

# JUDO

No. 16

NOVEMBER 1981

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*In this issue...*

**NATIONAL TEAM CHAMPIONSHIPS FOR WOMEN**

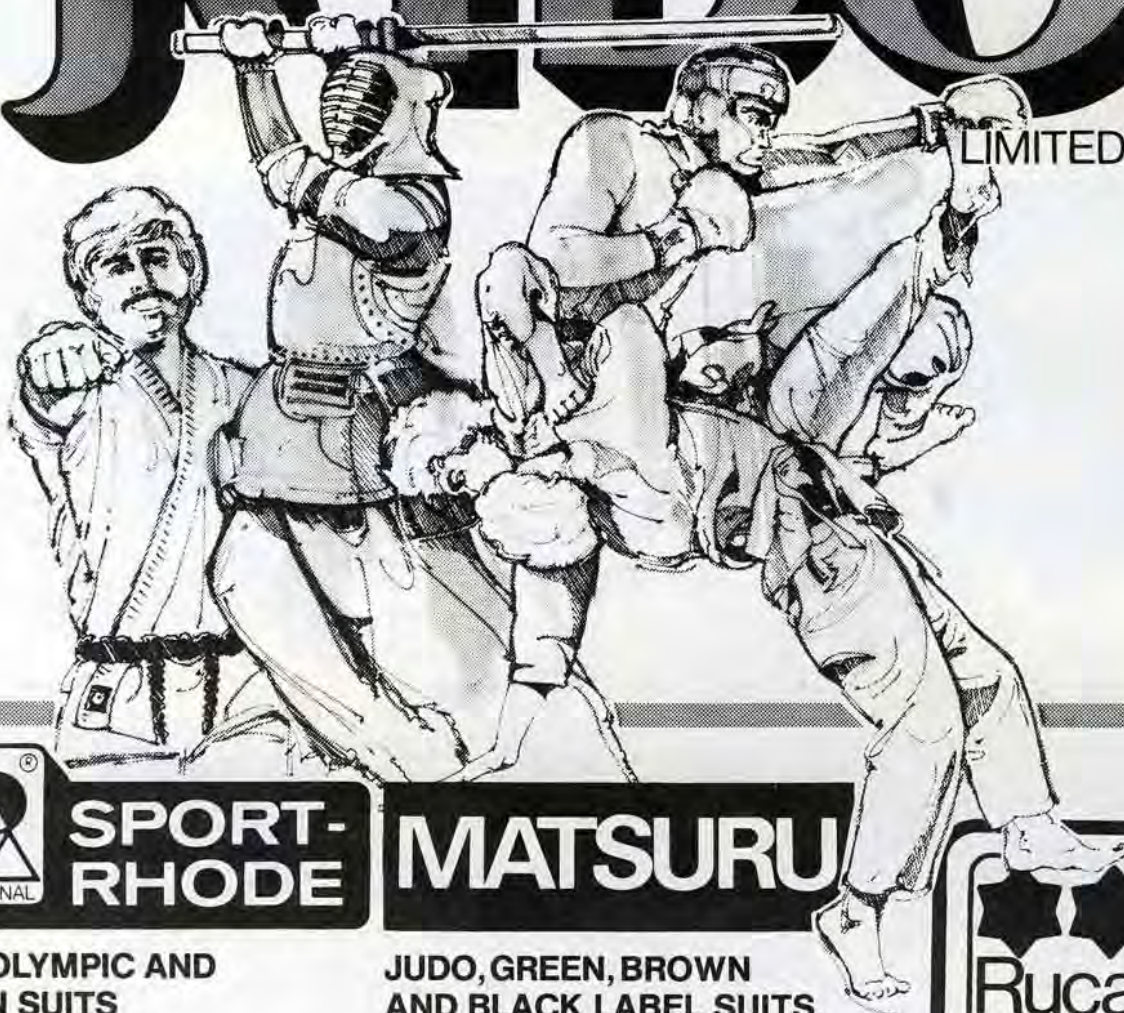
**1981 BRITISH OPEN—WOMEN**

**WINNING ELEMENTS**

**MIDLAND AREA UNDER-18's CHAMPIONSHIPS**



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# JUDO

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★ COVER PICTURE ★

Karen Briggs attacks Sandy Fry in the 48 kilo final of the British Open Championships.

Photo: FRANK SMITH



**The British Open Championships for Women is thought by many to be the premier judo event for the female competitor. This year over 210 players took part; over 140 came from overseas and in terms of numbers the event was a great success. Many of the World's best players participated and the British girls faced strong opposition. In fact all but eight of the available medals went overseas; which is in some ways an indication of the strength of the foreign entry. What happened to the British players who were expected to do well? A full report is included in this issue.**

★ ★ ★ ★ ★

With Christmas almost here you may be stuck for a suitable gift for your coach or judo friends. Why not give them a year's subscription to *JUDO* Magazine? Look for the special offer to current subscribers, included in this issue, but send now to avoid the Christmas rush. We will include a short message from you, with their first issue.

★ ★ ★ ★ ★

Judo Limited, publishers of *JUDO* Magazine, have recently moved to new premises. So successful has the company been that the move to much larger premises was necessary to accommodate the ever-increasing amount of stock. The new premises will include a large dojo at which it is planned to run various courses, with top instructors from both home and abroad. Further details of these courses will appear in future issues.

The new address is as follows: Judo Limited, Publishers and Suppliers, Camden House, 717 Manchester Old Road, Rhodes, Middleton, Manchester M24 4JF. Telephone: 061-653 1499.

Please note that the Magazine address, for contributions and subscriptions, remains the same as previously published.

The new premises are easily reached from the M62 Motorway, by taking Junction 18 for Manchester North. The office and shop are open from 9-00 am to 5-00 pm, Monday to Friday.

Colin McIver...Editor



# Diary of Events

## NATIONAL AND INTERNATIONAL

**Saturday 5th December 1981**

The All-England Championships for Men

**Saturday 19th December 1981**

U.K. Area Team Championships for Girls—Haden Hill Leisure Centre

*This is a pre-view to the 1982 National Team Championships for Girls and is open only to Teams entered by Area organisations.*

Each team will consist of eleven girls in the present National weight categories and entry forms will be sent direct to Area Secretaries. Enquiries to Roland Lee, WEM 33387

*Advance date . . . National Trials for Young Men and Women and Senior Men and Women, Saturday and Sunday 30th-31st January 1982.*

*Entry forms from BJA Head Office*

## AREA EVENTS

**Saturday 14th November 1981**

Southern Area Mini-Mon Championships—Crystal Palace

**Sunday 15th November 1981**

South Yorkshire Championships

**Sunday 15th November 1981**

Southern Area Mens and Womens Championships—Crystal Palace

**Saturday 21st November 1981**

Midland Area Mens Open Championships—Haden Hill Leisure Centre

*Entry form in this magazine.*

**Sunday 22nd November 1981**

Y. & H. Junior Girls and Senior Mens Team Championships

**Sunday 15th November 1981**

National Annual Conference of Area Directors of Examiners—West Bromwich

**Sunday 29th November 1981**

Leigh and District Open Under-18's Boys Championships

*Details from Ray Vaughton, 35 Trent Drive, Hindley Green, Near Wigan.*

**NOTE...THE SANDWELL KNOCKOUT FOR KYU GRADES** advertised for Saturday 19th December 1981 has been cancelled and replaced with the U.K. Area Team Championships for Girls. Entry Forms will be sent directly to Area Secretaries. Haden Hill Leisure Centre.

**Sunday 22nd November 1981**

Girls all Grades, Wellingborough—10-00 am

**Sunday 22nd November 1981**

Girls all Grades, Wellingborough—10-30 am

**Sunday 22nd November 1981**

Girls all Grades, Boston—10-30 am

**Sunday 22nd November 1981**

Women Kyu Grades, Boston—2-00 pm

**Sunday 22nd November 1981**

Men Kyu Grades, Worcester St. Pauls—10-00 am

**Sunday 22nd November 1981**

Women Kyu Grades, Worcester St. Pauls—12-00 noon

**Sunday 29th November 1981**

Boys all Grades, Grimsby—10-30 am

**Sunday 29th November 1981**

Boys all Grades, Leasowes—9-30 am

**Sunday 29th November 1981**

Girls all Grades, Leasowes—12-00 noon

**Sunday 6th December 1981**

Beginner and 1st Mon, Nottingham—10-00 am

**Sunday 6th December 1981**

Girls all Grades, Nottingham—12-00 noon

**Sunday 6th December 1981**

Men Kyu Grades, Coventry—2-00 pm

**Sunday 6th December 1981**

Boys all Grades, Northampton—10-00 am

**Sunday 6th December 1981**

Girls all Grades, Northampton—12-00 noon

**Sunday 13th December 1981**

Boys all Grades, Leicester—9-30 am

**Sunday 13th December 1981**

Boys all Grades, K.K.K.—10-00 am

**Sunday 13th December 1981**

Girls all Grades, K.K.K.—12-00 noon

**Sunday 13th December 1981**

Boys 10th Mon and Above, Worcester Judo Society—10-00 am

**Sunday 13th December 1981**

Boys all Grades, Kettering—10-00 am



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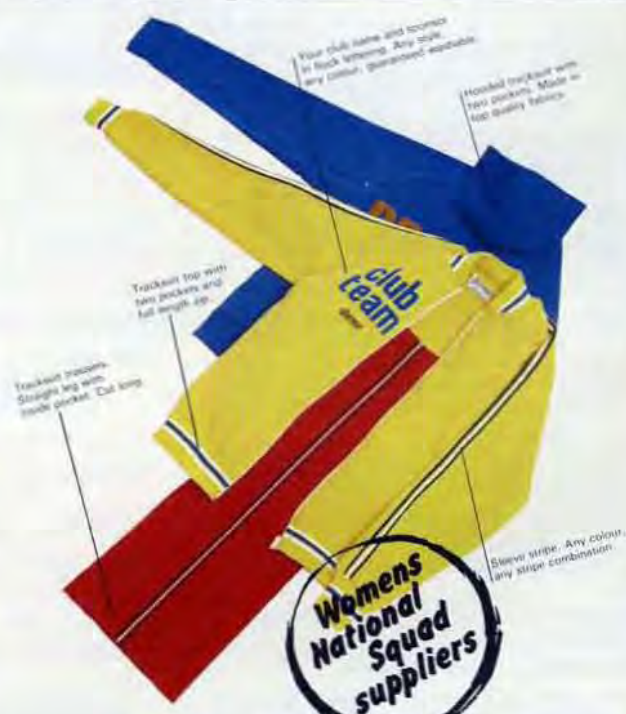
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# TECHNIQUES FOR THE COMPETITOR

## JUJI-GATAME

Article: COLIN McIVER

Photographs: DAVID FINCH



**This month and next month we take an extended look at the extremely effective armlock Juji-gatame. We study some of the ways of applying this very popular technique, in Newaza, and as a possible follow up to a partially successful throwing attack.**

The action photograph (A) of Neil Adams is a good example of this technique, which is in the repertoire of all the top level competitors. Adams, who is one of the World's leading exponents of Juji-gatame, used it with great effect in the recent World Championships, where he scored two Ippons with it; one of which was in the Final against the Japanese Jiro Kase.

