

JUDO

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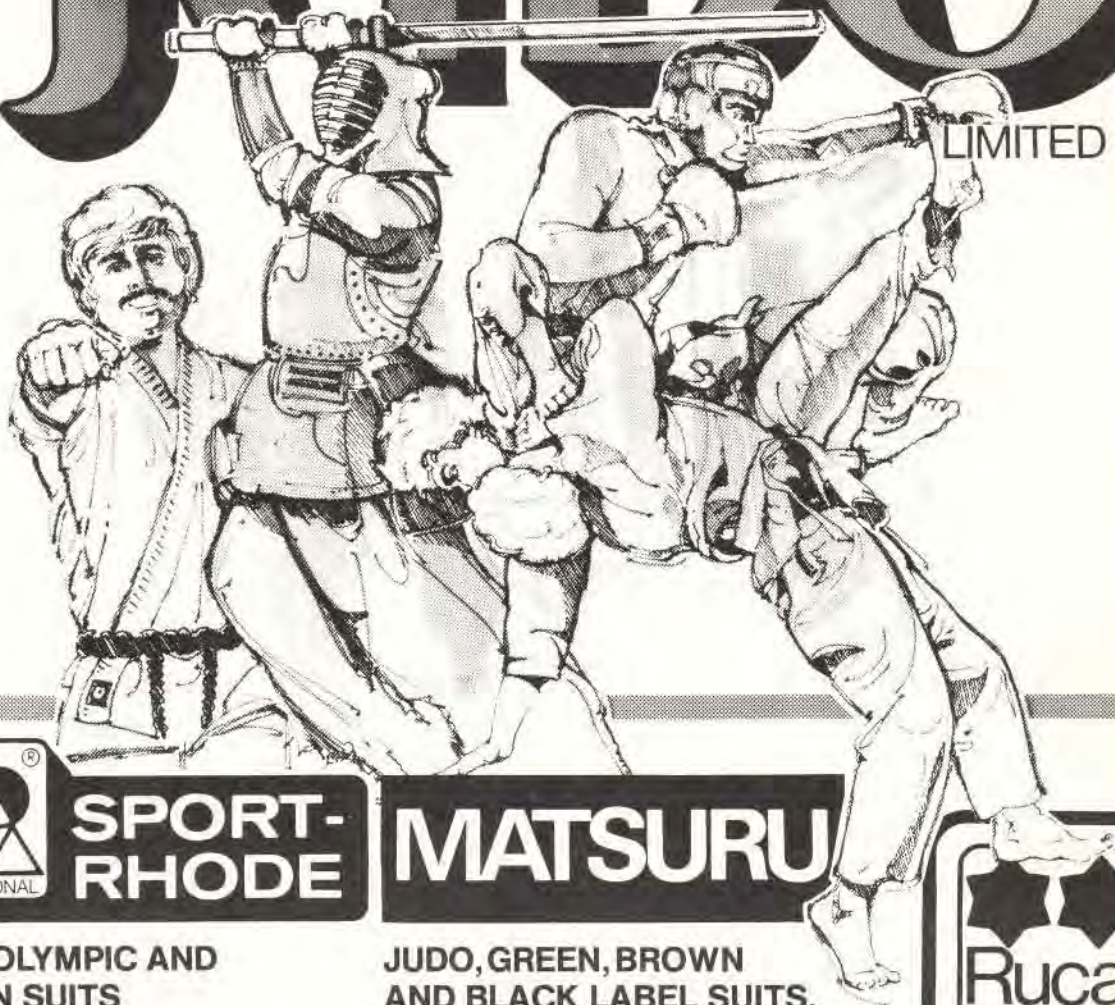
In this issue...

UK AREA TEAM CHAMPIONSHIP FOR GIRLS

WATANABE: MASTER TECHNICIAN

TONY MACCONNELL—UCHIKOMI

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JUDO

Editorial



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JUDO

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• COVER PICTURE •

Hitoshi Saito (Japan) attacks Pufahl (GDR) with Eri Seoi-nage during the early rounds of the 1981 Paris Multi-Nation Tournament.

Photo: Colin McIver.

This month things have been rather quiet on the competition scene. The main event has been the United Kingdom Area Team Event for Girls and a report is included in this issue. This event I hope will become a permanent feature on the National Competition Calendar as there is a distinct lack of events for this section of judo players. The Midland Area are to be congratulated for introducing this event and the United Kingdom Area Team Event for Boys held earlier this year. Regardless of how successful these events have been the Midland Area deserve recognition for their efforts to promote judo not just in the Midlands but on a National level.

Anyone who practised in the London clubs in the early and middle sixties will know the name Kisaburo Watanabe. Anyone who was fortunate enough to have practised with him will certainly not have forgotten his famous Tai-otoshi. He was certainly one of the most skilful players of that time and I would say he is the most skilful that I have met. Many of the British players of that period modelled their judo on Mr Watanabe, both Brian Jacks and Angelo Paris have admitted to being much influenced by this superb technician. In this issue we feature Mr Watanabe's special techniques and he gives his thoughts on the current style of judo.

Armlocks and Strangles for Juniors

According to Frank Smith's column—Frankly—in the last issue. It seems the only way you can influence the decision on whether to implement the use of armlocks and strangles for all ages of junior players, is to write to the Management Committee. This I urge you to do, without delay. They claim to be a democratic group and will listen to the views of the membership. As I have already said I am totally against this rule for many reasons. There are many questions that have to be answered: Should we in fact follow the practise in foreign countries? Are injuries always reported? Who keeps count? Is there not a danger outside judo (in the school playground for example)?

Perhaps not so important but I have heard that the anti-boxing (schools) lobby have recently attacked amateur wrestling as a brutal and degrading activity. One unfortunate accident could ruin years of development. I am accused by Frank Smith—in last month's Frankly of not having applied much logic on this matter but I believe that it is the Management Committee who have approached the matter in an illogical way. Why should they disregard the advice of the medical experts, Dr Kingsbury and Dr Elliott, and the Competitions Sub-Committee? Have the other Sub-Committees, Referees and Training, discussed the matter?

I repeat if you have views on this subject, either for or against please write to the Management Committee—now!

Colin McIver...Editor

Diary of Events

National and International Events

Saturday 6th March 1982

BSJA Inter Area—National Team Championships for Girls—Colwyn Bay

Saturday 6th—Sunday 7th March 1982

Hungaria Club—Senior Men

Saturday 13th March 1982

Welsh Senior Championships—Welsh Under 18's Open—Cardiff

Saturday 13th—Sunday 14th March 1982

Senior European Championships for Women—Oslo, Norway

Saturday 27th March 1982

The 1982 National Team Championships for Men—Sponsored by *Judo Limited*
Haden Hill Leisure Centre, Barrs Road, Cradley Heath, Warley—9-30am
Details from: Roland Lee, 7 Ash Grove, Wem, Shropshire.

Area and Major Events

Saturday 13th—Sunday 14th March 1982

Third Channel Island Open Championships—Fort Regent, Jersey

Sunday 14th March 1982

South Lancashire Under 18 Boys Championships—Stretford

Sunday 14th March 1982

Joe Fonter Under-18 Championships—Stretford

Area Gradings

Sunday 21st February 1982

Boys all Grades—Ivanhoe—9-30am

Sunday 28th February 1982

Girls Beginners to 9th Mon—Chapelhouse—9-30am

Sunday 28th February 1982

Mens Kyu Grades—Northampton—9-30am

Sunday 7th March 1982

Men Kyu Grades—Bicton J.C.—9-30am

Sunday 7th March 1982

Boys 1st to 3rd Mon—Grimsby—10-30am

Sunday 7th March 1982
Boys 4th to 6th Mon—Grimsby—11-30am

Sunday 7th March 1982

Boys 7th and Above—Grimsby—12-30pm

Sunday 7th March 1982

Men Kyu Grades—Boston—1-00pm

Sunday 7th March 1982

Men Kyu Grades—Pershore—9-30am

Sunday 7th March 1982

Women Kyu Grades—Pershore—11-00am

Sunday 21st March 1982

Boys all Grades—Wellingborough—9-30am

Sunday 21st March 1982

Girls Beginner to 9th Mon—Ivanhoe—9-30am

Sunday 21st March 1982

Boys all Grades—Perdiswell J.C.—9-30am

Sunday 28th March 1982

Boys Beginner to 1st Mon—Derby J.C.—9-30am

Sunday 28th March 1982

Boys 2nd and 3rd Mon—Derby J.C.—12-30pm

Sunday 28th March 1982

Boys all Grades—Sankey J.C.—9-30am

Others

Sunday 21st March 1982

North West Annual General Meeting

Sunday 21st March 1982

North West Centre of Excellence—Stretford

Sunday 28th March 1982

Mon Grade Promotion Examination—Kirby S.C., Liverpool

Areas and Clubs wishing to have their events published in 'Judo' should see that details are sent to the editor at least two months prior to the advertised date.



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THE 1982 U.K. AREA TEAM



CHAMPIONSHIPS-GIRLS

The Midland Area's brave attempt to launch the U.K. Team Championships for Boys and Girls was concluded on 19th December with the Girls Team Event which, despite the weather and administrative problems, proved to be a successful event.

An entry of 14 teams (of which 12 turned up) guaranteed the future of the events at least for 1982 as the BJA have now adopted them as the National Team Championships (Under-18's) with the Northern Home Counties acting as hosts.

