

JUDO

No. 10 MAY 1981

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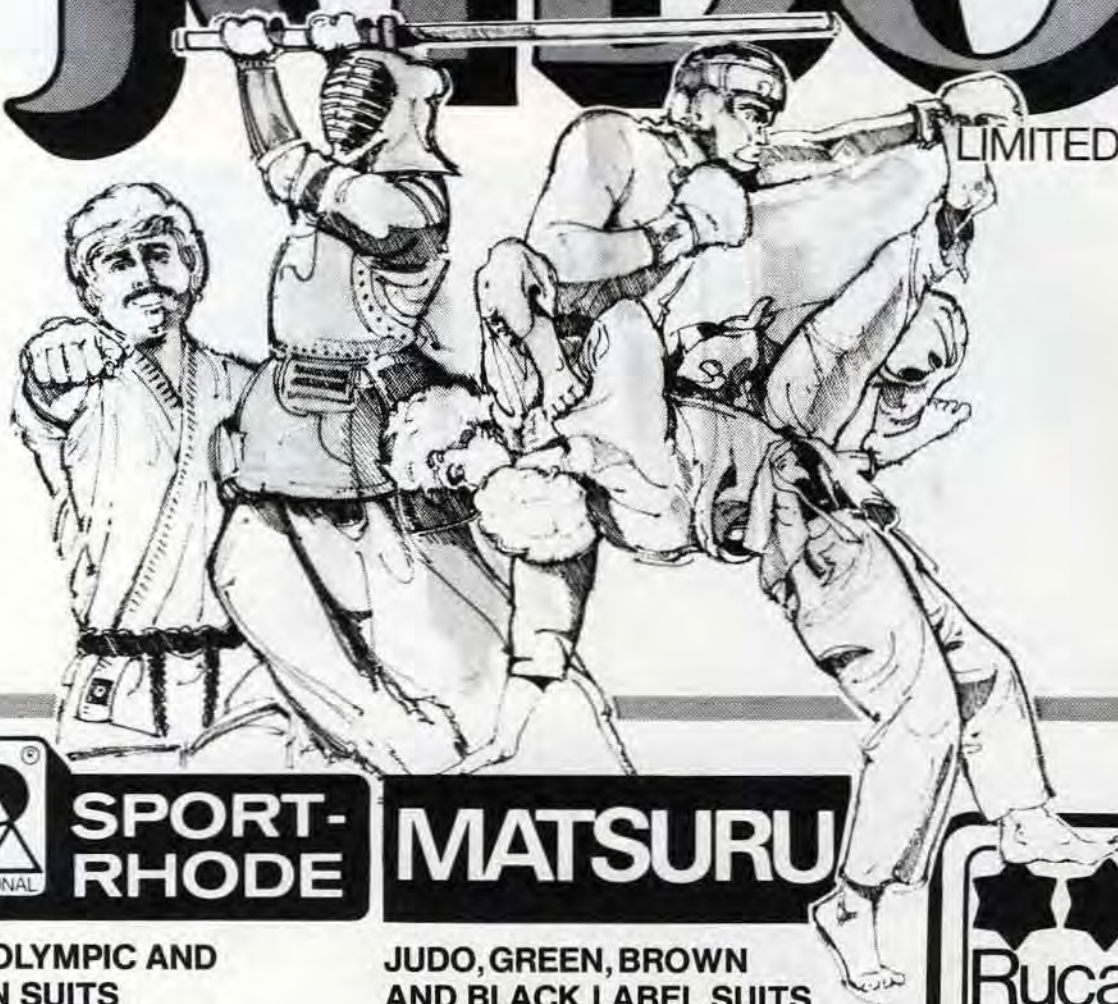


● *In this issue:*

WOMEN'S EUROPEAN CHAMPIONSHIPS
NATIONAL TEAM CHAMPIONSHIPS
DUTCH OPEN CHAMPIONSHIPS
MIDLAND AREA TEAM CHAMPIONSHIPS

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JUDO

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Executive Editor: Colin McIver

Editor: Peter Campbell

Correspondents and Contributors: David Finch, Anne McGowan, Karl Bacon, Frank Smith, Maureen Sutton.

Compilation and Original Design: Frank Smith

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COVER PICTURE: Tommy Martin (USA), in the Dutch Open Championships.

JUDO

Editorial

In contrast to last month the Judo scene has been very active and we include in this issue reports on the Womens European Championships, where the British girls won three medals, the very exciting National Team Championships for Men and the Dutch Open Championships, and of course most of our regular features.

It seems that some of our readers feel that of late *Judo* has been over critical in our reports and feature articles. It is not our intention to be critical but we feel we must keep you informed and make our views known. As always we will respond to you our readers wishes, so please write to let us know what you think about *Judo* magazine.

★ ★ ★ ★ ★ ★ ★ ★

World Championships. Holland. Sept. 2nd-7th.

Judo Limited are running two coaches to the World Championships with one leaving from Scotland and one from the North-West picking up at the Europa Lodge Hotel in the Midlands. There are just a few places left to fill and interested readers should telephone Judo Ltd., office as soon as possible to reserve seats. The cost is £110 which includes five nights accommodation and breakfast and the return journey. Tickets have been ordered and will be additional to this amount. At this price, you can't afford to miss this, the most prestigious of Events.

Peter Campbell...Editor

NOTE ... from the June issue, every effort will be made to meet a publishing date of the first of each month. Distribution will be possible in the first few days of each month provided there are no printing difficulties.

Copy for inclusion in *Judo* should be received by the third of each month preceding publication.

Diary of Events

NATIONAL AND INTERNATIONAL EVENTS

Saturday 23rd May 1981

HOME INTERNATIONAL — Edinburgh
Contact Scottish Judo Federation for full details

Tuesday 19th to Thursday 21st May 1981

WOMENS NATIONAL SQUAD SESSION — Lilleshall

Saturday 13th June 1981

YOUNG WOMENS WEST GERMAN OPEN

Sunday 14th June

BJA ANNUAL GENERAL MEETING — London
Wembley Crest Hotel

GIRLS COMPETITION — St. Helens

Contact Bill Paton on Newton-le-Willows 7433

Sunday 21st June 1981

UNITED KINGDOM AREA TEAM CHAMPIONSHIPS FOR BOYS —
Haden Hill LC

AREA AND MAJOR EVENTS

Saturday 6th June 1981

MIDLAND AREA WOMENS OPEN CHAMPIONSHIPS —
Haden Hill LC

SOUTHERN AREA KYU GRADE CHAMPIONSHIPS —
Crystal Palace

Saturday 27th and Sunday 28th June 1981

CONCORD SC NATIONALLY OPEN BOYS/GIRLS
CHAMPIONSHIPS

PROMOTION EXAMINATIONS

Sunday 7th June 1981

DAN GRADES — Crystal Palace

Prior entry via:

Jean McNaughton, 62 St. Helier Avenue, Morden, Surrey

Sunday 26th July 1981

DAN GRADES — Horwich LC

Sunday 2nd August 1981

DAN GRADES — Ryecroft JC

MIDLAND AREA PROMOTION EXAMINATIONS MAY AND JUNE

Sunday 31st May 1981

MENS KYU GRADES — Scunthorpe (1-00pm)

Thursday 4th June 1981

WOMENS KYU GRADES — West Mercia Police (6-30pm)

Thursday 11th June 1981

MENS KYU GRADES — West Mercia Police (6-30pm)

Sunday 14th June 1981

MENS KYU GRADES — GKN (10-00am)

WOMENS KYU GRADES — GKN (12 noon)

Saturday 20th June 1981

BOYS ALL GRADES — Quorn (9-30am)

Sunday 21st June 1981

BOYS ALL GRADES — Hallow JC (10-00am)

GIRLS ALL GRADES — Hallow JC (1-00pm)

Sunday 28th June 1981

BOYS ALL GRADES — Pershore (10-00am)

GIRLS ALL GRADES — Pershore (1-00pm)

GIRLS BEGINNER AND 1st MON — Derby (9-30am)

BOYS BEGINNER AND 1st MON — Derby (9-30am)

GIRLS 2nd AND 3rd MON — Derby (12 noon)

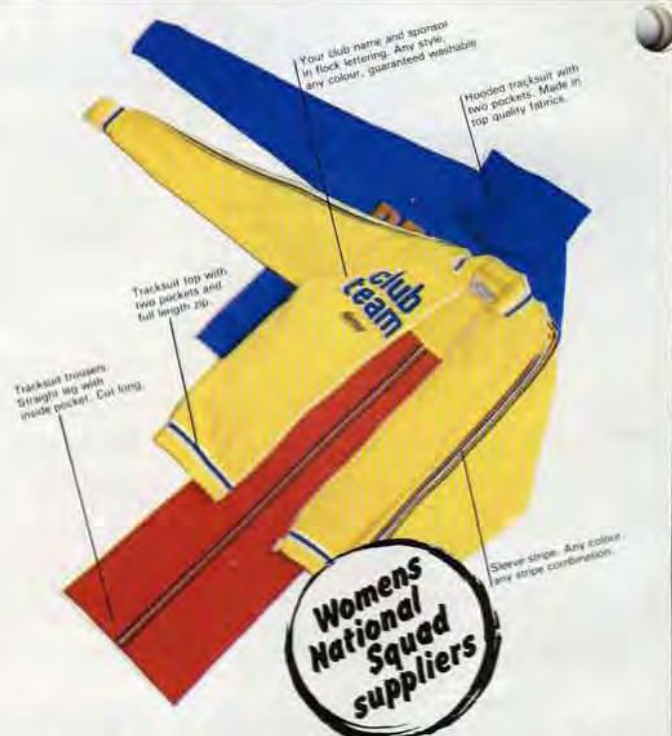
BOYS 2nd AND 3rd MON — Derby (12 noon)

MIDLAND AREA SQUAD SESSIONS

Men — SECOND SUNDAY IN EACH MONTH — Haden Hill LC

Women — FIRST SUNDAY IN EACH MONTH — Haden Hill LC

Sunday 31st May 1981 — GIRLS — HARDY SPICER J.C.
VISIT OF EUROPEAN CHAMPION ANN HUGHES
START 11-00am PROMPT. FINISH 2-00pm



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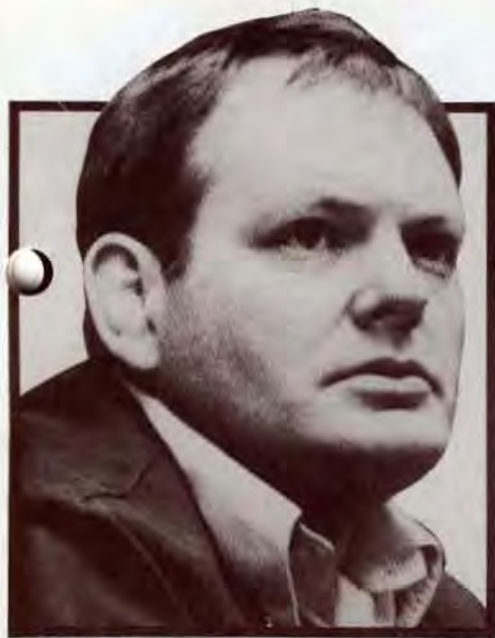
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RICHARD BARRACLOUGH

CONDITIONING TRAINING FOR JUDO

In the introductory article for this series an attempt was made to list the qualities which a judoka must have in variable amounts in order to achieve success. The aim in this article is to illustrate some different training methods for developing the types of fitness in judo and attempt to explain how they work.

If an ambitious judoka is fortunate enough to be able to train regularly with many others of similar abilities and intentions and if the training sessions are structured correctly it may be that any supplementary training is unnecessary. The realistic situation however, is that often a handful of serious judoka are mixed in with those who are doing judo for fun and do not aspire to reach the top level. (And why not if that is what they want?). Even in clubs with large numbers of young and ambitious members the training does not always help to develop all the necessary qualities.

WHAT SORT OF FITNESS DOES A JUDOKA NEED?