In the contest photographs by David Finch (photographs 1 to 4) you can see Neil Adams turn his opponent into the face up position before he applies the lock. Adams mostly uses his legs to turn his opponent and you could try this as an alternative to the method you now use. As always practise until it can be smoothly executed to both sides.

In the October (1980) issue of the magazine, we published a sequence of photographs showing Neil Adams linking Juji-gatame with a partially successful throwing attack. That was an example of how one player took good advantage of the situation which often arises in competition, the photograph sequence 5 to 10 of Phil Takahashi, of Canada, throwing Maurel, of France, is another. The throw is only partially successful and Yuko is scored. Takahashi immediately follows up with a Juji-gatame attack but Maurel has been able to withdraw his left shoulder and manages to escape.

It would probably have been better for Takahashi to have attacked Maurel's right arm where a better opportunity possibly existed—photograph 6. I find that it is a natural reaction for your opponent to turn towards you (in this case onto his left side) when thrown, making what would seem the natural way of linking these moves to be impractical. In the situation illustrated in photograph 7 it would have been better







3



4

to have moved to the other side and applied the lock on the other arm.

Interesting practice drills can be devised around this type of situation to enable you to move smoothly into Juji-gatame. You could start by trying to duplicate the Adams and Takahashi attacks trying to get the lock on the most suitable arm depending on how your partner reacts to your throwing attack. It is important that he reacts realistically if the practice is to have any value.

Finally, I would like to say that there is not any criticism intended of the players in the photographs. They are just used as examples. As we know, it is easy to be wise when you are sitting on the coaches bench, and not actually having to make the split second decision required of the player involved who is probably also under some considerable stress.

**Next month we will examine Entries into Juji-gatame in several contest situations.**



5



6



7



8



9



10



# TOP TECHNIQUE

## NEWAZA: Positive approach

Photos: COLIN McIVER, DAVID FINCH.

At the World Championships, held recently in Holland, I was very impressed by the positive approach to Newaza shown by several players. The Japanese who have in the past been more renowned for their superb throwing skills were particularly efficient. I suspect that their prowess in this area has been the work of the current Japanese team coach Nobiyuko Sato, himself a great Newaza specialist.

In the Super Lightweight and Lightweight divisions both Moriwaki and Kashiwazaki so easily dominated all their opponents, with simple and effective techniques.

The photo sequence, taken at the World Championships, illustrates just one of the simple techniques used. Kashiwazaki traps the arm of his opponent before extracting his leg to obtain Osaekomi.

**Photo 1** Kashiwazaki has his right leg trapped between those of his opponent.

**Photo 2** He brings his right arm under his opponents right arm.

**Photo 3** Taking the skirt of his opponent's jacket he pulls it tight with his right hand before passing it to his left hand, thereby trapping his opponent's arm tightly against his own chest.

**Photos 4 and 5** With his arm trapped, his opponent is restricted in his defence and Kashiwazaki now has the necessary control to attempt to extract his leg.

**Photo 6** His leg free, Kashiwazaki secures a very tight Osaekomi.







## TENGUIZ KHUBULOURI

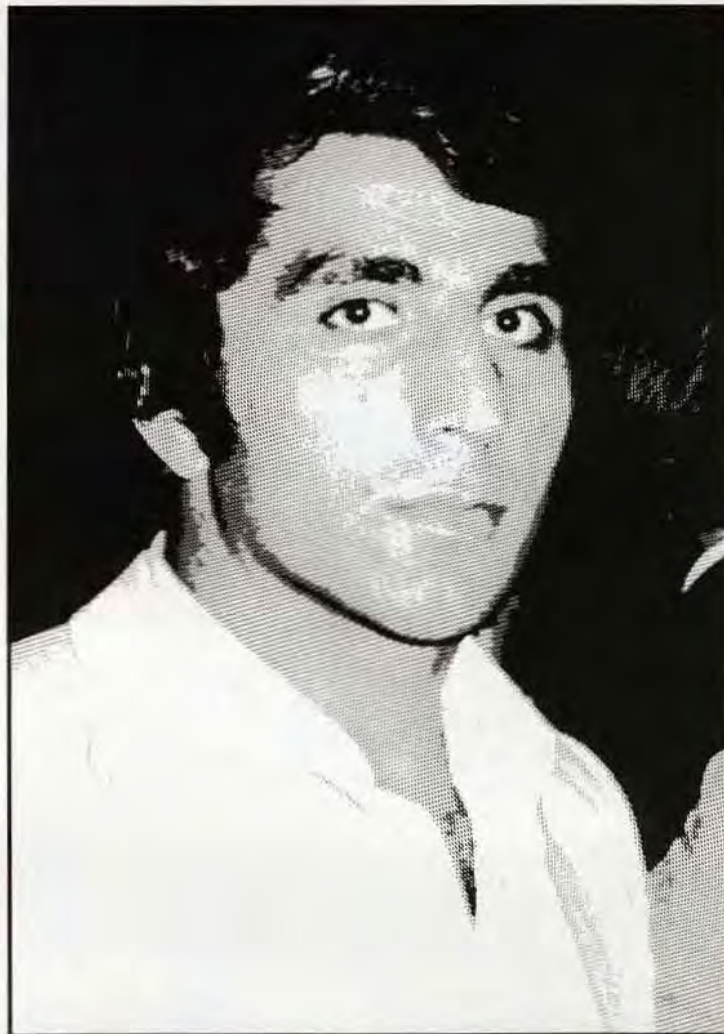
### SOVIET UNION

Over the past few years Tengviz Khubulouri of the Soviet Union has proved to be one of the World's most consistent players. Since winning the 1976 Senior European Championships, his first major success, he has consistently won medals in the top World and European events.

The 'Quiet Georgian,' he has been aptly named, for off the mat he does seem to be a solitary and quiet person. On the mat however, it is a very different story; he shows great fighting spirit and aggression. It was his fighting spirit which took him into the final of this year's World Championships, where he defeated Belgium's Robert Van de Walle, who had defeated him in the 1980 Olympic final.

He seems to favour Osotogari and Harai-goshi type throwing actions but I have also witnessed him using Sode Tsuru-komi-goshi and Eri Seoi-nage. Weighing just on the 95 kilo mark and standing 6 feet tall he is the ideal heavyweight. He is always in excellent physical condition and very often simply wears his opponent down by attacking continuously throughout the contest.

His contest record includes two European Gold and one Silver medals, two World Gold medals and an Olympic Silver medal. He is surely one of the main Soviet hopes for the Olympic Gold in Los Angeles. At 26 years it seems that he will be around for a few years to come.



Report: Colin McIver

Photos: Frank Smith

Sequence: KHUBULOURI throws ANTONOI (Spain) for Ippon at the World Championships 1981.



Pages 9 and 10 are missing.



# ROUND & ABOUT

## UNDER-18 WELSH OPEN N.S.C. CARDIFF

Saturday 12th September 1981

### RESULTS

#### BOYS

**Under 28 kilos...**K. Gould, Southampton—Gold. D. Willment, Wales—Silver. J. Davies, West—Bronze. S. Haselton, North—Bronze.

**Under 31 kilos...**K. Roberts, N.H.C.—Gold. N. Donaghue, North West—Silver. A. Lawrey, N.H.C.—Bronze. N. Burnbey, N.H.C.—Bronze.

**Under 34 kilos...**D. Ogden, North West—Gold. J. Rose, N.H.C.—Silver. D. Latus, Y. & H.—Bronze. D. Lowery, N.H.C.—Bronze.

**Under 37 kilos...**C. Illingworth, N.H.C.—Gold. G. Dickson, N.H.C.—Silver. S. Ward-Smith, N.H.C.—Bronze. N. Pitts, North—Bronze.

**Under 41 kilos...**M. Locke, N.H.C.—Gold. I. Burke, South—Silver. P. Sullivan, North—Bronze. W. Thompson, North East—Bronze.

**Under 45 kilos...**P. Berry, North West—Gold. I. Cater, N.H.C.—Silver. G. Broadbent, Midlands—Bronze. D. Parker, Midlands—Bronze.

**Under 50 kilos...**G. Piper, N.H.C.—Gold. C. Finney, North West—Silver. R. Stone, N.H.C.—Bronze. S. Harkins, Scotland—Bronze.

**Under 55 kilos...**M. Summerville, North West—Gold. R. Ogden, North West—Silver. J. Lowe, North—Bronze. N. Jones, Midlands—Bronze.

**Under 60 kilos...**R. Welch, N.H.C.—Gold. M. Williamson, South—Silver. M. Marandas, N.H.C.—Bronze. N. Eckersley, North West—Bronze.

**Under 65 kilos...**P. Sheals, North West—Gold. R. Samy, N.H.C.—Silver. M. Maslam, West—Bronze. C. Weaver, Wales—Bronze.

**Under 71 kilos...**M. Reynolds, Wales—Gold. T. Walker, Midlands—Silver. B. Meheux, South—Bronze. D. Davies, Wales—Bronze.

**Over 71 kilos...**P. Herlihy, N.H.C.—Gold. J. Webb, South—Silver. D. Findley, Midlands—Bronze. C. Davies, Wales—Bronze.

#### GIRLS

**Under 28 kilos...**C. Wilson, North West—Gold. J. Fallon, North West—Silver. J. Hutchins, N.H.C.—Bronze. J. Harris, Wales—Bronze.

**Under 32 kilos...**J. Johnson, South—Gold. T. Jenkins, North West—Silver. T. Robinson, North West—Bronze. C. Cannon, South—Bronze.

**Under 36 kilos...**J. Weston, N.H.C.—Gold. N. Fairbrother, N.H.C.—Silver. D. McDowall, Scotland—Bronze. D. Ivery, South—Bronze.