As with the boy's event, the seeding was based on the number of medal winners in the National Individual Championships which had the Southern Area topping the table with the Midlands second and the North West and Northern Area equal third. So, these four headed the Pools with other teams going into a draw which produced some interesting Pools.

Undoubtedly Pool Three was the toughest with the Midlands, N.H.C. 'A' and Scotland fighting for a place in the quarter-finals, whilst the South seemed much better placed with Wales 'B' and North West 'B' in Pool One.

POOLS—

| Pool 1 | Pool 2 | Pool 3 | Pool 4 |
|----------------|----------------|--------------|--------------|
| South 'A' | North West 'A' | Midlands 'A' | North 'A' |
| Wales 'B' | N.H.C. 'B' | Scotland 'A' | Midlands 'B' |
| North West 'B' | Wales 'A' | N.H.C. 'A' | South 'B' |

In Pool 1, the Southern Area overwhelmed Wales 'B' ten-nil and then beat the North West (B) 6-1 to comfortably head the Pool with the North West second team taking second place. The N.H.C. 'B' turned the tables by edging the North West 'A' team out of first place in Pool 2 four wins to three and Wales 'A' who also lost to the North West 9-2.

As expected it was a tough battle in Pool 3 with the Midlands beating Scotland just on a 10 point difference with wins being equal but then lost to the N.H.C. 'A' in a tremendous match by just 4 points with the contest wins once again being equal. The N.H.C. then established the only contest win of the Pool by beating Scotland 5-4 though on this occasion the points scored were equal! This put the N.H.C. into first place with the Midlands second and Scotland unfortunately eliminated.

The North 'A' team easily topped Pool 4 with the Southern Area 'B' team in second place and so completed the quarter-final placings.

In the quarter-finals the South 'A', N.H.C. 'A', N.W. 'A' and N.H.C. 'B', won through into the semi-final places where the N.H.C. teams met each other though at this stage, both of them were sure of a medal. The 'A' Team achieved a 5-4 win in a spirited contest whilst a 6-5 margin gave the South the other final place to the exclusion of the North West 'A' team though in a 'see-saw' match the result was in doubt right until the last contest.

There was a similar confrontation in the final with the Southern Area coming out on top 6-4 to take the U.K. title with the Silver medals going to the Northern Home Counties 'A' team.

It is always difficult to launch a 'National' competition and full credit must go, once again, to the Midlands Area for once again originating the format and undertaking the task of getting it started. Compliments also to the participating Areas for their help and for bringing referees which saved a great deal of money and helped in the financing of the Event.

As with the British National (Closed) Championships which grew from similar small beginnings into the biggest domestic senior judo tournament it seems inevitable that the National Under-18's Team Championships will provide a much needed representative opportunity for Area Teams and will become very popular.

Top: Southern Area Girls celebrate their Semi-Final victory.

Photo: Frank Smith.



THE U.K. 1982
AREA TEAM
CHAMPIONSHIPS
FOR GIRLS

HADEN HILL
LEISURE CENTRE
19th DECEMBER 1981



PHOTO PAGE
Photos: FRANK SMITH



KISABURO

WATANABE

MASTER TECHNICIAN

Kisaburo Watanabe was born in Niigata Prefecture which is situated about 150 miles north of Tokyo.

During his highly successful contest days he was hailed by many of his peers, on account of the unusual excellence of his technique, as the world's number one stylist. The precision of his technique and the fluent agility he displayed when executing his famous left- and right-side combination techniques is legendary.

It was not until he was seventeen years old that he first took an interest in judo and began his training. After finishing high school, he took and passed his entrance examinations for Chuo University in 1954.

Watanabe's early promotion through the judo grades was rapid, he was promoted from white-belt to 5th Dan in less than five years, thus at twenty-two years of age he became one of the world's youngest ever 5th Dan-grade holders.

In 1959, he finished third in the celebrated All Japan Championship. One of the few middleweights ever to reach the semi-finals in what many regard as the world's toughest

open-weight tournament.

The following year, when he was but twenty-four, he captured the Asian Games Judo crown. Thereupon, he decided to retire from competitive judo in order to accept an invitation to act as coach to the British Judo Association. On account of accepting this British Judo Association offer, he missed, unfortunately, the opportunity to compete for a place in Japan's 1964 Olympic Team. His junior at Chuo University, Isao Okano, was selected and Okano subsequently won the Gold medal in the middleweight category.

Upon completion of Watanabe's tenure of coaching in Britain, he was invited to coach judo exponents in several European countries. Since his return from Europe in 1967, he has been employed in the administration department at the Tokyo, Budokan, where he now holds a managerial position in the Public Relations and Development Section.

by BRIAN WATSON
4th DAN

Shortly after beginning my high school judo training, I found that my attacks were often futile against those opponents who adopted unorthodox styles.

Thus, I came to the conclusion that it would be advantageous for me to nurture a flexible style, flexible in the sense of one which would more easily enable me to use all the major contest throws to both sides, against opponents of varying styles.

In order to help achieve this competency, I tried to develop ambidexterity with my hands and my feet. Being naturally right handed and right footed, I determined to make a conscious effort use both my left hand and my left foot as much as possible during my judo training sessions. I even continued this practice outside the dojo; for example, I started to use my left hand when dialling the telephone, similarly, I began to

HOW I DEVELOPED MY THROWING TECHNIQUE

BY KISABURO WATANBE
7th DAN

hold the chopsticks in my left hand while eating, and so forth. Likewise, I decided to adopt a double-lapel grip which would further facilitate my throwing techniques to both sides. I proceeded with these training methods for some two years; thereafter, I found that I had developed an ability to use my left limbs with as much dexterity as my right. The manifestation of this dexterity was apparent to me by virtue of the relatively short period it took me to perfect my throwing techniques to both sides.

My training programme was conducted in the following manner: subsequent upon perfecting, say, Osotogari, I would next aim to achieve an equal level of skill in the execution of left Osotogari. Naturally, some left-side throws were easier to master than others, but generally speaking it took me from one to two year's effort before I was capable of performing my left-side throws to my own satisfaction.

At the start of this training programme, my right-side Waza were at about 3rd Dan standard, whereas my left-side techniques were at mere white-belt level. Consequently I was counter-thrown repeatedly for many months before I succeeded in elevating my left-side throwing techniques to the same level of efficiency as my right-side throws.

Thereafter, in contest, I discovered that I was better able to

utilise a greater number of chances to attack, particularly those attacks to the left-side, which could have been virtually impossible for me to have taken advantage of, up until that time. I used these opportunities not only for making direct attacks, but also especially for executing counter-throws and combination techniques.

If you adopt this training method, you will eventually find that the enhanced capability to seize effectively more chances to attack your opponent to either side is acquired as a direct result both of your 'ambidextrous' style and the improvement in your balance when you are either throwing or counter throwing, particularly while you are standing on one foot. This improvement in your balance forms the bedrock of your attacking and throwing action: imperfect balance always has a debilitating effect, both on standing techniques and on groundwork skills.

Finally, a word of criticism with regard to today's judo styles, there has been, I think, a decline in the level of throwing proficiency during the past decade; here I am referring specifically to many present-day contestants' utter lack of expertise in effecting combination techniques. I think coaches should intensify their efforts to devise at least one combination technique to suit each trainee's particular style.

If there is a general improvement in this area of technical skill training, in all likelihood this will not only do much to suppress the recent resentment being expressed with regard to today's ubiquitous ankle-grabbing techniques. Simultaneously it will help to provide much more spectacular action in contests. Moreover, such a resurgence of skilful dynamic throws will help to revitalise judo's innate spectator appeal.

After all, are not such techniques the very essence of judo?

LEFT SEOIOTOSHI – RIGHT UCHIMATA COMBINATION

This combination is one of my favourite Renraku-waza.

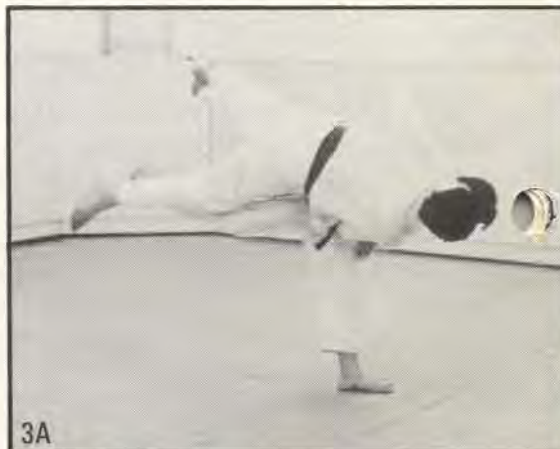
Photo 1-3. Before attacking with my left side Seoiotoshi, I take a strong grip of both my opponent's left lapel, and a part of his left upper sleeve, with my right hand. My left hand holds only my opponent's right lapel, in a somewhat loose grip.

In an attempt to confuse my opponent, I step over with my right foot to a position just in front of his right foot, then I raise my left leg and spin into a left-Seoiotoshi position in order to throw him.

If, however, my opponent resists to the front by stepping forward with his right foot, I then attack with an orthodox right-Uchimata.



Translated from
Japanese by
BRIAN N. WATSON
(4th Dan)
SAN SHU BUILDING
KOISHIKAWA 5-5-6
BUNKYO – KU
TOKYO 112



Photos 2A-3A. My initial leg movement is similar to my entrance for Seoiotoshi; but I enter by stepping over with my left foot to a position close to the inside of my opponent's left foot, and then I spin into the attack with a light hopping motion.

