to the Dutch Club Sportschool Hara of Heinkenszand over the weekend 20th/23rd May.**

We travelled out from Sheerness to Vlissingen on the very well appointed Dutch *Olau* line ferry, taking with us the coach we had hired and were to use while over there. We were received most hospitably by our Dutch hosts and were billeted with the families of the club members. Our party consisted of a total of 38 which included juniors, a few teenage Kyu grades and some parents to act as chaperons.

The weekend consisted of a mass practice and randori session in their Dojo on the Saturday morning, a sightseeing and shopping trip in the town of Middleburgh in the afternoon, and finished off with a disco in the their Dojo during the evening. Sunday morning saw the two clubs in a straight knock-out match which, I am pleased to report, the Great Yeldham club won by 21 contests to 15 and 180 points to 140.

Trophies and pennants were given and received and many friendships were made which will be cemented further when the Dutch club visits us in October this year.

The crossing in both directions was fortunately smooth and, because of our success, we came home on a deservedly high note and look forward to the second leg later in the year.

#### • Haverhill Judo Club...

**On Spring Bank Holiday weekend we were hosts to Judo Club Dukenburg from Nijmegen, Holland, whom we first visited ourselves two years ago.**

The party of 31, aged nine years and upwards, arrived at the Sports Centre on the Friday evening, where they were introduced to the families who were accommodating them. For some it was the renewal of friendships previously made.

On Saturday, in spite of it being a cold, wet day, they travelled to London for a sightseeing tour which was enjoyed by all, especially as for some it was their first visit.

Sunday was a day of Judo. In the morning a training session with the Dutch coach Joop



Hellegers, 3rd Dan, which was a treat for all who took part. Joop, who is 31, was a member of the Dutch National Team for five years and in that time represented Holland in the World Championships. He has won the Dutch open once and has also been second and third, as well as being Dutch Forces Champion. He spent some time in Japan where he trained at the Kodakan. At the present time he has two National Champions in the club, but they were not in the party visiting us.

In the afternoon a friendly tournament between Haverhill, Ipswich and Dukenburg ended with a win for Haverhill, with Ipswich close behind and Dukenburg third. Our Dutch friends blamed their loss on having been overfed. This was a tactic we had learnt from our visit to them!

Monday, the day having been spent with their host families, ended with a grand knees-up at the Sports Centre, which was enjoyed by all. Next morning we said our sad farewells with the hope that we shall all meet again soon. It was a most enjoyable weekend and a pleasure to see the youngsters together with their common bond — Judo.

#### • Junior Squad Training...

**The September session will be held at Haverhill Sports Centre on Sunday 18th September at 10-00 am.**

Taking the session will be Dave Barnard, 5th Dan, former British International, current Chairman of the London Area, London Team Manager and Manager of Renshuden.

\*\*\*\*\*

### START NUMBERS...

**Some of you might have been curious about the Start Numbers worn by the players in the British Master's Tournament held at Aston Villa Leisure Centre last month.**

The numbers obviously carried advertising, that of *SavaCentre* and was displayed on the player's judogi and consequently I have been asked if this

was not in contravention of amateur status rules.

Whilst it is true that players may not carry or feature in any form advertising in which they use their prestige in sport to gain from the activity, it is also true that Governing bodies may enter into agreements for sponsorship which may involve some of their leading players. Start Numbers are one area which National associations can take the opportunity to achieve some sponsorship income and naturally if the event is televised, the value of such numbers, which are always 'in camera' is much improved.

*SavaCentre* is an affiliation of *Sainsburys* and *British Home Stores* to produce a high quality hyper-market one of which has been successfully sited in the West and the Mike Ellis, enough to event through of the Start type operation has been successful at Oldbury Midlands Manager, was kind support the the medium Numbers.





**The Professional Wrestling Ring is proving an increasingly happy hunting ground for a number of prominent former Judo players and the major British presenters, Dale Martin Promotions are hopeful of recruiting fresh talent in the future.**

Switching to Wrestling is nothing new and among the first Judo men to make an impression were Continental greats Anton Geesink and Willem Ruska. Nearer home, Warwick's Chris Adams—elder brother of European Champion Neil Adams—took the plunge in 1978 after taking National Junior honours and National Senior Bronze and Silver medals.

Today he travels the wrestling world from a base in Los Angeles and is much in demand for regular action in wrestling's current boom country, Japan. Last year Adams was joined in the United States by Birmingham's former Olympic Squad member, Les Hudspith, who campaigns professionally as 'Ringo' Rigby.

After a year on the other side of the Atlantic, Hudspith is now concentrating on home action and recently lost only in the Final of a tournament to settle the vacant British Light Heavyweight Championship.