**Under 40 kilos...**H. Taylor, North—Gold. R. Aldrich, Midlands—Silver. C. Parsons, Wales—Bronze. K. Allsopp, Wales—Bronze.

**Under 44 kilos...**D. Snowden, North—Gold. A. Harris, Midlands—Silver. D. Robinshaw, North West—Bronze. D. Jackson, North—Bronze.

**Under 48 kilos...**K. Jackson, N.H.C.—Gold. S. Hogwood, N.H.C.—Silver. H. Evans, Wales—Bronze. J. Langley, North West—Bronze.

**Under 52 kilos...**H. Morgan, Wales—Gold. S. Mercieca, N.H.C.—Silver. W. Wright, Wales—Bronze. R. Sweatman, N.H.C.—Bronze.

**Under 56 kilos...**K. Dustan, Wales—Gold. D. Bell, North—Silver. D. Sheldon, Midlands—Bronze. D. Lea, Midlands—Bronze.

**Under 60 kilos...**C. Duffy, Midlands—Gold. U. McNulty, North West—Silver. L. Ferrell, Wales—Bronze. D. Fiddler, Midlands—Bronze.

**Over 65 kilos...**R. Evans, Midlands—Gold. M. Dean, West—Silver. K. Showering, West—Bronze. S. Wilkins, Wales—Bronze.

## SCOTTISH BOYS AND GIRLS CHAMPIONSHIPS

Saturday 17th and Sunday 18th October 1981

### RESULTS

#### BOYS

**Under 28 kilos...**1—Jas Burns, Cranberry Moss. 2—Dwayne Marshall, Fujiyama. 3—Steven Wright, Centar. 3—Keith Devine, Meadowbank.

**Under 31 kilos...**1—Billy Melrose, Largs. 2—Derek Rennie, Azami. 3—Mark Gamrot, Edinburgh. 3—Jas Baskerville, Scotia Sports.

**Under 34 kilos...**1—John Ross, Edinburgh. 2—Chris Hall, Dalry. 3—Alan Reid, Gowkthrapple. 3—John Jackson, Wishaw.

**Under 37 kilos...**Jeremy Coyle, Cluarankwai. 2—Brian Paton, Cluarankwai. 3—Craig Donnelly, Edinburgh. 3—Richard Watt, Perth.

**Under 41 kilos...**1—Mark Preston, Meadowbank. 2—Kevin Hansen, Meadowbank. 3—S. McNab,

Irvine. 3—K. Inglis, Wishaw.

**Under 45 kilos...**1—Paul Ross, Edinburgh. 2—Mark Murphy, Kilmarnock. 3—Kevin Bradwood, Edinburgh. 3—Douglas Campbell, Sen-I.

**Under 50 kilos...**1—Paul Adams, Centar. 2—Owen O'Donnell, Meadowbank. 3—John Harkin, Cambuslang. 3—Stuart Wilson, Edinburgh.

**Under 55 kilos...**1—S. Smith, Centar. 2—J. Murray, Wishaw. 3—S. Dickson, Wishaw. 3—W. Cusack, Yoshin.

**Under 60 kilos...**1—Brian Brown, Parkhead. 2—John Meiklejohn, Cambuslang. 3—Jas Breen, Spartan. 3—Jas Johnston, Yoshin.

**Under 65 kilos...**1—Alan Paton, Cluarankwai. 2—Alistair Tyndall, Cambuslang. 3—John O'Donnell, Hamilton. 3—Scott Robertson, Edinburgh.

**Under 71 kilos...**1—John D'Ambrosio, Hamilton. 2—Robert Burgess, Wishaw. 3—David McNiven, Meadowbank. 3—Brian Cook, Azami.

#### GIRLS

**Under 28 kilos...**1—Tracy Kinnaird, Meadowbank. 2—Kathleen McCready, St. Ninians. 3—Tracy McMillan, St. Ninians. 3—K. Williamson, Paisley Samurai.

**Under 32 kilos...**1—Caroline Leck, St. Georges. 2—Joanne-Mary Allan, Yoshin. 3—Alison MacLennan, Cranberry Moss.

**Under 36 kilos...**1—Jane Thomson, Auchenhavie. 2—Donna McDowall, Meadowbank. 3—Kristina McDougal, Irvine. 3—Eliz Grant, Motherwell.

**Under 40 kilos...**1—Jaquelin Doherty, St. Ninians. 2—Audrey McIntosh, Yoshin. 3—Rita Kochar, Tora Scotia. 3—H. McGregor, Paisley Samurai.

**Under 44 kilos...**1—A. M. Briody, Motherwell. 2—Julia Ann Allen, Irvine. 3—Andrea Kilpatrick, Irvine. 3—Catherine Foster, Meadowbank.

**Under 48 kilos...**1—Gillian Leck, St. Georges. 2—June Gordon, Paisley. 3—J. Cairney, Bellshill. 3—C. McLeare, 1st Jamestown B. B.

**Under 52 kilos...**1—Loren Glover, Gowkthrapple. 2—Morag Forrester, Irvine. 3—Lindsay Mitchell, Kodokan.

**Under 56 kilos...**1—Lorraine Steedman, Dundokwai. 2—Donna MacKenzie, Dundokwai. 3—Karen Baxter, Kanokwai.

**Under 60 kilos...**1—E. Boyle, Motherwell. 2—D. Strachan, Yukon. 3—C. McGrattan, Sen-I. 3—C. Flanagan, Paisley Samurai.

**Under 65 kilos...**1—P. McLaughlan, Irvine. 2—Lorna Spiers, Dalry. 3—Karen Collins, Meadowbank. 3—Helen Blacklaw, Scotia Sports.

## Letters TO THE EDITOR

Dear Editor,

I am writing to express my disappointment in the coverage of the World Championships by the media. Surely a competition of this calibre should warrant more than a mere 30 second 'clip' of Neil Adams winning fight. (By the way, well done Neil, we are all proud of you).

What can we do to change this lack of cover for our sport? A sport which now boasts two British World Champions.

Would *Judo Magazine* be prepared to start a petition to the TV Companies, Press etc. I am sure all the thousands of judo players, past and present, their supporters, families etc, would be only too pleased to sign such a petition.

I do not know how practical such a suggestion would be, but I feel that something must be done to give judo the publicity it so much deserves.

Any suggestions?

ALAN SANDERSON  
Stretford Judo Club



Dear Editor,

I thought you might be interested in hearing from the 9th Hallow Judo Club and in the enclosed photograph.

We have been going for a few years and our judoka are from Hallow, surrounding villages and the main bulk coming from Stourport.

The town Stourport is twinned with Villeneuve-Le-Roi in France and for nine years we have been involved in hosting and entertaining the different junior and senior judo teams that come over to us every year.

It's a very successful venture and in September they came over for our Carnival. On the Saturday we had our contest in the Civic Centre and all went off well, with a good weekend for everyone.

Our return trip to Villeneuve was on Friday 25th September; we were greeted on the Friday night by all our judo friends at a civic reception. The Saturday was a busy day being involved on the Judo Stand and doing different things. Sunday we were invited to walk round the town for the Carnival Procession—the photograph being taken at the end of our walk. It was a great weekend, we look forward to meeting our counterparts once again, next year.

Until then our club will go on, hopefully engaging new members, junior and senior, and reaching for grades once only dreamed about.

Keep up the good work with *Judo Magazine*. It makes good reading with the different new items.

Yours faithfully,  
JUNE and RON COOK,  
9th Hallow Judo Club



# NATIONAL TEAM

## Women: 26th September 1981

Yorkshire and Humberside won this year's National Team Championships, held at Bath, defeating Northern Ireland in the Final by five contests to two.

Northern Ireland, Bronze medal winners in last year's event, did well to reach their first-ever Final but where no match for the very much stronger Yorkshire and Humberside team, who had so easily won their place in the Final. Team contests are really all about good tactics and overall team strength and it was pretty well obvious that the overall strength of the Yorkshire and Humberside team would be hard to match. The South and the North-West won the Bronze medals and it is interesting to note that it was the same four teams who won the medals last year.

The event was held in the Bath Sports and Leisure Centre, on Saturday 26th September, and was hosted by the Western Area of the British Judo Association. Previously the event was to be staged in Northern Ireland but was unfortunately cancelled due to the outbreak of trouble there in May. The fact that the Northern Ireland team fought so well and reached the Final may be some consolation to the Northern Ireland Federation; it certainly would have been a good Final had the event been on their 'home ground'. National events hosted by the Western Area are always well attended by



entries and this was no exception with a total of eleven teams participating. Unfortunately, there was almost no spectator attendance.

Last year's medallists were seeded into four pools for the preliminary rounds and as expected they all emerged the eventual pool winners. In the quarter-finals, the North-West, last year's winners had a narrow victory over the Northern Home Counties, as

did Northern Ireland over London. Scotland lost easily to the South, and the Midlands lost to Yorkshire and Humberside.

Scotland, a previously strong Area showed a sharp decline and were, in fact, very unimpressive this year. Both the Welsh and Midland Area Coaches seemed to have decided that youth is the best policy, as neither had any 'recognised' senior players in their teams and the Welsh girls had only Kim Duston with any sort of pedigree.

Roy Inman christened the Midlands team: 'The Frank Smith Babes', as all the team were from the Junior Squad and had no fewer than three girls at fourteen, one at fifteen, one sixteen and the oldest being eighteen years of age. The Women's manager, Ron Knight, has recently started to reform the Midland Area Squad and if this team of Juniors is anything to go by the future looks quite bright. They had a good win over the Northern Area to go into the quarter-finals where they were unfortunate to meet Yorkshire and Humberside but even they had a bit of a shock.

Firstly, the experienced Maxine Dew was armlocked by Trudie Radcliffe and then international Maureen Bennett found herself in trouble when being held by Rachael Evans. Her experience got her out of trouble and she went on to score Ippon from a strangle after losing a Wazari to the hold. Lucitt beat Fiddler by a Yuko and it seemed that Yorkshire and Humberside would coast to victory



**Above...** National Team Champions Yorkshire and Humberside. **Bottom left...** The young Midland Area Team.



# CHAMPIONSHIPS

## Bath Sports and Leisure Centre

**National Team Champion  
Karen Briggs armlocks  
Monaghan, Northern Ireland  
in the final.**



Then came an extra-ordinary two-hour delay until the Final was staged which if anything had a major effect on Northern Ireland's performance in the Final. It is likely that if they could have continued almost immediately after their euphoric victory over the Southern Area whilst they were still riding high, then they would probably have done much better.