1—General Endurance/Aerobic Condition

This is the ability to work hard for usually five minutes, sometimes longer, and often many times in one day. Training for this sort of condition should be the basis of any fitness training programme. Long randori sessions where the fighters work quite hard but are not really under severe pressure (otherwise the session could not be long) contribute towards the development of this type of condition.

Running distances where the duration is considerable (e.g. 20 minutes plus) is a very direct way of developing general endurance. At the extreme, marathon runners have incredible aerobic condition, being able to keep going for over two hours at a high work rate. Training of this type demands an effort which is considerably less than maximum, perhaps 75 per cent of maximum, but this level must be maintained for a considerable length of time. In heart-rate terms, if we use the standard way of determining maximum heart-rate i.e. 220 minus age, a twenty-year-old male judoka would aim to do his aerobic training, maintaining a heart-rate of 75 per cent of 200 which is 150 beats per minute. During such training the heart can force sufficient blood around the body and the lungs can pass enough oxygen into the blood in order to give the working muscles an adequate supply of oxygen (needed to produce energy) and remove most of the waste products. It is known as quantity, rather than quality, training.

Certain changes take place in the body as a result of regular aerobic training:

- (a) joints, bones, tendons and ligaments become more durable and therefore less prone to injury,
- (b) changes take place within the muscles which make the muscle cells more efficient with regard to absorbing oxygen,
- (c) VENTILATION improves dramatically. This is the effectiveness of the lungs to pass oxygen into the blood stream. Sedentary people tend to use only the lower half of their lungs,

- (d) the circulatory system improves by the development of more capillaries. This means that there are more avenues for the blood to reach the muscles,
- (e) the heart itself increases in size and efficiency. A sedentary person's heart will usually be able to pump out about 25 litres of blood in a minute. Trained people can often double this. (It is known as Cardiac Output).

It is generally felt by exercise physiologists that if a sportsman can run for 30 minutes at 75 per cent of maximum effort (measured in heart-rate terms) and be able to do this day after day then he has the basis of aerobic fitness upon which to build. Simply, his body is

Below: Neil Adams and Dougie MacGregor finishing a training run during one of the Scottish Judo Federation Training Camps at Largs. The players were developing their general endurance (aerobic condition). The run, over varied terrain, was about four miles and took them just over 20 minutes.





Above and left: Dougie MacGregor doing shuttle runs in the gym. Very demanding high quality training (anaerobic condition). Sprinting between two points marked on the gym floor about ten yards apart. It is important to touch the floor at each turn.



capable of standing the stress of higher quality work, and he can effectively transport large amounts of oxygen through the blood stream to the muscles. This is known as OXYGEN UPTAKE and the level at which an individual can perform this can be measured. The measurement is based upon how many millilitres of oxygen, per kilogram of body weight, the body can absorb in one minute. Normal oxygen uptake figures for a sedentary twenty- to thirty-year-old would be 25-30. It has been claimed that to run a mile in less than four minutes, an oxygen uptake of about 70 is required, and that athletes winning Olympic Gold medals in 800 and 1500 metres at the last Olympics had O.U. figures of 90. It is important at this stage to stress that such men are exceptions to put it mildly, and such people are fortunate in the first place in having naturally superb physiological ability.

Although most serious judoka would have a reasonable level of aerobic fitness due to their type of training on the mat, some running of the sort of duration and intensity mentioned could be advantageous. Similar benefits can be achieved from cycling and swimming, although it is usually more convenient to run.

2—Anaerobic Fitness

In addition to general endurance the judoka must be able to increase his work rate far above the levels at which the heart and lungs can keep pace with the demands of the working muscles. Even if this is not desired by the performer, since it leaves one very vulnerable, it is not always possible to control an opponent's work-rate.

When the muscles are working at such an intensity that they are not being supplied with enough oxygen, and the waste products are not being taken away fast enough by the blood, a situation known as OXYGEN DEBT occurs. This intensity of exercise can only be maintained for a very short time and there must be a recovery period to allow the waste products (LACTIC ACID) to be removed from the muscles and for adequate amounts of oxygen to reach them.

Obviously the speed at which a judoka can recover from this situation, which may occur in a flurry of attacks, in defence, or in a particularly strenuous attempt to escape from a groundwork situation, is very important.

Also by training along certain lines it is possible not only to speed up the recovery rate but to raise the level at which oxygen debt becomes a reality. This is known as the ANAEROBIC THRESHOLD. It has to be a good thing if more work can be done, before the muscles cease to work when starved of oxygen and full of waste products. A very famous marathon runner had such a high anaerobic threshold that he could work at 90 per cent of maximum over such a long distance and still avoid oxygen debt.

Training to develop ANAEROBIC CONDITION is known as QUALITY, rather than QUANTITY training. It is very severe and should only be undertaken when there is a sound basis of Aerobic Fitness.

PRESSURE TRAINING on the mat, if the fighters are sufficiently motivated, can be an excellent way of developing this type of condition. Since the skill level drops due to fatigue and stress such training can be very relevant to the contest situation. One man receives a number of rested opponents in quick succession, and due to the severity of the exercise it can only be maintained for short periods.

There are many ways of using running in order to have high quality training sessions. One of the most popular is known as SHUTTLE RUNNING. In this the performer sprints between two points, usually about ten yards apart, continuously for a set number of 'runs.' After a short rest to allow some recovery he goes again and works up to a maximum again. A standard test is 10 sets of 10 runs over the length of a badminton court, the target time being 10 minutes to complete. The heart rate goes up towards maximum and is allowed to drop to a level at which the performer can work again, e.g. 20-year-old. Maximum heart rate of 220 - Age = 200. The exercise would be roughly between 190 at the end of a run and 140 at the beginning.

It is felt that many judoka although working hard at the sport do too little high quality training (assuming that they are ambitious). Perhaps even the way they approach randori puts too little pressure on them to be of little aerobic value, and certainly no anaerobic value. In this situation some running on a regular basis, e.g. 30 minutes a day and some shuttle running or pressure training, perhaps on alternate days could be of great value.

SUGGESTED READING

'AEROBICS'—Cooper.

'THE SCIENCE OF SWIMMING'—Councilman.

QUOTE—

... many judoka, although working hard at the sport do too little high quality training.

ROUND & ABOUT

Competition reports, News, views and opinions

DO YOUR LEGS WORK?

I attended this year's National Trials and in conversation with some of the lads I again became conscious of a syndrome that is creeping back (it was around in my days).

It's called "I can't get past his arms," "he's too strong," or "his arms are like railway sleepers."

In Japan, on the occasions I was there, I was never conscious of Japanese arms—I was conscious of, and impressed by, their ability to use their legs. The use of the legs came under three headings...

- (1) The speed they achieve.
- (2) The use of legs in newaza.

(3) The ways in which they by-passed my arm strength (in 70% of cases I was physically stronger than my Japanese opponents but they still had the ability to by-pass it).

After some time (usually as I was getting up from the mat) I began to realise that a great deal of their Judo skill was because of their use of legs and feet. The speed of movement which immediately positioned their upper body for good contact—then came the lift using the legs, not the arms as Westerners do.

Some of our top competitors have this, e.g.: Neil Adams. In my opinion, his greatest asset is the phenomenal use of his legs—watch him turn over an opponent into juigatame. Once his opponent is controlled from the face down position 80% of the time the turnover is achieved by the use of the legs. Study his kouchigari—hardly any arms at all—a slight pull which achieves the appropriate reaction and the hooking foot suddenly appears. But watching some other players they seem to be trying to tear the judo jacket off their opponent's back.

When you question this type of player on their training in nine cases out of ten a good third of their training programme involves weight training. A weight training movement favoured by Judo players at the moment is the bicep curl. In my opinion, this does not achieve much for Judo skills (mind you, boys, you'll look good on the beach).

An exercise the Japanese are very fond of (not counting the enormous amount of randori) are 'bunny hops'. I have witnessed and endeavoured to join in the following activities...

- (1) Twice round a 400 metre track doing bunny hops.
- (2) An enormous amount of squat jumps.
- (3) Uchikomi movements down to the full squat for seoinage.
- (4) Osotogake movements involving an enormous amount of power in the hooking leg.

From my experience the worst position to be in when fighting in newaza was to be in between the legs. They use their legs to great effect—for example in okuri-eri-jime they achieve the classic position with their hands then apply extra pressure by using the soles of their feet to drive their opponent's body into a hanging position.

So, I would suggest to contest players that fitness, strength and skill are just as important in the legs as they are in the arms.

ROY INMAN



Head Office:

116 STOCKPORT ROAD, MARPLE, STOCKPORT
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Telephone 061-427 5551

DAVID A. WOOD—Marketing and Promotions Division
TERRIER PARK, 80a CEMETERY ROAD
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A great deal has happened since last month's review, but first we would like to bring you up-to-date on the new developments with our *Superkids* promotion. This sponsored fitness exercise series has now got a new title...

JUNIOR STARS

Whilst the original name was suitable it did not give us total individuality, or the stability of our own *Trade Name*, which, of course, the new name does. It also gives us much more scope within marketing matters as our own logo is eminently suitable for use with *Junior Stars*.

We hope that the series will promote British Judo and that when one sees the logo it will be instantly recognisable with the sport. To further the commercial aspect we intend to market various items, for example: car stickers, using the logo to great effect.

The development of the *Junior Stars* series has been very swift. We have now arranged all the 1981 dates and the venues to pair with these dates are also filling up.

The following is a list of the dates, and the venues confirmed prior to going to press...

| | |
|-----------------------|---|
| Sunday 17th May | MEDLOCK LEISURE CENTRE, DROYLSDEN |
| Sunday 24th May | ARDWICK SPORTS CENTRE, MANCHESTER |
| Saturday 30th May | FULWOOD LEISURE CENTRE, PRESTON |
| Sunday 7th June | WHITCLIFFE MOUNT SOCIAL CLUB, CLECKHEATON |
| Sunday 28th June | COPLEY RECREATION CENTRE, STALYBRIDGE |
| Sunday 27th September | BATH SPORTS AND LEISURE CENTRE, BATH |
| Sunday 11th October | WHITCHURCH CIVIC CENTRE, WHITCHURCH |
| Sunday 18th October | POOLE SPORTS CENTRE, POOLE |
| Saturday 24th October | |
| Sunday 1st November | DYRONS SPORTS CENTRE, NEWTON ABBOT |
| Sunday 8th November | BELLAHOUSTON SPORTS CENTRE, GLASGOW |
| Sunday 15th November | JACK KANE CENTRE, EDINBURGH |
| Sunday 22nd November | |
| Sunday 6th December | BATLEY SPORTS CENTRE, BIRSTALL, BATLEY |

As you can see we have just two vacant dates, so there is still time for your club to stage *Junior Stars* in 1981. Don't be disappointed by delaying getting in touch, we are now organising the 1982 calendar, so give us a ring now and have a super day with *Junior Stars* and Brian Jacks.

We are organising a series of Coaching Courses headed by Tony Macconnell with such names as Chris Bowles, Neil Adams, Colin McIver, Dawn Netherwood, Winn Bolton, Richard Barraclough, Gwyn Davies, Peter Donnelly, Jane Bridge, Ann Hughes. The cost of the courses ranges from £5.00 to £7.50 for some 3½ to 4½ hours coaching. The times and days are open for individual arrangement, but will probably cover Friday evening, Saturday morning—with Sunday if needed. The fee includes three editions of *JUDO* magazine. We intend to take our courses to where they are wanted—it is up to you to ask for a course near you. Please get in touch for full details.

Lottery latest—we have tickets available now. Let us know how many you want immediately and start earning your fortune. Remember all monies we raise is for the benefit of British Judo, and you earn at the same time.

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DERBY AND DISTRICT CHAMPIONSHIPS

Report from Ray Bland

The contests, due to their parochial nature were very exciting and often finely balanced as many players knew their opponent's game well. This was particularly the case between D. Minshall and N. Minshall of Derby Judo Club in the 42-kilo Girls Final, as they are identical twin sisters.