Oсотogari... Photo A. Before unleashing an attack, I endeavour to obtain a firm grip to my opponent's right lapel with my left hand, while at the same time ensuring that my left arm is in a higher position than his right arm. Notice that I grasp most of the material from close to my opponent's arm-pit to the edge of his sleeve. With my right hand I grip his left lapel, holding it about three inches below his chin. This particular right-hand grip enables me to control my opponent's head position.

Photos B and C. I bring my right foot close to my left foot, and then rise on to my toes. From this position both my step-in with my left foot and my sweeping through motion with my right leg are given maximum momentum. Note that the toes of my left foot point slightly in the direction of my opponent.

Photo D. At this stage of the attack, I glance both at my opponent's chest and at his head position to ensure that I have him in a sufficiently vulnerable position. This is important, for if my opponent has managed to work his head free and bow it forward, my attack may have to be modified. Next, I bring my right leg past his right leg; while simultaneously brushing the mat with the lowest part of my right instep.

Photo E. The final throwing action is performed with my hips driving forward and my weight firmly balanced on the ball and toes of my left foot. Notice here how my left foot position has changed slightly, occasioned by the driving through motion of my right leg. Now the toes are pointing directly forward before the final reaping motion which completes the throw.

This style of Osotogari, if done correctly, enables one to maintain perfect balance throughout the complete sequence of movements.

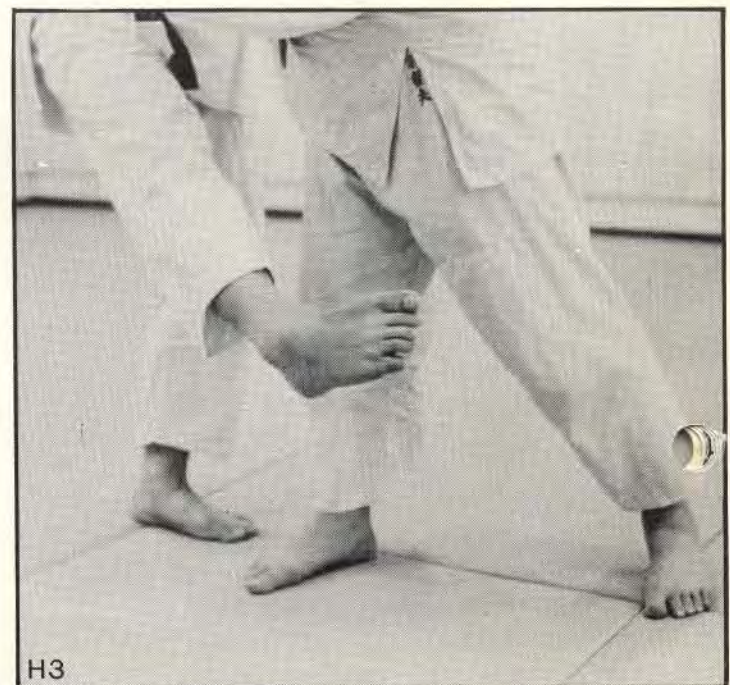
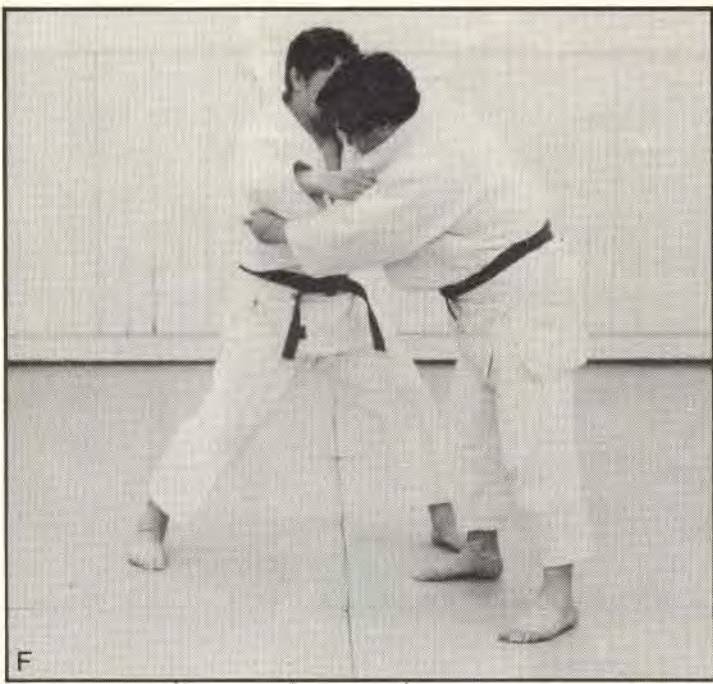
Osotogari-Hizaguruma Combination. When I wish to execute Hizaguruma, I try to obtain a grip with my left hand on my opponent's right lapel from under his right elbow. With my right hand I grasp the material spanning the complete width from the arm-pit of my opponent's left sleeve to the edge of his lapel.

Photos F and F1. My step-in is more or less the same as that for Osotogari, but notice that my arm movements are different. With this entry I try to deceive my opponent into thinking that I am attacking with Osotogari. Therefore, if he resists in a forward direction, I push his right elbow upwards with my left arm, as can be seen in *photos G and G2.*

With my right hand I pull him forward and then pull him in a downward direction. His upper body is simultaneously turned and his balance broken.

Notice that my right foot does not touch my opponent's left knee, but is placed about four inches away from it. Only if my opponent tries to regain his balance by stepping forward, will his left knee come into contact with my right foot by my preventing him from doing so.





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THE NORTHER IRELAND JUDO FEDERATION

PROGRAMME OF EVENTS... FEBRUARY—DECEMBER 1982

FEBRUARY

6 All Ireland Championships. Venue to be confirmed
13 N.I. Association Boys Clubs Champs. Hammer Youth Club
20 N.I. Schools Maysfield
20 University Championships. Galway
28 Senior Squads. Antrim Forum

MARCH

6 Womens and Junior Squads. Maysfield
13 Mon P.E. Maysfield
20 N.I. Teams. Valley L.C.
21 Senior Squads. Antrim Forum
28 N.I.J.F. Annual General Meeting House of Sport

APRIL

3 Kyu/Dan P.E. Maysfield
10 Squads. Maysfield
16-18 Advanced Coaching Course
'Old Bushmills' School of Sport. New University of Ulster

MAY

1 *Multi-National Tournament. Venue to be confirmed

JUNE

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

JULY

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

SEPTEMBER

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

OCTOBER

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

NOVEMBER

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

DECEMBER

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

Details from: Northern Ireland Judo Federation, House of Sport
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Under 56kgs, Under 60kgs, Under 65kgs,
Under 71kgs, Under 78kgs, Under 86kgs,
Over 86kgs.

Weigh-in... Competitors may weigh-in either Saturday
evening **OR** Sunday morning.
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CLOSING DATE... MONDAY 22nd MARCH 1982

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NO TELEPHONED ENTRIES WILL BE ACCEPTED

TOP TECHNIQUE ASHIWAZA

by COLIN McIVER

photos: DAVID FINCH

This month we take a look at Ashiwaza, perhaps the most often attempted but least successful of all the throwing actions. In very simple terms the attacker fixes the top half of his opponent's body and simply sweeps his legs from under him. It's not so easy in practice however. Generally your opponent has to be moving at a fairly fast pace and surprise is of the utmost importance. Speed and timing are also vital factors and co-ordinating all those into the correct attacking movement requires some degree of experience.

In the initial stages of the attack the hands simply fix the opponent's upper body but later, after his legs have been 'knocked' away, they pull down and turn the opponent onto his back. Experience has shown me that if you are using your left leg to sweep it is better to have a collar grip with your left hand. (Most textbooks will advise you to take a sleeve grip with your left hand). Gripping is important so experiment and see what's best for you.

Senior European Champion Karl Heinz Lehmann provides us with a photographic example (I-V) of this type of throwing action. Lehmann in this instance has used the technique as a counter, but it works just as well as a direct attack. His opponent picked the wrong moment to attempt an attack, he failed to penetrate Lehmann's strong defence and was easily countered. You can see from the photo sequence that his opponent tried to get his hand down to minimise the score; this is one of the disadvantages of taking a collar as opposed to a sleeve grip.



BITS AND PIECES

MIDLANDS AREA CLUB LEAGUE

CLOSED TO MIDLAND AREA CLUBS

Commencing March 1982 you are invited to register your club for participation in the above League with the Organiser: A. BLYDE, 79 Somerfield Road, Bloxwich, WS3 2GE.

There will be five team categories and any club may register any number of teams. It is not necessary to enter all five categories, for instance, it will be in order to enter say one Boys team and two teams of young men.

Team Categories

- 1—Senior Mens Team of Seven—Over 16 years of age... One Dan Grade, One First Kyu, One Third Kyu, One Fifth Kyu and Three players Seventh Kyu or below.
- 2—Junior Boys Team of Ten—Under 16 years of age... Under 31 kilos, Under 34 kilos, Under 37 kilos, Under 41 kilos, Under 45 kilos, Under 50 kilos, Under 55 kilos, Under 60 kilos, Under 65 kilos, Over 65 kilos.
- 3—Junior Girls Team of Six—Under 16 years of age... Under 32 kilos, Under 36 kilos, Under 40 kilos, Under 44 kilos, Under 48 kilos, Over 48 kilos.
- 4—Ladies Team of Three... Three players over 16 years of age.
- 5—Young Mens Team of Three... Three players not less than 18 years old and not more than 21 years old.