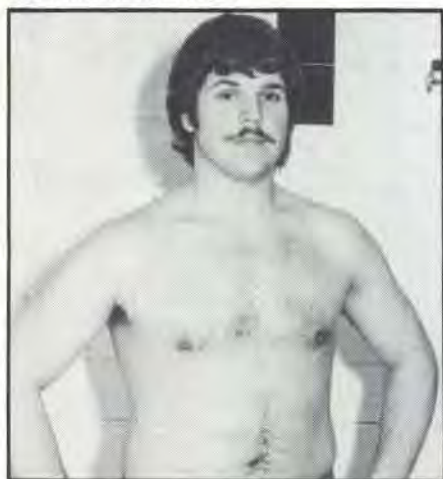
Another Midlander doing well is Cannock's Ian Stenner who wrestles as Pat Patton and is a regular tag team partner of flamboyant super-heavyweight personality 'Big Daddy' (Shirley Crabtree).

A more recent wrestling convert is Dave Lawrence, the Nottingham-based British International Judo Squad member from the 1970's, who was part of the Brian Jacks team that ended a 20-year lean spell by winning the European Championship.

Also from Nottingham's Ryecroft Club is heavyweight prospect John Brooks who switched to wrestling after gaining Great Britain Junior representative honours and was recently named by ITV's 'World of Sport' as wrestling's most promising newcomer of 1982.



Above: CHRIS ADAMS  
Below, far left: JOHNNY BROOKS  
Below, centre: IAN STENNER (alias Pat Patton)  
Below, right: LES HUDSPITH (alias 'Ringo' Rigby)  
Bottom right: DAVE LAWRENCE



Shaven-headed Phil Johnson from Leabrooks in Derbyshire has also made a big impression in televised wrestling after many years as a regular competitor in Derbyshire and Sheffield Area Judo events.

Although not enormous, the financial rewards from wrestling are not to be sneezed at and can prove a worthwhile part-time sideline. Obviously bigger money is available in the Continental tournaments which tend to be heavyweight dominated, and also in North America and Japan, where the heavier boys rule the roost.

Last words from the man who is constantly searching for fresh wrestling talent, Max Crabtree, matchmaker and director of *Dale Martin Promotions*, the exclusive presenters of televised bouts: "A lot of lads find the transition from Judo to Professional Wrestling an easy hurdle to surmount and I am always interested in hearing from Judo players who want a fresh challenge in a different sphere of competition."

Any recently retired Judo players who will have no desire to return to the Sport in the future who might be interested in wrestling can be helped to get in touch with Max Crabtree to learn more about it, by *JUDO Magazine*. Just write to the Editor. You can not wrestle professionally and continue to play Judo as an amateur.







## MASTER'S TOURNAMENT

I could only attend your Multi-Nations at Aston Villa on the Sunday, but I really enjoyed the day's Judo. An event like that deserves every success and I think praise is due to you for taking the gamble in the first place. To me Sunday proved that if the International Judo is there, then there will be the spectators. Best wishes for the future.

NEVILLE DEVINE — Eastern Area

May I congratulate you on the Master's Tournament. I hope it was sufficiently successful for it to become an annual event. My wife, who knew little about Judo found Saturday's events very entertaining, to an extent that I may have seen my last tournament with 'the lads'. I am sorry to say that my work got in the way of our being at the Sunday contests.

RAY BLAND — Derby

Congratulations for a job well done. Had a marvellous time at the Master's Tournament.

D. ANDREW — Aberdeenshire

I would like to congratulate you all on a very friendly, unofficial but well run tournament. You all seem to share my views on what Judo and the service to it should be. Regards and thanks all round.

KEN KINGSBURY — BJA Medical Adviser

Thanks for a very well organised event and stay in Birmingham. Best wishes from the Swedish Judo Team.

DICK JOHANSON — Team Manager

A few lines to congratulate Frank Smith and his colleagues on the organisation and presentation of the Multi-Nations Tournament at Aston Villa Leisure Centre on 2nd/3rd July.

It was about time that an event of this nature was staged and the way in which it was handled does credit to all concerned. A nice change was to know who was 'Gripping-up' with whom and where he came from, what weight category it was and who won...as it was happening.

It was an excellent venue and it was a refreshing change to see a major event held somewhere other than Crystal Palace.

Let's do another Multi-Nations Frank, or another event at International level (perhaps a World Championships) at some time in the future. Perhaps the French, Russians, Cubans and others will come when they find out how well we can organise things.

It would be very sad for Judo, if this event, the first one of its kind, was also the last.

MIKE HATCH — Pershore Judo Club

As one of the 'Package Deal' customers a word of thanks for the Master's Tournament and all the organisation that went into it. I loved every minute. The officials were helpful and friendly, the hotel was great (as was the food) and the transport was efficient. Well worth the money...book me in for the next one.

R. PRITCHETT — London

\*\*\*\*\*

## SEEDING

Whilst agreeing generally with John Beard's report on the BJA AGM, I would argue that the proposal for 'Seeding' got overwhelming support and was approved though only as a generalised proposal.