It was nice to see a wide range of techniques attempted as well as some fine tactical play, one example being H. Barker of Derby who although the least experienced girl won her Final against L. Outhwaite of Aitons by always having a dominant grip and using it for two scores from uchimata makikomi.

One very difficult contest for the referees and judges was B. Candrowski of Derby against S. Stone from the same club. Candrowski put in far fewer attacks but her attempts were always positive in trying to get a score whilst Stone attacks were more frequent but of no real threat to her opponent. Near the end of the contest Candrowski was given a shido for passivity but then scored a koka from the only successful attack of the bout. The decision went to Stone.

The organisers of the Event are to be congratulated on finding a successful formula for staging the competition by splitting the Senior Championships and holding them on another day and by using the much more hospitable Derby Judo Club as the venue.

COME TO JAPAN WITH JUDO LIMITED

Judo Limited are hoping to arrange a trip to Japan of approximately four weeks duration, either late 1981 or in the Spring of 1982.

The tour will be open to players who wish to train at a high level and any person who would like to do a small amount (or none at all) of Judo, and some sight-seeing. Those players who wish to train must be at least 1st Dan and over 18 years of age. It is hoped that a group of about 40 will make the trip under the direction of two trainers; one of whom will be Tony Macconnell. All applicants must be subscribers to *Judo Magazine*.

The cost of the trip will be in the region of £1,000, depending on type of accommodation and catering. Applications may be made by clubs or individuals who might wish to sponsor a player. National level players who cannot afford the trip or cannot find a sponsor should still apply as it is possible we may be able to obtain sponsorship for certain players. In the event of the tour being over subscribed, selection of players will be made by *Judo Limited* and the two trainers.

The itinerary for the trip is at the moment being finalised but it looks as though there will be stopovers in Los Angeles, Thailand and possibly Hong Kong.

Write or telephone... *Judo Limited*, 116 Stockport Road, Marple, Stockport, Cheshire SK6 6AH—telephone 061-427 5551.

SOUTHERN AREA OPEN CHAMPIONSHIPS FOR YOUNG MEN AND WOMEN

Crystal Palace

28th/29th March 1981

Report and photographs by Karl Bacon

The Annual Southern Area Event run by Ellen Cobb is one of the largest competitions run for Junior judoka and once again show the necessity for areas to offer their Junior membership every opportunity to compete if they want to. Despite the usual snags with a competition of this size the organisation was very good though there were some complaints about the odd times used for some of the light-weight contests.

On Saturday the young men were in action with 526 entries which had amongst them a lot of first-class players. There was no evidence of the 'lack of skill' amongst juniors which was claimed to be the trend after the National Under-18's Events and a great variety of techniques were used to great effect. Gaining in popularity amongst Juniors is Te-guruma and most of the good contest boys seemed to have added to their repertoire.

Whilst not as large, the young womens entry on Saturday was excellent at 252 and once again skill levels were high. Young Marie Inman was one who won her category in style with good throwing techniques and in the final scored several times. (Like father—like daughter).

YOUNG MENS COMPETITION RESULTS

Under 28 kilos—(1) K. K. Roberts, Pinewood. (2) S. Walford, Devizes. (3) S. Getting, Toyakwi, M. Harris, Avon.

Under 31 kilos—(1) W. Wiggins, St. Marys. (2) J. Rose, Pinewood. (3) A. Lowry, Pinewood, N. Burnby, Pinewood.

Under 34 kilos—(1) D. Lowry, Pinewood. (2) W. Ward-Smith, Pinewood. (3) P. Goodrich, Bexley, P. Sullivan, Wigan.

Under 37 kilos—(1) B. Cooper, R.S.C. (2) M. Locke, Pinewood. (3) G. Dixon, Pinewood, P. Spicer, V. & E.

Under 41 kilos—(1) G. Vaughan, Bexley. (2) D. Murphy, Itsatsui. (3) N. Locke, Pinewood, P. Parnglen, Pinewood.

Under 45 kilos—(1) A. Luxton, Tokai. (2) L. Ronin, Ronin. (3) C. Lay, Tokai, I. Tatter, Pinewood.

Under 50 kilos—(1) D. Welch, Pinewood. (2) G. Hill, Rainham. (3) M. Emery, Devizes, C. Gibbons, Bexley.

Under 55 kilos—(1) S. Chamberlain, Bexley. (2) J. Cooper, Vikings. (3) M. French, Pinewood, W. Perry, Plymouth.

Under 60 kilos—(1) M. Bywater, Rycroft—Notts. (2) D. Kylatt, Jubilee. (3) J. O'Donnell, Alton, M. Pooley, Vikings.

Under 65 kilos—(1) A. McNaughton, Croydon. (2) J. D'Amborsian, Hamilton. (3) B. Meheux, Fleming Park, M. Sweetman, Pinewood.

Under 75 kilos—(1) S. Wiltshire, Bexley. (2) M. Smith, Veraloy. (3) G. Wallis, Worthing, M. Warbotton, B & B.

Over 75 kilos—(1) R. Sinfield, Harlow. (2) D. Endersby, Bedford. (3) P. Blunt, Veraloy, I. Fisher, Canterbury.

GIRLS COMPETITION RESULTS

Under 28 kilos—(1) T. Jenkins, Alan Jones. (2) F. McNamara, R.S.C. (3) A. Stuart, V & E, S. Thrower, R.S.C.

Under 32 kilos—(1) K. Armstrong, Wellington. (2) Z. Dixon, Hull. (3) J. Johnson, Camberley, J. Whitehouse, Yoya Kwai.

Under 36 kilos—(1) H. Taylor, Crancrook. (2) D. Smith, Epsom. (3) H. Grocott, Bridgnorth, M. Suter, Guildford.

Under 40 kilos—(1) T. Horsfall, R.S.C. (2) H. McCaskill, Stockton. (3) M. Bowater, Bridgnorth, D. Jackson, Milton Keynes.

Under 44 kilos—(1) S. Rendle, Hull. (2) K. Elliott, R.S.C. (3) D. Paton, S.K.R., D. Snowdon, Crancrook.

Under 48 kilos—(1) S. Goodwin, Ringwood. (2) K. Ryder, Stratford. (3) D. Gunner, Pinewood, J. Murphy, Tokai.

Under 52 kilos—(1) L. Noble, Tokai. (2) A. McCarthy, Bexley. (3) C. Johns, Tokai, L. Peskett, R.S.C.

Under 56 kilos—(1) M. Inman, Fairholm. (2) J. Southgate, Olympic. (3) J. Turner, Portsmouth, S. Worboys, Milton Keynes.

Under 60 kilos—(1) C. Cossar, Bexley. (2) T. Curry, Stratford. (3) T. Howard, Sheppey, D. Lea, Wem.

Under 65 kilos—(1) G. Skilbeck, YMCA. (2) C. Alford, Crystal Palace. (3) T. Fallow, Mid-Sussex, A. Skilbeck, YMCA.

Over 65 kilos—(1) T. Hayden, Highbury. (2) C. Greenway, Newbury. (3) S. Bentley, K.S.R., M. Waldron, St. Bernadettes.



Top: TRACY HORSFALL (R.S.C.) attacks C. WING

Centre: M. POOLEY (Vikings)—Bronze versus A. MARENZ (V.I.E.)

Bottom: RAY SINFIELD (Harlow)—Gold versus D. ENDERSBY (Bedford)—Silver

WELSH OPEN CHAMPIONSHIPS

Cardiff N.S.C.

Saturday 28th March 1981

Report by Rick Kenny, 3rd Dan

The weigh-in held on the Friday evening before the Event was every bit as exciting as the Judo due to both males and females having to use the same changing area and scales!

Seriously though, the few spectators at this saw some excellent Judo with players like Deagan White, Paul Middleton, Douglas Borthwick and Sandy Fry all scoring ippon with a variety of techniques. In the Under 60 kilos category I. Sutton beat P. Shiels to reach the Final against P. Middleton who had already thrown M. Jones for ippon with ippon-seoi-nage. In the Final Middleton once again produced a devastating shoulder throw to score ippon against the luckless Sutton.

The Under 65 kilos category almost produced the upset of the day with Kerrith Brown having to resist juji-gatame for the last few seconds to ensure a victory by two kokas with leg grabs against Steve Gawthorpe. Sixteen year old Martin McSorley of Scotland won the Under 71 kilos group by beating Tommy Brindle on a keikoku then Michael Reynolds on hansoku to meet Alan Sutton in the Final whom he beat by a koka for the gold medal.

Design White had no difficulty at all in reaching the Final of the Under 78 kilos group to beat the perennial Jim McQuade by two wazaris from left tai-toshi. Douglas Borthwick took the Under 86 kilos title in fine style winning every contest by ippon and never being stretched throughout the day. Stuart Travis, fighting at Under 95 kilos, won his category which like the Over 95 kilos events was fought in Pool form because of the low entry. Nick Kokotaylo got the Silver medal and at Over 95 kilos, Olympic Bronze medalist Arthur Mapp lost to Elivs Gordon on a koka.

The Womens competition in comparison to the Mens had fewer contests but each medallist had to work hard to obtain success in a very competitive event. Sandy Fry won the Under 52 kilos event by holding Denise Jackson for ippon with kami-shiho-gatame and in the Under 56 kilos group Diane Bell also won in newaza beating C. Arnold by ippon.

Chrissie Brennan beat Teresa Griffin into second place in the Under 61 kilos category, whilst at Under 72 kilos E. Ward of The Army beat A. McDonagh of Northern Home Counties with both Bronze medals going North of the Border.

MENS COMPETITION RESULTS

Under 60 kilos—(1) P. Middleton. (2) I. Sutton. (3) L. Brady, M. C. Jones.

Under 65 kilos—(1) K. Brown. (2) S. Gawthorpe. (3) C. Gudgeon, C. Moore.

Under 71 kilos—(1) M. McSorley. (2) A. Sutton. (3) T. Brindle, K. Ishichei.

Under 78 kilos—(1) D. White. (2) J. McQuade. (3) A. Bonfield, A. J. Holt.

Under 86 kilos—(1) D. Borthwick. (2) S. Faulkner. (3) W. King, J. F. Pont.

Under 95 kilos—(1) S. Travis. (2) N. Kokotaylo. (3) G. K. Davis, R. Jacks.

Over 95 kilos—(1) E. Gordon. (2) A. Mapp. (3) R. Fitzsimmons, K. Mitchell.

GIRLS COMPETITION RESULTS

Under 52 kilos—(1) S. Fry. (2) D. Jackson. (3) B. Alltoft, C. Shiach.

Under 56 kilos—(1) D. Bell. (2) C. Arnold. (3) J. Cairns, K. Dunstan.

Under 61 kilos—(1) C. Brennan. (2) T. Griffen. (3) S. Smail, D. Young.

Over 72 kilos—(1) E. Ward. (2) A. McDonagh. (3) P. McLaughlin, I. Ratcliffe.

LINCOLNSHIRE AND SOUTH HUMBERSIDE 1981 BOYS TEAM CHAMPIONSHIPS

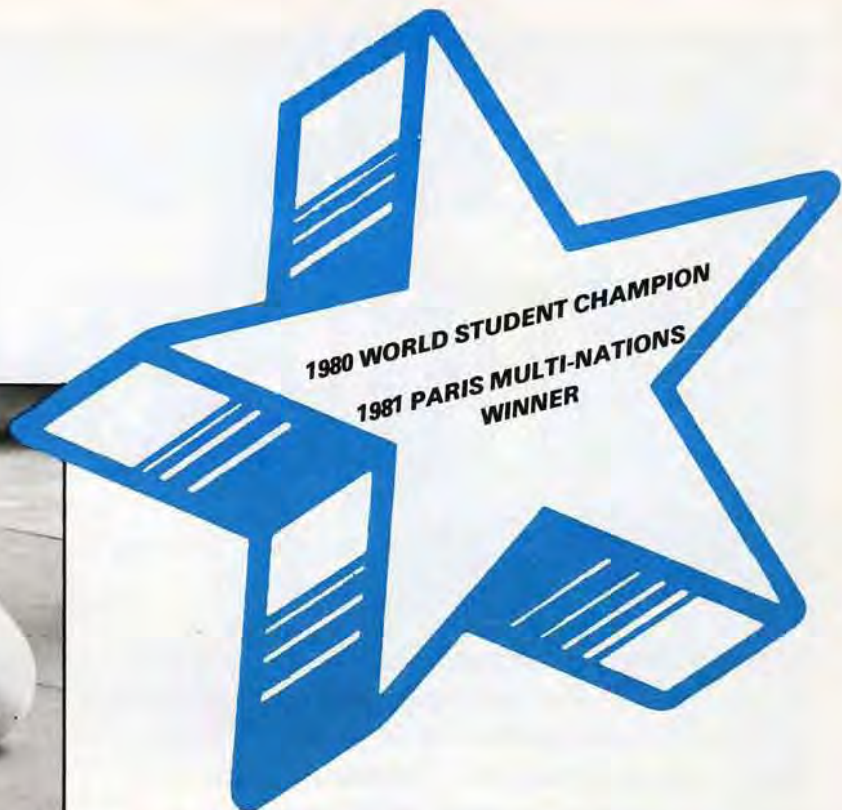
Held at the Grimsby Leisure Centre, Cromwell Road, Grimsby, on Sunday 5th April. The standard of Judo was to be highly commended and the winners congratulated.