Please notify the League organiser the number of teams you wish to be registered and the category of team *not later than 12th March*, enclosing a cheque or postal order for £3.00, made payable to 'BJA Midlands'.

League Rules

- 1—All Clubs must be affiliated to the BJA.
- 2—All team members must hold a current BJA Licence and must be members of the Midlands Area.
- 3—All matches shall be fought under BJA Rules.
- 4—All matches shall be conducted by a qualified referee. The host Club is responsible for providing a referee and paying travel expenses if required. Referees may be contacted through the Area Refereeing Co-Ordinator: Harry Percival, 5 London Heights, Dudley (Tel: 56415).

- 5—The referee's decision shall be final.
- 6—Once a player has fought for any one Club he may fight for that Club only, unless he applies to the League Organiser for transfer. Transfers may be permitted on payment of a fee of £2.00 per Junior or £5.00 per Senior. 50% of that fee will be retained in the League funds and 50% paid to the Club from which the player transfers.
- 7—Any player may transfer only once during a season.
- 8—Permission to transfer may be granted only by the League Organiser.
- 9—Matches will be played on a home and away basis unless mutually agreed by Clubs concerned.
- 10—A match fee of 25p shall be paid for each player before the start of each match.
- 11—The Home Team's Club shall be responsible for collecting all monies and completing all Team Sheets, and shall be responsible for returning same to the League Organiser within seven days of the date of the match.
- 12—The duration of contests will be three minutes for Juniors and five minutes for Seniors.
- 13—Clubs may enter more than one team.
- 14—All matches must be fought within the time limit which is one home match and one away match per month.
- 15—Matches should be fought on Club nights, but alternative arrangements may be made by mutual consent. In the event of any disagreement the Club prepared to fight on its normal Club Night must have priority.
- 16—Except as a result of bad weather, such as fog or snow, any Club failing to keep an agreed fixture, without prior notice shall forfeit all points and shall be responsible for the payment of match fees to the League Organiser.
- 17—All matches will be scored by wins only.
- 18—Scores will be as follows... Two points for a Team win, One point for a draw and no points for a loss.
- 19—An entry fee of £3.00 will be paid per Club for the season.
- 20—Where weights are applicable, any player may be required to weigh-in before a match. Where grades apply, any player may be required to present his Licence as proof of grade. Where age applies, any player may be required to prove his age.
- 21—Any match not covered here-in shall be decided by the League Organiser whose decision shall be final.



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A lot of enquiries are being received concerning the availability of Video Tapes. The following information is supplied by the Midlands Area to help in your choice.

Video Cassettes

Please note... All Cassettes are suitable only for VHS Machines tuned to the PAL System. They are not suitable for Sony, Grundig, Phillips or any Beta and 2000 systems.

We regret we can no longer make tapes available for hire. All tapes are copyright and may not be reproduced in part or as a whole without the written consent of the BJA Midlands Area.

- First World Championships for Women 1981 (2 hours, 40 minutes) £25.00
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- British National Championships for Men 1981—finals (1 hour) £15.00
- British Open Championships for Men 1981 (1 hour, 15 minutes) £20.00
- World Championships for Men 1981—three tapes (9 hours) £100.00
- Tape One:* Under 95 and Over 95 kilos—excerpts and finals. Under 78 and Under 86 kilos—elimination excerpts (3 hours) £40.00
- Tape Two:* Under 78 kilos Repechage—excerpts and final. Under 86 kilos Repechage—excerpts and final. Under 65 kilos—excerpts and final. Under 71 kilos—excerpts (3 hours) £40.00
- Tape Three:* Under 71 kilos Repechage—excerpts and final. Under 60 kilos and Open—excerpts and finals (3 hours) £40.00
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- Excerpts from the eliminations and medal fights are shown.*

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1982 CALENDAR

SCOTTISH JUDO FEDERATION - EVENTS FOR 1982

Saturday 20th February* Scottish Open Championships for Men
 Sunday 14th March Kawamura and Colquhoun Trophies
 Saturday 27th/Sunday 28th March . . . Bellshill Open Boys Championships
 Sunday 4th April* . . . Edinburgh Open Championships for Men and Women
 Under-21 Years
 Saturday 17th April* . . . First Meadowbank Open Championships for Girls
 Saturday 8th/Sunday 9th May* . . . Bellshill Open Championships for Girls
 Sunday 23rd May S.J.F. Annual General Meeting
 Sunday 19th September Scottish Girls Championships
 Saturday 16th/Sunday 17th October Scottish Boys Championships
 Sunday 7th November Scottish Senior Womens Championships
 Sunday 21st November . . . Scottish Under-18 and Under-21 Championships
 Sunday 5th December Scottish Senior Mens Championships

* These events are open to non-S.J.F. members

Further details from . . .
THE SCOTTISH JUDO FEDERATION
8 FREDERICK STREET, EDINBURGH, SCOTLAND

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

Saturday 27th March National Team Championships for Men
 Saturday 8th May . . . North Shropshire Championships for Junior Boys
 and Girls (Open to all Areas). Venue: Whitchurch, Shropshire
 Saturday 22nd May Midland Area Team Championships for Boys
 (Closed to Midland Area)
 Saturday 5th June Midland Area Mens Team Championships
 (Closed to Midland Area). Combined with Midland Area Womens
 Individual Championships (Open to all Areas).
 To be followed by a DISCO in the evening
 Date to be arranged Inter-County Team Championships
 (Closed to Midland Area)
 Saturday 10th July. Jack Law Team Championships (Open to all Areas)
 Saturday 18th September Midland Area Girls (Elimination)
 Championships (Closed to Midland Area)
 Saturday 23rd October Midland Area Boys (Elimination)
 Championships (Closed to Midland Area)
 Saturday 20th November Midland Area Mens Championships
 (Open to all Areas)



1982 European Championships For Women Bearum, Norway 12th to 14th March

For full details write to . . .
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EM 1982
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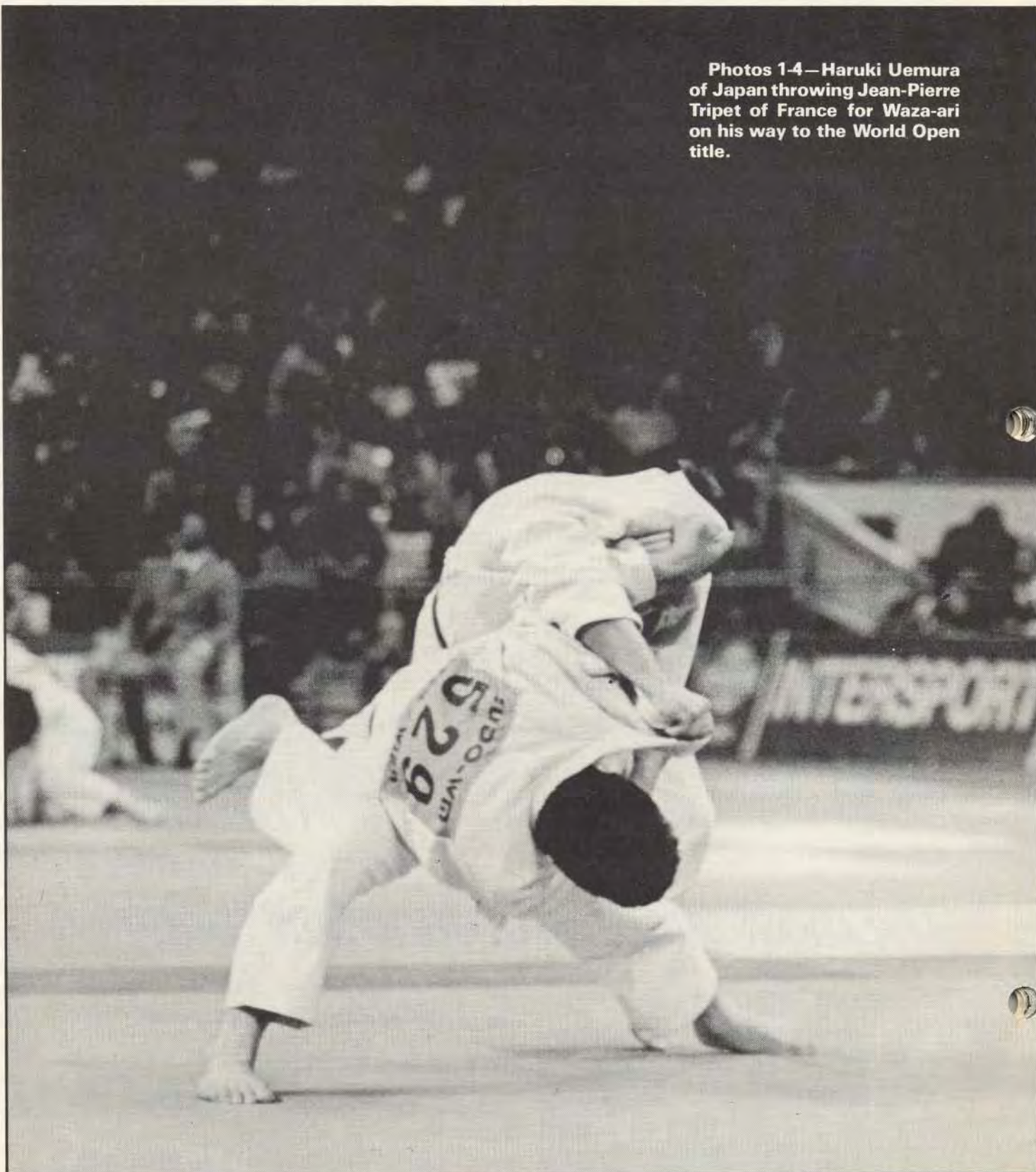
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ACTION SPOT

Photos: DAVID FINCH

Photos 1-4—Haruki Uemura of Japan throwing Jean-Pierre Tripet of France for Waza-ari on his way to the World Open title.