In all three-and-a-half hours were spent waiting around between the quarter-finals and the semi-finals and before the Final which seems a strange bit of planning and only served to lose half of the already meagre audience.

In the Final, Northern Ireland started well with Avril Malley scoring Ippon with an Osaekomi in the first contest. Maureen Bennett brought the score level, scoring Ippon with an armlock in the second contest, and at that stage it looked as though it was going to be a close match. Butler put Northern Ireland into the lead again in the third contest, scoring with an Osaekomi on Japp. Yorkshire and Humberside soon recovered and quite easily won the remaining four contests to win by five contests to two.

Apart from the Yorkshire and Humberside team, who were very worthy winners, there was little to choose between the others. Take away a few outstanding players and most of the teams are at the same level. I thought Karen Briggs of Yorkshire and Humberside to be the best player on the day, winning all her contests by Ippon. It could well be that Britain has another outstanding Under-48 kilos player, certainly she has improved since I saw her last in the Senior European Championships in Madrid, and she now looks strong and well prepared in most facets of her game. A British Open confrontation with Jane Bridge will be interesting.

until young Celine Dufficy confirmed her status as National Junior Champion by beating Chrissie Brennan with a Yuko from Ouchi-gari, which evened up the scores.

Unfortunately, the Midlands lightweights were too inexperienced and did not have the strength of their more adult counterparts but still put up a creditable show in the 5-2 defeat.

It was odd that Yorkshire and Humberside had three Midland Area resident girls in their squad, all of whom are internationals, which the Midland Area had readily agreed to allow their transfer of registration because they found it more convenient to travel into Yorkshire from what used to be Lincolnshire.

It was a generous gesture which obviously

cost the Midlands a chance of a medal and one that was not reciprocated by Yorkshire and Humberside who refused to let Dawn Netherwood fight for London, even though she now lives there. Consequently, the World Silver medallist was confined the bench all day.

I thought Northern Ireland v London to be the most exciting quarter-final match, with Northern Ireland just scraping through.

Both semi-final matches were exciting with the North-West losing to Yorkshire and Humberside, and the South losing to Northern Ireland. The South were perhaps the better team but Northern Ireland showed great fighting spirit and well deserved their place in the Final.

### TEAM PROGRESS AND RESULTS

#### POOL ONE

North-West  
Wales  
London

North-West

Northern Home Counties

Yorkshire and Humberside

Midlands

South

Scotland

Northern Ireland

London

#### POOL TWO

South

Midlands

North

North-West (4-3)

Yorkshire and Humberside (5-2)

South (5-2)

Northern Ireland (4-3)

#### POOL THREE

Yorkshire and Humberside  
Scotland  
West

Yorkshire and Humberside (4-3)

Northern Ireland (4-2)

#### POOL FOUR

Northern Ireland  
Northern Home Counties

Yorkshire and Humberside (5-2)



# **NATIONAL TEAM CHAMPIONSHIPS PICTURE PAGE**



2



4



5



3



6



8

- 1—North-West Squad, Bronze Medallists.
- 2—Christine Brennan, Y & H, against Celine Dufficy, Midlands.
- 3—Avril Malley making great efforts to hold.
- 4—Heather Ford against Buntman, Scotland.
- 5—Karen Briggs, Y & H.
- 6—Joyce Malley attacking with Seoi-nage.
- 7—Shirley Smail, Scotland, holding with Ushiro-kesagatame.
- 8—Loretta Doyle.

**REPORT AND PHOTOGRAPHY  
COLIN McIVER AND FRANK SMITH**



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**PHOTOGRAPH-PAGE OF THE 1981  
BRITISH OPEN CHAMPIONSHIPS**



John Gighigi



David Finch



Frank Smith





\*2—Anne Hughes against Oroscho of Venezuela. \*3—M. Van Unen, Holland, 72 kilos Gold medallist. \*4—Anne Hughes and Loretta Doyle. \*5—Avril Malley, Open Gold medallist. \*6—Heather Ford, 72 kilos Bronze medallist. \*7—Edith Hovratt shows her prowess in Newaza. \*8—Two ladies who are 'big' in the sport... Margarite Del Cal, Italy and Rusty Kanokogi, U.S.A. \*9—Young Midland player, Rachael Evans, attacking in the Under-66 kilos category. \*10—Dawn Netherwood holds for Ippon. \*11 and 12—Rodrigues, France, showing her expertise in Tomoe-nage. \*13—The British Open also offered considerable entertainment for the men!



## British Open Championships Results

### UNDER 48 KILOS

Gold ..... K. BRIGGS, Great Britain  
Silver ..... S. FRY, Great Britain  
Bronze ..... A. De NOVELLIS, Italy  
J. BINK, Holland

### UNDER 52 KILOS

Gold ..... E. HROVATT, Austria  
Silver ..... L. DOYLE, Great Britain  
Bronze ..... A. LÖF, Sweden  
S. WILLIAMS, Australia

### UNDER 56 KILOS

Gold ..... V. RODRIGUES, France  
Silver ..... D. BELL, Great Britain  
Bronze ..... N. HERNANDEZ, Venezuela  
A. M. BURNS, United States

### UNDER 61 KILOS

Gold ..... A. HUGHES, Great Britain  
Silver ..... X. OROSCO, Venezuela  
Bronze ..... I. De KOK, Holland  
J. PEETERS, Belgium

### UNDER 66 KILOS

Gold ..... E. SIMON, Austria  
Silver ..... C. PENICK, United States  
Bronze ..... S. WARNING, Holland  
G. KRANZL, Austria

### UNDER 72 KILOS

Gold ..... B. CLASSEN, West Germany  
Silver ..... L. METHOT, Canada  
Bronze ..... A. MALLEY, Great Britain  
I. BERGMANS, Belgium

### UNDER 72 KILOS

Gold ..... M. Van UNEN, Holland  
Silver ..... S. HOCKETT, Canada  
Bronze ..... H. FORD, Great Britain  
M. MOTTA, Italy

### OPEN

Gold ..... A. MALLEY, Great Britain  
Silver ..... K. KUTZ, West Germany  
Bronze ..... L. LIECKENS, Belgium  
C. LECLERE, France





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# Frankly

OBSERVATIONS, NEWS AND VIEWS... by FRANK SMITH

I was recently reminiscing (as us older fellows are inclined to do), with Arnold Humphrey of Judo Ltd, and Judo Sponsors about our early days in the North-West Area and comparing the sort of competitions available then with the very large one which we were attending on that day.

We agreed that one of the best contests available then was the Kersley Cup Championships which used to be fought as a Club Team contest for four men, up to and including blue belt, with the early rounds on a regional basis and the Semi-Final and Final at a central venue.

I recalled the time when my Club, the Keidokwai (Blackpool) met the K.N.K. (Manchester) which was Arnold's Club in the said Final which the K.N.K. won and I suffered a shoulder dislocation which sent me off to hospital and I missed half the A.G.M. which followed the Final.

Arnold couldn't remember when he was in the K.N.K. team but lo! and behold, this week I found an old photograph of that very match and there, perched on the end of the Manchester team is a very youthful Mr Humphrey.

The Keidokwai team is at the back with my second place being taken by substitute 'Decca' Taylor. The other team members were Ernie Rolfe, Colin Trumble and Frank Nelson, but unfortunately I can't identify any of Arnold's team-mates... perhaps someone else can?

Having mentioned this, I thought it would be interesting to see some of the other old photographs that must be about. I know I have a number, but what I would like to see is pictures with a back-up story that our members will enjoy which you might have in your Club or personal albums.

If you have one, send it to me, with a stamped-addressed envelope for its return, together with the story details and from time to time I will include one in this column.

**Congratulations this month go to Kerrith Brown of Wolverhampton Judo Club who, at the time of writing, had just become European Junior Champion at 65 kilos in the E.J.U. Championships in Italy.**

Already a senior international and Britain's entry into the World Championships. Kerrith, at just 19 years of age, improves with every event and with regular international experience is a good bet for a Junior World title next year.



**The October Management Committee meeting was not the most successful of events and a lot of time was spent on achieving very little but there was an interesting discussion on armlocks and strangles in Junior Judo.**

Since the introduction of the experimental period covering the top four Junior weight categories in the National Championships, most Areas seem to have adopted them into their Area Events and there is no recorded incident which suggests that there is any sort of problem.

There is anomaly in that the Boys start using them at one weight category below the lowest weight in the Adult range (60 kilos) whilst the Girls do not start practising them until one weight category above the Adult minimum (52 kilos against 48 kilos). This has

at times proved embarrassing when seasoned internationals like Sandy Fry and Loretta Doyle have been unable to use them in the Junior Nationals, yet they are expected to be well rehearsed in their practise for Adult events.

It seems likely therefore that the Management Committee will change this situation to standardise the rules so that both Boys and Girls practise them from one category below the Adult weight ranges onwards, though there is some feeling that they should now be allowed in all weights. I can't think of any logical reason why this shouldn't be so, but I must confess that my preference would be for them to be introduced into Junior competitions two weight categories below the Senior minimum weight.

If you have any strong views on the subject, why not write to any member of the Management Committee, your opinions would be of great help.

**Talking about writing to the Management Committee, a number of influential people in Area administration have spoken to me in support of my campaign to get the M.C. to change its collective mind about abolishing the bottom Junior weight categories. That is Under-27 kilos for Girls and Under-28 kilos for Boys.**

Unfortunately, it's not me that needs to be convinced, it's the others. So if you feel strongly about it, write to the Chairman and let him know that your views should be presented to the Management Committee.

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# BRITISH OPEN 1981

**WOMEN CRYSTAL PALACE, SATURDAY 10th OCTOBER**

There was somewhat a 'new-look' to the British Open this year with the fighting limited to the four mats in the main arena at Crystal Palace, which, in my view is an enormous improvement and stops the exodus to the balcony every time there is an attractive fight.

That the audience was static was marvellous. The only fault was that there was very little of it. Spectator interest was particularly limited and once again the Event lacked atmosphere. Hopefully with this new format it will become more popular with the Judo fraternity as it certainly deserves more attention for this year the British Open ranked second only to the World Championships. Certainly it was more strongly contested than the European Championships.

