

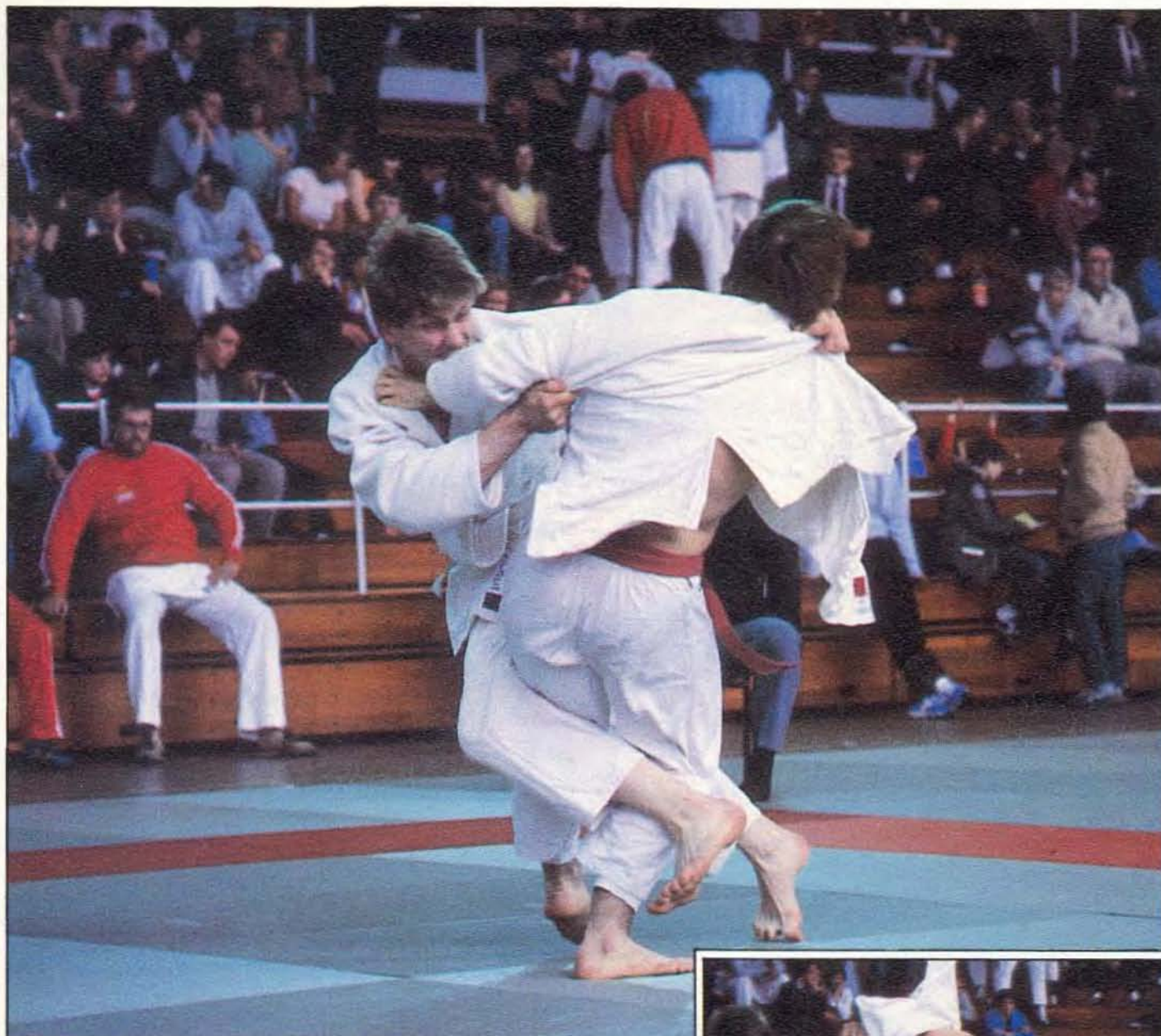
JUDO



JUNE 1983

NUMBER 36

85p



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- **ROUND AND ABOUT**
- **COMPETITION TECHNIQUES: PHOTO SEQUENCE**

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Frankly

OBSERVATIONS, NEWS AND VIEWS... by FRANK SMITH

This month a brief comment on two extremes of presentation. The British Open Championships for Men and the Senior European Championships staged by the French Judo Federation in Paris. The former failed to take the opportunity which was offered by the change of format to a two-day event and a lot of people went home unhappy whilst the French did just about everything right and made the European Championships a delight for everyone.

A full report on the Europeans will be in the July edition of *JUDO* but suffice to say that as a spectator spectacle it was magnificent and the facilities offered to everyone were excellent.

True, it could have been squeezed into three days instead of four and the catering facilities were a bit basic—though the food and drink was good and reasonably priced (take note Crystal Palace) and the Judo was marvellous. The good presentation even seems to stimulate the players.

Those of you that were there must have appreciated the difference in the events, why not drop us or the B.J.A. a line to say what improvements could be introduced here; surely I do not grieve alone?

This is your last opportunity to secure seats for the BRITISH MASTERS TOURNAMENT to be held at Aston Villa Leisure Centre, on 2nd/3rd July and already almost all the £8 seats have gone, especially for the Sunday. At the moment it seems unlikely that there will be any seats left for sale on the day, so order now. There are one or two package deals still available.

The competing Nations are...Great Britain, Japan, West Germany, Holland, Sweden, Poland, Senegal, United States, Canada, Nigeria, Israel, Norway and Denmark.

This event, the first of its kind in Britain, is hoped to provide a testing ground for the feasibility of such Tournaments and your support is critical. Lessons learnt from our own experiences at home and from Tournaments abroad have been combined to produce what we hope will be a weekend of superb entertainment with one or two surprises thrown in.

There will be a super commemorative programme for those of you that collect memorabilia, plus T-Shirts, Sweat-Shirts, Stickers and other franchised goods bearing the Championship logo, plus all the shops of our Judo friends and suppliers. Do not miss it.

News Flash...We have just heard that the Japanese team will stay on a couple of days for training sessions with British judoka. Look for details in advertisement form in this magazine.

★ *Cover picture...*

Krahenbul (Swiss) caught by Frideriksson (Ice) in the British Open

JUDO MAGAZINE



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JUDO DIARY

NATIONAL AND INTERNATIONAL EVENTS

- Friday 10th to Sunday 12th June 1983**
 JUNIOR WORLD CHAMPIONSHIPS — Puerto Rico
- Monday 13th to Sunday 19th June 1983**
 EUROPEAN JUDO UNION — Referee's Course
- Saturday 18th June 1983**
 BRITISH JUDO ASSOCIATION — ANNUAL GENERAL MEETING
 Wembley Crest Hotel
- Sunday 19th June 1983**
 National Technical Conference
- Saturday 2nd to Sunday 3rd July 1983**
 'BRITISH MASTER'S' — Invitation International Tournament
 Aston Villa Sports Centre. Details on page 15
- Saturday 30th July 1983**
 BRITISH NATIONAL CHAMPIONSHIPS FOR WOMEN (Closed)
 Haden Hill Leisure Centre. Details and Entry Form on page 31

AREA EVENTS

- Saturday 4th June 1983**
 Midland Area Mens and Womens Team and Individual Championships
 Haden Hill Leisure Centre
- Saturday 4th to Sunday 5th June 1983**
 Seminar on Judo for the Disabled — Moat House Hotel, West Bromwich
- Sunday 12th June 1983**
 North West Area Mens Championships (Closed to Area) — Stretford
- Sunday 19th June 1983**
 S.K.K. Junior Girls Open Championships — North West Area
 Sutton High Sports Centre, Sherdley Park, St. Helens
- Sunday 26th June 1983**
 Llangollen Shield — Kearsley Cup Tournament
 Sutton High Sports Centre — North West Closed Event
- Saturday 9th July 1983**
 London Area Team Championships (Closed to Area)
- Saturday 16th July 1983**
 Jack Law Open Team Championships for Boys and Girls
 Haden Hill Leisure Centre. Entry Form in this magazine

- Saturday 9th July 1983**
 Concord Open Championships for Boys and Girls
 Concord Sports Centre — Northern Area
- Sunday 24th July 1983**
 Dan Grade Examination — Kirkby Sports Centre — North West Area
- Monday 25th to Friday 29th July 1983**
 Institute of Kodokan Judo Summer School — Northumberland

MIDLAND AREA PROMOTIONAL EXAMINATIONS

- Saturday 18th June 1983**
 Junior Boys to 6th Mon — 9-00am 7th Mon and above — 12-30pm
 Long Eaton
- Sunday 26th June 1983**
 Girls 9th Mon and Over — 9-30am Senior Women All Grades — 11-00am
 Worcester
- Sunday 12th June 1983**
 Boys All Grades — Kettering — 9-30am
- Sunday 19th June 1983**
 Girls to 9th Mon — Derby — 9-30am
- Sunday 3rd July 1983**
 Boys All Grades — Tamworth — 9-30am
- Sunday 10th July 1983**
 Men All Grades — Worcester — 9-30am
- Sunday 17th July 1983**
 Girls to 9th Mon — Wellingborough — 9-30am
- Sunday 17th July 1983**
 Men All Grades — Aston University — 9-30am

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BRITISH OPEN CHAMPIONSHIPS FOR MEN.

CRYSTAL PALACE 23-24 APRIL

THE MAJOR EVENT AGAIN FAILS TO ACHIEVE ITS PROMISE!

This year there was every opportunity for the 'BRITISH OPEN' to live up to Tony Reay's programme claim as "The most prestigious of British Events." To cure late finishes and provide a better spectator spectacle the Event had been scheduled to run over two days with the intention that all the events should be staged on the three mats in the main arena.