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- 3 22nd Olympic Games, All-Japan Championships
- 4 Brian Jacks Interview, 1980 National Championships
- 5 1980 British Womens Open, European Team Championships
- 6 World Championships for Women, Junior Europeans—Lisbon
- 7 Angelo Parisi Interview, 1981 British Senior Trials
- 8 1981 Paris Tournament, British Women, Young Women and Young Mens Trials
- 9 British Students Championships, Scottish Open Championships
- 10 Womens European Championships, National Team Championships
- 11 British Open and Dutch Open Championships
- 12 All Japan Championships, Senior European Championships, Home Internationals
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SCOTTISH MEN'S OPEN CHAMPIONSHIPS

Saturday 20th February 1982

Entry Forms and Details from:
The Scottish Judo Federation
8 Frederick Street
Edinburgh EH2 2HB
Telephone: 031-226 3566
9-30am to 3-00pm



1st Meadowbank Open Girls Junior Judo Championships

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



Neil Adams attacks Bruce Newcombe in the 1977 All-England Championships.

STAR



1979 and 1980
EUROPEAN GOLD MEDALLIST
1979
WORLD BRONZE MEDALLIST
1980
OLYMPIC SILVER MEDALLIST
1981
WORLD GOLD MEDALLIST

NEIL ADAMS GREAT BRITAIN

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At 23 years of age Neil Adams has established himself as one of the World's truly great Judo players. His recent World Championships success was thought by many to be long overdue, and that he was perhaps a little unlucky not to have won the Gold medal in the 1980 Moscow Olympics. Had he not been edged into second place by Italy's Ezio Gamba, he would have fulfilled his life's ambition. Now he is even more determined to win the Gold in Los Angeles in 1984 and fulfil his dream of being World and Olympic Champion.

There is no doubt that he has the ability to win the Gold medal in Los Angeles; most certainly he will be one of the favourites. Adams is a superb athlete, few of his contemporaries can match his excellent physical condition and none can match his technical expertise. Coupled with immaculate matwork he has the ability to throw with absolute precision to both sides. Tactically he is also very aware, he has sound defensive skills and his gripping skills are uncanny.

On the mat he favours Juji-gatame and San-kaku-jime but is proficient in a wide range of moves. Much hard work has gone into his matwork and he can take advantage of almost any situation with frightening consistency. His favourite throws are Taiotoshi, Uchimata, Osotogari and Ippon-Seoi-nage. He also scores well with Kouchigari and Ouchigari and more recently with Tomoe-nage. Adams is a firm believer in the benefits of Uchi-komi, which he says have helped him develop his ability to throw to his left side.

Since winning the World title in September last, Adams has eased off from his strenuous training schedule and plans to make 1982 a less arduous year, as far as Judo is concerned. Lately he has been trying his hand at various other sporting activities in preparation for television's *Superstars* competition. Over the next few months he will be appearing regularly on British television.

Neil, who lives and trains in London, is a Fourth Dan. Although he trains in many clubs, he is a member of the famous Budokwai. Weighing in around the 75 kilos mark and standing 177cms tall he is the ideal size for the middleweight category. He claims to hate losing weight and he is much happier to compete in the Under-78 kilos division where he can compete without worrying about pre-competition diet.

In early 1983 he will begin a tough training programme which will start to prepare him for the Los Angeles Olympics in 1984. In the short time that he has been playing Judo, Adams has come to be admired all over the World for his amazing skill and determined attitude. It is those attributes which I sincerely hope will help him fulfil his dream.

Colin McIver



A

WORLD CHAMPIONSHIP PORTFOLIO

*Some of the best action sequences from
our photo files.
All photos were taken by David Finch at the 1975
World Championships in Vienna.*



B



D



C



E



F



G



H

PHOTOS: DAVID FINCH

TEXT: COLIN McIVER

SEQUENCES:

A-C... Kazuhiro Ninomiga of Japan scores Ippon on Smets Of Belgium on his way to the final of the Open Category.

F... Yoshiharu Minami of Japan throws Mariani of Italy with Seoi-nage. Minami went on to become World Champion for the second time and Mariani continued to win the bronze medal.

G-I... In the Open Category, Haruki Uemura of Japan scores a Waza-ari on Tripet of France with an Ippon Seoi-nage-Kosoto-gake combination attack.



I

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tony



MACCONNELL

TALKS
ABOUT

UCHIKOMI

Pictures: COLIN McIVER

When I first started judo in 1957, Uchi-komi was one of the main exercises used in the quest for throwing skill. I remember attending courses in Manchester, where Britain's top Japan-trained instructors had us doing 200 repetitions of every throw we could think of, with a static partner, and no mention of left or right side or even completing the actual throw. This was the basic 'meat' of the lesson which lasted for ages. Then came the almost ritual massacre at the end, when sensei demonstrated how high, how fast, how hard orange belts could be thrown by a fourth dan. On the other hand you may have begun the session by doing endless bunnyhops, press-ups, sit-ups etc, then followed 100's of Uchi-komi with a static partner which most of the out of condition players could not hope to complete, followed by the usual finale by sensei, who had not taken part in the earlier two hours physical torture.

This type of Uchi-komi was, to say the least, boring and many were overjoyed when Geoff Gleeson was appointed National Coach and decreed that Uchi-komi was a complete waste of time. There are many good arguments against Uchi-komi—a static, passive partner, non-movement and non-completion of the throw to name just a few.

In my opinion however I believe that Uchi-komi can play a vital role in the development of skill—if used properly in conjunction with other types of skill training. In fact if you look back at results of competitions held in the UK at that time, most were won by people who were doing Uchi-komi: George Kerr, Ray Ross, Tony Sweeney, Sid

Hoare and all the pupils at places like the Budokwai and Renshuden. Many of the provincial judoka who had gone to London to study returned home with the training methods, mostly based on Uchi-komi, picked up from Watanabe, Kerr, Ross and Newman etc. Uchi-komi never really lost its appeal as a method of skill training.

So to try to improve the Uchi-komi part of your training programme and perhaps introduce some ideas which I have been trying over the past few years and have proved to help players in competition. I am going to cover, over several articles, some of the main competition throws.

First of all you must understand what I think you can learn from Uchi-komi:

- 1—You can learn a complete new throw by the repetition of the movement (a method used extensively in many sports when adding new routines/techniques to the repertoire).
- 2—You can learn the use of the most popular grip for that throw.
- 3—You can learn the correct entry and positioning of the feet.
- 4—You can find out the best speed and opportunity to attack by using a moving partner.
- 5—Uchi-komi is the basic initiation to Randori, the most neglected part of our training programme. Randori in my opinion is without doubt the most important method of training—that is soft, light, fast-moving Randori with a partner who not only reacts to your movements but helps to complete them by offering the correct type of resistance.

Before any serious skill-training programme can be started or included in your schedule it is imperative, for reasons which will soon become obvious, that you learn to attack both to the right and to the left. (If only whoever devised the British Judo Association grading syllabus had put as the first line 'All throws to be demonstrated to the right or left', it wouldn't be necessary to emphasise this part of the exercise).

Here is a good basic Uchi-komi exercise to develop this skill.

Photographs 1-16...Pick a throw which you can do well to both sides. For the example I have chosen Morote Seoi-Nage but any similar throw would suffice.

The idea is to attack a moving opponent in the correct way at the most opportune moment.

Study the photograph sequence—as Uke moves to his right Tori attacks with left Morote Seoi-Nage. Uke then moves to his left and Tori attacks with right Morote Seoi-Nage and so on.

This simple sequence will help you build co-ordination and timing but it will take you a little time to get it together smoothly. Don't forget to throw on occasion. Start by throwing on every sixth attack and then start your next set with your partner moving in the opposite direction. Try for 20 sets each alternately with your partner.

This is not the only way in which Morote Seoi-Nage can be done it is just the opportunity which I think is particularly effective. Next month I will give you some more Uchi-komi ideas which I hope you will find interesting. I would be interested to hear from you, you can write to me c/o Judo Magazine.





Frankly

OBSERVATIONS, NEWS AND VIEWS... by FRANK SMITH

Possibly you may recall that I have previously mentioned how much I enjoyed the Paris Invitation Tournament, popularly known as the 'Multi Nations' and the 1982 event did nothing to change my views, even though the British team were not invited.

A report on this exciting Event will be found in the March edition of *JUDO* which last year was the best selling copy of the 1981 volume. I mention it now only because the Management Committee, having examined a feasibility study, have given the go-ahead for the staging of a similar British Event in July 1983.

The likely venue will be the Aston Villa Sports Centre in Birmingham and the invited teams will include Japan, Russia, France, USA, East Germany, West Germany and another five leading judo Nations including Great Britain.

It will be a two day, weekend event with accommodation available at special discount rates, courtesy of Grand Metropolitan Hotels and there is a firm interest from one television company. This will be the most exciting judo international ever held in Britain and the meeting of the giant nations of the Judo world should provide a spectacular preview to the 1983 World Championships. Spectator accommodation will be about 3,000 with day ticket prices ranging from £5.00 to £8.00. Watch for further announcements.