Fifteen Nations had entered teams of players, most of them their whole National Squads and no fewer than five World Champions were on view with a similar number of Silver medallists and reigning European Champions which I don't think the Mens equivalent Championships have ever equalled.

Our own Jane Bridge led the list, though having to compete at 52 kilos as her temporary lay-off had left her a couple of kilos overweight, with Edith Hrovatt (Austria), Edith Simon (Austria), Ingrid Beghemans (Belgium) and the formidable Margherita De Cal (Italy) being the others.

Beghemans was likely to contest Barbara Classen (West Germany) at Under 72 kilos as Pauline Fouilliet (France) was the non-fighting French Team Coach and Simmon, Netherwood and Pennick were again together at Under 66 kilos. I was disappointed that Jane Bridge was overweight as I was hoping for a confrontation between her and Karen Briggs, the much-improved British number two whom I very much favoured for the 48 kilo title.

The Venezuelan National Squad were all entered, for the first time, and were looking fit and well prepared and were embarking on a tour of the European circuit which will do them a world of good in attaining experience of different styles and together with the Australians, Americans and Canadians were the most distant entries. That they only picked up one Silver and a Bronze medal was not indicative of their performance and they are obviously a team determined to do well and worth watching in next year's World Championships in France.

Amongst the Americans was the dynamic, if controversial, Christine Pennick of whom I have written several times and her likely confrontation with Netherwood and Simmon promised a few fireworks, though the rest of the American team did not appear to pose any threat.

The United States team is now selected on a points system which can only be attained by winning medals in certain selected Championships and some of their leading players either hadn't entered the required events or had failed at the medal stage. This let in

Above... Ann Hughes, British Open 1981, third success of the year.  
Below... V. Rodriguez, France, Under-50 kilos Gold medallist.





several newcomers, all of whom fought with credit, and will probably benefit tremendously from the trip.

There still seems to be some confusion as to whom is in charge in the USA, as the team had two Coaches with differing ideas and Christine Pennick brought her own Coach. It is not surprising that Pennick is an aggressive fighter when her Coach limits his matside advice to "give it to her Chris" or "go on Chris kill her."

Fortunately she did none of the latter.

The Austrian Squad, also with several newcomers, were again superb. They were well prepared, disciplined and well equipped and were a credit to their country. Their support of each other was infectious and a delight to watch and with Hrovatt and Simmon they had two excellent Champions.

Under these conditions, with such a strong entry, Roy Inman intimated that he would be glad of any medals that came Britain's way in this event. That the British girls produced one of their best ever tallies is indicative of the progress our Womens Judo has made and the present National Squad is unrecognisable from that of say, three years ago. The progress of some of them has been immense, Karen Briggs and Ann Hughes being good examples and it has reached the stage that whereas at one time I wondered which girls were going to scrape into medal places, now the debate is which medal they will take.

As it was the only category in which British players didn't feature in the medal positions was the 66 kilos category where Dawn Netherwood lost the fight for the Bronze to the Austrian, Kranzl on a penalty for stepping out. A haul of three Gold, three Silver and two Bronze proved the best for a considerable time and in this company was a creditable showing.

The 48 kilo Event was particularly pleasing because even though Jane Bridge was fighting at 52 kilos Karen Briggs and Sandy Fry made the final and in an exciting contest Karen proved to be the superior player by a Yuko.

This was an excellent performance by Sandy who put herself back in the reckoning with some wins against ranked players, especially Marie Colignon (France). Whilst Karen beat World medallist Anna de Novellis (Italy) and BachePAY (France) quite convincingly, Sandy's draw was probably a bit more difficult, and between them they pushed De Novellis and Bink (Holland) into the Bronze medal places. With four Ippons from six contests, Karen looked quite outstanding.

World Champion Edith Hrovatt looked equally unassailable at 52 kilos and despite valiant attempts to prove otherwise Loretta Doyle never really looked like coping and had to be content with the Silver medal. Ann Loff (Sweden)

again got into the medals with a Bronze with the other going to Williams of Austria which was to prove their only success amongst some stolid if unimaginative displays. She did however eliminate Jane Bridge to do so.

Fifth Dan Hrovatt is absolute magic in Newaza and won every fight in a very large entry with Ippons from locks or holds except against Loff and Doyle but even then her dominance was apparent.

Similarly Beatrice Rodriguez (France) was far too good for the opposition at 56 kilos and apart from a one point decision in the preliminaries against Gillian Booth (Australia) she also took every fight on Ippon, mostly on the ground, until meeting Diane Bell in the final which she won with a Koka from Tomoenage. Rodriguez is certainly the most expert practitioner of the Japanese style 'side' and two footed Tomoenage and throughout the day she used it to great effort scoring on almost every attempt. Hernandez sent the Venezuelan delegation into raucous delight by beating Iolanda (Italy) for one Bronze medal whilst Burns (USA) was one of the two American medallists.

Bridget McCarthy surprisingly struggled in several fights until losing to Diane Bell on a penalty and then losing to Burns when she was held in the repechage. This especially delighted the American contingent who had seen Bridget throw their favourite daughter Linda Lewis for Ippon in the World Championships to deprive her of a medal.

At 61 kilos the 'fairytale' year for Ann Hughes continued, to give her the triple of British Open, British National and European titles and once again she won in style. She topped her preliminary pool with not too much difficulty, though Chapman (USA) took her to time losing by just a Chui, and then went on to the most difficult sequence of fights that the draw could possibly have thrown up. First came Stapps (Holland) whom she held with Kuzure-kasagatame in just two minutes to meet the very experienced Rottier (France) whom she beat with a Koka from Seoi-nage.

Next came Laura Di-Toma (Italy) who carelessly tried to take the pressure off by going for a walk outside the contest area to lose by the resultant Keikoku to put Ann into the final against Orosco (Venezuela) whose route to the medals had been comparatively easy. Her hardest fight was against Peeters (Belgium) whom she beat on Hantel though Bradley (Great Britain) restricted her to a Yuko.

Peeters and De Kok (Holland) came through difficult repechages for the



Photographs 1-5...The events leading to Chris Pennick scoring Ippon from Kataguruma on Temple of France after she had received a Keikoku for kicking only seconds before.

Sequence: Frank Smith





**CHRISTINE PENNICK (USA)**

Bronze medals whilst Ann Fairly overwhelmed Orosco in a strange final which resulted in a confused disqualification for Orosco when she compounded an earlier penalty by stepping out. More time was spent in discussion than in fighting in this final in which the referee seemed totally out of sympathy and he was consistently over-ruled by his judges. For a while, the result was so confused that the Venezuelan delegation thought Orosco had won!

I think I have all the descriptive phrases possible that can apply to Christine Pennick (USA) who is truly the most extra-ordinary woman Judoka in world judo. To say that she lacks femininity on the mat (or off it?) is an understatement and her Kataguruma on the French girl, Temple, would have done Khubulouri proud for its sheer physical power.

perfection. One would imagine that the World, European, British and Austrian Champion would be able to throw, yet in all these events we have seen little evidence that she can and I would expect that sooner or later, Coaches will highlight her limitations and prepare accordingly. In the meantime...what she does have...she uses to perfection.

As expected, Classen, Methot, Berghmans and Malley contested at under 72 kilos though Dekker of Austria did well in getting into the Bronze medal fight. Barbara Classen's expertise in Juji-gatame won her several fights (including the final against Methot of Canada) and Berghmans was edged out by a one point decision.

Avril Malley never really looked settled to me (though she did beat Methot in the preliminary pool) and really is looking terribly limited now that her opponents are well aware of her major attacks. She seems to keep winning on her tremendous spirit and strength and it would be a real pleasure to see her develop an Ippon throw as she is such a great competitor and asset to the British Squad.

Having said that, Avril was to go on to win the 'Open' title from Kutz (West Germany) with Kesagatame after holding Leclerc (France), Nordheim (Norway) and earning a one point decision against

*Top right... Corner judges assist the referee in reaching the disqualification decision in the Ann Hughes final. Bottom left... Ellen Cobb, making her refereeing debut with Ken Kingsbury who was awarded honorary life membership in acknowledgement of his services to the sport. Bottom right... Paulette Fouillet and Brigitte Deydier, French Coaches.*



the delight of her supporters was infectious. Despite her bulk the 5th Dan World Champion is the most courteous of players and she took her defeat with dignity even though not even getting into the medals. Henri lost her next fight to Hockett and could make no progress in the repechage so her period of glory was short lived but the enormity of that defeat is put into perspective when you try and relate to the same situation arising in mens judo!

The second Italian entry, Motta, won one Bronze medal whilst Heather Ford beat Bridges for the other one and in a somewhat dull final Van Unen beat Hockett by a Wazari to give Holland their first Gold and fourth medal of the tournament.

Austria took two titles and a Bronze with France surprisingly getting just the one Gold, courtesy of Rodriguez.

The Italian squad looked just a bit



There was little doubt that she would figure in the 66 kilo medals and indeed she met Edith Simmon in the final after eliminating Dawn Netherwood to get there. Edith seemed to control the American's aggression with ease and swarmed all over her in Newaza though in the end she won only on a Shido with the American had incurred for passivity. Warning (Holland) won one Bronze medal whilst Kranzl (Austria) beat Dawn on a penalty for the other. Once again Simmon won every fight in Newaza and all from holds which are rehearsed to

Motta (Italy). Leclerc and Liekens (Belgium) came back through the repechage for Bronze places.

At 72 kilos, Heather Ford topped her pool but then lost her first knockout to Marie Van Unen (Holland) with a hold and the Dutch girl also went on to hold Helen Wantling and score a Koka against Bridges (USA) to make the final against Hockett of Canada. There was quite a turn-up in this event when the enormous Margahita De Cal (Italy) was beaten by 3rd Kyu Alexandra Henri, (a completely unranked Venezuelan) and



dated and offered nothing new earning just two Bronze medals and the British Squad were excellent.

Some of the senior players are being pushed quite hard for their places now, and as a consequence they have to continue their development of skills rather than rest on their well earned laurels...and...this is all to the good of British womens judo.

**REPORT: FRANK SMITH**  
**PHOTOGRAPHS: David Finch, Frank Smith**





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# Midland Area

## CHAMPIONSHIPS



The Midland Area Boys Championships and selections for the National Championships took place at Haden Hill Leisure Centre, Cradley Heath, on Saturday 24th October, and once again produced an enormous entry which was such that the competition went on until 10-00pm.

To select about 40 entries from a total of around 400 is an awesome task and despite our try at a knockout and repechage in 1980, popular opinion required the reinstatement of the first round pool into the knockout for 1981. Hence the late hour.