Instead, it all went wrong!

Once again there were two mats on the balcony and the scheduling of contests was abysmal with all the three main mats being occupied by one weight category at a time. On Saturday, the Under 60 kilo event was all there was to see in the main arena for 2½ hours.

For some reason the contest time had been extended from four to six

minutes to five to seven minutes so that despite a similar entry to last year, there was no benefit gained from the spreading of the event over two days. Added to that, someone decided to have the medal presentation ceremony after the final fights had been completed which meant that there were very few people left to applaud, in fact the four French medallists at 60 kilos were greeted with an embarrassed silence.

Our sponsors must have wondered what they had got into!

Once again, no-one bothered to announce the contest winners and it was difficult to follow what was happening without continually having to nip up to the balcony to look at the control sheets. The uninitiated press representatives were perplexed and some professional sports photographers asked why the event was made as boring as possible.

It seems that somewhere, someone is trying to prove Charles Palmer right in his well publicised statement that "Judo is not a spectator sport." Certainly presented like this it isn't.

Having said that, the judo and the players themselves were superb. Especially on the Sunday. In this I do not mean that the Sunday fighters were better but as so much of the main mat time was taken up by well matched lightweights with all the contests looking very similar for most of Saturday, (added to the French domination of the 60 kilos) it did not have the drama of the middleweight.

There were obvious bright spots

on both days; like, the return to contest of Olympic Champion, Robert Van der Walle, the dominance of World Champion, Neil Adams and even Nick Kokotaylo finding a dimension in his play which had not been obvious at previous events.

Christian Dyott (France) emerged from his brother's shadow (Serge) to appear the more stylish and exciting of the two and Kerrith Brown continued with his magic act to take yet another title. World medallist, Salonen (Finland) almost coasted to the heavyweight title and the French almost beat Britain on the home ground in the medal table.

Good heady stuff which would benefit from good presentation, I do wish we could get it right.

On Saturday 23rd April the Under 60 kilo, Under 65 kilo and



NEIL ADAMS



RAY STEVENS

REPORT AND PICTURES
FRANK SMITH—Photodesk

Under 71 kilo events were scheduled to take place with twelve pools in the lightest category, 16 at 65 kilos and 15 at 71 kilos. At 65 kilos there was some excellent foreign representation with six French, four Swedish and two each from Holland and Belgium providing stern opposition for the British players with all the preliminary fights on the balcony.

At 60 kilos there were also no fewer than six French entries with Le Baupin and Locarini being the best known whilst British hopes were pinned on Holliday, Swatman, Eckersley and Sommerville. Contests started promptly at 9-25 am and John Swatman was soon in action defeating Micky Callan with a strangle and throwing Lazar for Ippon after just 40 seconds.

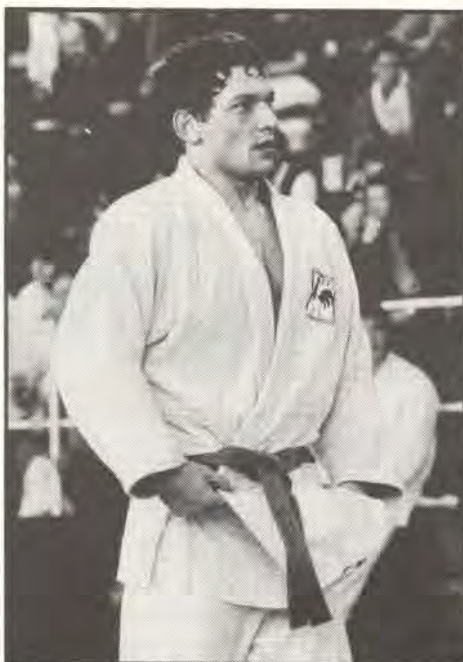
Martin Jones improves with each Tournament and comfortably topped Pool Two with wins from a lock and a hold and a decision over Shiki Koaz (Israel), brother of Eddie. The younger brother went through in second place whilst Eddie went one better in Pool Three overwhelming Russell (Northern Home Counties) and Gevot (Holland) with Juji-gatame and Ippon from Seoi respectively. He also strangled Golding (London) who then withdrew.

From there on it was like a French march past with Locarini, Bregeon, Lopes, Le Baupin, Thirion taking the next five first places with Eckersley interrupting it briefly when he topped Pool Nine only for Mery (France) to come back in first place in Pool Ten. Wuthrich (Switzerland) and Heslop (Yorkshire and Humberside) took the pole positions in Pools Eleven and Twelve.

In the first round of the knockout, Eddie Koaz surprisingly lost on a decision to Faagerlund (Finland) who was then thrown by Le Baupin for Ippon and the Frenchman went on to drop countryman Bregeon also for Ippon with Seoi-nage, which put him at the head of his half of the table. Four Frenchmen moved into the second round to fight each other with Mery coming out in the lead to meet Le Baupin in the final. Three of the French players also contested the repechage at its Bronze medal stage with Bregeon and Lopes being successful.

So, all four medal places to France with Swatman being the best British player losing to Bregeon in the third round of the knockout.

Kerrith Brown had a fairly good pool to start with and topped it in style throwing Steve Earle for Wazari and locking Hellquist (Sweden) and Bowmer (Yorkshire and Humberside) with the inevit-



● Top left...D. MENU, France, Under-78 kilos.

● Top right...ROBERT VAN DER WALLE, Belgium, Olympic Champion.

● Sequence...NEIL ADAMS, Great Britain, scores with Uchimata attack in the Knock-out Rounds.

BRITISH OPEN (MEN)
Saturday 23rd April 1983
Crystal Palace
National Sports Centre

RESULTS

Under 60 Kilos...

- 1—G. LE BAUPIN—France
- 2—P. MERY—France
- 3—S. BREGEON—France
- 3—A. LOPEZ—France

Under 65 kilos...

- 1—K. BROWN—Midlands
- 2—S. GAWTHORPE—Y & H
- 3—P. LAATS—Belgium
- 3—P. ROUX—France

Under 71 Kilos...

- 1—C. DYOT—France
- 2—C. BOWLES—South
- 3—W. VULPEIRHORST—West Germany
- 3—M. EARLE—South

Under 78 Kilos...

- 1—N. ADAMS—South
- 2—E. CERNA—Mexico
- 3—E. VAN HARTEN—Holland
- 3—R. HENNEVELD—Holland

Under 86 Kilos...

- 1—B. SPIJKERS—Holland
- 2—N. VERHOEVEN—Holland
- 3—E. KASPERS—Holland
- 3—D. HOUSSAIS—France

Under 95 Kilos...

- 1—L. VAN D. WALLE—Belgium
- 2—J. RAPMUND—Holland
- 3—B. FRIDRIKSSON—Iceland
- 3—M. CHITTENDEN—South

Over 95 Kilos...

- 1—J. SALONEN—Finland
- 2—P. RADBURN—London
- 3—J. ZINNIKER—Switzerland
- 3—M. McLATCHIE—South



MEDAL PLACINGS

Country	G	S	B
Great Britain	2	3	3
France	2	1	4
Belgium	1	-	1
Holland	1	2	3
Finland	1	-	-
Iceland	-	-	1
Switzerland	-	-	1
West Germany	-	-	1
Mexico	-	1	-

1—R. Van der Walle's opening attack in the Under 95 kilos final. 2 and 3—D. Houssais of France with Uchimata attack in the Repechage at 86 kilos. 4—Sponsors Arnold Humphrey and Colin Draycott plus John Drogan of Judo Ltd, talking with Charles Palmer and Neil Adams. 5, 6 and 7—C. Dyott scores Ippon on C. Bowles in the opening seconds of the Under 71 kilos final.



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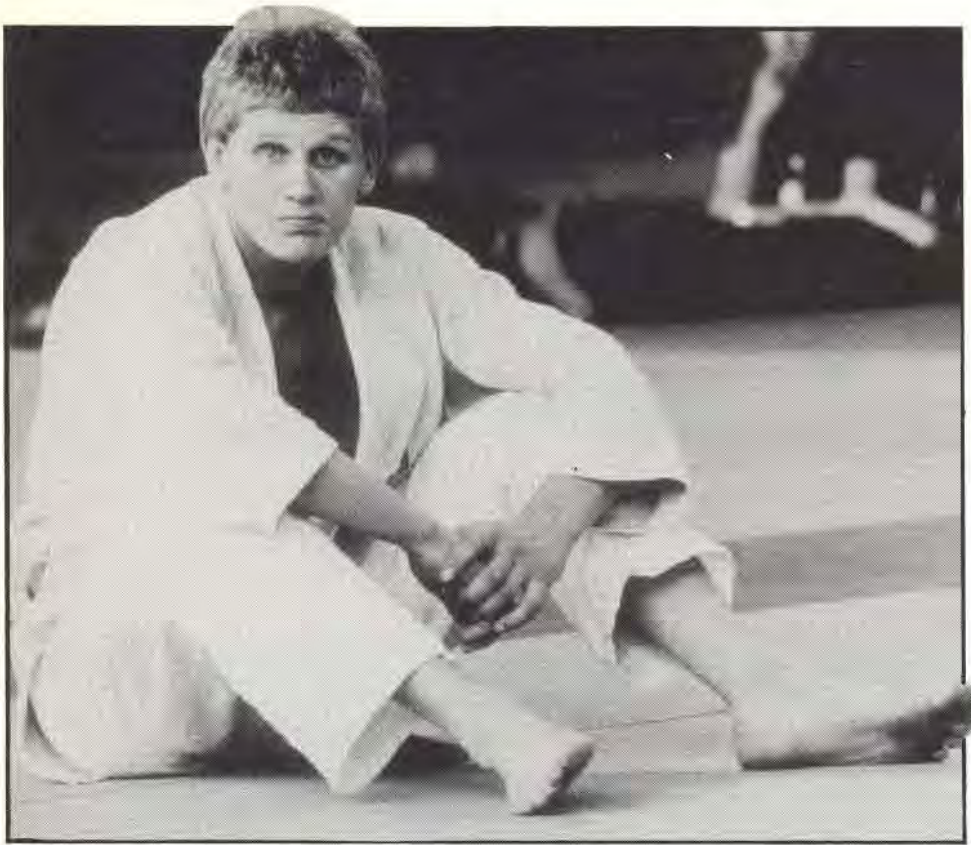
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able Sangaku-gatame whilst his old adversary Steve Gawthorpe similarly fought to first position in his pool. A hold, a Juji-gatame and a Yuko put Steve into the knockout on the opposite side to Kerrith but with Decroix (France) and the fast improving Howard Melville (London) to cope with in his first two fights. Kerrith seemed to have an easier task and eliminated Croal (R.A.F.), Bierlaire (Belgium) and Guiseppi (France) and finally Laats (Belgium) all with Ippons from holds or chokes to get to the final.