Also the re-introduction of an Under-16 National Championship was approved as was the introduction of a 16-18 National event as from 1984 which was part and parcel of the Pinewood Judo Club proposal.

D. J. BUTLER — Bracknell, Berks

## B.A.S.R.A.B

At a recent meeting of the British Association for Sport and Recreational Activities of the Blind a Sub-Committee was formed whose purpose is to assess the Judo scene amongst the visually handicapped nationwide.

B.A.S.R.A.B. feel that the first step in this direction is the bringing together of existing Judo players for individual and team events in general and the forthcoming International Games for the Disabled in particular.

To this end we wish to enlist the co-operation of all Area Coaches in the hope that they will send details of any such Judo players in their Area, whether presently active or not. It would also be of enormous help if Judo Coaches or other interested persons would kindly let me know if they would be willing to assist in any way.

In helping to compile this 'Whose Where' concerning Judo for the blind please bear in mind that we would like to hear of any activity what so ever regarding Judo classes, beginners or otherwise, no matter what the present Judo grade of those participating.

The Disabled Games are to be held in Los Angeles in June 1984.

NEVILLE DEVINE — 1st Dan (B.A.S.R.A.B.)  
Tanglewood, Field Walk, Mildenhall, Suffolk  
(Tel: Mildenhall 715187)

\*\*\*\*\*

## JUNIOR JUDO

Once again I must agree with Mr Ryan and M. Clarke on their articles in the June edition of JUDO.

I too feel that something must be done to improve Junior Coaching. We are getting far too many (have suit will travel Juniors). Some I know travel hundreds of miles at weekends, Saturday one place, Sunday another, just to take part in small competitions. How these parents and Coaches can put these children through this Mental and Physical stress, without any knowledge of the damage that can be done to a child's mind, I do not know. I feel ashamed to be part of Judo when I hear Parents and Coaches screaming out to children what to do, when it is so obvious that they are not Physically, Mentally or Skilfully capable to achieve this, then when they lose, they retire from the mat crying.

I have attended small junior competitions all around the United Kingdom where up to 15 children have received knocks, etc, some have even been taken to hospital. Sprays, Massage, Pulling, Pushing, etc, have been used by unqualified people. None ever thinks of the long term effects on these children, their bodies are just not capable of repeatedly taking all these injuries.

As Mr Ryan quoted, I too feel we must look at Junior Judo until they reach 14 or 15 years.

Since starting Coaching in 1962 under Mr G. Gleeson, I have noticed how few of these (medal crazy children) ever reach the top, having been in the National and Area Squads. This I feel is because their skills in competitive Judo are OK for children, but no good whatsoever for Senior high standard Judo. Just look at Coaching of Juniors, any one can start a Club, no Coaching or Teaching qualifications, no Knowledge of the Mental and Physical changes as a child develops. This is why I feel that Junior Judo is lacking in skilful techniques. Most competitions I have visited, medals are nearly always won by knock downs and a bit of ground work. Most Juniors seem to have very little variety on the ground, yet this type of Judo is what most of the Parents and Coaches watching seem to scream for. If we were to bring back 7's and 10's only for Juniors, I am sure this would improve their skills, thus making them train harder to learn their throws, groundwork, etc.

Before you start shouting (the next time you watch a Junior competition) notice their postures, mat movements, attacking movements, body movements, grips, use of head, waste of energy. Notice the same things on the ground, then go along to a Senior competition and notice the top competitive Men and Women. It is no good waiting until they are 16 years old, they must be Coached in all these basic items from the start. Without a

good base to build on, they just do not make it after 16 years.

I too would like to see a better Grading System for Juniors, then at 16 years, they would be graded to the standard of skill, etc, that they have obtained. There should be no tie up between Junior and Senior Gradings.

What worries me most is the standard of some of the small competitions, where all standards and ages of Juniors are allowed to fight each other. This is how the (have suit will travel PARENTS) get their children to fight and win medals. Very few people in Judo worry about the long term effect that all the knocks, bumps, etc, have on our young future fighters, but as a Physiotherapist and Chiropodist, who specialises in Sports Injuries it really worries me, some of the things I see. 'How will this Mental and Physical Stress effect our Juniors future lives?'

Surely the powers that be should check some of these small buildings, rooms, etc, used for competitions, i.e.: mats too small, wooden frames, no safety areas, mats up to walls, stages, etc, spectators just off the edge of mats, official table at side of mat. Food and smoking in the same room as mats. Juniors tearing around all day from morning until night. Swearing, Rowing, Shouting amongst the Parents and Coaches.