Media and crowd excitement at the Paris Tournament 1982.

Whilst in Paris, I met and dined with that left bank wino of a socialist, John Goodbody who has now left the UPI Paris Office in order to take a job as the senior sports writer on the new Sunday newspaper, *The Mail on Sunday*.

As the job is part-time he is also going back to London University to study for his Master's degree though he hastened to add that he isn't studying philosophy.

John recently competed in the New York marathon and turned in a creditable 3 hours 40 minutes only to see it beaten by Tony Macconnell in the Blackpool marathon by just a few minutes. As a result John is now training hard for his next run and goes out early in the morning with Angelo Parisi and they run about seven miles, and in doing so have developed an intriguing relationship with an armed bank guard and two prostitutes on the Bois de Bouloigne. I am given to understand that this is simply a 'nodding' relationship which just serves to temporarily relieve the boredom of everyone concerned.



JOHN GOODBODY

Not unexpectedly you will find some response to my article about armlocks and strangles in National Junior Competitions in this month's letters column...all of them against the proposals.

Also, not unexpectedly, some correspondents have lost sight of the point of the article and have compounded this by either ignoring what was written or by reading into the text things that weren't said.

The whole point is that the BJA Annual General Meeting asked for a six month period in which contentious alterations to rules or regulations could be debated and if necessary influenced by the Membership.

This was approved and is now in operation in respect to this proposal.

In his letter, Reg Tether chooses to ignore the fact that this facility was not available previously and there was no avenue (other than publicity) to change opinion.

If you object to the present proposals (as both Bryan Perriman and I did in Committee) you would write to the BJA and say so. At the time of writing, just eight letters objecting to the proposal have been received.

Does this mean that the other 43,000+ Members approve? Or indeed...are the Management Committee entitled to assume that this is the case?

You may have read that the BJA had appointed a professional journalist as a Press and Publicity Officer to the Association and Dave Anderson (Chapelhouse J.C.) writes to enquire if the BJA are to extend their marketing activities at their Championships after reading Tony Reay's announcement in the Club Newsletter...

Quote..."...the Associations 'Pro' will be seen at many of our major events."



NOTE: Barbara Tomas has in fact not taken up the appointment as she was offered work more suited to her journalistic talents in the interim period. Hard luck Dave!

WINNING ELEMENTS

with Peter Brown M.B.E.,
3rd Dan
B.J.A. Honorary National Coach



In this article we will discuss the most important element of success—MENTAL STRENGTH. Even if you are superbly fit and strong and your skill level is good; if you do not develop a good mental approach you will not become a champion.

Thought transmits itself into action and it is vital that we are mentally stronger than our opponent. When we talk of mental strength we are referring to what I call 'the X factor'—the unknown and possibly subconscious element that drives and motivates a person to greater heights. Of course no-one pretends to know all about the 'X factor' it is very much a personal and private thing and probably varies in strength and intensity from person to person. However, through my experience of training Judo players and elite Royal Marine Commandos, over the years, I have always found that this is a vital component to anyone who wishes to excel. It would be foolish of me to say I know all the answers, but I have gradually pieced together through my experience and research at least some of the factors which will help you to become successful. I can start by inviting you to reflect on the following poem.

If you think you are beaten you are;
If you think you dare not you don't
If you'd like to win but you think you can't
It's almost a cinch that you won't
If you think you'll lose you've lost
For out in the world you'll find
Success begins with a fellows will...
It's all in the state of mind
Full many a race is lost
Ere even a step is run
And many a coward fails
Ere even his work's begun
Think big and your deeds will grow
Think small and you'll find behind
Think that you can and you will...
It's all in the state of mind.
If you think you're outclassed you are;
You've got to think high to rise;
You've got to be sure of yourself
If you're ever to win the prize.
Life's battles don't always go
To the stronger and faster man,
But sooner or later the man who wins
Is the fellow who thinks he can.

All this suggests that we must appear in that vital competition with the correct mental approach, otherwise we will not develop that vital winning edge.

That vital contest will require all your strengths and talents and WILL to ensure that you have mental strength to persevere and sweat out a seemingly impossible situation and then go on to win. Victor Hugo wrote "MEN DO NOT FAIL BECAUSE THEY LACK STRENGTH BUT MORE OFTEN BECAUSE THEY LACK WILL."

The Judo contest is a miniature of life and the whole spectrum of mental strengths and weaknesses is put to a tremendous test. In this situation the winners exhibit positive qualities whilst the losers are characterised by negative qualities. Most great athletes will acknowledge the state of mind as the key to success.

THE ESSENTIAL ELEMENTS OF MENTAL STRENGTH

No-one should underestimate the power of the mind, as history will illustrate. You can do anything if you set your mind to it. The mental aspects of training for and during a championship should emulate those of the warrior that you represent. Like our ancestors we must condition our minds to overcome hardship and to be fit in body and mind in order to win.

In combat if a person is not fit he will become tired and concentrate his attention upon his bodily state. He pays less attention to his behaviour and becomes preoccupied with himself causing him to fail to notice events (or cues) of vital importance to him. This can and regularly does, lead to his defeat. The body and mind are linked inseparably and must be considered as one. The potential champion must create an inner-self and develop a psychological armour, inside which he can operate freely.

Nature equips us with the means to face our adversaries which have been the deciding factors in all wars throughout history. These factors may not be so obvious to us in our modern, secure and highly civilised environment but they are very much part of our basic nature and will come to the fore in times of combat—which in the present period of stability and peace will be mostly re-enacted through sport, and mock battles or contests. The main factors commonly referred to in such situations are the 'Fight or Flight' syndromes which are part of our nature. When faced with the final showdown we can choose which factor to obey; the body will prepare itself for either,—the pulse will quicken, unnecessary energy using systems will close down to conserve energy, pain killing hormones will flow and the breathing rate will increase. Without our homes,

family and country to fight for we could easily choose (and many do) flight as the way out, but in our watered-down version (sport) we do not have to commit ourselves so drastically, instead we merely have to develop a positive attitude—"yes I can do it" or "yes, I'll try it." Alternatively we can say "I'll just give up" or "I'd rather not bother." To be successful we should condition ourselves to at least be positive. The difference between a winner and a loser lies in the mind.

"A SUCCESS IS ONE WHO DECIDED TO SUCCEED—AND WORKED. A FAILURE IS ONE WHO DECIDED TO SUCCEED—AND WISHED."

(Anon)

To make no effort is to leave the outcome to others or circumstances. To try is to discover one's limits and the REAL you.

There are two ways to get to the top of an oak tree—either climb it, or sit on an acorn and wait. Now if you're the type that wants to sit down on that acorn and wait, you will not derive any benefit from reading on. You had better go and sit on your acorn, because the remainder of this article is designed to help climbers! The climbers will be potential champions who recognise the importance of mental strength and want to improve.

If you want to be a Judo Master in the true sense, it will take mental devotion, perseverance and positive application of all there is to know about your art. You will need to develop the maturity of mind that perseveres, despite setbacks and opposition, so that you perceive these as mere hurdles to be overcome. It is easy to talk about these essential truths but it is not so easy to practise them. When you are under intense physical or mental pressure negative thoughts will start to appear in your mind, providing a multitude of excuses to encourage you to slow down or give up. Only mental strength can banish these thoughts in favour of even harder training that leads to the way of a champion.

"THE HEIGHTS BY GREAT MEN REACHED AND KEPT WERE NOT ATTAINED BY SUDDEN FLIGHT,

BUT THEY, WHILE THEIR COMPANIONS SLEPT, WERE TOILING UPWARD IN THE NIGHT."

(Longfellow)

Immature (and unsuccessful) athletes are masters of the alibi; disorganised and with no direction, their lives are a maze of broken promises, unfinished business and good intentions which never materialise.

WINNING ELEMENTS *Continued...*

A champion must have mental strength of himself, strength to bear suffering and pain, to confront danger, strength over pain, strength to follow convictions and make decisions, however resisted by the scorn of others. No pain—no gain! Mental strength is the toughening of the mind to accept short term discomfort for long range aims. It is getting used to overcoming periods of physical and mental stress and accepting challenge as normal.

By developing this kind of mental attitude and a capacity to endure stress we are contributing also to a positive self-image. This self-image is very important to us as it provides the ultimate profile of how we would like to be; the ideal warrior (competitor) that we should work towards. The champions are successful at this, lesser competitors are not.

Whether with a recruit troop of potential Royal Marine Commandos or a Judo Squad and without any consideration of skill or fitness factors, I always look for a competitive attitude and the strength of this attitude, because I know from experience that a person who has a strong persistent attitude will ALWAYS eventually overtake others—even if they have a higher skill level or better natural ability. Nothing can take the place of persistence, which is the lubrication of mental strength.

LESSON

'NOTHING IN THE WORLD CAN TAKE THE PLACE OF PERSISTENCE. TALENT WILL NOT. NOTHING IS MORE COMMON THAN UNSUCCESSFUL MEN WITH TALENT. GENIUS WILL NOT: UNREWARDED GENIUS IS ALMOST A PROVERB. EDUCATION ALONE WILL NOT: THE WORLD IS FULL OF EDUCATED DERELICTS: PERSISTENCE AND DETERMINATION ALONE ARE OMNIPOTENT'

HOW BEST TO DEVELOP MENTAL STRENGTH

Your mental strength should be geared to one thing—mastery over someone, or something. You have (or should have) established your target which should be realistic—it should offer real challenge and have a reward which is meaningful to you. You must learn your skills so thoroughly that you can concentrate on reaching your target. The way will be paved with challenge, which is a strong motivator, providing reasonable success is possible. As you meet challenges you will gradually gain a sense of real achievement as you overcome the hardships involved and the desire to give in. You will be developing the 'WILL TO WIN' which is the most important quality of a champion.