Gawthorpe held his first two opponents and then met another Frenchman, Roux, whom he armlocked to earn a final with Brown... Again!

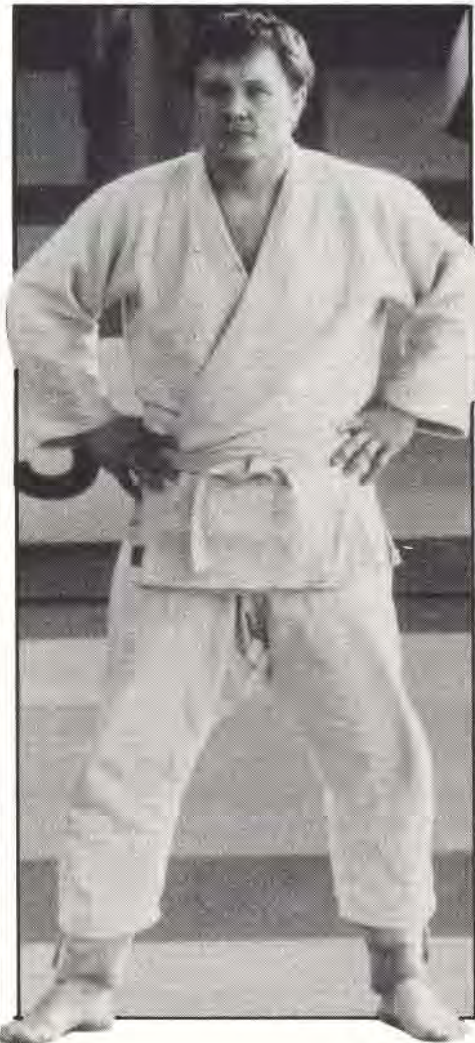
Laats and Roux beat Guiseppi and Melville in the repechage for Bronze medals and the Brown-Gawthorpe fight ended in extraordinary circumstances with Kerrith holding Steve with Kuzure-yuko-shiho-gatame whilst resisting strangulation and armlock from Sangaku! (See the picture sequence).

Another title to Brown with only Gawthorpe looking remotely like beating him though on the day, even that wasn't on.

Kerrith has added to his repertoire since last year and is now a much more complete player and I am sure destined for success but perhaps not at 65 kilos.

After Neil Adams, Brown is one of our strongest hopes for a medal in the Europeans though he really is

against some talented players at that weight. With his increasing build, his weight problems will multiply and there is little doubt he will be a 71 kilos player shortly. On balance, I think it would be better to go sooner than later. At 71 kilos in the Olympics, he would have a real chance.



I was looking forward to seeing if Chris Bowles maintained the sparkling form he showed in the trials though secretly I had a fancy that Paul Ajala might make the medal ceremony along with Paul Sheals. Christian Dyott (France) and Amstutz (Switzerland) were the main foreign opposition along with Wolfgang Vulperhorst of West Germany who topped his pool after edging out Pete Blewitt on a Koka. Mark Earle also maintained his progress to the top of Pool Eight with a couple of Ippons and a Yuko and Bowles, Ajala, Dyott and Amstutz all had similar success stories.

In the knockout, Pete Blewitt's luck didn't improve when he met Dyott in the first fight who again scored with the winning Koka. Another three point score edged out Paul Sheals who until then had been going very well, to put Dyott against Earle for the final place.

Chris Bowles had an easier time in the other half of the table, only Vulperhorst escaping an Ippon defeat when he lost by decision whilst Dutchman Bosschart was thrown for Ippon with Seoi-nage to put Chris in the final against Dyott who had dumped Earle for a Wazari.

Mark and the West German easily headed the repechage for the Bronze medals and Bowles and Dyott provided another extraordinary (if brief) final.

Barely had the finalists bowed for the start when Dyott swung a foot into Okuri-ashi-harai and Bowles was down and out for Ippon in just eleven seconds!

What a disaster and understandably a sickener for Chris but a fine example of the appeal of judo. You never can be sure.

Full marks to Dyott who was overjoyed with his win and has improved his range tremendously since I last saw him.

Another Gold to France and it is strange that neither of the Dyott brothers will figure in the Europeans.

The 71 kilo place will be taken by Mellilol whom we haven't seen in Britain. He must be something else!

There was never much doubt that World Champion Neil Adams would win the 78 kilo title again with the only likely opposition coming from Martin McSorely, Henneveld (Holland), Ray Stevens, Vachon (France) and possibly Prentice and Menu (France). What we didn't know



about was the Mexican, Cerna, who was in the same Pool as Adams and was unceremoniously thrown for Ippon in just twelve seconds and then unconvincingly went on to beat Schofield (North West) on a penalty and Fricker (Northern Home Counties) on a Koka to go into the knockout round in second place.

Here he was a revelation beating Van Harten (Holland) on a Koka and then throwing Shotbolt (West) and Reynolds (Wales) for Ippon with Seoi-nage in a combined time of just one minute and twenty-seven seconds! He then held 3rd Dan Belon (Belgium) to go into a surprise final and another fight with Adams.

Neil was never really tested in his half with all the likely opposition being drawn against each other in the bottom half of the table. First

the decision when Martin seemed to forget what was needed. Adams then threw and turned the Dutchman into the famous Juji-gatame to give the Adams and Cerna repeat for the final.

Cerna lasted a little longer in this bout after almost getting arm-locked with a standing Ude-gatame within the first few seconds which surprised him enough to hurt and make him lose his cool a little. A Yuko from Uchi-mata followed by a faster attack which buried the game South American for an obvious Ippon and the title to Neil. (See picture sequence). Henneveld and Van Harten won the Bronze medals.

For his part, Neil Adams looked sharp and well prepared and should have no difficulty regaining his European title next month on this sort of form. Providing of course



Stevens and Vachon had a marvellous battle with Ray Stevens going ahead, losing it, going ahead again and losing it again by Wazari just on the bell. Ray is a player who could have a promising future with his old fashioned attitude which sends him in pursuit of Ippons completely ignoring any pretext to tactics or defence.

Still a youngster, Ray has time to ally all three and get amongst the medals. At the very least he is entertaining to watch.

Martin McSorely, another youngster of promise, then threw Vachon with Seoi-toshi for Wazari to meet the steady Dutchman, Henneveld who deservedly took



Left: Sequences 1 to 5 - Chris Bowles (GB) throws for Wazari in the Under 71 kilos.
Above: Thirion against Lefevre of France.
Right: Lopez attacks Locorina (both of France) in the fight for the Bronze medal.



Right: Mark Chittenden of Great Britain.

Above: Another of the Van der Walle holds.

Below: Van der Walle holds for Ippon to top his Pool in the Under 95 kilos.



that referees and the draw look kindly upon him.

There were 38 entries at 86 kilos, 22 of them British, including Bill Ward, Stewart Williams, Stuart Travis and Raymond Williams and I thought at least a couple of them would figure in the medals.

However despite everyone getting into the knockout and being drawn apart, none progressed past the second fight except Paul Tilley who quite convincingly beat Stewart Williams, throwing him for Ippon. He then lost by a similar score to Van Hoewan who met fellow Dutchman Spijkers in the final in a rather dull fight with Spijkers taking the title.

Kaspers made it a trio of medals for Holland by beating Vainio (Finland) in the repechage for the one Bronze whilst Houssais picked up the other to increase the medals total to France.

Without Densign White, the 86 kilo group of players didn't look too impressive though Travis is a very difficult man to beat. Stewart Williams will need to extend his range much more to figure in any European medals, especially in Tachiwaza as most of his scores are in Newaza.

At Under 95 kilos, Nick Kokotaylo looked a much better player than his trials performance suggested and he made some very good scores with three good Ippons from throws and Mark Chittenden's steady performance in getting a Bronze against some stern opposition should earn him a squad co-option when he qualifies.

The focus of attention was naturally enough on the return to competition of Robert Van der Walle (Belgium) after coming out of retirement and he disappointed no-one in taking the title in fine style with Rapmund (Holland) getting the Silver and Fridriksson (Iceland) the other Bronze with some lovely judo. (See cover picture).

There was some very good sport in this category which was much more mobile and active than usual at this weight with some excellent performances from Saari (Finland), Krahenbuhl (Switzerland), Kokotaylo and Marland (North-West) as well as the medallists.