TEAM RESULTS

Lightweight—Gold: Grimsby A. Silver: Shin Wa Kwai A. Bronze: Barton, Shin Wa Kwai B.

Heavyweight—Gold: Barton A. Silver: Shin Wa Kwai A. Bronze: Grimsby A, Shin Wa Kwai B.

Ten Man Team—Gold: Grimsby. Silver: Shin Wa Kwai. Bronze: Barton, Boston.



HITOSHI SAITO-JAPAN

One of the most exciting new players to gain recognition on the World judo scene is the Japanese super-heavyweight Hitoshi Saito. He has become quite a personality over the past few months and was a very popular winner of the 1980 World Student Games and this year's Paris Multi-Nation Tournament, where he twice defeated France's Olympic Champion Angelo Parisi.

Saito, who is a 3rd Dan, is cast in the mould of his fellow countryman Sumio Endo, in fact measuring 180cms and weighing 135kilos—he may even be heavier. It is, I feel, a bit unfortunate that he is in the same weight division as Endo and current World Champion Yamashita, who are likely to be around for some time yet. What a pity that Saito will not likely be able to participate in the World and Olympic competitions for several years; the super-heavyweight division could well do with a player with his technique and personality.

Technically he is very impressive, both in Newaza and in Tachi-waza. He throws mainly to the left side with Tai-otoshi, Eri Seo-i-nage, Tsuru-komi-ashi and Ouchigari. His Newaza skills are very strong and fast and once he has his opponents on the mat they have little chance of escape.

Photographic Sequence: The pictures below show SAITO (Japan) controlling McLATCHIE (Great Britain) with ease before holding him for Ippon during the 1981 PARIS MULTI-NATION TOURNAMENT.



THE NATIONAL TEAM JUDO CHAMPIONSHIPS FOR MEN MIDLANDS TITLE

HADEN HILL LEISURE CENTRE—21st MARCH 1981

Report: COLIN McIVER.

Photos: FRANK SMITH, DAVID FINCH.

No matter which team you supported you could not help but be impressed and excited by the judo played at this year's National Team Championships. Throughout the day the judo was of a very high standard and many of the matches decided by the narrowest of margins. No one could have planned a more exciting final than that between the Midlands and Scotland which was only decided by a last desperate effort in the last four seconds of the final contest. Events like this prove that judo can be an exciting sport, for the competitor and spectator alike.

With the medallists from the preceding year being seeded into the favoured positions in the preliminary pools it is often easy to forecast the finalists. The Midlands, South, North West and Scotland generally enter strong teams and seem to place some importance in doing well in this Event. London, Northern Home Counties and the Combined Services can also enter good sides but generally they are inconsistent and one has to wait until the teams have checked in before their relative strength can be gauged. Without any doubt London should always produce the winning team but for some reason their performance fluctuates from year to year.

By late evening of the night before the event when the teams had all checked in and the draw had been made, it looked like, at least on paper, that the Midland team would take the trophy for the second year in succession. With no less than five current international players in their team, they had the edge over Scotland and the North West who were perhaps the main challengers. There is however generally at least one major upset to the form books; the South, London and Northern Home Counties were also obvious threats. The Combined Services, Bronze medallists last year, with seasoned players Richard Armstrong and Stuart Travis missing from their team did not seem to be in with any possible chance.

Above right: Midland Area title winner John Swatman attacking with Osoto-gake.

Right: Glen Waters (Northern Home Counties) attacks Mark Chittenden (South).





Above: John Swatman and Kerrith Brown of the Midland Area.
Right: Cheeky!—Stephen Gadd (South) receives running repairs.



There were no upsets in the preliminary pools and all the main contenders had little trouble in qualifying. I thought that the South would have given the Midlands a tough match, but, although they did start well by winning their first contests, the Midlands quickly recovered and eventually won the match by five contests to two. It was a little disappointing to see Arthur Mapp, Olympic Bronze Medalist, in such poor form. His narrow victory over Brown of Scotland and his defeat by Davies of Wales did nothing to inspire the Services team. Arthur seems to be having some trouble getting himself back into good physical condition after his Olympic success.

By the quarter-finals things really began to get going. The Midlands made short shrift of Yorkshire and Humberside, defeating them by five contests to two. Trevor Stitlington had a good win in this match over Midland's Elvis Gordon as did Pete Middleton over John Swatman. Pete Middleton is, in my opinion, the Under 60 kilo player most likely to improve this year. North West had an easy win over Northern Home Counties. In contrast Scotland could only edge out London in a nail-biting match ending in Scotland's favour four contests to three.

In the first semi-final Midlands defeated North West by five contests to one, a result which makes the Midlands win appear easier than it actually was. There was some dispute over the draw given by referee Willie Thomson, when Dennis Stewart of the Midlands had to retire injured from his contest with Nick Kokotaylo. Had Kokotaylo been given this decision perhaps the final result would have been closer. In almost a replay of the match against London, Scotland defeated the South four contests to three in the second semi-final. Scotland started badly in this match, losing their first two contests to Bradley and Chittenden, only good performances from Borthwick, McSorely, Buchanan and Bell pulled them through into the final.

Judging by the teams performances to reach the final, the home team had the edge, despite losing Stewart who

was replaced by the experienced Ron Knight. No match is ever won until the last contest has been fought, as both teams were to find out. First surprise came when Sandy Brown launched Midlands Elvis Gordon with Uchimata for Ippon just when it looked like Gordon was going to be the decisive winner. Hugh McGuinness put Scotland in with a good chance of winning the match with a decision over Ron Knight. This advantage was quickly lost when Billy Webb defeated Douglas Borthwick when the Scots player left the mat trying to escape a Shime-waza attempt. Densign Whyte defeated Dougie McGregor easily with an Osaekomi to level the scores.

Bruce Newcombe and Martin McSorely fought a very tough match which ended with a win for Scotland when McSorely scored a Waza-ari with Harai-goshi. Willie Buchanan and Kerrith Brown must hold some sort of record for the number of times they have fought each other over the past years. Brown generally has a slight edge over Buchanan; again he managed to win by a

Below: Anguish on the face of Scottish National Coach—Colin McIver during Scotland's semi-final.





Above: Densign White (Midlands) defends against an attack from T. Alltoft (Yorkshire and Humberside).
Below: Gwyn Davies (Wales) holds Brown (Scotland).



decision to make the score even with only the contest between Willie Bell and the more experienced John Swatman to come. Bell had fought well throughout the day but I thought it unlikely that he would be able to contain Swatman for any length of time. As it turned out however, Bell managed to stay ahead until the last four seconds when, in a last desperate attempt, Swatman scored a Waza-ari with his unusual variation of Tomoe-nage. The final score of four contests to three in the Midlands favour was an indication of just how close the match was. It was certainly one of the most exciting finals I have experienced.

Prizes and medals were presented by Arnold Humphrey of Judo Limited who sponsored the event.



Stewart Williams (South) scores Ippon against Bill Ward (NHC) with an armlock.

TEAM PROGRESS AND RESULTS—

Pool 1—

Midlands
South
Universities

Pool 2—

North West
North
London

Pool 3—

Scotland
Wales
Combined Services

Pool 4—

Northern Home Counties
Yorkshire and Humberside
Northern Ireland



**NATIONAL TEAM
CHAMPIONSHIPS
PICTURE PAGE**



- 1—Cliff Baker-Brown, Southern Area Team Manager and Team Members.
- 2—Errol Carnegie attack which badly injured the Irish heavyweight's knee ligaments.
- 3—Mark Chittenden holds Dennis Stewart (Midlands).
- 4—Bob Bradley (South) attacks Elvis Gordon (Midlands) with Tsurikomi-ashi.
- 5—John Lees (N.W.) with a nice Ogoshi attack which scored Ippon.
- 6—Nick Kokotaylo (North West) holds securely.

TOP TECHNIQUE

SEOI-NAGE



A variation of the shoulder throw Seoi-nage which has become popular over recent years is the technique we will be looking at in this issue. Because the attacker drops onto his knees and throws from a kneeling position, it has been termed 'drop-knee' Seoi-nage. It is a throwing action which many players attempt but only a few can really do with any consistent success. It is a throw which is often done badly, or used as a time-wasting tactic; it is frowned upon by referees and coaches alike. If done well however, it is a valid technique and it is well worth taking time to study it.

Take a look at the Canadian Phil Takahashi doing this throw, at this year's Dutch Open Championships, where he won the super-lightweight division. It is a fine example of the throwing action although only a Yuko was scored. The attack must be done in one continuous movement with some considerable speed and surprise. Note the strong driving action of the attacker's right leg. It is here that most players fail in their attempts at this throw, they think that all they have to do is turn and 'drop on their knees' and their opponent will fall over them. Getting onto your knees is the easy part, it is the completion of the throw by driving with your legs which helps you score.

If you can, try to watch some of the top players do this throw. The lighter Japanese players often include this throw in their repertoire. In fact Shozu Fujii of Japan was one of the best exponents of this technique and I suspect he was responsible for popularising it.

Photos right: Takahashi scores Yuko with 'drop-knee' Seoi-nage in the final of the super-lightweight category of this year's Dutch Open.