Your mental set is of vital importance throughout the training period before the 'big event'. During this arduous training the potential champions will be thinking about that vital competition, whilst lesser mortals will be thinking about their bodies. In a nutshell, you will be subjecting yourself to stress and having been subjected to and overcome various stress levels, you will then be more resistant to the subsequent stress situations met in the actual event.

In the Royal Marines we constantly put our recruits under stress to see how they react and also of course to subject them to graded amounts of stress. We want a mentally tough marine, if they are not mentally tough they certainly will not pass the Commando Course and be awarded the coveted green beret. If you look at the qualities developed you will see that they are the sort of qualities that could apply to any competitor:

- 1—A Healthy Lifestyle.
- 2—Mental Toughness.
- 3—Self-confidence.
- 4—Will Power.
- 5—Self-Discipline.
- 6—Quick Reaction.
- 7—Physical and Mental Endurance.
- 8—Fighting Spirit.
- 9—The Will to win.

Of these qualities 'The WILL to WIN' is the most important, but it cannot develop without the support of the other qualities.

When I served with another elite fighting force—the United States Marine Corps—my physical training programme catered for thousands of Officer Candidates. The importance of mental toughness was equally important in their programme. At the end of their training they would compete against each other, through many arduous physical training tests and courses, for the 'Royal Marine Trophy'. Out of the hundreds who competed, a winning platoon (of 40-50 marines) would emerge as the 'Fittest Platoon'. I conducted a survey to establish what they thought were the extra factors that made them better than everyone else. The study showed that their excellence was gained through five main factors:

- 1—Belief in Physical Fitness.
- 2—Physical Ability.
- 3—Desire and Determination.
- 4—Competitive Spirit.
- 5—Hard Work.

Don't forget Factor Five! The whole process of gaining mental strength takes a lot of hard work and application. The natural 'Iron Man' is a myth. You probably imagine that really good competitors do not have such problems as coping with their mental strength level, but they do. Top competitors rarely talk about the times when they were nervous, but they do have such problems, and the winners are the ones who overcome the terrific pressures involved in top competition.

Stress training involves a lot of 'mental chatter' between your brain and you. When the pressure is on your brain will talk to you quite a lot. I have found that some of my most intensive chatter sessions have been when I've been running a marathon (26.2 miles) at around the 18 mile mark when my natural energy sources have been diminished and it appears as though my legs are made of lead and that I am working through pure mental effort; rather like car pistons working without the lubrication of oil—quite painful!

A lot of chatter also goes on in daily training which is usually very early in the morning, when I have to push my body to work efficiently, whilst others all around me are snug in their beds, or taking a pleasant stress-free breakfast. Be warned that your brain will ask you why you are doing such crazy things and that you must be ready with an answer to remind your brain that PAIN is only TEMPORARY and to re-establish that goal that you are aiming for. You must master the art of turning negative thoughts into positive thoughts and improve your

coping ability. There are many times when I have used my own method, which is a procedure mastered to perfection by training marines, when the going becomes particularly tough. It is called simply—'SWITCHING OFF'. This means that your sanity is maintained and that the brain functions in 'automatic gear'—you have overcome the stress and can cope with it. I think this process is an ideal strategy for training, but for the real thing you must be fully in control of every nervous impulse and exceptionally alert. This represents the peak of mental coping strategy and is the result of successfully graduating through the progressive stages of stress throughout training.

One strategy that I employ is also to give myself a 'chuck-up' or a 'well-done' every now and then. Normally there is no one else around to do it and I don't have the luxury of a coach anyhow, so I do it myself after a particularly (to me) arduous session. It's amazing how my body perks up and pushes itself that little bit further. Over the years we have had quite a lot of chats, my mind and I and we've both come to the conclusion that we've trained pretty well together and that the results have been worth it. If I do badly in a particularly important contest my mental self lets me know that we did our best but perhaps didn't train as effectively as the opponent. We got over the bitterly-disappointed-suicide stage a long time ago and we promised each other that we'd go 'back to the drawing board' and start again, until we eventually reach the target that we've set.

I am sure that you would do well to work on a concept that I have now evolved, called 'TARGET TRAINING'. I don't know if it has any scientific or psychological foundation (I'm sure it doesn't) but from experience I think it will work very effectively for you. This concept involves you training on a stress level which is given a particular points value. We will first look at your AIM and see if we can attach a points value to that, e.g.:

| | |
|--------------------------|------------|
| International Match..... | 100 points |
| National selections..... | 80 points |
| Area Championships..... | 60 points |
| Club Championships..... | 40 points |
| Judo Grading..... | 20 points |

Let's say that your big event is three months away and that you want to develop your MENTAL STRENGTH to cope with the STRESS involved—it could of course take longer, depending on your psychological make-up, trial and error will tell.

You must then look at your circumstances and work out the highest level of stress training that is available to you in your normal training environment. You then give these stress environments a points value, e.g.:

| | |
|--------------------------------|----------|
| National Training Session..... | 5 points |
| Area Training Session..... | 4 points |
| Club Training Session..... | 3 points |
| Circuit Training..... | 2 points |
| Hill Sprints..... | 2 points |
| Five Mile Run, etc..... | 2 points |
| Normal Practice..... | 1 point |

You must then try to clock-up your points to reach (or even exceed) your 'BIG EVENT STRESS RATING'. This means for instance that you must clock-up 20 sessions of five point units if you want to be able to handle the stress of an International Match.

Your Stress Target could look like this, and you may well think of many other types of training sessions that will give you the stress rating that you need.

Even if you decide not to use the chart do remember that you must hit that target and get into that level of stress environment as often as possible and imagine that every time you hit the BULLS EYE (for a minimum of five minutes of actual peak stress) the bell will ring and you will clock-up another five points. Higher standard competitors should work with ten minute units and the best competitors fifteen minute units of actual Peak Stress. The other points can be added up in the same manner, although the aim should be to hit the BULLS EYE.

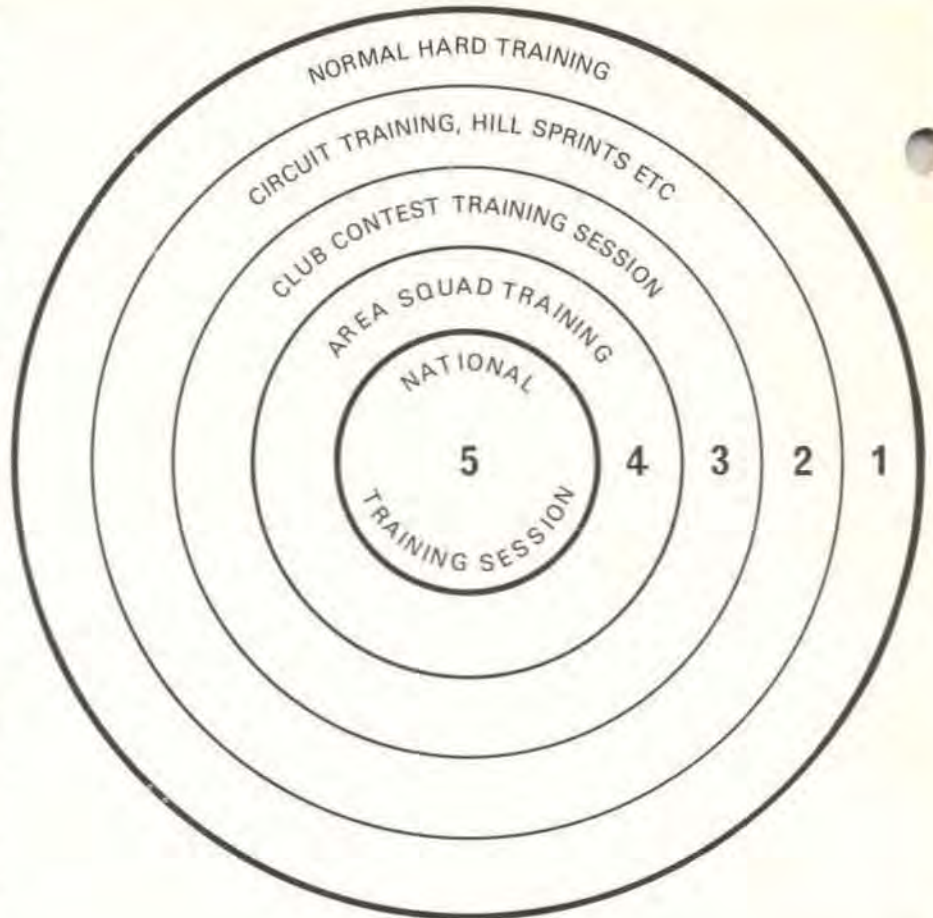
If you work in this manner you will be taking positive steps to develop a stress-coping mechanism and develop the mental strength required for a champion.

"COURAGE IS RESISTANCE TO FEAR, MASTERY OF FEAR—NOT ABSENCE OF FEAR."