Phil Marland looked earmarked for a medal in his best contest performance I have seen, only losing by a hold to Van Oosten (Holland) when his next fight would have been against Van der Walle

for a final place. As Robert eliminated Van Oosten, Marland unfortunately missed out on the repechage also but still had a good day.

Only fifteen entries at over 95 kilos with Paul Radburn, Marvin McLatchie and Errol Carnegie making the knockout round.

McLatchie then eliminated Carnegie with a Wazari from Seoi-make-komi and then lost to World Medallist Salonen (Finland) when held with Yoko-shiho. Paul Radburn beat Oudsheovn (Holland) on a Yuko and then eliminated the 1981 Open winner Zinniker (Switzerland) by the same score to get a final fight against Salonen. Unfortunately the British player never really coped with Salonen's weight and strength and had to be satisfied with a Silver medal.

Paul is really an Under-95 kilos player and with training and fitness he would still probably head the British ratings at that weight. McLatchie looked fitter and more mobile in this event and showed more aggression in sharing the Bronze medal placing with the giant Zinniker.

This year the Open had an excellent spread of entries with foreign competitors from as far away as Mexico. The French sent a good squad and almost topped the medal charts and people like Van der Walle and Salonen and Adams added their prestige. It really should be a super weekend of entertainment and a feast of judo which a large percentage of the Membership could enjoy. Let's hope that next year we might get it right though saying this is no criticism of the very able Officials and Referees who as ever worked very hard. We have come a long way in making the B.J.A. events more professional and better equipped. Let's just finish off the work and present it properly.

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BRITISH OPEN PHOTO-PAGE



● 1-2-3...VAN HASTEN, Holland against BELON, Belgium, Under-78 kilos Repechage.
 ● A-B-C-D-E-F...KERRITH BROWN holds STEVE GAWTHORPE in the Under-65 kilos Final, despite the Sang-aku.
 ● Above...PAUL RADBURN, Great Britain, Over 95-kilos Silver medallist.
 ● Below...NICK KOKOTAYLO, Great Britain, Under-95 kilos.
 ● Bottom right...MARTIN JONES, N.H.C., Under-60 kilos.



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*Saturday 2nd and Sunday 3rd July 1983
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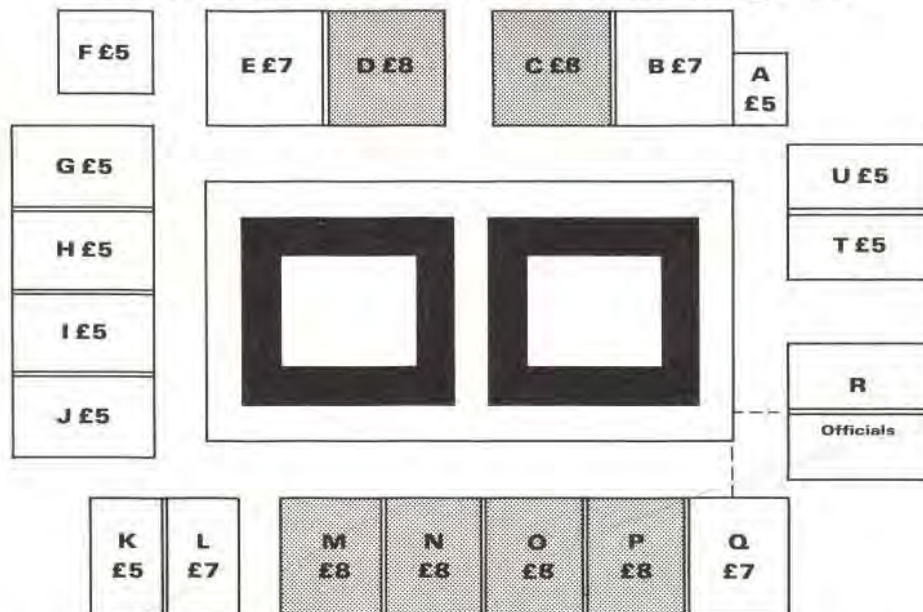
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Aston Villa Leisure Centre...Seating Plan



Seats are available at all prices. 10% discount on ten or more tickets. All seats for Sunday in Blocks M, N, O and P are sold. At the time of going to press there are 80 seats at £8 available in Blocks D and C—all other prices available. Some Saturday seats available in all £8 Blocks.

Remember...Saturday: Under-60 kilos, Under-65 kilos, Under-95 kilos, Over-95 kilos. Sunday: Under-71 kilos, Under-78 kilos, Under-86 kilos.

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-ACTION SEQUENCE

Picture sequence 1 and 2—Robert Van der Walle (Belgium) defends against Uchimata attack by L. Van Oosten (Holland)—Final, Under 95 kilos. Picture sequence 3 to 5—Salonen (Finland) scores on Radburn—Over 95 kilo Final. Picture 6—Kerrith Brown, 65 kilo Gold medallist. Picture sequence 7 to 9—R. Henneveld (Holland) attacks Menu (France) in the 78 kilo repechage for Bronze. Picture 10—Tim Crooks (Midlands) trying to escape from Sang-aku attack. Picture trying sequence 11 to 14—Low level attack by Brown on Gawthorpe resulting in Osae-komi, 65 kilo Final. Central picture sequence—Neil Adams throws the Mexican Lala Cema (Mexico) to take the 78 kilo title.





BRITISH OPEN PHOTO



14



SEQUENCES
FRANK SMITH...

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STAR PROFILE



KAREN BRIGGS

GREAT BRITAIN

In June 1980, Jane Bridge was European Champion at 48 kilos and in July, Sandy Fry as a Young Womens International player won the German Championships at 44 kilos and Karen Briggs got some of her first bits of publicity when she won the Northern Area Open.

Kim Elliott was the British Young Womens selection at 48 kilos and in the British National Championships, Leslie Wood took the Under-48 kilo title from Sandy Fry on a penalty after Fry had previously beaten Jane Bridge. At the Open Championships in October Karen had a good win over Anna De Novellis (Italy) and then went out to Jane Bridge whilst Sandy Fry went one stage further losing to finalist Ann Lof, (Sweden). Jane Bridge was the obvious selection for the World Championships and went on to win it in great style and seemed absolutely unbeatable in doing so.

In March of 1981, Jane Bridge decided not to enter the Trials and Karen Briggs emerged as winner and Number One in the British Squad after beating both Leslie Wood and Sandy Fry in the competition for places.

Since then, in two short years, Karen has shown astonishing progress and consistency and established herself as the finest 48 kilo player in the World in doing so.

With a host of Gold medals from the British Open, the British Closed, The Austrian Tournament, two European titles plus a Bronze in 1981, a Silver in the French Tournament when thrown by Marie-France Colignon, Karen really staged a magnificent finale when reversing the French result to take the World title in 1982.

Domestically Karen has helped Yorkshire and Humberside to a couple of National Team Championships wins and the English team to two Home International titles... and... there is more!

I cannot recall any player achieving so much success in such a short time and with her all-action style built on superb fitness and strength, Karen is going to be around a long time.

Her favourite Tachiwaza are Seoi-nage and Tomoe-nage and her Newaza is superb with most of her decisive wins coming from Juji-gatame.

In 1980, a bookmaker would have given 50-1 against Karen Briggs being World Champion in 1982. Now you will probably get a similar odds against her losing it in 1984.



Karen - British Open Champion 1982.



Karen Briggs as a member of the Yorkshire & Humberside Team, 1978 and 1979 National Team Champions.



1 — Karen receives the Silver medal at the French Tournament of 1982.
 2 — In receipt of the Gold medal, the Austrian Championships of 1982.
 3-4-5-6 — Karen on her way to the World Championship title scores Ippon from Tomoenage.



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—28
—31
—34
—37

EVENT 2—BOYS TEAM 'A'

—41
—45
—50
—55

EVENT 3—BOYS TEAM 'A'

—60
—65
+65

EVENT 4—GIRLS TEAM 'A'

—28
—32
—36
—40

EVENT 5—GIRLS TEAM 'A'

—44
—48
—52
+52

EVENT 1—BOYS TEAM 'B'

.....

EVENT 2—BOYS TEAM 'B'

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THE WHO'S WHO OF OLYMPIC CHAMPIONS

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COMANECI, Nadia (Roumania)

In the gymnastics arena at the Montreal Olympics of 1976, Nadia, then only 14 years of age, brought the crowds to their feet when she was awarded a maximum 10.0 mark for her performance on the asymmetrical bars in the team competition.

And just to prove to everyone it was no fluke, she promptly went out and gained a score of 10.0 six more times before the Games closed, winning three individual Gold medals, including the overall womens title.

That 10.0 mark on the 'bars' was the first time such a score had been awarded in Olympic Games gymnastics, and her winning total score of 20.0 is unbeatable on current rules, and thus can only be equalled by a gymnast achieving maximum marks such as Nadia did in Canada seven years ago.

Small but daring, she was an unknown a year or so before those 1976 Games, but she hit the top during the 1975 European Championships, taking four out of the five Gold medals.

In the 1978 World Championships she had a mishap when she fell from the bars and this ruined her chances of success.

Summary:

Gold medals (three) combined exercises (individual), asymmetrical bars and beam, all in 1976. Silver medal (one) combined exercises (team), 1976. Bronze medal (one) floor exercises, 1976.

CONNOLLY, Harold (United States)

Boston school teacher, Harold Connolly, heaved the hammer a distance of 207ft 3½ ins when winning the Olympic Gold medal at the Melbourne Games of 1956. This shattered the previous record by nine and a half feet!

'Hal' as he was so-called, broke the World Hammer Throwing record twice in 1956, and he went on to crack it a further five times during his fine career, reaching a personal best of 233ft 9½ ins in 1965.