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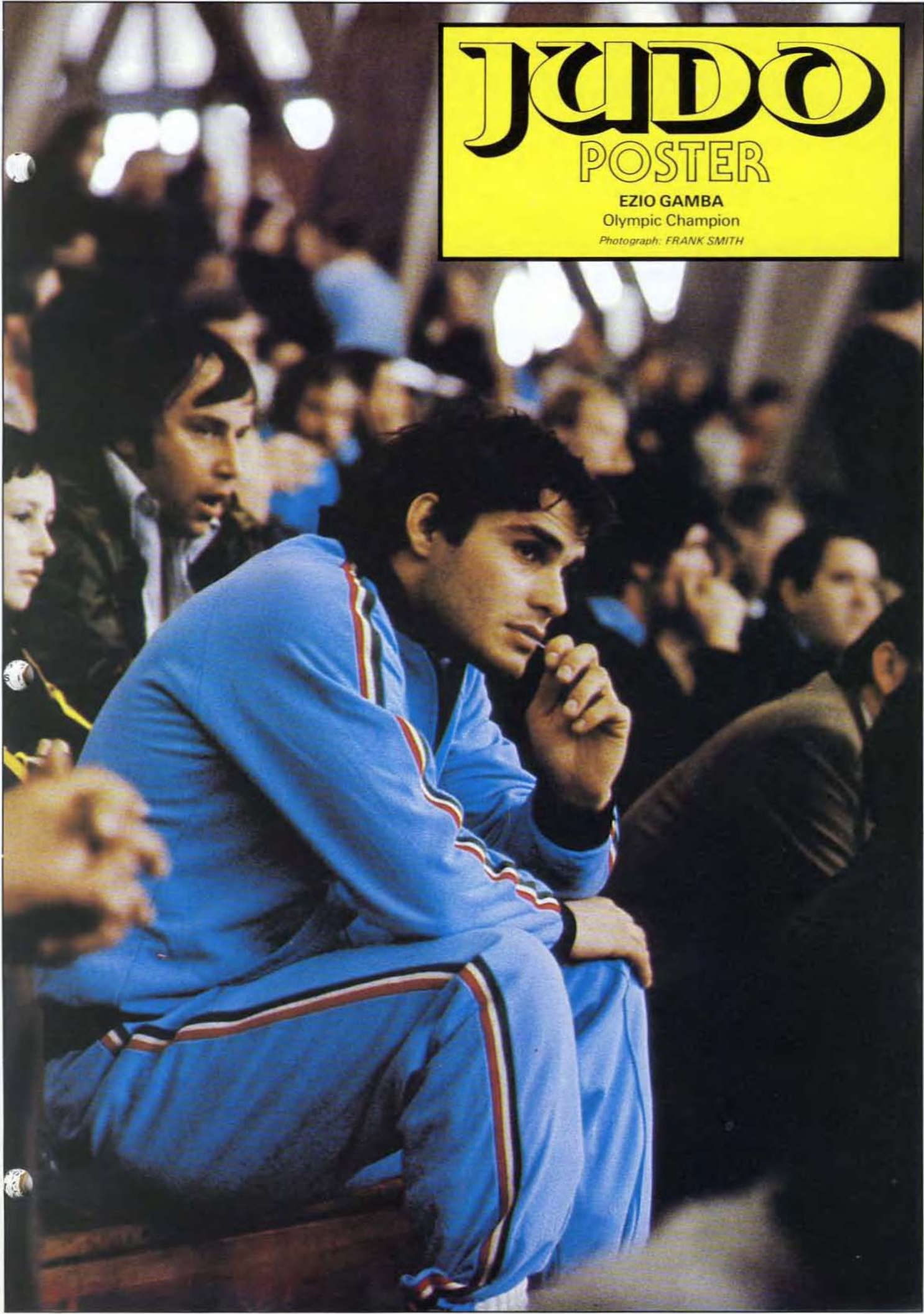
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GLEESON'S MARKET STALL

DO YOU PLAY SPORT WITH YOUR BODY OR YOUR MIND?

A commentary on a new development in Sports Teaching called 'Sport Bodymind'.

Any conscientious judo coach must have worried at some time about the problem of the time-lag between thinking about doing something, and doing something. In my judo youth it caused much confusion. I was told such things as: "If you see an opportunity, you have missed it," the idea being that by the time the 'messages' had got round the various body systems, it was too late. Therefore we were told we had to develop the power of seeing into the future; 'see' when an opportunity of a throw was coming, 'fire-off' the skill, so that it coincided with the actual appearance of the opportunity. A process not as daft as it sounds.

In those early days of training there was a very real link with Zen in judo. Zen defined as an organised system of self-realisation, that originated largely in China and devised by the Chinese to facilitate for them the acquisition of a greater appreciation of leisure and culture. When the Japanese imported it, they modified it considerably, and like most things they imported, up to say 1940 they adapted it for war or at least a fighting spirit. That's how I met it; Zen was evoked to produce the best fighting spirit, the most aggressive attitudes, tension at its most beneficial.

Because of this mystical element in my early judo training I was curious to see to what extent, if any, it was incorporated in the training scheme put forward by Sport Bodymind. If it were to be so taught, how would other sports, with no tradition of the super-normal in its skill-acquisition programme, accept it?

The course I attended was in London and lasted a long two-day weekend. There were only eight of us, so we should have got maximum benefit from it. The two staff members were enthusiastic and patient, yet impatient to introduce us to their ideas and new ways of tackling the task of improving sports skills.

The first day, Saturday, dealt with such matters as biofeedback and its relation to body-awareness; the importance of being able to analyse physical skills, so that they could be improved by—what appeared during the afternoon, visualisation. The essence of this trick is to see the 'perfect' skill being performed inside your head. Watch the movie closely and repeat it physically. It's a good trick and can help the individual to improve—providing he knows what the perfect skill is.

Sunday saw the introduction of some more tricks to create a 'quiet place' in the mind, where the individual can hide whenever the real world gets too bizarre e.g. before a big judo contest. Attitudes to winning and losing were then discussed and an attempt made to remember the emotions created by those results. Having done that, the individual was told that he should try and reproduce the winning emotion whenever suitable.

There were of course many more items covered in the course, but these two seem to involve all the main elements in the new suggested line of development. For example, visualisation—not only raises the problem of, is there such a thing as a 'perfect' skill, but also is there any benefit in the repetition of techniques, in order to 'groove' them in? Attitudes to winning have got to be distinguished from ego-distortion, (i.e. big-headedness!). Does attitude to winning include standards of morality? If a man has an attitude of winning-at-all-costs, and lives by such an attitude, should he be encouraged to continue fighting by such a criterion?

The omission from the course of these very important factors, I must admit, gave me much concern, particularly the omission of morality from the discussion on winning.

Mental rehearsal, visualisation can contribute something to skill acquisition, but like physical skills they need specific coaching. In a physical coaching session, there is a pattern of procedure; let me give an example in judo, the concept of a judo skill would be presented, the



concept would be converted to a physical performance and that would be taught or coached to the trainees; after they had tried it the attempt could be corrected and then put into a tactical situation. It seemed to me that if Sport Bodymind could produce such a pattern too, it could make the whole process of visualisation more relevant to sport.

In my early days of judo training relaxation was greatly stressed. We were expected to flop around the judo mat like some kind of deflated bag of potatoes. Relaxation was stated to be the key to success... If relaxation was right, the skills simply flowed from it and annihilated all before it. It took me some time to realise what a lot of nonsense that was; vitality, dynamism, aggression, can only flow from tension, skill is made up of tension—of the right kind. Zen taught how to acquire that tension through tension. Meditation in Zen is not just a case of being passive (it can be that too) but is a way of developing power and strength. That is the way I learnt, therefore I found it very strange at the Bodymind Course to be continually told to relax, to let my body become empty-of-everything. It was most disconcerting. To indulge in such meditation when tranquility is desired is of course excellent, but on the eve of a battle for survival? I felt it was wrongly located.

Of course some sports skills like golf and archery do need to be performed in a tranquil state of mind, but not judo. The golfer can allow his mind to stretch away into the distance where it has to locate a fixed, waiting, hole, such a stretch may need an element of passivity. The judo competitor has a maximum range of two feet to project his vitality against an infinitely moving opponent, intent on returning 'blow for blow!' Again how does the judo fighter mentally rehearse a skill that he does not understand? For my money to suggest there is, for example, a perfect throw, is totally meaningless. A judo skill, be it throwing or grappling, has to make the best with whatever is given it. If utilisation is good, there is success, if not there is failure.

Yet in spite of these many criticisms, Sport Bodymind could offer sport and judo in particular something if it really gets down to the business of analysing its own concepts fully. What for example is relaxation? What is concentration? What is replication of skill? What is mental rehearsal rehearsing? What is competition? What part does morality play in the training for competition? Armed with conceptual answers to these conceptual questions, they will be able to improve the various Bodymind exercises and make them directly applicable to specific sports, that will be of great help to sport. I feel that judo training lost much when it tossed Zen training out with the dirty-water of teaching humbug (and perhaps I was partly responsible for that as I was very anti-humbug). Sport Bodymind, or something much like it, could be a way of bringing back to judo an appreciation that a physical skill is not just a combination of strength and fitness, but is that and something more, and that's something not always rational.

Perhaps 'Bodymind' is the wrong word, because it implies that a physical skill comprises of a two-tier organisation. There is the Boss (the mind) who sends out directives to the workers (the body). Implicit in such a contemporary analogy is that the directive takes time to reach the workers, it can then be lost or misunderstood and occasionally it is even rejected! No wonder the conscientious coach finds such a model worrying. How can you learn to shorten such a horrible gap between thought and action? You cannot, that's why I prefer Ryle's version (read *Concept of Mind*) where he suggests moving IS thinking and thinking IS moving. It makes skill acquisition so much more effective!

In the meantime, the best of endeavours to Sport Bodymind; it deserves a vote of thanks for trying something new in sport.

G. R. G. — March 1981

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SENIOR WOMEN'S

Europeans

Madrid 1981

Report and Photographs by Colin McIver

The British Women's Team continued their recent run of international successes by winning three medals in this year's European Championships held in Madrid. A superb performance by Ann Hughes won her the Under-61 kilos Gold medal and her first European title. Loretta Doyle won a Silver medal in the Under-52 kilos category and Karen Briggs, in her first major international event, won a Bronze medal in the Under-48 kilos division.

Britain finished equal fourth with Belgium in the overall medal table, behind West Germany, Austria and Italy. Rather surprisingly France could only finish sixth overall, although it was quite apparent that they had not entered their strongest team. West Germany dominated the event, winning seven medals, failing only to win a medal in the Under-52 kilos division.

With almost all of the medallists from last year's World Championships participating the general level of the event was quite high. Ninety-six players from 15 nations took part in the tournament which was held in the very large *Palace of Sports* in Madrid. Despite the immense size of the stadium it was quite suitable, being very bright and airy. The organisation of the event was efficient and the atmosphere friendly and relaxed.

As is usual at Womens Judo tournaments in Europe there were few spectators and it was very quiet in the stadium except when a local girl was on the mat.

There was no sign of any major technical changes. Harai-goshi and variations of Seoi-nage seem to be the main scoring techniques. There were a few attempts at Tomoe-nage but only the French Under-56 kilos player Rodriguez managed to score with it consistently. In Newaza, where many of the players are very efficient, Juji-gatame remains the most effective technique. I saw a couple of good attempts at San-kaku-jime and I am sure it will gain in popularity in the near future.

The most outstanding performances came from Winklbaur (Austria), Classen (West Germany) and Ann Hughes (Great Britain).

Under-48 kilos: Fridrich (West Germany) competing in her first European Championships was the surprising winner of this weight class. With Britain's Jane Bridge, current World Champion at this weight, not competing, it was anyone's guess who would win the title, but I would have thought it would have gone to one of the more experienced competitors.

Britain's entry Karen Briggs fought tenaciously throughout the compe-

tition and only just failed to win a place in the final. Her wins over the Spanish, Belgian and the very experienced Swedish players were indeed impressive. Only against the Italian De Novellis did she look a little inexperienced and lacking a little in technique. I have no doubt she will improve over the next year and become a very successful competitor.

Under-52 kilos: Britain's Loretta Doyle and Austria's Edith Hrovat were obvious favourites for the Under-52 kilos title and neither had any trouble in reaching the final.

Doyle who has already established herself as one of Britain's best young players, was in excellent form and I thought she had a good chance against Hrovat who seems to rely mainly on her strong Newaza skills. In the final however she could not really get into the contest and seemed to allow herself to be dominated by her more powerful opponent. Hrovat managed to score in the first minute and again towards the end of the contest. When the time signal to end the contest sounded, she was the worthy winner and Doyle had to be content with a Silver medal on this occasion.

Under-56 kilos: There was no doubt that Winklbaur (Austria) would win this category and the competition was really to decide who would take the other three medals.

Bridgette McCarthy (Great Britain) had a tough draw with Rodriguez (France) and the favourite Winklbaur in her pool. In her first contest against the French girl she was thrown for a Yuko with Tomoe-nage early in the contest and although she looked much the superior player, she could not make up the score. Against Winklbaur she had to retire, with a hamstring injury caused by the Austrian girl as McCarthy tried to escape from a Newaza situation.



ANN HUGHES, European Champion at Under-61 kilos 1981

A difficult situation arises here for the referee. I have seen Winklbaur injure no less than four players this way, although the move looks in no way dangerous. I feel that she should be penalised, but that is no consolation to McCarthy who was unable to continue.

Having said that, there is no doubt that Winklbaur is an exceptional player and is certainly a worthy Champion. Her strength lies in her very strong Newaza and once she has her opponent on the mat, very few can survive her ferocious Shime-waza.