Never-the-less, to win through to a medal with this sort of high quality entry ensures that the best players earn selection and some of the best players were very good indeed. There is insufficient space here to go through all the attractive fights or even medal positions and although a medal sheet can be found on the right of the page this does not show the extra-ordinary length of progress that was required to get to the medal positions.

Despite its size, the event was well organised by Roland and Barbara Lee and the card booking-in system now employed accelerated the seeding arrangements and improved the horror of booking-in. Perhaps next year, weighing-in and booking-in can be done the night before.

At under-28 kilos, the category my colleagues on the Management Committee have voted to discontinue, we had 35 entries, most of whom

were of a very high standard with Michael Tittley emerging as Champion after convincingly scoring five Ippons on his way to the Final. I wonder if my associates have thought about the loss of licence revenue as well as the loss of members if the under-28 kilos category is abolished.

Mark Smith predictably won at 31 kilos, as did Dean Binner at 34 kilos in holding the much improved Kevin Hewitt who seems to have added a bit more discipline and control to his fighting. Jamie Lewis surprisingly made the Final against the experienced Penfold (Kettering) at 37 kilos, whilst Glen Forde made it at 41 kilos, though somewhat erratically with a variation of Ippons, Wazaris and unexpected low scores or decisions.

Stuart Bryan seldom put a foot (or hand) wrong in beating Gary Broadbent for the 45 kilos title and he looks as if he could make the medals at Crystal Palace with the help of a good draw, as does the Area and present National Champion at 50 kilos, Mickey Chamberlain. His route to the Final consisted of five Ippons and a couple of decisions and his economical style will surely put him in the top four places again this year.

Neil Jones looked to have improved considerably and his groundwork is first class and probably good enough to earn him a National medal, as should club-mate Dave Riley at 60 kilos. Dave did not

look as sharp as usual and struggled in one or two fights where he should have thrown though he is undoubtedly skilful enough to cause problems for anyone. A very satisfying performance at this weight from Nicky Golledge who showed nice skills in several Ippon scores from a variety of throws and holds until losing concentration somewhat when ahead against Agnew and getting caught with a strangle.

Micky Russell won the under-71 kilos title with apparent ease a week before enlisting in the Royal Marines, let's hope his probable haircut does not sap his strength before the Nationals in which he should certainly figure amongst the medals. Ian Mills, of Bridgnorth, performed quite steadily to take the 65 kilos title though he does not look to have the strength yet to win a National medal at this weight, which you could not say about Dave Finlay or Richard Dufficy, who looked fit and strong in their Final with the 6'-plus Finlay emerging the winner.

In all Bruce Newcombe has what I think is his best squad for a couple of years and I would expect his tally of medals this year to be his best ever at a National Championships.

On the other hand...I have not seen any other Area's eliminations.



# BOYS

## RESULTS...

### UNDER 28 KILOS

Gold ..... M. Tittley, GKN  
Silver ..... K. Richardson, Kettering  
Bronze ..... M. Vale  
L. Tibbetts

### UNDER 31 KILOS

Gold ..... M. Smith, Derby  
Silver ..... A. Fleming, BRD  
Bronze ..... T. Barker  
R. Hicks

### UNDER 34 KILOS

Gold ..... D. Binner, KKK  
Silver ..... K. Hewitt, Derby  
Bronze ..... S. Hayes  
L. Barker

### UNDER 37 KILOS

Gold ..... T. Penfold, Kettering  
Silver ..... J. Lewis, Boldmere  
Bronze ..... D. Humphries  
B. Schofield

### UNDER 41 KILOS

Gold ..... G. Forde, Coventry  
Silver ..... J. Fearn, Derby  
Bronze ..... S. Barkby  
D. Howlett

### UNDER 45 KILOS

Gold ..... S. Bryan, Wolves  
Silver ..... G. Broadbent, Coventry  
Bronze ..... P. Morgan  
H. McCann

### UNDER 50 KILOS

Gold ..... M. Chamberlain, Wolves  
Silver ..... W. Keen, Derby  
Bronze ..... D. Kent  
A. Stone

### UNDER 55 KILOS

Gold ..... N. Jones, Coventry  
Silver ..... D. Carwardine, Coventry  
Bronze ..... D. Caddick  
D. Gray

### UNDER 60 KILOS

Gold ..... D. Riley, Coventry  
Silver ..... D. Agnew, KKK  
Bronze ..... N. Wilkinson  
L. Merchant

### UNDER 65 KILOS

Gold ..... J. Mills, Bridgnorth  
Silver ..... K. Wilson, BRD  
Bronze ..... S. Mancell  
D. Kyte

### UNDER 71 KILOS

Gold ..... M. Russell, Derby  
Silver ..... F. Green, Wolves  
Bronze ..... R. Turner  
P. Braithwaite

### OVER 71 KILOS

Gold ..... D. Finlay, Coventry  
Silver ..... R. Dufficy, Hardy Spicer  
Bronze ..... P. Dillon  
D. Webb



# Under 18's

## HADEN HILL L.C.

# GIRLS

### RESULTS...

#### UNDER 28 KILOS

Gold..... A. Titley, GKN  
Silver..... J. Binner, KKK  
Bronze..... E. Bowley  
H. Sheldon

#### 28 TO 32 KILOS

Gold..... L. Adams, Pirelli  
Silver..... M. Duke, Pershore  
Bronze..... H. Westerley  
S. Humphries

#### 32 TO 36 KILOS

Gold... J. Jones, Wolverhampton  
Silver... H. Killgallon, Coventry  
Bronze..... B. Cendrowski  
M. Lamb

#### 36 TO 40 KILOS

Gold..... H. Grocott, Bridgnorth  
Silver..... R. Aldrich, Pirelli  
Bronze..... D. Turner  
M. Wyatt

#### 40 TO 44 KILOS

Gold... M. Bowater, Bridgnorth  
Silver..... S. Marsden, Coventry  
Bronze..... S. Cornett  
C. Inwood

#### 44 TO 48 KILOS

Gold..... S. White, KKK  
Silver... K. Killgallon, Coventry  
Bronze..... J. Lloyd  
S. Heath

#### 48 TO 52 KILOS

Gold..... J. Cotton, BRD  
Silver..... T. Harrison, Ryecroft  
Bronze..... J. Peckham  
K. Scott

#### 52 TO 56 KILOS

Gold..... A. Trigg, Ryecroft  
Silver... D. Sheldon, Dudley LC  
Bronze..... L. Duke  
L. Merchant

#### 56 TO 60 KILOS

Gold... C. Dufficy, Hardy Spicer  
Silver..... D. Fiddler, Nechells  
Bronze..... S. Golledge  
K. Ellerman

#### OVER 60 KILOS

Gold..... R. Evans, Dudley LC  
Silver... S. Lobina, Sanjukwai  
Bronze..... J. Scott

I recently read in the Pinewood Judo Club magazine that to gain selection for the Northern Home Counties squad for the National Junior Championships a junior player had to be the best of a very good bunch and some of those eliminated would surely get into the top four places in lesser Areas.

This is surely the case in the Midlands also, but isn't that what it is all about? Isn't the competition for places meant to be an incentive for players to train that bit better to acquire improved skills and fitness in order to succeed where they might have previously failed? Surely the lesser Areas see that their top players are inferior and seek to achieve higher standards and so match the leading contest Areas. With no disrespect intended, perhaps the North-West could have been placed in that category two or three years ago but now I expect they will be amongst the leading winners at the Nationals in both the Boys and Girls Events and their Squad systems and Centre of Excellence renewed activity is sure to produce several National Champions in the years to come.

In the Midlands Area Championships, which are used as selections for the Nationals, we saw some very good players take medal places and some equally good players edged out by small scores so that in the end we have a National's entry which we know that on the day, are the best we have and capable of giving a good account of themselves at Crystal Palace.

Over 90 girls entered, including some new members recently transferred from another Association, and a high standard of Judo and competitiveness was set by all. As usual at 28 kilos, we had a number of new entries as our younger members became contest players, but the experienced fighters Adelle Titley and Julie Binner maintained their weight to contest the title with Adelle winning with a hold. Heather Sheldon and Erica Bowley qualified in Bronze places. Lisa Adams moved up to 32 kilos to maintain her contest record by collecting the Gold from newcomer Melanie Duke, with S. Humphries getting a Bronze medal with three good Ippon wins and H. Westerley took the other.

The 36 kilos category was really well contested with National Champion, Helen Killgallon, losing to the impressive Jane Jones of Wolverhampton—who looks a good bet for a National medal—whilst Derby's Bernie Cendrowski and Marina Lamb (Boldmere) took well deserved third places. Julie Staines suffered from the high standard in this event and did not make the last four for the first time in several years.

Rebecca Aldrich had things pretty much her own way at 40 kilos in 1980 when she took the title, but this year lost to Helen Grocott in the Final, though obviously having made steady progress through the year.

Michelle Bowater looked very strong in taking the 44 kilos title from Samantha Marsden, who visibly improves with every event, whilst Cymmone Inwood maintained her contest record of never having been out of the medals. S. Consett, of Pershore, was a welcome addition with a Bronze place and with her difficult style could cause a few surprises at Crystal Palace.

Susan White, Katie Killgallon, Julie Lloyd and S. Heath, shared the qualifying places at 48 kilos, though none of them look strong enough to beat some of the 17/18-year-old players at 48 kilos in the National Championships. Katie and Julie do have a definite chance of getting into the later rounds with their skilful styles, though I feel for these four it is a trip for experience this time.

The same could be said of Joanne Cotton and Tracy Harrison at 52 kilos, who shared the Gold and Silver places. Both are attractive stylists but lack the power of the older girls, though if Joanne realises this and stays on her feet using her variety of throwing techniques, she could do well.

Andrea Trigg is a good example of what difference there is between the 17/18-year-old player and the 14/15-year-old girl of the same weight. Andrea has much more power allied to her natural athleticism and in taking the title from the spirited Debbie Sheldon, confirmed that this is her best and last chance of taking a National title at 56 kilos. With Louise Duke and Lisa Merchant also in at this weight, we have a great chance of a couple of medals.

National Champion, Celine Dufficy, confirmed her status at 60 kilos in a tremendous battle with Denise Fiddler, who really is a determined battler and needs just to tidy up her skills to become a first-class player. Stephanie Golledge and Kim Ellerman shared the Bronze medal places.