His great strength and wonderful co-ordination were astounding, considering that from birth he had suffered from a withered left arm, which was three inches shorter than his right.

On 27th March 1957, 'Hal' married the Melbourne Womens Champion Hammer Thrower, Olga Fikotova of Czechoslovakia, and the best-man at their wedding was the runner, Emil Zatopek, a close friend, and fellow-countryman of Olga.

The Connolly's both participated in the 1960, 1964 and 1968 Olympics but neither of them achieved the same fortunes which they enjoyed in Australia in 1956.

CONNOLLY, James (United States)

The first modern Olympic Gold medal winner was the American Triple Jumper, Jim Connolly, who won the event in Athens in March 1896 with a leap of 44ft 11¾ ins.

Under present day rules and regulations he would have actually been disqualified because he took TWO hops with his stronger right foot and then jumped. The correct, and now recognised sequence is a hop followed by a step and lastly a jump.

When winning in Athens, Connolly was over three feet ahead of second-placed jumper Alex Tuffere of France, and almost four feet in front of the Bronze medallist Joanne Persakis of Greece.

Four years later, in Paris, Connolly received the Silver medal in the Triple Jump, with a leap of 45ft 10 ins.

COOPER, Charlotte (Great Britain)

Miss Cooper, nicknamed 'Chattie' was the first woman to win an Olympic Gold medal when she took the Ladies' Singles Tennis title in Paris in 1900, and just to make certain she also collected a second Gold when partnering Reginald Doherty in the Mixed Doubles event.

Before her Olympic successes, 'Chattie' had won the Wimbledon Singles crown three times (1895, 1896 and 1898) and she used to keep fit by simply running up and down staircases whenever she came across them!

Miss Cooper was married the year after she won those two Gold medals – to Mr Alfred Sterry – and her husband later became President of the Lawn Tennis Association. Her daughter, Gwen Sterry, became one of Britain's Wightman Cup stars, playing against the United States and was a frequent competitor at Wimbledon.

And then her son, Rex, who qualified as a London Solicitor, served Lawn Tennis for many years as a Member of the Select Committee who organised the Wimbledon Championships every summer.

Going back to 'Chattie', she won her fourth Wimbledon title in 1901 and made it five, seven years later. She didn't compete in the Olympic Games after her triumphs in France.

CRAIG, Ralph C. (United States)

Craig, from Detroit, was 23 years of age when he won the Olympic Sprint Double at the 1912 Stockholm Olympics.

His time in the 100 metres was 10.8 seconds and for the 200 metres he clocked in at 21.7 seconds.

In 1910 and 1912 he equalled the World 220 yards record as well as winning three American intercollegiate sprint titles.

In Stockholm the starter had eight attempts at getting the runners away in the 100 metres final. The other competitors were gripped with tension. Not Craig, who raced away to win in style from his team-mate, Alvah Meyer.

Thirty-six years later, in London's 1948 Olympics, Craig was a member of the United States Yachting team, looking far younger than his 59 years indicated!

CUTHBERT, Betty (Australia)

No Olympic champion is more popular, no medal ceremony more warmly applauded than the one which features a home athlete in front of a predominantly home crowd. When that champion is a beautiful blonde, with blue-eyes and barely 18 years of age, who runs like a gazelle, her hair streaming behind, then the paying customers really know, and feel, they've had their money's worth!

In Melbourne, Australia, Betty Cuthbert became the star of that sunny country when she darted home to win the Womens 1956 Sprint Double and also collected another Gold in the 4 x 100 relay team.

'Betty You Beauty' was the banner headline across the Australian newspapers after Miss Cuthbert had performed magnificently in the Olympic Stadium, showing great determination and poise to break the tape in the 100 metres and 200 metres sprints in the respective teams of 11.5 seconds and 23.4 seconds, the latter equalling the Olympic record.

And her anchor leg in the relay enabled the 'Aussies' to set a new World and Olympic record of 44.5 seconds.

A hamstring injury gave Betty no chance at all in the 1960 Rome Olympics, but in 1964 she was back to peak fitness and collected another Gold medal when running in the 400 metres on a cinder track. In this event she clocked 52.0 seconds to pip Britain's Ann Packer by a yard.

Between 1956 and 1963 Betty, a relatively shy girl in public, broke sixteen world records including performances in the 100 yards, 200 metres, 220 yards and 440 yards events.

A truly great woman athlete.

DANIELS, Charles M. (United States)

One of the greatest 'crawl' swimmers of all-time, Charlie Daniels won seven swimming medals in the Olympic Games of 1904 and 1908. And to add to this tally he also set seven World records in various events between 1907 and 1911.

He was still only 19 when, in the 1904 Games in St. Louis, he collected three Golds, winning the 220 yards and 440 yards Freestyle races, and swimming one leg in the 4 x 50 yards relay event. He also gained a Silver medal in the 100 yards Freestyle, and a Bronze in the 50 yards Freestyle.

His fourth Gold medal arrived in the London Olympics of 1908 when he captured the 100 metres Freestyle title, and he added a Bronze to his collection when as a member of the United States 4 x 200 metres relay team, he swam perhaps his finest leg to earn his country third place behind Great Britain (the winners) and Hungary.

Charlie's performances at those two Games were treated with almost as much publicity and bally-hoo as were Mark Spitz's over 60 years later!

Charlie died in August, 1973, at the ripe old age of 89.

DAVIES, Lynn (Great Britain)

At the Tokyo Olympics of 1964, Lynn 'the Leap' Davies from Wales won the Mens Long Jump Gold medal with a mighty 26ft 5½ ins (8.07 metres). In second place came the reigning Olympic champion, Ralph Boston, whose jump was 1½ inches shorter than Davies's. Vast Crowds, undeterred by frequent heavy rain showers, added tremendous atmosphere to all the events, and when the Welsh ace out-jumped the American bombshell, the whole stadium went delirious. It was a shock victory – but one Lynn Davies will never, ever forget – you can be sure of that!

COMPETITION

HAND ASSISTED TECHNIQUES...

In the recent European Championships there was an apparent increase in the number of penalties and warnings given for passivity and the Nations which are good tactically (notably the French) made valuable use of this knowledge. With the aid of the vocal support of the crowd, players like Rey and Nowak adopt an extreme one-sided stance which pulls their opponents heads down and requires a determined effort to avoid. The defensive attitude in this position puts Uke under extreme pressure to avoid passivity warnings and invariably the French gain advantage from this.

One defence to such tactics has been for players to hold trousers or go for pick-ups or defend with a straight arm to the hip. All these defences were quickly penalised. In fact any player holding the trousers was stopped almost immediately. The trousers could only be held in Tachiwaza for an immediate obvious attack after which they had to be released quickly.

Consequently leg-grabs were few and far between and even the Russian preference for leg-pick-ups seemed curbed somewhat. Obviously this strict application will be felt in Britain and it seems an opportune time to show hand to leg assisted techniques which were both allowed and in fact scored. Neil Adams has a tremendous Ko-ouchi attack to his opponents right leg in which he reaches right down with his left hand to pick up the attacked leg at the ankle. You may have seen this in the World Championship film.

The first two pictures (on this page) show a left Ko-ouchi-gari with a much higher form of hand assistance on the trousers which Uke almost manages to turn off, just losing a Koka.

Sequence 2, 4 and 5 show the new French hope Mellilol making a similar attack on Gamba in the Under-71 kilo finals. This time he misses with the leg attack but the fierce drive through earned him a Yuko.

Mellilol again in 6, 7 and 8 with an Osoto-gari attack which similarly started off with his right hand picking up the thigh of his opponent (323). This is obvious in picture 6 though the hand is hidden.

Mellilol used hand-assistance in a great variety of attacks, even to pick up a foot when attempting Seoi-nage.



Sadje of Poland attacked by Fratica of Roumania in the 78 kilo repechage at the European Senior Championships of 1983



REPORT & PHOTOGRAPHS
FRANK SMITH

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TECHNIQUES





THE BRITISH JUDO ASSOCIATION NEWSLETTER AS INCLUDED IN JUDO MAGAZINE DURING THE LAST FEW MONTH'S WILL NOT BE IN THIS MONTH'S MAGAZINE. The Agreement with the BJA terminated in May and will be discussed at the next Management Committee Meeting.

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**TRAIN WITH
THE 'MASTERS'
JAPANESE
NATIONAL TEAM**



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We have arranged for the Japanese National Team to stay on after the Master's Tournament for two days to give British Judoka the opportunity to train with them.

Team Members are not yet known, but this is surely an opportunity which cannot be missed.

Grade requirements for practise: 2nd Kyu and above. Mat fee for session: £2.50. (Spectators: £1.00. Admission at the door).

Monday 4th July 1983

7-00pm prompt at JUDO LTD Dojo
Candem House
717 Manchester Old Road, Middleton
Manchester M24 4GF

Tuesday 5th July 1983

7-00pm prompt at Haden Hill
Leisure Centre, Warley
West Midlands
Mat fee for the session: £2.50
Spectators: £1.00

*Places are strictly limited,
practising Judoka must register now
by post. Send a cheque for £2.50
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'Japanese Visit' 201 Hydes Road
West Bromwich B71 2EQ*

State which session.

TRAINING SCHEDULES DENSIGN WHITE



PART TWO WEIGHT TRAINING

Continuing our three part series looking at the Training Schedules of Design White, we look at (in Part Two) his weight training programme.

First let me repeat our caution of the first issue. Do not copy Design's schedules without experienced advice especially concerning weight training. Starting weights should be very light for the beginner.

Remember in Part One, Design did his mobility and warm-up exercises in sets of eight or twelve which he continues in his weight training. He follows his warm-up with a loosening game of badminton which has him warm and supple in preparation for the weights. Do not weight-train before the mobilisation period.