Under-61 kilos: Britain's Ann Hughes was the outstanding player in this category. She performed superbly, making no mistakes, to win her first European title against the strong opposition of Di Toma (Italy),

Rottier (France), Berg (West Germany) and Angelovic (Yugoslavia). It seemed that she could do no wrong from the start of her first contest.

In her pool she defeated the Yugoslav, the Austrian and the very strong West German, Berg. A favourable draw in the knockout gave her a fairly easy contest against the Swedish girl before meeting Rottier of France. Rottier looked as if she would be an awkward contestant but Hughes defeated her convincingly to meet Di Toma (Italy) in the final. Di Toma was quite lucky to reach the final, only managing a narrow victory over Berg, and she was no match for Hughes who outclassed her to take the Gold medal.

A well deserved win for Ann Hughes who has perhaps been a little unlucky in her last few major tournaments.

Under-66 kilos: I thought Simon (Austria) and Dawn Netherwood (Great Britain) would have a chance of winning this weight class, but as it turned out, both players were drawn in the same pool and neither made the final.

Dawn Netherwood did not seem to be on form and she did not qualify for the knockout, winning only one of her three preliminary fights. According to team manager, Roy Innman, Dawn has not been able to take part in competition since the World Championships and this could account for her poor performance here. Simon was eliminated by Mil (Belgium) who went on to win the Gold medal, defeating Schrieber (West Germany) in the final.

★★★★★

Under-72 kilos: With players like Triadou (France), Classen (West Germany), Bergmanns (Belgium) and Britain's Avril Malley, all competing in this weight category, it was certainly one of the toughest.

Malley had a relatively easy draw but could only finish second to Posch (Austria) in her preliminary pool and did not seem to be on her World Championship form. In the knockout she was no match for Triadou and was easily thrown by Bergmanns in the repechage. This was a poor showing by Avril Malley who can certainly perform much better than this.

Triadou, in my opinion, was the player of the event, her only real opposition came from Classen in the final. Both players fought very hard and it was obvious that they each wanted to win very much. At time it was an exhausted Triadou who was given the decision.

★★★★★

Over-72 kilos: De Cal (Italy) and Kieberg (West Germany) were the obvious favourites for this, the super heavyweight category, and both players succeeded in reaching the final. De Cal emerged the eventual winner but I am not really impressed by her Judo and think her particularly unskilful. If it was not for her massive bulk, she would not reach the medal positions.

Britain's entry in this category was young Sandy Bradshaw and she performed very well, even against De Cal, to whom she gave a hard fight and only just lost on a decision. Given some time and the right type of coaching, Bradshaw could become a useful player. Certainly she has determination and if she can become more confident in herself she can do well in this category.

★★★★★

Open: I was particularly pleased to see Classen (West Germany) win the Open event, after her Silver medal in the Under-72 kilos division. She edged Bergmanns (Belgium) into the Silver medal position with a fine performance in the final.

Britain's Open entry Avril Malley could only win one of her preliminary pool contests and did not qualify for the knockout.



★ RESULTS ★

UNDER-48 KILOS
Gold
FRIDRICH, West Germany
Silver
DE NOVELLIS, Italy
Bronze
BRIGGS, Great Britain
NADJ, Yugoslavia

UNDER-52 KILOS
Gold
HROVAT, Austria
Silver
DOYLE, Great Britain
Bronze
MOYANO, Spain
VAN WEYAN, Holland

UNDER-56 KILOS
Gold
WINKLBAUR, Austria
Silver
SOLBACH, West Germany
Bronze
BEEKS, Holland
ZIMBARO, Italy

UNDER-61 KILOS
Gold
HUGHES, Great Britain
Silver
DI TOMA, Italy
Bronze
ROTTIER, France
BERG, West Germany

UNDER-66 KILOS
Gold
MIL, Belgium
Silver
SCHRIEBER, West Germany
Bronze
ANDERSON, Sweden
SIMON, Austria

UNDER-72 KILOS
Gold
TRIADOU, France
Silver
CLASSEN, West Germany
Bronze
BERGMANS, Belgium
SALZMANN, Switzerland

OVER-72 KILOS
Gold
DE CAL, Italy
Silver
KEIBURG, West Germany
Bronze
VIGNERON, France
VAN UNEN, Holland

OPEN
Gold
CLASSEN, West Germany
Silver
BERGMANS, Belgium
Bronze
VAN UNEN, Holland
MOTTA, Italy

PHOTOGRAPHS

1...LORETTA DOYLE, Great Britain, Under-52 kilos Silver medallist.

2...WINKLBAUR, demonstrates how effective she is with Okuri-juri.

3...ANN HUGHES, Great Britain, scores with Seoi-nage.

4...DAWN NETHERWOOD, Great Britain, holds for Ippon.



RODRIGUEZ, France.

BRIDGET McCARTHY
versus
RODRIGUEZ
of France

Ogoshi into Uchumata attack
fails to score. Series 1 to 5.



BRIDGET McCARTHY,
Great Britain.





Frankly

OBSERVATIONS, NEWS AND VIEWS... by FRANK SMITH



Seeing as how Mr Palmer and the Management Committee are intent on improving skill levels in judo by the introduction of some new rules perhaps they could take time to look at some of the existing ones that are doing nothing at all to help matters.

It may be that the rules are O.K., but that their application in this country is too stringent and arbitrary. Many of you will have seen the British Open Final ruined by the disqualification of one contestant for stepping out and witnessed the disappointment of the audience in the slow handclap with which they received the decision. Others of you will have seen the contest in the National Team Championships where the time 'in discussion' and for stoppages exceeded the time actually spent fighting. Some continuity would go a long way to giving players a chance to show what skills they have.

Colin McIver recently returned from the Dutch Open Championships in which the American Team were participating. (It seems their entry was in preference to the British Open... something about seeding arrangements I hear), with an interesting story about their Team Doctor.

Apparently his box contained a vast assortment of pills and tablets for every known ailment packed in bottles the size of jam-jars and in a pretty assortment of shades and colours.

"Have you got a pill there for Uchimata?" asks Colin. "I could just do with a nice Uchimata."

"Sorry no." answered the Doctor, "I've only got Tai-toshi ones left but unfortunately the only ones that seem to be working well today are the ones for breakfasts!"

By now, those of you that are connected with Judo Clubs will be aware that profiles of the nominees for election to the Management Committee have now been distributed and that I have accepted the Midland Area nomination. You may be somewhat puzzled that John Beard and Bryan Perriman were also on the list of nominees also apparently nominated by the Midland Area when each area is in fact only allowed one nomination.

John Beard was in fact nominated by the British Schools Judo Association for whom he works very hard, and Bryan Perriman was the choice of the Northern Home Counties and both these Areas obviously feel that managerial ability is more important than the origin of the candidate.

Some Areas have sent out letters to their Clubs making suggestions as to whom would represent their interests best with a suggestion from three of the English Areas that the best representation would come from—BEARD, LEIGH, PERRIMAN, BAKER-BROWN, REMFREY and SMITH and I obviously endorse their recommendations.

On the whole these people are successful in their own business lives and have shown considerable abilities as managers in their own Areas and they are willing to devote this expertise to managing the affairs of the BJA so that you the Members will reap the benefit. Whatever you think... it is important that you vote. Don't waste your vote.

How nominations are arrived at can be a strange process and not at all in the 'spirit' of what the original intentions were. It seems that this 'spirit' is all important when the administration want it to be so, but in some matters it is completely ignored. One nominee was added to the list without either her or the nominating Area Committee knowing about it and there were a rush of last minute additions which some Area Committee Members have told me they know nothing about.

It is also disturbing that enquiries as to the financial standing of the three nominations from the Midlands have been made but seemingly not about anyone else. Do you think someone is becoming slightly anxious?

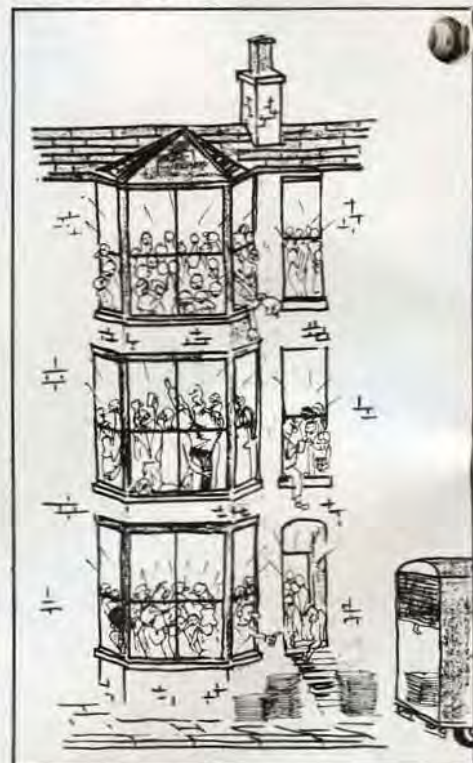
Finally there is the hilarious story (probably fictional) of the Governing Body of a leading Olympic Sport terminating the employment of its National Squad Manager in the very year it is to compete in the European Championships, the Junior World Championships and the Senior World Championships whilst at the same time cancelling their International programme due to 'Lack of funds'.

Then they advertised for another Team Manager at a salary no-one could afford to take unless they had other income but in the meantime appointed a temporary Team Manager and cancelled all the Squad sessions and then tried to re-book some of them. Then they appointed one of the two applicants despite the fact that he wasn't immediately available to do the job and then asked the Temporary Team Manager to take the Team to the European Championships. Unfortunately he refused as there was supposed to be a full-time manager now so they then asked an ex-International, (some 15 years retired) if he would make the trip. He agreed despite not knowing the names of the squad members or whom to select. Finally no-one could explain the 'lack of funds' bit as there was over £100,000 in the Bank!

What a cock-up. It's a good job it couldn't happen in our Sport... Could it?

There is also the rumour going round that on Census night I held an all-night party in my house and when the Census collector called I asked for an extra 326 forms.

It is of course, quite untrue... it was only 218... some were related!

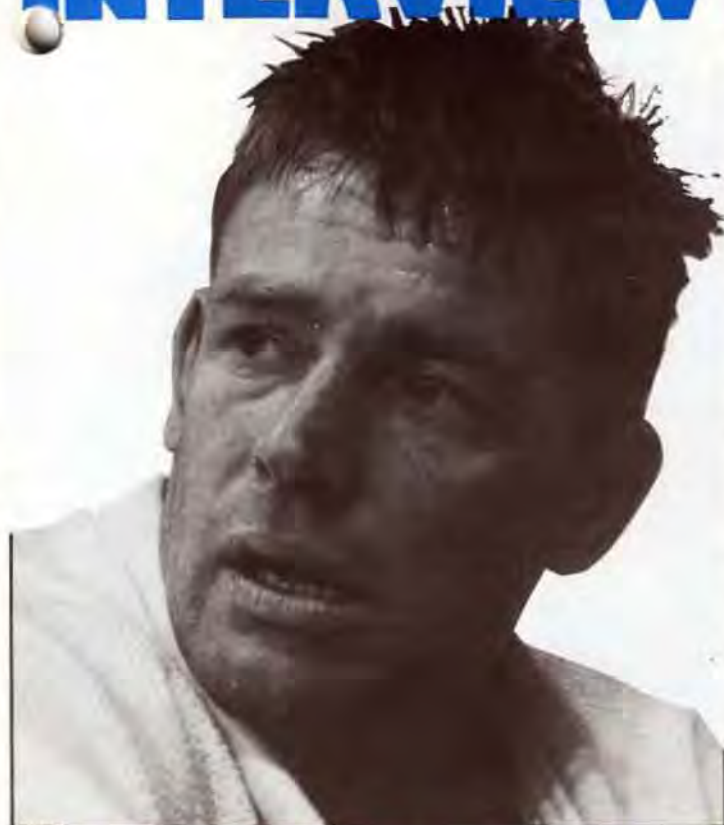


COMPETITION CERTIFICATE

JUDO
LIMITED

10

GUEST INTERVIEW



TONY MACCONNELL

Tony Macconnell is well known throughout the judo world, he has been on the international scene, both as a competitor and later as a manager and coach, for over twenty years. He played a major part in the British Team's preparation for the Munich Olympic Games in which the team won three medals and he took the Swedish Team from the lower ratings to European Medals before being appointed joint British Team Manager with Dave Starbrook. His ability to motivate players is well known and he has been spoken of as being one of the best 'mat-side coaches' in the world.