(Mark Twain)

When you get to the BIG EVENT proper you do not want to overdo it. You must just cope with the level of stress that you meet and neither go ahead nor drop behind—just match the circumstances. You now have developed 'the X factor' and equipped with the previous elements—(1) FITNESS, (2) SKILL, (3) PREPARATION you are on your way to No. 4—MENTAL STRENGTH. You are now a complete competitor—almost! There is just one element left—'PRE-COMPETITION ORGANISATION' and that is coming next month. GOOD TRAINING!

PETER BROWN



LETTERS CORNER

Dear Sir,

The Northern Area recently held a Club Coach Award Course at the College of Arts & Technology, Newcastle-on-Tyne, under the direction of Peter Brown, MBE, RM, Hon. National Coach. It consisted of two weekends, the 28/29th November and 5/6th December 1981.

Of the initial sixteen entrants, fourteen took the examination on the final day and thirteen were successful including one distinction and four merit passes. Although everyone involved worked very hard it was an enjoyable judo experience and the success of the course was due to the guidance and sound teaching of Mr Brown, who was ably assisted on the examination day by our own Area County Coach Ray Harrison.

M. BRADSHAW
Secretary, Northern Area
British Judo Association

Dear Sir,

I am writing to thank you for your assistance in obtaining the book *Judo for the West* by G. R. Gleeson. This book is the best book that I have read for a long time. Is there any way that we could get this book back into print for others who might wish to buy this book and get some benefit from it?

K. MITCHELL
Salisbury

Dear Editor,

Having read your views and ideas about armlocks and strangles in junior competition I must say that I am in total agreement with you about your 'Espoir Division' (see Letters to the Editor (3) February 1982 issue).

Having said that, the BJA stated in their Newsletter that in other countries, armlocks and strangles in

junior contests have caused no vast increase in injuries. But surely a small increase in injuries is enough to turn many 8-12 year olds off judo for life.

We must not forget however that broken limbs in children of this age can be very dangerous for future life. Many parents, not only from my club but many other clubs, having said if this becomes law, they will not let their kids enter these competitions.

My conclusions is that armlocks and strangles can only kill the sport, for juniors. If this is introduced I certainly would not teach them armlocks and strangles.

K. SCOTT
Jukuran Judo Club—Walthamstow

Dear Sir,

Frankly I am amazed at the action considered necessary by Frank Smith in criticising in the January issue both the Editorial and the column of a fellow contributor—in the issue in which they appear. I did say when I gave my opinion on the use of armlocks and chokes in Junior competition that it would probably not be well received in some quarters; however I did not expect such a swift reaction. Frank must have re-written his column just for us!

When I asked people to write to me at *JUDO Magazine* I hoped to stimulate an interest in the subject since it may possibly have escaped the notice of many members. The Club Newsletter may not be read by as many members as the British Judo Association would hope. How many people have even heard of the '6 month rule' on changes to rules etc. Frank says that writing to *JUDO* will not do anything to influence the Management Committee decision and only by writing to the Management Committee can you do this properly.

In his earlier columns he strongly criticised the Management Committee and pushed his views on how things should be done.

The question was not answered as to how a trial period, using these techniques, in the higher weight categories, mainly 13-17 year olds, can possibly have any bearing on little kids of 8 to 12. He states also that no evidence is shown of an increase in injuries due to the use of these techniques. More correctly no evidence has been published at all. Who is keeping tally?

He points out that the majority of those techniques used at the National Under-18 Championships were

applied by National Squad members or experienced players. The question is surely not by whom, but against whom?

I ask again, which Areas, which Committees and what Authorities have been consulted prior to the Management Committee making a statement of their intention to introduce these techniques into all Junior categories (after 6 months if insufficient complaints are received).

With regard to the more pointed comments by Frank about the company I keep, this reminds me that I bought the last round at Haden Hill last June, in the company of John Beard, Bryan Perriman and Frank Smith. Seriously though, if Frank thinks that bargaining techniques are not used in all forms of management, whether in business or amateur sport, he must withdraw his head from the sand.

REG TETHER
Edinburgh

Dear Sir,

Should I be surprised that the Management Committee, if we are to believe Frank Smith, will not take notice of any criticism of it's actions. Nor, unless expressed in official terms, on official paper, officially minuted will elected officials of this Association take note of any suggestions made by responsible judoka who do not wish to see appalling damage inflicted on our very young players?

Probably I should not be surprised as they (The Management Committee) did not see fit to consult expert medical opinion prior to making this amazing decision. Mr Smith even saw fit to completely ignore Dr Elliott's letter in the same issue, he criticised everyone else. They did not consult the Areas as they did on the weight changes. They DID consult the Competition Sub-Committee then ignored it's advice to leave things as they were.

I hope that the Management Committee will come to see sense before we see the sad spectacle envisaged by Colin McIver. Sad mainly for the child concerned but just as serious for the Association.

I shall be writing to the Management Committee but I suggest that a copy of *Judo Magazine* be sent to every member of that body so they can read what others think of their suggestions.

PETER HOLME, 2nd Dan
Kendal



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GLEESON'S MARKET STALL

Who's For Coaching?

Save me from dead sheep! I wish the 'humorous' critics would read some of their despised books, then perhaps we could raise the level of debate above the fourth-form.

For example, why can't they talk about the need for a national top-coaching course? Is one needed? If so, what should be the content? What are the gaps in the Judo's coach's knowledge—does he have any? Should the subjects involved be only related directly to Judo, or should there be 'outside' subjects too, such as psychology, sociology, etc? Who should organise them? The national bodies, the Sports Council, the C.C.P.R.? Should special training officers be appointed whose responsibility would be to organise such a programme?

The training of top coaches seems to me to be central to the whole future sport development programme. Without the availability of such training top sport could suffer considerably. For example, there has been some comment on coaching standards within the Centres of Excellence Scheme, some regions have suggested that perhaps the coaches running these Centres are not of the right quality to get the best from them. If that is true, what can be done about it? The Excellence Scheme should have a major influence on sport performance, but if the coaches are lacking in ability that influence will not happen.

In this year of the disabled, how many Judo clubs, or regions are producing a Judo programme for the disabled? Are any of the national organisations asking their development officers to set up such a programme? Are they consulting with the British Sports Association for the Disabled, to make such a programme as effective as possible? Of course any such programme would have to be eventually constructed by the coach. He would have to decide on the technical content. He would probably need to study the disabled. He may have to read books. The disabled would certainly teach him something. For example, because of their limitations they frequently need to clear away all those confusing aspects that the able like to do just for the sake of doing. The coach then gets a new view of what are the essentials of a skill. He will be able to use that knowledge for Olympic Champions as well as for the disabled.

How would Tsukuri fit into the disabled programme? What about Tai-sabaki? Those already concerned with training the disabled talk about body-awareness and body-boundaries. How would such concepts fit into the techniques of Judo? Judo has many advantages in this context of awareness, the closeness of the partner can bring particular focus to the movements and manipulation by the contact of bodies can emphasise dramatically the body-boundary. Indeed, the whole physical intimacy of Judo could give great opportunities to the disabled.

In the first instance the old-style Judo games could be used to provide confidence, but having seen the disabled tackling sport, they would not be fobbed off with that for long. Judo skills would almost certainly start through the medium of the Ne-waza techniques, but sooner or later throws would need to be tackled. How this was done would depend, of course, on the type of disability, mental or physical. The purpose of



each throwing skill would need to be reassessed individually. New criteria would need to be involved, such as stability, flexibility, movement-space and how would they be injected into the training programme. The kit may have to be changed, the present could be too heavy and stiff. Allowances would have to be made for parking wheel chairs. If the disabled had communication problems new ways of passing information would need to be devised. If spasticity was involved how could those very limitations be exploited for the benefit of the individual?

When I was training hard to get into a national team we sometimes used blind-practice—I expect some people still use such methods. There are certain disadvantages and advantages to be gained. Perhaps other forms of 'disabled training' could be devised and experienced in order to 'get inside' the problems of the disabled. Perhaps members of the national squad could help in this context. Their expertise could simulate handicaps and then such information could be passed on to the disabled. All this and more, of course, would revolve around the coach. Has he got the training and the knowledge to cope? If any Judo group has tried training the disabled why not write, about it?

I presume some—many—will object to this use of Judo coaches. They will say it's a waste of time. Why should they have to read books and go in for more training to help such specialised cases? These dreary critics—the ones who cannot expand their minds—will say the coaches' time can only be spent on the best. Yet everyone should have the opportunity to exploit whatever talent they have, big or small. Sport governing bodies are really servicing agents to the public, their task is to provide those opportunities for everyone. The coach is the means of implementing a part of that service, if the governing agency decides to service the disabled section of the community the coach will need to approach the task with a different attitude. He will need to forget temporarily that Tsurikomi-goshi is for a defensive opponent, and see it in the light of it's potential to help a man control his legs. He may have to forget that Tai-otoshi is a 'hand throw' and see it as a stable base from which control of the hands can be achieved.

If clubs and areas have tried to train the disabled perhaps they could send their experiences to this magazine. Although much space is given to the Champions, it is appreciated by the editorial staff that other specialist groups do have a claim to space. If disabled programmes have been attempted and have failed, there may be a value in passing on this experience if only to offer a short cut by the trials and errors of others. Judo is part of a total service to the community and the helping of the disabled would be a much appreciated contribution to that service. Perhaps it's too obvious to say that citizen's rights are not concerned with what can be got *out* of the community, but more importantly what can be put *into* the community. But on second thoughts, perhaps it's not so obvious, and it should be said!

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