Design's programme is designed for his own particular needs and in all exercises he uses free weights rather than the multi-gym units. The additional control need for free weights is worth a couple of kilos and specific exercises can be included to meet special requirements.

On page 25, picture A shows the 'bent-over rowing' exercise which benefits arms, shoulders, neck, back and abdomen.

This is followed by pictures B, C and D which show the sequence for the exercise known as 'cleans.'

This is a continuous flowing lift from a static ground position to shoulder height, under control. Benefits are obvious.

On page 26, pictures 1 and 2 demonstrate the 'bench press.' Picture 3 shows squats whilst picture 4 shows the 'overhead' pulls' which is a very useful judo exercise.

Pictures 5 and 6 are one of the special exercises mentioned which duplicates a typical Tai-toshi arm pull. Single side exercises are repeated for both sides.

Next month we put all the exercises shown into Design's schedule and show his actual mat training to give the overall picture of his weekly routine.





**NEXT
MONTH...**
Densign White's
Judo Mat
Training. Plus
his full Daily
Training
Schedule in
detail.
*Note: Take
experienced advice
on weight training.*



Photos 1 and 2 — Bench Press in Sets.
Photo 3 — Squats in Sets of Twelve.
Photo 4 — Overhead Pullovers in Sets of Twelve.
Photos 5 and 6 — Special Exercise in Sets of Twelve.



ROUND & ABOUT

Competition Reports, News and Judo Information

HISTORIC JUDO VISIT

For the first time ever, in over 100 years of judo, a Japanese National Judo Coach is to visit England to teach on a judo course.

Professor Yoshinori Takeuchi, Black Belt 7th Dan from the Kodokan (World Headquarters) in Tokyo, is renowned in his own country as one of the most skilful and knowledgeable judo masters of all time. He is a former All Japan Judo Champion, and has taught judo throughout the world.

Former British Judo Team Captain John Gallon, Black Belt 5th Dan, who studied for five years at the Kodokan in Tokyo, has arranged the historic visit to Dukeshouse Wood Centre, Hexham in Northumberland. There are to be three five day, residential courses starting on 25th July and ending on 12th August.

The "Fittest Family in Britain" (in 1979 and 1980) Charles, Pat and children Helen and Lee Oughton who have always had judo as their basic keep fit sport, will be assisting on the course. Charles and Pat are Black Belts.

The Japanese Embassy have also been most helpful and have arranged the loan of the film "Mind and Body" by the famous judo teacher Toshiro Daigo, 8th Dan.

The visit of Professor Takeuchi has been circulated to 23 European countries and throughout the United Kingdom. A number of companies have shown interest in the sponsorship of his visit.

S.J.F. REGION 6 MENS CHAMPIONSHIP RESULTS

Under 60 kilos... 1—B. BROWN—Parkhead, 2—P. ADAMS—Centar, 3—M. KING—Centar, 4—P. McMAHON—Parkhead.

Under 65 kilos... 1—P. McCARTHY—Bellahouston, 2—J. DOHERTY—St. Ninians, 3—J. McQUADE—Seni, 4—J. McINTYRE—Parkhead.

Under 71 kilos... 1—I. ARMSTRONG—Bellahouston, 2—W. BUCHANAN—Centar, 3—J. WOOD—St. Ninians, 4—T. GILLAN—Bellahouston.

Under 78 kilos... 1—J. RAE—Burnhill, 2—J. McQUADE—Seni, 3—R. SAEZ—Parkhead.

Combined Under 86 kilos and under 95 kilos... 1—D. PATTERSON—Bellahouston, 2—D. BANDONI—Bellahouston, 3—H. FERNS—St. Ninians.

THE OPENING OF THE NEW SWINDON JUDO CENTRE

If the opening of any new judo club is a cause for celebration then the opening of the new Swindon Judo Centre is really something to shout about. These are amongst the finest judo facilities in the country and the atmosphere of the Dojo is the best I have experienced. The mat area consists of a full sized contest area complete with two metre safety area. On two sides there is comfortable cinema seating for forty spectators. The mat is overlooked by an enormous balcony which contains a snack bar, spectator facilities and video playback monitors. The shop has everything for sale from judo suits to judo video cassettes, from club badges and sweat shirts to the latest Geoff Gleeson book. The changing and showering facilities are good though lack of space has meant only one set which means either separate nights for men and women or different changing times or liberal minded Judoka! However the club scores above all others in its atmosphere; situated on the first floor it has a superb open beamed lofty wooden ceiling with high windows on three sides. The sun passes around the window sides giving the club a light airy atmosphere very conducive to playing judo and quite the contrary of the little natural light, sweat box feeling that one experiences at so many clubs. Wall murals of Isaac Azcuy and Geoff Gleeson in action add further to this feeling of class.

Geoff himself opened the club on the 16th April at an opening which was attended by hosts of stars and hundreds of enthusiasts. Arthur Mapp threw everyone around and was then dumped for the press by Crossroads Penny Banks (Kim Hicks to the judo world). Danny Da Costa blessed the club with the unorthodox eastern ceremony of Ho Wa Ta Na Siam (don't say it quickly) making it a sanctuary, though of what we weren't certain. Exciting contests, excellent Randori (50 on the mat at a time!) and top class coaching saw us through to the evenings revels and a great day was had by all.

The Swindon Judo Centre is the brainchild of County Coach Maurice Heather who has put it together virtually single handed. Principal coaches are Maurice and Charlie Magri's cousin Bernard Micalaf. The future looks rosy. In two weeks the centre already has over 200 fully paid up members with more joining every day. Hopefully they will become a judo force to be reckoned with. Situated in the town centre it is very close to the station and the Swindon Bodybuilders Centre, a massive modern, superbly equipped gymnasium, and membership already has a considerable overlap. When the ground floor of the building becomes available, should the Swindon Judo Centre take it over, Swindon could have one of the finest clubs in Europe. The centre is open every night, so next time you're in Swindon...



NATIONAL JUDO SQUAD TRAIN WITH THE ROYAL MARINES

The National Judo Squad, consisting of 60 Juniors and Seniors players, trained at the Commando Training Centre Royal Marines, Lympstone, Devon from 26th-31st March.

This disciplined training environment was ideal for the pre-European Championships training week, with the excellent facilities provided by the Physical and Recreational Training complex. The training took place under the watchful eye of WO1 Peter Brown, Assistant Inspector of P.T. and Hon. National Coach who has also been invited to become trainer to the National Squad. Colin McIver, National Team Manager, was also supported by Arthur Mapp (National Squads Manager) and Tony Macconnell (ex-British Team Manager, Norwegian National Coach).

The Squad training involved Fitness and Skill tests, Technique Training, lectures on diet and training matters, video work and a daily mess—Randori. The most popular activity was undoubtedly the daily swim to round it all off. They also completed Royal Marines Assault Course, using a variety of very original techniques, not seen used at the Commando Training Centre before!

The National Squad received good local press and radio coverage and was also featured on both BBC and ITV channels. All squad members remarked that this was one of the best training periods ever held.



BELLE AIR HOLIDAYS PROVIDE SPONSORSHIP FOR TRAINING OF JUDO AND KEEP-FIT CLASSES IN MALTA

A joint venture sponsored by United Kingdom tour operator *Belle Air Holidays Limited* and the Malta Judo Association recently took two United Kingdom Judo personalities to Malta for two weeks on an extensive programme of courses and training for school teachers, keep-fit enthusiasts and Judo players.

Jack Cook, 2nd Dan, B.J.A. National Referee, County Coach and Honorary Life Member of the Malta Judo Association accompanied by Graham Turner, 3rd Dan, B.J.A. and International Referee, both frequent visitors to Malta, promoted a system of keep-fit classes with exercises to popular music at the Kamikawai Judo Club, at the Medisla Holiday Village St. Andrews. Classes were attended by both residents and Maltese girls eager to qualify as class leaders in this popular and fast expanding pastime.

The courses for school teachers aimed to teach basic Judo skills, to enable school children to discover the sport of Judo as an Olympic sport and not as is so often accepted as a Martial Art. The Malta Judo Association is fast becoming highly organised and efficient with a very good standard of skills and an exceptionally high standard of discipline. Malta is fast becoming a name to watch for on the World Judo scene.

Graham Turner the International Judo Referee, Coach and prominent player, advised the Malta Judo Association on how to establish a system of Referees to enable Malta to produce their own International Referee. The Association will study this advice and will act as they see best to produce a system to suit their needs.

★ BOOK REVIEW—By Simon Hicks JUDO INSIDE OUT By Geoff Gleeson (With photographs by Colin McIver)

A new book by Geoff Gleeson is an event. His name on the cover is enough to ensure original content that will infuriate some but will certainly delight many.

Geoff Gleeson is not just an ex-National Coach who had a disagreement with the Management. He has been acclaimed as "the greatest Judo thinker in the world today." His books are not coaching manuals which give a little simplified background information, instructions on how to do standardised techniques which are seldom seen in practice, and a superficial look at the latest tricks and variations already invested by current champions.

Before Geoff was National Coach he was British Team Captain and the first man to lead Britain to victory in the European Team Championships, and before that he was the most distinguished foreign pupil at the Kodokan, living as a guest of Kano's daughter and son-in-law. His book therefore throws new insight into the extraordinary problems of developing a Western sport from a Japanese tradition. Readers or viewers of *Shogun* will recognise the paradox.

His analysis of this problem is based on a breadth of learning which may be too theoretical for exclusively practical sportsmen; but it should be very enlightening for teachers of Judo.

