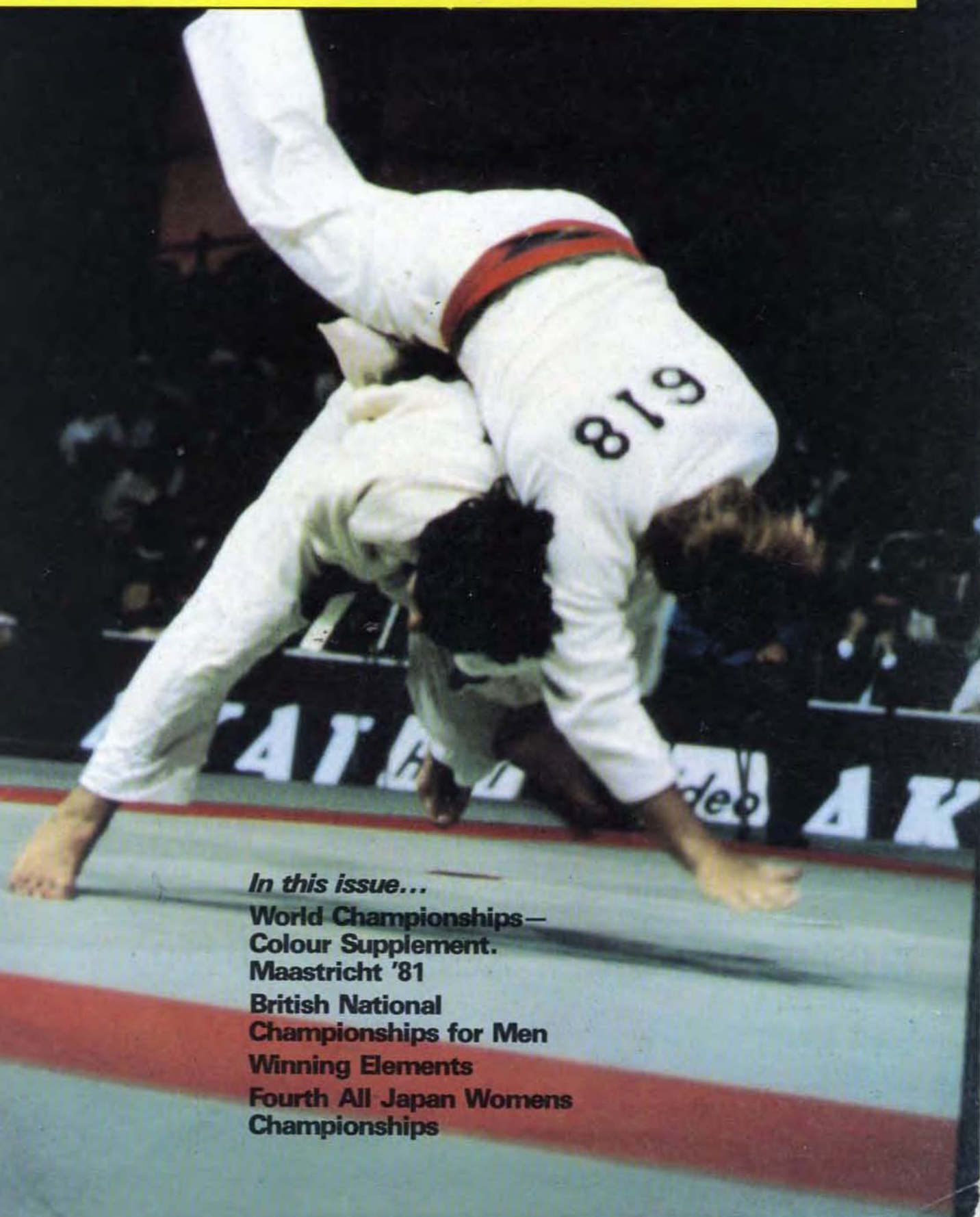


JUDO

No. 15 OCTOBER 1981

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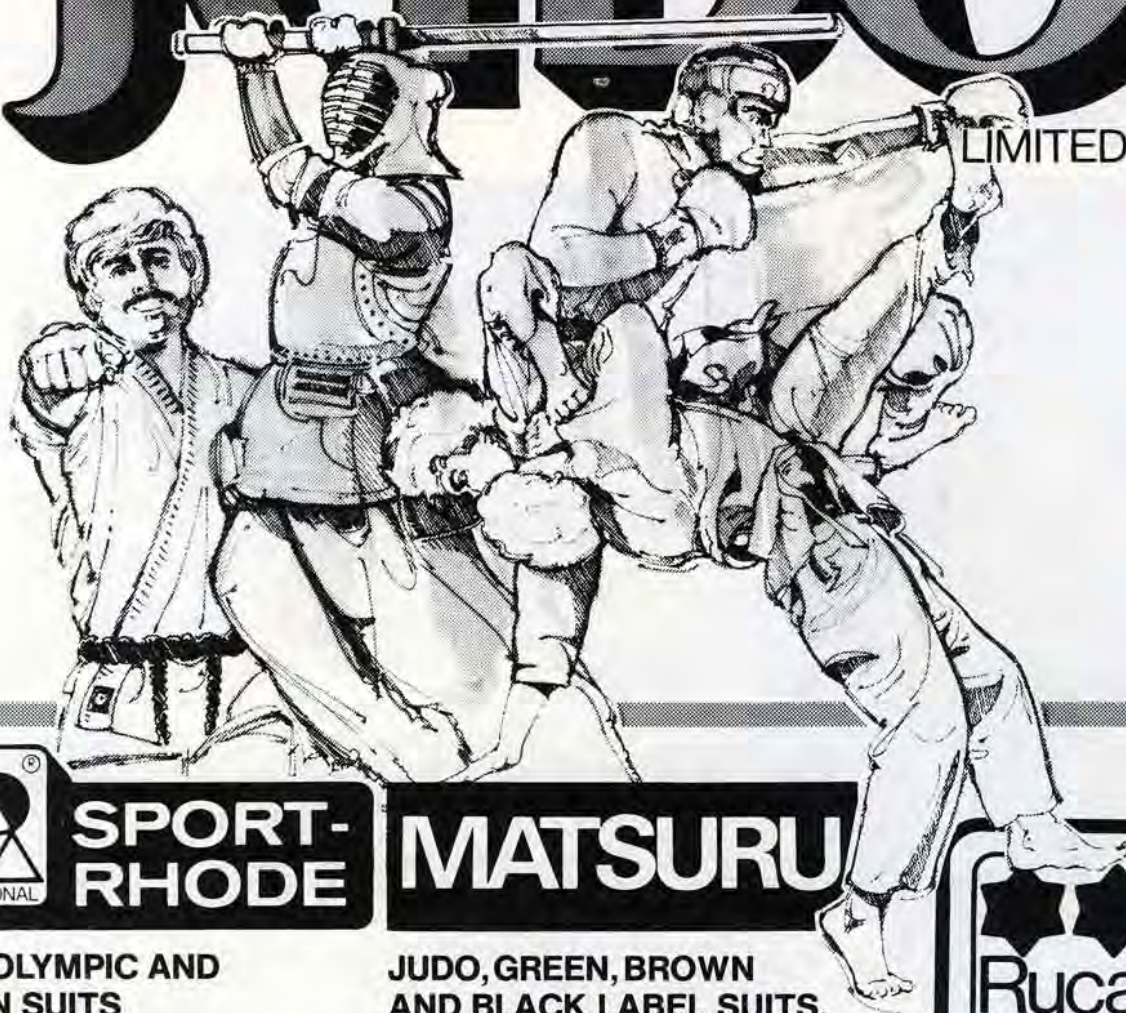
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Winning Elements

**Fourth All Japan Womens
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JUDO

Editorial



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JUDO

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★ COVER PICTURE ★

Khbulouri (USSR) throws Neureuther (FGR) in the Heavyweight Category of the 1981 World Championships.