It has been announced that Macconnell's and Starbrook's contract with the British Judo Association has terminated and the Team Manager's position has been advertised. There has been much controversy about this and *Judo Magazine* managed to interview Tony at the recent Mens National Team Championships.

Q—In a recent British Judo Association Club Newsletter it states that your term of duty has been completed and the position of British Team Manager has been advertised. What are your comments on this?

A—When I was appointed joint Team Manager with Dave Starbrook I was not given a contract. Nothing to that effect was signed by me. In fact I said at the time, it would take at least eight to ten years to rebuild the British Team. It came as a complete surprise to me in view of our medal successes over the past four years.

Q—Why then do you think this step has been taken?

A—I think that is a question the British Judo Association members should ask the Management Committee. I still can't believe it has happened.

Q—There has been some comment on the Chairman's (BJA) letter to the members of your squad asking for their views.

A—I don't think it was a very professional thing to do. Let's face it you are responsible for selecting teams, leading the training of those

teams, in some cases, as before Moscow, living with the team for several months. Somewhere along the way personalities will clash especially among those at the top. They are very special people. Can you imagine Sebastian Coe, Steve Ovett, Brendon Foster and Allan Wells living together, travelling together for a year with one manager and coach. Do you think the manager would come out of it alive, never mind without criticism?

Q—What were your plans when you accepted the job as Team Manager?

A—Well for the first four years I wanted to win as many medals as possible, in order to build the confidence in a new team. I realised of course to do this a more professional approach to the sport was necessary. By professional I mean as many players as possible training full-time, and not having to worry about making a living. If you look at our main successes in the past, players like Jacks, Starbrook, Parisi and Remfry—all had to give up full-time employment to perform at a level to compete on equal terms with the Japanese, East Germans, Russians and French. Players like Gleeson, Palmer and Kerr, who don't forget, really paved the way for our modern champions, all lived in Japan. Sweeney, Ross, MacWade and a host of others never really held a job for long. They aimed at maintaining our Olympic record.

Q—What were your plans for the next four years?

A—We now have a similar position as Ray Ross had after Munich with Starbrook, Jacks and Remfry. We have players like Adams and Radburn who, even if they stopped training now could come back about 18 months before Los Angeles and still be capable of winning a medal. I was going to persuade our Sponsors to put more money into the coaching field rather than sponsor individual players. In fact plans were being laid to employ two full-time assistants to Dave and myself. I had approached Charles Palmer about this but, recently, when I asked members of the Management Committee, they had never heard of the idea.

Q—Will you be applying for the advertised position as Team Manager?

A—Definitely not, there are a few reasons why: 1—I think the Management Committee of the British Judo Association is completely out of touch with the situation, and all major decisions are made by one man—I think the old Executive Committee would not have treated us in this way. 2—The money (£7,750) isn't enough, you

Tony Macconnell—an 'action shot' from his competitive years.



spend at least £1,000 per year of your own money in travelling expenses which you can't claim back. Then if you subtract your tax you finish with about £5,500. Other Sports pay between £10,000 to £12,000 for this type of job. 3—I was paid up until 13th February 1981. The job will not be resolved until the end of April and I can't afford to be unemployed for three months. I have been offered a contract to be the National Coach of Norway which I will accept. 4—My ideas of professionalism clash with the Chairman's and his treatment of Judo Sponsors, who have put a lot of money into the squads, has been scandalous.

Q—Your coach/player relationship with Neil Adams prior to the Moscow Olympic Games was well-known. Have you any other regrets about leaving the British Team?

A—Yes. First of all the schoolboy squad which Dave and I instituted has been very successful. I have seen players like Densign White, Kerry Brown, Gavin Bell, Paul Sheals and many others emerge from children into top-class players. I regret not being able to take them further and finishing this job. I would have liked to be with Neil Adams for another four years—he has given me some of the greatest moments of my life, and I'm sure if he can forget he is not a cross between Arnold Swarzenegger and John Travolta, he can win a World Title and his dream of an Olympic Gold Medal.

Q—Your job in Norway only takes you away for a few months of the year. What are your plans for the rest of the time?

A—I will spend as much time as I can helping judo in the North. The people there have always supported me and their enthusiasm is infectious. I have already started an elite junior squad training once a month in the Lake District. The Kendal Club has very kindly given me permission to use their mat and weight-training facilities. We will be fell-running, rock-climbing, plenty outdoor-training and possibly, with the help of Judo Sponsors, be travelling abroad to matches. I will also be helping Judo Sponsors with courses and general promotion.

Happier days—the Team Managers photographed with the three medallists at the 1980 European Championships in Vienna.

Tony and Dave just after their appointment as joint British Team Managers.

COMPETITION RECORD:

- First International 1961
- Reserve Tokyo Olympics 1964
- Bronze Medal European Championships 1964
- Represented Great Britain World Championships, Rio 1965
- British Team Captain 1965-1972
- Dutch Open Champion 1971
- Silver Medal Dutch Open 1972
- British Open Champion 1971
- British Open Champion 1972
- World Championships, Ludvigshaven 1972
- Reserve Munich Olympics 1972
- Scandinavian Open Champion 1973



WOLVERHAMPTON! A NEW ERA.

My first introduction to Team Judo was in the Kearsley Cup Competition which the North-West Area used to stage on a regional basis with a final usually held just before the Annual General Meeting. Despite suffering a dislocated shoulder in one of the finals against the K.N.K., the concept of Team Judo and the atmosphere and enthusiasm generated appealed to me and became my favourite style of competition.

The European Team Championships used to be a magnificent Event and the National Team Championships are also always very exciting and the Midland Area Team Events have also always been a 'high point' on our competition calendar.

In recent years the contest has been dominated (in the Mens Open) by Solihull and Coventry with the KKK's later beginning to threaten their status.

Wolverhampton Judo Club has usually been the leading Club in the Junior events but this year, their successful juniors had become leading Dan grades and Internationals and so provided the first really new threat to the big three. Their winning of the Senior event heralds the start of a new era in Midland's mens Judo with Solihull no longer being the mecca for contest players.

The Boy's entry was (as usual) enormous and obviously now merits a separate Championship with 37 teams competing, including some of the recently recruited Clubs from other Associations who all fought with great credit.

The smallest entry was in the Heavyweight division with just three Teams competing the final pool with Kidderminster Samurai Club edging Leasowes into second place by one individual win. New Club Boldmere took third place fighting with just two men instead of three which did not make things any easier for them.

Fourteen Teams contested the Middleweight division with Samurai, GKN Sankey, Wem, Dudley Leisure Centre, BRD 'A', Derby 'A', Wolverhampton 'B' and Jubilee making the quarter-finals.

All these matches were close and went to a 2-1 result with the exception of GKN who beat the two men of the Samurai to earn a 2-0 result, and produce a semi-final match with Dudley Leisure Centre, whilst Wolverhampton 'B' and Derby 'A' met in the other. Derby had been going well in the early rounds and kept this up in the semi-final scoring ippons from Maddy and Bywater to secure one final place whilst Scott and Mapp won for GKN to take the other.

GKN have made great progress in recent months and must now be considered amongst the leading group of junior contest Clubs in the Area and they do have some skilful Area representatives amongst their members which they can call on. Even so, in the final they were no match for the experienced Derby players who won the first two fights for the title.



NICK COLLEDGE—Jubilee.



**DEAN BINNER scores ippon for KKK's
in the Boy's Lightweight Event.**
Photograph: John Beard.



ELVIS GORDON—
Wolverhampton,
attacking **KEN**
FORMAGGIA—
Kettering.

Wolverhampton's talent continues to develop through the junior ranks and their team of M. Wilkes, Chamberlain, Dodd and Bryan took the Lightweight title on points when they drew with the Kettering lads Richardson, Penfold, Biddle and McCann, two wins each in a smashing final.

Young Bryan of Wolverhampton looks to be a most promising junior and his style, stance and looks are reminiscent of Keith Cannaby even to the point of the techniques he favours. Let's hope he is as successful.

Bronze medals in this category went to new members BRD 'B' Team and Dudley Leisure Centre 'A'. Twenty teams started in this category.

The Senior Events started as scheduled at 4-00pm with the categories split into three groups, all of them Open-weight. These were 5th Kyu and Under, 1st Kyu and Under and Open grade, with four men to a team and nine Teams in each of the Kyu grade groups and five in the Open Event.

Erdington were the dominant Club at 5th Kyu and in the final against Edgbaston, Taylor, Shannon and Gilchrist all won with strangles to take the trophy, whilst new Clubs St. Michaels and Boldmere earned creditable Bronze medals.

Erdington also figured in the 1st Kyu final



RON KNIGHT throws **B. STEVENS** for **ippon**.

where they had to meet the formidable Wolverhampton Team of Gordon, Davies, Pinnock and Purcel who captured the trophy three wins to one, with Coventry and Solihull not unexpectedly getting into the medals as losing semi-finalists.

No shortage of talent amongst the nine 1st Kyu Teams entering the competition and a lot of the players would do well to attend the Midland Area Centre of Excellence Squads with Harry Hobbs.

The Midland Area Mens Squad, already twice Mens National Team Champions, could argue that their reserve team could also get amongst the National medals if allowed to enter and all these leading players now met each other fighting for their Clubs in the Open category, to give a magnificent display.

Mac Abbotts made an unenthusiastic return to contest Judo to fill the vacant place in the Wolverhampton team and did all that was asked of him (winning when he had to), and so complemented the young skills of Gordon, White and Brown. Coventry had Newcombe, Cole and the Holt brothers, whilst Solihull had Walker, Kilvert, Knight and Wood, and the KKK's Webb, Colstock, Stevens and Pridden in a depleted Team which had Dennis Stewart out injured and Brian Drew who had not entered.



ALAN KILVERT scores **ippon** on **ANSELL** of Kettering.

John Cole and Densign White were in great form scoring Ippons from throws throughout the Event as was Bill Webb and the colossus, Gordon.

These last two figured in a marvellous fight with Webb throwing Gordon with ken-ken uchimata for wazari and then being rolled by Elvis into a hold which seemed to have turned the table on Bill. The experience of Webb soon told however and he in turn escaped to turn Elvis and then hold him for another wazari.

White and Cole also met in a thrilling bout and White gradually overcame John's standing skills to throw with left tai-toshi for an ippon just on time.

Cole is a tremendously skilful player and even now has the ability to make National and International progress but tends to treat his Judo as entertainment rather than a task and consequently does not frequent squad sessions or train as the Area might have hoped which is a great pity.

By about 11-00pm Wolverhampton had emerged as victors for the first time in the Open category with four wins to their credit, whilst Coventry came a close second—their 3-1 defeat by Wolverhampton being the deciding factor. Solihull and KKK's took unaccustomed Bronze places.



JOHN COLE—Coventry throws **TONY COLSTOCK—KKK's** for **ippon**.



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MATSUDO

LETTERS CORNER

Dear Editor,

I was saddened to hear of the dismissal of our Olympic Coaches, Dave Starbrook and Tony Macconnell. It appears that our Association has a record of destroying many of its best servants.

We have seen General Secretaries—good conscientious Judo Enthusiasts, completely wrecked,—many employees of great potential leave, and useful amateurs totally discouraged. This sport is no more demanding of its staff than any business, but it is in the position of having a guaranteed income which allows a disregard of its employees and helps without the corresponding bankruptcy which would result in a business.

The management of the Association must begin to realise that it is employing **people** and that their livelihood depends on the Association, and the Association, in turn, depends for its advancement on a staff with a good working spirit.