The practical observations, which will certainly attract sportsmen, are illustrated by a remarkable mixture of photographs. Gleeson uncharacteristically demonstrates the standardised techniques (which competitors find so impracticable) and compares them with the infinite variations seen in the stress of competition. Here he makes use of Colin McIver's excellent photographs of contemporary champions (including Neil Adams, Sumio Endo and Angelo Parisi) to show what really happens in an ever-changing imperfect world.

Good books keep us up-to-date but Gleeson once again tries to do more by suggesting an open-ended approach to tactical thinking. This section is the biggest in-depth examination of positive counter throwing that I have seen in print. As National Coach his technical prophesies that, for instance, front throws would be done without lifting and Tomoe-Nage would be done sideways, did not attract universal acceptance to say the least! History has proved him right. If the new directions suggested in *Judo Inside Out* are eventually exploited by champions of the future, it would be appropriate if they are British champions.

There is much in this unique book far beyond Judo which will be of great interest to the person who "enjoys a good read." The bibliography could fill a small library. Geoff Gleeson has always exemplified T. P. Leggett's teaching that a complete Judo man should be more than a good fighter.

Whether we agree or disagree with this wealth of innovative thought we are certainly made to think. This would surely have pleased the remarkable teacher who built a new system of physical and ethical training; a system that involved such esoteric inventions as ITSUTSU-NO-KATA and what he christened 'Judo'. Gleeson the rebel seems to be firmly in the Kano tradition.

To those that want a thought provoking read about their sport, I thoroughly recommend this book.



SPORTIVE PERFORM



Wander Limited is a Swiss company which has pioneered many special foods—including *Ovaltine*—and has been an official supplier to the Olympic Games since 1932. Recently, *Wander* has launched a new brand sport-food in Britain, called *Sportive Perform*.

Sportive Perform is a range of very carefully formulated food products which meet the nutritional requirements of sportsmen at every stage of their sporting effort, from training to recovery.

Wander developed this new and exciting concept in Europe in the late 70's, with the aid of leading coaches, nutritionists, physiologists and doctors. Since then the *Sportive* products have proved their value at the very highest level of competition, both in professional and amateur sport.

Sportive Perform has been used in the UK by several national teams, and now the products are available to all sport enthusiasts.

The range consists of...

Protein Power: A high-biological-value protein powder, with essential vitamins and minerals. It is important for the growth and repair of muscle tissue, particularly during the training/build-up phase.

Plus Food: A delicious protein-rich chocolate drink, with carbohydrate, vitamins and minerals. It gives sportsmen the extra requirements caused by training and competition workloads. Makes an ideal precompetition meal.

Energy Drink: A tangy, citrus-flavour drink, containing readily digestible carbohydrate and vitamins. Provides immediate and sustained energy, without the side effects sometimes associated with pure glucose. Recommended as a pre-race drink.

Mineral Plus 6: Replaces fluid, energy and electrolytes lost in sweating, for even small losses can have a serious effect on performance. Taken during training/competition, it reduces the risk of muscular weaknesses or cramps.

Power Back: Speeds recovery after activity by replacing all nutrients depleted in competition. Delicious, orange-flavoured *Power Back* helps to overcome loss of appetite through mental or physical exhaustion following exertion.

Energy Bar: Handy source of energy throughout all phases of preparation. It is not too sweet, sticky or heavy.

Now, coaches and athletes alike can plan diets which will aid their performance during competition and speed up recovery after competition.

MIDLAND AREA REFEREE COURSE

The Midland Area Committee pass their congratulations to the following members who successfully passed the Area Referees Award... Rodney Edwards (Ashby Ivanhoe), Martin Allsop (Aiton), Simon Cook (9th Hallow), Stewart Walker (Leicester), Andrew Stone (Derby), Winston Ingram (Oswestry) and Craig Bowater (Bridgnorth).

YOUNG JUDO AND KARATE CLUB ANNUAL JUNIOR AND SENIOR CLUB CHAMPIONSHIPS Sittingbourne Sports Centre Sunday 15th May 1983

For the first time the Y.J.C. and Y.K.C. held their Junior and Senior Championships together and had over 150 people attending which proved a bit cramped but nevertheless very enjoyable.

The Karate Championships were on first although down from last year proved a very competitive event with some excellent Karate—it must be noted that only 30% of the Karate club participated with a lot of the rest watching in the audience, compare this with the Senior Judo with a club turn out of 75% and only a few notable exceptions.

One obviously must doubt the courage of the Karate players who did not compete, this may be something Larry Read, the young Karate club Senior Instructor will have to work on. Larry has taken over from brother Melvyn, who's business commitments and the fact that he is Senior Referee for the I.B.F. has had to resign his position in the club.

The best sections of the day were the Veteran Judo and Karate events—men over 35 years of age—these events put a lot of young men to shame, most of the men in this event were near 40/45 than 35 and gave their all in the Karate. Barry Wallwork (43) met Bernie (Slug) Woods (37) in the Final, both fought hard but Barry's Oi Zuki Lunge Punch proved too much for Bernie, who lost 5-1.

The men's Veteran Judo proved the most exciting event of the day with club instructors Dave Boulding, Ken Cassell and Alan Kontozi meeting in the Final Pool—with Dave being the favourite and Alan being rank outsider. But after the Pool had finished each player had won one fight, Dave beating Alan with a shoulder throw for a ten-point win. Alan then beat Ken for five points with a foot throw, Ken beat Dave for four points with a counter throw.

The final result was first Dave Boulding, second Alan Kontozi, third Ken Cassell.

Another fight everyone was looking forward to was between Ricky MacKay (20 years, 11 st) and Trevor Waghorn (34 years, 15 st), Trevor had always beaten Ricky but in the last 12 months Ricky had beaten Trevor three times. But Trevor was determined to beat Ricky so it was youth against experience—the fight went to extra-time and Ricky won on a decision.

Fiona Boty was the only woman to take part and she fought extremely well against the men. Fiona remains a loyal club member unlike some of our previous ladies who have opted for cosy options and deserted the club.

Our latest 'find' is Hadrian Winterbourne, who at 14 years of age, weighs 14 st and is 6 ft tall, is already proving a handful. Hadrian has been doing Judo for three years in one of our outlying clubs at the Adult Education Centre, and under the watchful eye of Alan Kontozi has just started coming to the Senior Section. This was his first competition, he won the Under-18 years title with ease and also won a Silver medal in the Senior Heavyweights category—this boy is certainly to be watched.

The Finals of the Under-60 kilos class saw the very experienced Andrew Welsman beat Shaun Brown on a decision in extra-time—Shaun has only just returned to Judo.

In the Junior Girls the results were mainly as expected with the exception of the Girls Under-45 kilos category, with Rose Robinson beating the very experienced Dawn Clark on a hold-down.

In the Boys event there were first-time Golds for Paul Wood, Rhett Fagg, Mark Stapleton, Gary Mitchell and Paul Carey.

The over all standard of Judo was excellent, Mrs Margaret Clarke (4th Dan) and Mrs Valerie Clarke (1st Dan) presented the prizes. Our thanks must go to Ken Cassell, Trevor Waghorn, Dave Boulding, Alan Kontozi and Fiona Boty who, not only competed, but stopped on to referee the Juniors.

The Sittingbourne Sports Centre will be running a six-week beginners course in Judo on Wednesday 1st June, commencing at 7-00 pm.

To finish, this was the only time that Martin Clarke referees.

★ Results on page 30...



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Middleton, Manchester M24 4GF Telephone: 061-653 1499**

★ Round and About—continued...

YOUNG JUDO AND KARATE CLUB CHAMPIONSHIPS

RESULTS...

● Boys Under-18 kilos:	
R. WARR	Gold
T. MILLS	Silver
● Boys Under-21 kilos:	
P. WOOD	Gold
A. FOSBRAY	Silver
A. SHARMAN/A. BEST	Bronze
● Boys Under-24 kilos:	
R. FAGG	Gold
M. BALL	Silver
J. ALEXANDER/M. BEAMISH	Bronze
● Boys Under-27 kilos:	
M. STAPLETON	Gold
M. WAM	Silver
D. WESTALL/M. GOODMAN	Bronze
● Boys Under-30 kilos:	
P. CAREY	Gold
M. HIGHSTEAD	Silver
S. ALDERS/J. SANDERS	Bronze
● Boys Under-35 kilos:	
M. CASSELL	Gold
S. KONTOZI	Silver
D. WELLSMAN/J. HIGHSTEAD	Bronze
● Boys Under-45 kilos:	
G. MITCHELL	Gold
A. MAYNARD	Silver
R. WILLIAMS/D. STANLEY	Bronze
● Girls Under-21 kilos:	
M. HIPWOOD	Gold
A. HIGHSTEAD	Silver
E. SMITH/N. SMITH	Bronze
● Girls Under-24 kilos:	
J. MILLS	Gold
W. CHAPMAN	Silver
● Girls Under-27 kilos:	
S. CLARKE	Gold
N. YOUNG	Silver
S. ROUSE/F. ALLUM	Bronze
● Girls Under-30 kilos:	
N. BOULDING	Gold
W. TATCHELL	Silver
N. CASHIN	Bronze
● Girls Under-35 kilos:	
J. HANKUP	Gold
T. WESTALL	Silver
D. BARNES	Bronze
● Girls Under-45 kilos:	
R. ROBINSON	Gold
D. CLARKE	Silver
● 15 to 18 Years:	
A. WINTERBOURNE	Gold
A. WELLSAN	Silver
A. CLARKE	Bronze
● Under-60 kilos:	
A. WELLSMAN	Gold
S. BROWN	Silver
A. CLARKE	Bronze
● Under-78 kilos:	
J. MACKNESS	Gold
J. CAREY	Silver
● Over-78 kilos:	
P. BARNWELL	Gold
A. WINTERBOURNE	Silver
F. BOTY	Bronze
● Over-35 Years:	
D. BOULDING	Gold
A. KONTOZI	Silver
K. CASSELL	Bronze
● Under-71 kilos:	
R. MACKAY	Gold
D. BOULDING	Silver
K. CASSELL	Bronze
● Over-71 kilos:	
T. WAGHORN	Gold
● Ladies Open:	
F. BOTY	Gold
● Open:	
R. MACKAY	Gold
P. BARNWELL	Silver
● 7th and 8th Kyu:	
D. STEPHENS	Gold
G. BUTT	Silver
D. CARTER	Bronze
● 4th, 5th and 6th Kyu:	
B. MACKNESS	Gold
B. WALLWORK	Silver
B. WOOD	Bronze
● 3rd, 2nd and 1st Kyu:	
J. MACKNESS	Gold
● Over-35 Years:	
B. WALLWORK	Gold
B. WOOD	Silver
● Open:	
J. MACKNESS	Gold
D. BUTT	Silver

JUNIOR COMPETITORS

Dear Sir,

I have attended every *British Open* since they were first inaugurated in 1966, firstly as a competitor, then as a referee and more recently as a spectator only. The organisation of the event in recent years has become very professional and all those concerned are to be congratulated.