Susanah Lobina made a rare Area appearance to take the Silver medal at over 60 kilos, losing to the capable Rachael Evans, with Pat Wyatt and Jackie Scott taking the Bronze places to complete the Area title chase and National Championships eliminations.

Now, if I were a betting man I would put a pound or two on the Midlands taking two or three National titles and four or five other medals at the National Under-18's Championships but no doubt every other Area will disagree most vehemently.



★ Top left... Nick Golledge, stylish performer.

★ Below left... W. Keen, Derby, throws for Ippon with Tomoenage.

★ Above right... Joanne Cotton against Tracy Harrison, 52 kilos Final.



**MIDLAND AREA  
UNDER 18's  
PHOTO-PAGE**





# WINNING ELEMENTS

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



Preparation for any level of judo competition requires training. In all combat sports fitness plays an important part of that training. How many boxers would rely on their skill level alone to win a match? There are several elements that make a winner and one of those elements is physical fitness.

When we fight in a contest we are pitting all our abilities against the opponent, and we should be fully prepared for combat. Warriors throughout history have always placed a great importance on their personal fitness Standards (study the training of Samurai Warriors) and if they didn't, they were invariably beaten by those who did. Despite our modern, mainly sedentary, lifestyles when you are facing your opponent on the judo mat it is your skill, fighting qualities and physical fitness that you rely upon to bring you victory.

Given an opponent who is equal in skill and experience, it is the fittest player who usually emerges as the victor. This is because the fitness level can cope

with the intense demands placed upon it by the contest situation. The fit person is not pre-occupied with his/her physical self and can concentrate on the job in hand—beating the opponent, which is the ultimate aim in all training.

Being fit means that you can concentrate on your physical self and have more concentration available for thought processes and skill application. The fit Judoka skill epitomises Kano's original aims of judo—maximum mental and physical efficiency, and full development of the individual.

The motto of the Royal Marines Physical Training Branch, of which I am part, has its motto 'Mens Sana in Corpore Sano' which translated refers to 'Healthy Body, Healthy Mind'. Most champions will relate how important this fusion between mind and body is. It will take researchers centuries to discover what has already been confirmed and documented in the history of champions of centuries past.

## COMPONENTS OF PHYSICAL FITNESS

Of course you can't get superbly fit overnight, it takes a period of steady development. Training to get fit is like putting your money in the bank—the more you put in the more you get out.

An unfit body is only about 30% efficient, but with training the rate of efficiency can be doubled. A fit heart pumps 50% more blood per minute during contest than an unfit heart, and is less subject to fatigue.

A good physical development programme will greatly improve the Cardio-vascular system (heart and lung efficiency) as more capillaries (small blood vessels) are developed in the muscle-beds, which then increases the supply of food and oxygen to the working muscle, as well as removing waste products afterwards.

Physical training also develops lung capacity (the amount of oxygen taken in at one time) as well as the efficiency of the lungs.

A fit person is also better protected against injury. A high level of physical fitness increases our work capacity, which means that we can work harder for longer periods and with less effort and fatigue.

There are four main components of physical fitness that are important in Judo:

**1—MUSCULAR STRENGTH...**The maximal force that can be exerted against resistance. All senior judo players should develop to a minimal level of all-round strength.

**2—MUSCULAR ENDURANCE...**The ability to perform work continuously.

**3—FLEXIBILITY...**The capacity of joints to move through a full range of movement. Without an adequate amount of flexibility one cannot function at optimal level.

**4—CARDIOVASCULAR ENDURANCE...**The ability to continue strenuous tasks, involving large muscle groups, for long periods of time. This depends upon the body's ability to utilise oxygen. The more oxygen the body is able to take in and utilise, the more work the body should be capable of producing.

## PHYSICAL FITNESS



## HOW TO DEVELOP PHYSICAL FITNESS

### 1—MUSCULAR STRENGTH

Strength can be developed by either ISOMETRIC (static) or ISOTONIC (with movement) exercises. ISOMETRIC exercising was popular in the 1950's when publicity was given to the large strength gains which occur from this type of training. The disadvantage, however, is that ISOMETRIC exercises develop strength at only one specific point in the range of motion.

ISOTONIC exercising occurs when the muscle contracts and shortens against resistance. Most exercises and weight training schedules involve ISOTONIC exercises. To bring about maximal gains in strength with ISOTONIC methods, few repetitions need to be performed, against high resistance. Maximal gains in strength occur when the number of repetitions range from four to eight and the maximal weight that can be lifted for this number of times is used.

In my opinion once the Judoka has reached a certain all-round minimal strength level he should move on to the following, better related, aspects of fitness.

### 2—MUSCULAR ENDURANCE

This is the ability of the muscles to work continuously. The more repetitions of an exercise that can be performed, the higher the level of muscular endurance.

With this type of work the limiting factor is usually within the muscles themselves and not with the circulatory system.

MUSCULAR ENDURANCE is therefore specific to the capacity of each individual muscle group. A very high level of muscular endurance is required for offsetting the fatigue of constantly used muscle groups used in judo.

As muscular endurance is specific to each muscle group it is a relatively easy process to measure one's muscular endurance. You might like to see how you

measure up to the following guide. For simplicity I have presented general standards that should be attainable by most serious judo players. It is of course a plus in your favour if you can exceed my suggested norms:

	Sit-ups (1 min)	Push-ups (Max No)	Pull-ups (Max No)	Bends and Thrust (1 min)
National Standard	50	50	20	40
Area Standard	35	35	15	30
Club Standard	20	20	10	20

## THE PYRAMID SYSTEM

One good way to improve muscular endurance is to use the pyramid system on each exercise in turn and progress according to your level of fitness e.g. an unfit person could start with two repetitions, followed by a rest, then four repetitions, six, eight, ten progressively and then return in the same manner (ten, eight, six, four) down to two repetitions. In no time at all you've done 50 repetitions. You can then increase the repetitions as you get fitter.

## THE RUN-CIRCUIT SYSTEM

One system that I evolved with great success in the USA was the RUN-CIRCUIT. This involves selecting a route (preferably over countryside) and then mark out eight exercise stations (see diagram) along the route. The exercises can be free-standing (requiring no equipment) and you run to the stance, perform a set number of exercises (say 15) and then run on to the next station. This is an excellent way of improving muscular endurance.

There are other methods, but there is not space to explain them here.

### 3—FLEXIBILITY

FLEXIBILITY can be defined as the capacity of joints to move through a full range of movement. This is an essential element of judo. Apart from the desirability of being able to move the body through as wide a range as possible when performing throws, lack of flexibility often causes injury to joints and ligaments.

Players who do not put their bodies through a full range of movement in normal daily living should participate regularly (at least three times per week) in stretching and mobility exercises, when joints are put through a full range of movement. The exercises should be performed slowly, so that they do not involve the jerky reflex action of exercises that involve bobbing, bouncing and jerky movements. The latter are not effective and can cause muscle tears. For the judo player an obvious area for stretching is the Hamstrings (back of thighs) and the hip and shoulder joints.

### 4—CARDIOVASCULAR ENDURANCE

This relates to the ability to continue demanding work involving large muscle groups, for long periods of time. In my opinion this is the most important factor of physical fitness for the judoka, who must prepare to work flat-out for five-six minutes (the contest duration) and then recover sufficiently to go again, and again, until the tournament is over. It is the



ability to recover quickly that is of critical importance, and you can't do it without high levels of **CARDIO-VASCULAR ENDURANCE**.

The capacity of the individual for cardiovascular work will depend upon the body's ability to supply oxygen to the working muscles. The more oxygen the body can take in and utilise, the more work the body can perform. The heart, circulatory and respiratory systems must all function at a high level of efficiency for good cardiovascular fitness.

The more oxygen the circulatory and respiratory systems are able to deliver, the longer the person will be able to perform before fatigue and exhaustion set in. In simple terms you must 'BURN OXYGEN'—the more you burn the fitter you will become. In order to develop Cardiovascular endurance the subject must work at a heart rate of between 130-150 beats per minute, for 20 minutes.

(Take the pulse in the neck and multiply by four to get beats per minute).

The types of training that produce a training effect of this nature include:

- Hard judo randori practice (no coasting).
- Running/Jogging, especially cross-country.
- Cycling.
- Swimming.
- Basketball.

For most judo players running/jogging will give the training benefit required and also provide variety in the training programme.

One reliable method of measuring your cardiovascular endurance is by using the 1.5 mile test pioneered by Dr Kenneth Cooper, of the Aerobics Centre, Dallas, Texas, which I have been fortunate enough to visit. The aim of the test is to run a pre-measured course of 1.5 miles in the shortest time possible. Elapsed time is recorded by stop watch in minutes and seconds and can be interpreted as follows: (The column on the right gives you a guide to your oxygen uptake).  $O_2$  uptake (ml/Kg/Min)

National Standard	8.37—9.40	51.0—55.9
Area Standard	9.41—10.48	45.2—50.9
Club Standard	10.49—12.10	38.4—45.1

#### TRAINING EFFECTIVELY

If you train hard at judo five times a week then you will probably already have the best type of judo possible—but it depends on how you train.

Most players will need to supplement their two to three nightly practices with alternative fitness training. I believe that practice on the judo mat should be for skill and not fitness and that pure fitness development is more effectively monitored and developed separately off the mat.

Fitness is too important to be tackled in a haphazard manner. I believe that the human body likes and adjusts readily to the routine and rhythm of training. It will always respond positively to the training stress placed upon it, if in a progressive manner. Haphazard bursts of activity do not represent true fitness and you will not realise your potential. In addition it will cause more damage than benefit and will also be deficient in

the kind of motivation that a regular programme will provide.

Your programme should relate accurately to your level of fitness at the starting point. The body adapts well to **gradual** improvements, so plan accordingly.

The time that you train is also important. For most judo players, who train on the mat in the evenings, the early morning is the best answer, or during the lunch break (before you eat!). The advantage of early morning training is that it gets it out of the way and leaves the main part of the day free. A longer than normal warm-up will be needed though, to prepare the recently rested body for the strenuous exercise to come.

#### ESSENTIAL ELEMENTS OF A FITNESS PROGRAMME

##### 1—FREQUENCY

You should train three to five times per week. Anything less than three times per week is likely to be more destructive, in injury terms, than of benefit. Three times per week is the minimal level of activity for fitness improvement to take place. More than five times per week is of minimal additional benefit and only the top national level players are likely to benefit by exceeding this.