These small events to me are what is wrong with Judo. Talking to Senior First Aid Officers after a bad accident their remarks were: 'This is not a sport for children.' 'WHY?' 'What has happened to our Junior Judo?' It seems that these medal crazy Parents and Coaches want their children to win at all costs, and they are spoiling Judo for all those young ones who want to take part and enjoy their sport. 'What other Country allows so many small club competitions, where children travel hundreds of miles at weekends to fight?'

To finish I say, having been to Japan and Coached in quite a few other countries, it is about time we really listened to people like Mr Ryan and Mr R. Inman. We must bring back more Skill and Technique training, that means taking a good look at all Junior Coaching and Coaches.

To repeat Mr Simon Hicks remarks... 'It is funny how the number of Senior Coaches, etc, refused to listen to Mr G. Gleeson's prophesies regarding throws, groundwork, etc, even Kata's, yet what do we see today, his ideas being used 15 to 20 years after, by the same people who always seem to turn down new ideas, but use them years after, changing the pattern a little and calling them their own. There is nothing worse than these Coaches who are led along, and agree with all that the powers that be want and say. Let us get more of Mr G. Gleeson's ideas on Coaching and Coaches. A Coach's job is to think for himself, try new ideas, get a two-way flow of information from all he Coaches, listen, learn and experiment, find out 'why,' 'who,' 'where,' 'what for.'

Just think how the world and sport has changed and advanced since 'Kano' times, 'Why has Judo not kept up?'

FRANK J. E. FARENDEN, B.E.M., M.B.Ch.A.  
County Coach

\*\*\*\*\*

## THE MERSEYSIDE OPEN FOR MEN AND WOMEN 1983

I would be obliged if you would print the following amendment to the Categories of the above event.

By special request the Events Committee has decided to add to the Women's Categories a Veteran's Event if sufficient interest is shown. It will be Over 30 years and Open Weight, Open Grade.

PETER HAUNCH — Organiser

## WANTED

Judo players and men with good muscular physiques wanted by freelance photographer to pose for classic/sports-style portraits. Informal session by arrangement July-September (London Area). If you have a good athletic frame and can relax in front of the camera, please ring David (after 9-30pm) on 01-640 8105.



# THE BRITISH JUDO ASSOCIATION

## MIDLAND AREA BOYS AND GIRLS ELIMINATION CHAMPIONSHIPS

**Venue...Haden Hill Leisure Centre**  
**Barrs Road, Cradley Heath, Warley, West Midlands**  
**Date...Saturday 17th and Sunday 18th September 1983**

This is the qualifying Championships for Boys and Girls who will still be under 18 years on the 31st December 1983. All medal winners will receive authority to enter the Nationals at Crystal Palace in November. All Competitors must produce a valid British Judo Association Licence or be fined the full cost of a licence (so check now and be sure — no excuses will be accepted). Armlocks and strangles will be permitted over 50 kilos for Boys and over 40 kilos for Girls. **Club Coaches are asked to send only their best players.** Mat fee: £2.50. Entries to be received by Tuesday 13th September — entries received after that date will be returned.

### ENTRY FORM

#### SATURDAY EVENTS

#### SUNDAY EVENTS

1 — Boys over 34 kilos up to 37 kilos

1 — Girls under 30 kilos

2 — Boys over 37 kilos up to 41 kilos

2 — Girls over 30 kilos up to 33 kilos

3 — Boys over 41 kilos up to 45 kilos

3 — Girls over 33 kilos up to 36 kilos

4 — Boys over 45 kilos up to 50 kilos

4 — Girls over 36 kilos up to 40 kilos

5 — Boys over 50 kilos up to 55 kilos

5 — Girls over 40 kilos up to 44 kilos

6 — Boys over 55 kilos up to 60 kilos

6 — Girls over 44 kilos up to 48 kilos

7 — Boys over 60 kilos up to 65 kilos

7 — Girls over 48 kilos up to 52 kilos

8 — Boys over 65 kilos up to 71 kilos

8 — Girls over 52 kilos up to 56 kilos

9 — Boys over 71 kilos

9 — Girls over 56 kilos up to 60 kilos

10 — Girls over 60 kilos

#### Booking-in and Weighing-in times...

● **Saturday** — Events 1 to 4: 9-00am to 9-30am  
 Events 5 to 9: 10-00am to 10-30am

● **Sunday** — Events 1 to 5: 9-00am to 9-30am  
 Events 6 to 10: 10-00am to 10-30am  
 Events 11 and 12: 12 noon to 12-30pm

★ **ONLY ONE ATTEMPT AT WEIGHING-IN** ★

11 — Boys under 31 kilos

12 — Boys under 31 kilos up to 34 kilos

**CLUB** \_\_\_\_\_


● **Return completed Entry Forms to...Rowland Lee, 7 Ash Grove, Wem, Shropshire SY4 5RW**



# MATSURU®



The official suppliers to the British Judo  
Association Olympic and National Squads

 **judo**