British Judo generally seems to be going through a numerically healthy stage, but judging from the number of medal winners it would seem that we are at a very lean stage indeed on the Mens side and that we seem to be suffering more than ever from a lack of any degree of depth in the standard of players necessary to win medals at international levels. Neil Adams was outstanding and seems to have improved on what was regarded as excellence in his category when he won the World Championship. One or two of the medal prospects seemed to lack the fitness necessary to win a medal at this level and that criticism has to be levelled squarely at the individuals concerned who will, no doubt, recognise this themselves.

I was pleased to read that at last the B.J.A. are being forced to recognise the potential damage both physically and physiologically to very young competitors and that a move, all be it a half-hearted one, is afoot to raise the minimum age to 10 (still much too young) for national level competition. As some people in the Association know, I have been critical of the development of competitive Junior Judo for at least 10 years and in a long article published in the September/October 1978 issue of *JUDO* I covered most of the points which disturbed not only me but many other coaches concerned about the effect on future squad members. Their concern then would seem to be justified if the number of medals won by British players at the Open is anything of a guide.

It would seem to me that the type of techniques which very young children develop in order to succeed at Junior competition level cannot be further developed as skills should continue to be when they get into the squads, but rather that these early techniques become 'habits' rather than 'skills' and interfere with, rather than act as a foundation for the types of throwing skills necessary for success at international level. There should be room for everybody in Judo who wants to do it, say from a minimal age of eight, but if young children are not doing Judo just for the hell of it, I see very little point in them being involved at all. As far as Judo is concerned I do not accept that children must specialise from an early age as they do in swimming and gymnastics. Maybe the specialisation which goes on in the Eastern Bloc boarding schools is less harmful than that which our system offers (I have not yet heard of them doing Judo this way), but do we really want Judo 'hot house' blooms at 15 or 16 who are also likely to fade very quickly. We must decide if the interests of the B.J.A. are best served by the pursuit of excellence between the ages of eight and 15 or as I would advocate between the ages of 14 and say 20.

The type of environment necessary to develop throwing skills which are fundamental at aesthetically-pleasing Judo cannot, I suggest, be best fostered through competitive Judo for very young children. Neil Adams is frequently cited as an example of a Junior who came through as is Brian Jacks and Angelo Parisi. Angelo was about 14 with an unusually good physique and mature attitude when he first started. Junior Judo was almost unknown when Brian Jacks was a junior and when I first became aware of Neil, Judo weight categories had just been introduced and competitions for Juniors were still few and far between. A lot of the success must be attributed to the support rather than pressure which they received from their families.

For far too long the B.J.A. have been content to sit back and regard Juniors just as so many licences on two legs rather than formulating a realistic policy for their 'whole' development in Judo. At last they are being forced to have a second look. Would it be too much to expect that they might now examine the whole of the Junior spectrum from 'play' Judo to competitive Judo and in so doing perhaps rationalise the Junior grading system which seems to be a bit of a shambles at the crucial transfer age of 15 to 16. Perhaps a system which would be impossible to confuse with that meant for adults. Whilst they are at it, they might consider whether, in fact, the present rules which are reasonable at Senior level, are really the best for use with Juniors or whether in fact this could better be served by some type of running score inside, say a two or three minute period with written-in safeguards.

JOHN RYAN—6th Dan

JUNIOR COACHING

Dear Sir,

I would like to draw to the attention of you, your readers and the B.J.A., to what is happening in Junior Judo. In the last few years there has been a rapid decline in Adult judoka and an increase the Junior judoka, because of this there has been more emphasis put on to Juniors. There must be at least 10 Junior events to one Senior event.

This has led to a very undesirable element into Judo what I call the professional Junior Judo Competitor and Co. He or she is aged between eight and 17 years of age, does Judo five to six times a week and attends at least one competition every two weeks.

One may ask what is wrong with that? Several things...

(1) — Children are encouraged to diet which any doctor can tell you can be harmful, many a time I have seen 17-year-olds fighting as low as 40 to 45 kilos. (2) — Coaches believe that medals are the only way to dictate the standard of Judo. (3) — Parents in these cases see their children as their ultra-ego fulfilling things they were not capable of. (4) — Bodies and muscles become damaged because of the intensive training these youngsters have to undergo (some children are even told to weight-train at 11 to 12 years of age, which I believe is illegal). (5) — Because of their intensive training their schoolwork suffers, ruining their futures.

I could go on and list even more. It would be interesting to see how many of these professional Juniors ever make anything over the age of 18 years in Judo.

I remember talking to one parent who's boy was 17 and weighed 45 kilos and said that when the boy was 18 the lowest weight would be Under-60 kilos they then said the boy would retire at 18!

My club at the Sittingbourne Sports Centre has 300 children doing Judo and we still go on the old qualities...enjoyment, perfection of techniques, sportsmanship, manners, self-discipline, self-respect and respect of others. We enjoy a reasonable amount of medal success but this is not our sole aim.

My mother and father have coached Judo professionally for 23 years each and I have for 12 years, and our aim has always been maximum participation.

May I suggest that Juniors be divided into Under-15's and 15 to 18 years.

For those who are interested, Craig Scott, former British Under-21, British Student Champion and former International, is now working as Manager of the Clark Hatch Physical Fitness Centre in Hong Kong. Craig tells us that he will continue his Judo by entering the Hong Kong Open.

MARTIN CLARKE—Professional Judo Coach

FORTHCOMING EVENTS

Dear Sir,

I would like to bring to your readers attention the following events...

Sunday 17th July, at Sutton High Sports Centre, St. Helens

● THE MERSEYSIDE MINI MONS CHAMPIONSHIP FOR BOYS AND GIRLS ●

This is a two-star B.J.A. event.

Sunday 25th September, at Sutton High Sports Centre, St. Helens

● THE MERSEYSIDE OPEN CHAMPIONSHIPS FOR MEN AND WOMEN ●

This event as a three-star licence applied for.

★ For further details of the above events please contact Mr P.F. Haunch, 65 Derby Drive, Rainford, St. Helens, Merseyside WA11 8EW—telephone: 0744-88-2676.

PETER HAUNCH—Organiser



BRITISH JUDO ASSOCIATION (Midland Area)

THE BRITISH WOMENS CLOSED CHAMPIONSHIPS Saturday 30th July 1983

● Venue...HADEN HILL LEISURE CENTRE
BARRS ROAD, CRADLEY HEATH, WEST MIDLANDS

ENTRY FORM

SURNAME _____ FORENAME(S) _____

ADDRESS _____

TELEPHONE No. _____ GRADE _____

CLUB _____ AREA _____

WEIGHT CATEGORY _____ CURRENT B.J.A.
MEMBERSHIP LICENCE No. _____

THIS IS A B.J.A. FOUR-STAR EVENT

(1)—I am an amateur within the Rules of the British Judo Association and I confirm that I will comply with the Articles of Association and Bye-Laws of the British Judo Association.

(2)—I wish to participate in the above event and confirm that the details given by me are correct.

(3)—I understand and agree that neither the organisers of the event, nor the British Judo Association (nor any of its officials or members) shall be liable or responsible for any personal injury to me, nor for any loss or damage to my property arising out of my participation and travelling in connection with these Championships.

(4)—I am totally responsible for my own state of health and I am fit and able to participate in the above event.

SIGNATURE _____ DATE _____
(Parent or Guardian if under 18 years of age)

(5)—Weight Categories... (Weighing-in from 9-00 am to 10-00 am on the day)

Up to and including 48 kilos	Over 61 kilos up to and including 66 kilos
Over 48 kilos up to and including 52 kilos	Over 66 kilos up to and including 72 kilos
Over 52 kilos up to and including 56 kilos	Over 72 kilos
Over 56 kilos up to and including 61 kilos	Open Category

(6)—Entries... Completed forms (remember to fill in the form in full) together with the Entry Fee of £4.00, must be returned to Frank Smith, 201 Hydes Road, West Bromwich, West Midlands B71 2EQ, to arrive no later than Monday 25th July 1983. Late entries or telephone entries will not be accepted.

(7)—Payment... Cheques/Postal Orders should be made payable to The B.J.A. Midland Area. If you require acknowledgement of your entry please enclose a stamped, self-addressed envelope.

This event is sponsored by JUDO LIMITED

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