Oxygen uptake will increase in direct proportion to the frequency of training, that is in a 20-week training programme the percentage improvement of 8%, 13% and 17% should correlate with one, three and five training sessions per week respectively.

An important point to bear in mind is that the rate of injuries related the foot, ankle and knee, joints increases dramatically for an unfit person over three training sessions per week. The chances of injury to the lower limbs, unless done gradually, is approximately threefold. A day of relative rest should follow a hard training day.

##### 2—INTENSITY

The **minimum** threshold level for getting a 'training effect' is generally accepted as being a heart rate equal to 60% of maximum. For younger players this will normally relate to between 130-150 beats per minute and for older players 100-120 beats per minute. Lower training thresholds will be necessary for less-fit individuals.

Improvement in aerobic (with oxygen) capacity is directly related to intensity of training. Five to ten minutes of low intensity training will show only 5% improvement, while a high-intensity programme may elicit a 15-20% increase. Unfortunately adults do not take naturally to high-intensity workouts and the dropout rate is high, but remember: **NO PAIN—NO GAIN!**

##### 3—DURATION

Improvement in Cardiovascular fitness is directly related to duration of training. The duration is dependent upon the intensity of the activity performed. Thus, lower intensity activity should continue over a longer period of time, in order to gain

the equivalent (oxygen burning) benefit. Lower to moderate intensity is recommended for the unfit adult. This means that participants can slow down the pace of training, work longer at lower intensity and achieve almost the same overall results.

The exercise should be continued for between 30-60 minutes of continuous activity. It should consist of 'oxygen-burning' exercise that uses large muscle groups e.g. running/jogging, cycling, swimming, rope-skipping etc.

Regularity of intensive exercise is very important and a 50% reduction of cardiovascular fitness can be lost after ten weeks of no training.

In addition, cardiovascular fitness declines through age unless training continues. If 25 years is regarded as optimum, the rate of decline can be expected to decrease as follows:

35 years—	3% reduction
45 years—	10% reduction
55 years—	20% reduction
60 years—	30% reduction
65 years—	35% reduction
70 years—	40% reduction

of course some people don't start regular fitness training until their 30's or 40's and so their standards of fitness may well **increase**.

##### 4—TYPE OF EXERCISE

In general, activities with moderate to high energy cost, such as constant randori (not the coasting type!), running/jogging, cycling, swimming, walking, etc show significant increases, while those activities that are intermittent and low in energy cost (golf, bowling, volleyball etc) show little or no improvement.

Weight training does not normally have the effect of improving cardiovascular fitness, owing to the large periods allowed between lifts. Even power-circuits of 10-15 repetitions, 8-12 exercises, and 2-3 sets show only about 5% improvement in cardiovascular fitness, although strength does increase dramatically. This may in part be because the energy cost of arm work at an equivalent work rate with leg work is only 70%.

Jogging will normally be the type of exercise used to supplement training, because it is cheap, easily available, needs no facilities and can easily be done at any time. I personally believe that running/jogging is the most effective method of developing cardiovascular fitness, and this can be interspersed with cycling (to give the legs a rest from pounding a hard road surface) and swimming, which maintains the heart rate, but eases the muscles.

Owing to the limitations of space, one area that I haven't covered is the physical differences of female players, this I hope to cover in detail in a later article.

The amount of effort that you put into training should realistically reflect the competition level to which you aspire. A player with national aspirations will not get there with a club-level fitness programme. A winning element will be missing and another player who has that element will beat you in contest.

PETER BROWN



**Taking the pulse to ensure the correct intensity of training.**

## CIRCUIT (15 REPETITIONS)

### 1. PUSH-UPS



### 2. BEND & THRUST



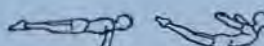
### 3. SIT-UPS



### 4. STAR-JUMPS



### 5. DORSAL RAISE



### 6. TUCK-JUMPS



### 7. SPRINTS





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# GLEESON'S MARKET STALL

May I congratulate Neil Adams and the British Judo Association in winning a World Championship. May I also say, about time too. Since the first European Championships in 1951 when Britain was in the final (and I was the youngest team member), the British Judo Association has always had erratic success in International judo events, with individuals winning medals of different colours.

Such successes over 30 years show clearly that individual talent has not been lacking in this country and it is only right therefore that such a tradition should eventually produce world champions. However, these successes always seem to depend more on individual dedication than organisational efficiency. It is very exciting and stimulating to watch the Neil Adamses win matches with great fluency of skill, but what happens to those skills when he—and the many others with top skills—stop using them? Have they vanished like writing on water?

The answer at the moment must be yes, therefore is there any attempt being made to capture those skills for posterity? There must be, and I know there are, people taking film of the stars, but what is happening to that film? Is it being edited, catalogued and filed for future use? Is a library lending service being set up, so that Areas and clubs can hire such films? What about video-tape? Is that being made use of? The ubiquitous presence of the TV screen makes the watching of television imagery very sloppy, so are coaches and players being trained how to study film to ensure the maximum benefit from a champion's performance?

What about other methods of monitoring competitions and events? Many years ago the British Judo Association coaching scheme devised a simple chart system, whereby the tactics of a contest could be recorded. What happened to that? Perhaps the present generation of coaches have produced their own recording system! If so is that being promulgated round the clubs and the Areas? The improvement of such ephemeral things as physical skills need the reference to those top skills that have gone before. Without that historical reference each succeeding potential champion has to make all the same mistakes in order to get through the training maze to top success. Historical reference records can provide a short cut through the maze. What steps are the British Judo Association taking to establish such a monitoring system? The basic ingredients must be there; all it needs is the organisation. Who is going to do the organising?

Anyone who has been in judo longer than say, ten years, knows that winning skills are a matter of fashion. Some particular 'star' or champion wins by a special skill and everyone copies him; eventually another champion devises a skill that beats that skill and then everyone changes to that, and so it goes on. I remember a Frenchman in the Kodokan who beat many Japanese with an arm-lock he had learnt from Mr Koizumi. It was so old that it had been forgotten in Japan. It is for this kind of reason that the Japanese try and keep the old men in the sport, not so that they can teach the young as such, but more to remind them what has been done and therefore what they could do—if they were to build on those



old skills. It is a pre-electronic-age attempt at recording and monitoring skills.

Who is to coach Neil Adams' coach? Assuming he has one, or that he acknowledges him, how does that coach produce another performer that will be even better than Adams? Presumably the coach has used much, perhaps all, of his expertise, to produce the performance that is Adams; for the aspirant, he will need yet more information. Where will he get it from? What is the British Judo Association doing to see that he does get it?

To state the obvious, a team or squad is greater than any one within the group. However successful any one individual is, that success is used to boost the confidence and the aspirations of the team. Yet here too history or tradition is important. How have previous teams fought? What skills have they used? When I first began in national teams, there were of course no weight classifications, therefore great stress was put on who should fight who—if the line-up of the opposition could be guessed. Attempts were made to match our strong skills with their weak skills. Such decisions were of paramount importance.

In the 1960's, when weight classification controlled the team, overall winning skills had become much more important. Who could be relied on to win? Whose skill was so erratic that his performance was almost irrelevant? Whatever the style of performance, team support was always a strong factor in the team's success.

For teams to know that that is both a tradition and a fact must help the team's performance considerably. Here too records and monitoring play their part, for they give substance to the being of the group. If that mutual support is ever allowed to become a dead ideal, competitive judo will be that much poorer.

## ★ LETTERS CONTINUED...

Dear Sir,

Ref: Professor Katsuyoshi Takata, 8th Dan, Kodokan

We are pleased to report that Professor Katsuyoshi Takata, 8th Dan, Kodokan, visited our Club in Egham, Surrey, between 9th and 13th September 1981. Professor Takata demonstrated many throws, including his favourite technique, Hane-goshi. He is a truly remarkable and skilful teacher and worked hard for many hours on each of the five days, displaying amazing discipline and skill throughout his stay.

Our own Club members, as well as many visitors from other clubs, enjoyed and benefited from seeing and practising with Professor Takata. Among the many throws he taught were Hane-goshi, Harai-goshi, Uchi-mata, O-soto-hane-goshi, and he also taught for many hours the Kodokan Goshin-jutsu which Club members thoroughly enjoyed although they had not seen this before.

On leaving England, Professor Takata travelled to France, where he was to visit two Judo Clubs and from there he intended to travel to Italy where he was to visit friends, and then to return to Tokyo. We were sad to see Professor Takata leave and hope he will agree to return to our Club again in the near future.

GARY MURRAY — Club Coach, Eurokwa Judo Club  
Wakefield House, Friars Road, Virginia Water, Surrey





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M**

## British Judo Association...Midland Area

### MENS INDIVIDUAL OPEN CHAMPIONSHIPS 1981

SATURDAY 21st NOVEMBER 1981

HADEN HILL LEISURE CENTRE, BARRS ROAD, CRADLEY HEATH, WARLEY, WEST MIDLANDS

**INFORMATION AND RULES...** A licenced Three-Star Tournament. Points Scoring for promotion purposes—Please bring your Points Card. The Entry Fee is £2.50 per Event, which is non-returnable. Membership licences must be produced when booking in or a non-returnable fine of £2.50 will be imposed. Competitors may not change Weight Categories on the day of the Competition without payment of an additional entry fee. Cheques and Postal Orders should be made payable to the MAM. The booking-in periods *must* be adhered to. Anyone late booking in may be unable to fight. All other details as per the Tournament Handbook for a Three-Star Event. Closing date for entries Tuesday 17th November 1981

Club .....

#### ★ ENTRY FORM ★

Event 1—Under 21 Years Open

Event 5—Over 35 Years Open

Event 9—Over 71 kilos up to 78 kilos

Event 2—Kyu Grade Novice to 7th Kyu

Event 6—Up to and including 60 kilos

Event 10—Over 78 kilos up to 86 kilos

Event 3—Kyu Grade 6th to 3rd Kyu

Event 7—Over 60 kilos up to 65 kilos

Event 11—Over 86 kilos up to 95 kilos

Event 4—Kyu Grade 2nd and 1st Kyu

Event 8—Over 65 kilos up to 71 kilos

Event 12—Over 96 kilos

Event 13—Open

*Remember to enclose... Your Entry Form and Your Entry Fee. Entries to: Rowland Lee, 7 Ash Grove, Wem, Shropshire SY45RW.*

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**16 WHITEWOOD WAY, WORCESTER WR5 2LN**

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