With regard to our Olympic Coaches—I have not myself trained under Dave—as he was a competitor himself when I was still active, but I have trained under Tony Macconnell, and just about everyone else since 1958, and there is little doubt in my mind that he is the most inspiring coach I have ever met. A man of many—sometimes unexpected talents, who is totally devoted to our sport. Surely we cannot afford to lose the service of such people—to see them immediately snatched up by foreigners!

I believe the problem is to some extent that we are managed by committee, and as always there tends to be a lack of individual responsibility for decision. One man would find it hard to face up to some of the decisions which have been arrived at by the committee, and now that we are quite considerable employers, we must ensure that our management is a more thoughtful one.

I have met many of the best people I know through our sport—surely with all this talent we can run the Association properly!

BRYAN PERRIMAN

Dear Editor,

Yes, It's me again. Knockers!

That's what my son Nigel says...the magazine's full of knockers this month. Well, you can just imagine what went through my mind.

You see, he managed to get the March issue before I had a chance to check it through for naughty bits.

"They've done it," I thought, "Nude lady mud wrestlers, I bet, or even worse, a full frontal centre spread of that siren Margarita De Cal!"

Immediately, I confiscated it and hastened to the privacy of the bathroom (that's where I do my expurgation) to find only the nearest hint of cleavage in the picture of that gorgeous Mrs Saito on page eight.

I did feel relieved on realising that he was simply making use of the vernacular term for 'critics'. He does have a tendency for colloquialisms, but I hope he'll grow out of that.

You must have a word with Mr Glumson, you know. Not only is he complaining again, he's confused my Nigel with those 'Ouchi' photos. Having pointed out that his task in your magazine 'is to be positive and instructive' (quite right) he proceeds to be negative and destructive in showing photographs of how NOT to perform a technique—in his opinion. Surely he would have fulfilled his admitted task if he'd have shown pictures of the technique performed as he teaches it. On second thoughts, perhaps there are no such pictures—perhaps no one can do it his way.

My Nigel's a bit concerned, sharp a lad as he is, he remembers the incident shown in Mr Glumson's photos. He assures me that the attacker was Mr Minami, representing Japan at the 1975 World Championships, in Vienna, and the defender was Mariani of Italy. Nigel is astonished that Minami, showing such a lack of knowledge, as Mr Glumson points out, should have been able to get his fifth Dan and be chosen to represent Japan (obviously an aberration on the part of the Japanese selectors). My word, what grade would he have if he only had Mr Glumson's knowledge?

I must say, it's nice to see you've got the fellow doing a spot of coaching. Keep up the good work. He charges a lot, though (£16,000). Never mind the expense—here's a pound towards his fee.

ALBERT NURDLE

Dear Editor,

How gratifying it is to read views that I expressed about 15 years ago, expressed today by contemporary influential voices. In those days my views were considered too radical and too damaging to the body Judo to be accepted by the establishment. Perhaps now is a better time?

Here are a few of the comments I noticed in the last issue:

- 1—Absorption of other Judo groups by generosity of spirit rather than bully-boy tactics.
- 2—"There is no point in doing two hours of Randori when the players are under very little pressure."
- 3—"He's teaching them Judo without doing any Randori...it's working well."
- 4—"It's essential not to sacrifice everything for Judo."
- 5—"There is (still) no co-ordinated talent spotting system."

In another context the Editor gently chastises Mr Charles Palmer, Chairman and President of the B.J.A. for saying that Judo is not a spectator sport. I really am surprised that Mr Charles Palmer, Chairman and President of the B.J.A., should think like that; surely he remembers how we—the Budokai—used to fill the Albert Hall every year, and that was only a club show!! As for Mr Palmer suggesting Judo started 'mystically' in the U.K., I have never heard that apothecary applied to Yukio Tani. Whatever made him say that? I do not think he has done his homework—he's guessing! What is more it has been Mr Charles Palmer, Chairman etc who has continually stressed that Judo is merely a street fight moved indoors. That's hardly the way to make it a public-appearance sport; who wants to watch a street brawl?

Of course I realise the rules don't help either. The present rules are pretty dreary things. I remember using a system when I was training the national squad whereby competitors took points on to the mat with them and then had to lose them. Any points brought off were promptly doubled! The winning team was then the one with the LEAST points. The excitement and spectator appeal of those matches had to be seen to be believed, I used to invite anyone in to watch—free!—just to make an audience. Many of them said it was the most exciting sport they had ever seen!!

Some say that Judo has changed a lot over the past few years; well in one way of course yes, but in another way of course no. Certainly the strip is still boringly the same! It's the only sport strip I know that has remained unchanged for 80 years!!! That must help ossify the game! The 'sudden death' scoring is still as crazy as ever, (well since 1948 anyway). That can't help to make things difficult—for it destroys any flair in a player. The teaching and the coaching is the same as ever. (How it is the same as ever!!!) The players don't seem to enjoy themselves as they used to. Perhaps that's different. One of the good effects of the bad old days of 'all fight all' with no weight-classification was that in order to survive you had to have a throwing skill. Meeting an opponent 50-80 lbs heavier and having any hope of upending him you had to have something special. Having that speciality gave a pride in your craft and hence a joy that is not always evident today. So yes, Judo is a little different today than it was—I can only hope that it's not worse!! But I am sure that's not so, Mr Charles Palmer would not let Judo degenerate. I am confident that he does not really think Judo is simply a street fight moved into a sport stadium and I am sure he does not really think Judo less attractive than professional boxing and wrestling, which get tremendous public support. Surely he does not really think it is for the good of Judo to stop a match just when it ought to get exciting—i.e. when a man is thrown, the equivalent of stopping after the first goal in a football game. Perhaps when he gets more time to think about it seriously (not facetiously and as a street fight), he will try and improve things for a change.

In the meantime, the best of luck to the new voices of dissent.

G.R.G. March 1981

Dear Editor,

In Frank Smith's article, Observations, News and Views, February issue, he suggests that Charles Palmer should ask the clubs what they feel about some of his proposals and restrictions in the junior competition scene.

This I feel, would be a step in the right direction, as for far too long the club coaches and instructors in our Association, who are the backbone of Judo in this country, have been silent. They should give head office the benefit of their experience at club level as to what is really needed in Judo. Without their expertise

and the time they give up there would be no Association and it is only fair that their voices should be heard and their advice heeded.

Personally I think the idea of dropping the boys 28kg category and the girls 27kg category is excellent but I would be inclined to take it much further by introducing an age limit of 14 years for boys and 13 years for girls before they could take part in a national championships. This would, in fact, eliminate more than one weight group but I am convinced that it would remove the spectacle of St. John's Ambulance personnel running on to the mat at Crystal Palace every 10 minutes.

I think that young boys and girls are not physically ready for that level of competition but having reached the ages mentioned, I see no reason why full I.J.F. rules could not apply, i.e. armlocks and strangles permitted.

There would still be a place in the competition scene for the lighter, younger weights but in a less tense situation than that of a National Championships and more team events should be encouraged as these appear to generate more enjoyment in the sport.

Competition organisers also have a lot to answer for and the sooner they get it into their heads that no competition should go on past 6.00pm the better it will be for everyone. It will certainly help to get more officials who are willing to officiate.

With reference to the comment that skill levels have dropped, I feel there is a lot of truth in this, especially in Tachiwaza. To correct this decline I would suggest that we look at several points in our present method of training. For instance, how much attention is paid to the type of mat used in clubs? Basically, they are too hard creating a reluctance to be thrown no matter how well breakfalls have been learned. Even in a light Randori situation an excessively defensive posture develops—how many players do you see doing a good throw from deep Jigotai?

The only way to be good at throwing is to practice the real thing. Neither is it much use doing continuous Uchi-komi when in many cases they are technically incorrect. If one hundred Uchi-komis are made against a passive Uke and 99% are wrong can success be expected in a contest situation making the same entry, when Uke is doing his best to prevent the throw. If, when players do Uchi-komi, they complete a throw every five entries for instance, they would at least have an indication of whether they were making their moves correctly. Even better still, with slightly softer mats they could move around throwing in turn and at full speed, giving them a more realistic contest situation than Uchi-komi. When good throwing has been developed, Uchi-komi would then be invaluable for improving their speed.

'Tactic awareness' and 'strength and fitness' are mentioned with regard to the modern junior player and it is my opinion that far too much emphasis is laid on these two points, especially the former, to the detriment of others mentioned in the article i.e. 'knowledge of technique and throwing skills'. These should be developed first together with a wide range of movements and away from a severe contest environment. If more coaches incorporate these points into their training programmes, it would help to keep the juniors who disappear from the sport around 15 and 16 years.

With these priorities, we should see fewer youngsters who, because they are fit and strong, grovel around, drop to their knees a few times and then, keeping their opponent at arms length for the remainder of the contest, still win medals.

While such tactics, which are deliberate and contrary to the spirit of Judo, often go unpenalised, a stepping-out offence which is nearly always accidental incurs a severe penalty and the best Judo player often loses through a non-Judo offence. To help eliminate some of the petty mat-edge legislation, which unfortunately is mandatory for referees to implement and which I feel is loaded against the good players, it might well be an idea to make scoring only valid 'inside' the red danger area. It would then be possible to reduce the Keikoku offence to Koka as there would be no point in throwing in any direction except one which would ensure Uke's body touches the area inside the red and any throw on to the safety area would be invalid.

Finally, I think this Association could do with an extra P.R. officer. I am convinced that we still do not do enough to sell the sport to the media or capitalise on the success of the Olympic medalists. Furthermore, we should capitalise on any success in international event in which players from Britain take part. New players like Neil Adams and Arthur Mapp and Jane Bridge should be household names. The Association should also make sure that the services of these players become available to the clubs. The French can do these things for Judo, why can't Britain?

JOHN O'BRIEN



**M
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British Judo Association... Midland Area MIDLAND AREA OPEN CHAMPIONSHIPS FOR WOMEN

DATE: SATURDAY 6th JUNE 1981

VENUE: HADEN HILL LEISURE CENTRE, BARRS ROAD, WARLEY, WEST MIDLANDS

DETAILS AND ENTRY FORM

For 1981, the 'Midland Area' is again an Open Event and entries are invited in the normal Womens weight categories from other Areas. The Championships are to be held at **Haden Hill Leisure Centre, Barrs Road, Warley, West Midlands on Saturday 6th June 1981** and have been licenced as a Four Star Tournament.

THIS EVENT IS PROMOTIONAL POINTS SCORING

The closing date for entries is Monday 1st June 1981 and entry fee is £2.00 per event. Competitors must be Members of the British Judo Association and failure to present a current Membership licence will result in a non-returnable fine of £2.00.

Note that Competitors need to be within the advertised weight categories, not just be inside the top weight, and white 'T' shirts should be worn under Judogi, not leotards. All other details as per the Tournament Handbook for a Four Star Tournament.

Accommodation can be arranged at discount prices if required. Booking-in and weighing-in between 9-00am and 9-45am on Saturday 6th June 1981, at Haden Hill Leisure Centre.

ENTRY FORM

Event 1—Under 48k

.....Grade.....
.....Grade.....
.....Grade.....

Event 2—Over 48k but under 52k

.....Grade.....
.....Grade.....
.....Grade.....

Event 7—Over 72k

.....Grade.....
.....Grade.....
.....Grade.....

Event 3—Over 52k but under 56k

.....Grade.....
.....Grade.....
.....Grade.....

Event 4—Over 56k but under 61k

.....Grade.....
.....Grade.....
.....Grade.....

Event 5—Over 61k but under 66k

.....Grade.....
.....Grade.....
.....Grade.....

Event 6—Over 66k but under 72k

.....Grade.....
.....Grade.....
.....Grade.....

Event 8—Open Category

.....Grade.....
.....Grade.....
.....Grade.....

CLUB AREA

Closing date: Monday 1st June 1981. No acknowledgement will be made of this entry unless a stamped addressed envelope is enclosed.

REMEMBER TO ENCLOSE... Your entry fee—cheques made payable to the British Judo Association, Midland Area and the entry form. Send your entries to: The Manager, MAM, 16 Whitewood Way, Worcester WR5 2LN.

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