Photo: DAVID FINCH

The evening of Friday 4th September 1981 will long be remembered by the large contingent of British Judo supporters who witnessed Neil Adams defeat the Japanese Jiro Kase to win the World middleweight title. Adams was on superb form as he systematically destroyed all his opponents on his way to fulfilling his lifetime ambition of becoming World Champion.

In his final contest against the Japanese he proved he was the master of his chosen sport. From the moment of his first attack to the moment when Kase submitted to the precisely applied armlock Adams was in complete control. His gripping skills and excellent defence gave him complete dominance throughout the competition and there is no doubt that he is one of the most skilful players in the World. This could be the first of many World titles for Adams providing he can maintain his present motivation and hunger for success. On the mat he is an excellent example of the type of judo player we all like to watch. I'm sure you will all join me in congratulating him on his success. Well done Neil.

There were some exciting contests in this year's British Closed Championships although they did not attract all of the top players. The event was well organised by the Midland Area, who have hosted the event since it began.

This month we see the debut of a new series of articles by Peter Brown, MBE. Peter who is a 3rd Dan, has been active in competition and coaching for 15 years and has been the Combined Service Coach. In 1977 he was the Royal Marines 'Sportsman of the Year'. He is now Fitness Trainer/Coach to the successful England Judo Squad and is an honorary National Coach to the British Judo Association.

After a recent tour of the United States as Physical Fitness Advisor to the U.S. Marine Corps he was awarded the M.B.E. and is now serving with the Royal Marines at the Commando Training Centre at Lymington in Devon. In his series of articles he gives guidance on how to be a successful competitor.

Colin McIver...Editor

Diary of Events

NATIONAL AND INTERNATIONAL

Saturday 31st October 1981
NATIONAL VETERANS (Over 35) CHAMPIONSHIPS...ALDERSHOT
Sunday 1st November 1981
NATIONAL KATA CHAMPIONSHIPS...ALDERSHOT
Friday 30th October—Sunday 1st November 1981
JUNIOR EUROPEAN CHAMPIONSHIPS (MEN)—SAN MARINO, ITALY
Saturday 7th—Sunday 8th November 1981
NATIONAL UNDER 18's CHAMPIONSHIPS—Boys Saturday. Girls Sunday

AREA EVENTS

Saturday 24th October 1981
MIDLAND AREA JUNIOR BOYS CHAMPIONSHIPS
Closed to Midland Area Clubs. Qualifying Event for the National Championships.
Entry form with this magazine.
Sunday 1st November 1981
Dan Grading. Ryecroft J.C., Nottingham—10-00 am
Saturday 17th October 1981
Rneshuden Open Team Championships—Swiss Cottage Sports Centre
Sunday 25th October 1981
Dan Grade Examination—Stretford S.C., North West
Saturday 21st November 1981
Midland Area Open Mens Championships—Haden Hill Leisure Centre
Entry form with this magazine.
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.

MIDLAND AREA CENTRE OF EXCELLENCE SQUAD

GIRLS—The October session for girls is at Hardy Spicer Judo Club on Sunday 25th October 1981 at 11-00 am. Everyone should attend for these the final selection for the National Under 18's Championships. Area medallists unable to attend should notify Mrs Lee in writing that they are available for the National Championships and can maintain their weight. Failure to attend this session may mean your replacement in the Nationals.



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Sunday 11th October 1981
Boys all Grades, Pershore—10-00 am

Sunday 11th October 1981
Girls all Grades, Pershore—1-00 pm

Sunday 11th October 1981
Boys all Grades, Ivanhoe—10-00 am

Sunday 11th October 1981
Girls 4th Mon to 6th Mon, Derby—9-30 am

Sunday 11th October 1981
Boys 4th Mon to 6th Mon, Derby—9-30 am

Sunday 11th October 1981
Girls 4th Mon to 6th Mon, Derby—1-00 pm

Sunday 11th October 1981
Boys 4th Mon to 6th Mon, Derby—1-00 pm

Sunday 18th October 1981
Men Kyu Grades, Dudley—10-00 am

Sunday 25th October 1981
Boys all Grades, Wellingborough—10-00 am

Sunday 1st November 1981
Boys all Grades, Chapelhouse—10-00 am

Sunday 1st November 1981
Girls all Grades, Chapelhouse—12-00 noon

Sunday 8th November 1981
Boys all Grades, Worcester Judo Society—10-00 am

Sunday 8th November 1981
Girls all Grades, Worcester Judo Society—1-00 pm

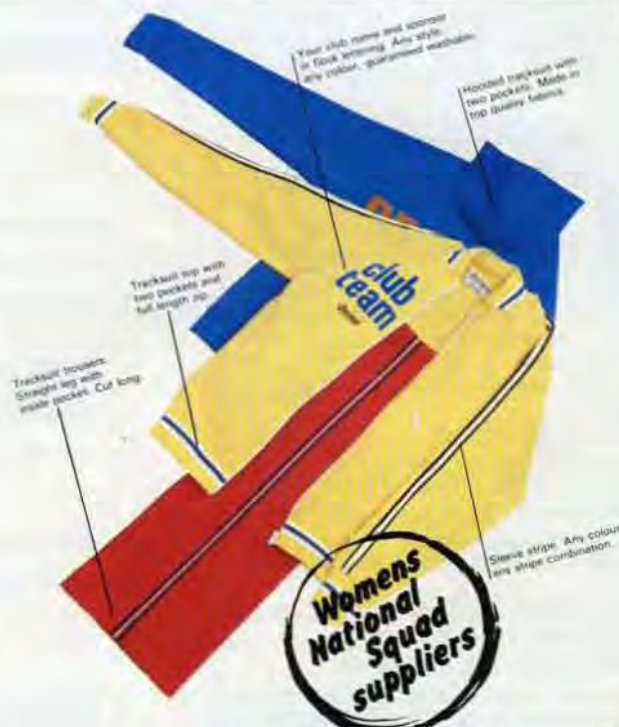
Sunday 8th November 1981
Boys 10th Mon and Above, Northampton—10-00 am

Sunday 8th November 1981
Men Kyu Grades, Wellingborough—10-00 am

Sunday 8th November 1981
Women Kyu Grades, Wellingborough—10-00 am

Sunday 15th November 1981
Men Kyu Grades, Pershore—10-00 am

Sunday 15th November 1981
Women Kyu Grades, Pershore—1-00 pm



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4th ALL-JAPAN Championships

WOMEN: 24th MAY. KODOKAN

Reporter: John Robertson. Photos: Arthur Tansley

Sunday 24th May, saw the Fourth All-Japan Judo Championships take place at the Kodokan, with a total of 56 competitors vying for the top honours. Wins by Newaza, accounted for 72% of the Ippon wins. Twelve junior high school students joined for the first time, and ten saw action in competition, for the first time.

In the Under 48 kilo group, in the semi-final, Namiko Hayashi took on Miyuki Saita, and started quickly by attacking with Tomoe-nage, and into Newaza—no score at all, and Saita attempted a Seoinage. Hayashi countered with Ashi-waza and was awarded Yuko. Saita again attempted Seoinage without success and both rolled on the mat where Saita applied Juji-gatame, Hayashi managed to escape and at the bell, Hayashi won by Yuko. The other semi-final match between Yoshie Gamo and Mizue Takahashi, saw Takahashi whip in with a nice Hadari-uchimata and Gamo counter with Ko-soto-gari, for Yuko. Gamo then applied Okuri-eri-jime and the match was over for Takahashi. Newaza Ippon for Gamo.

The final was another win in Newaza, as Hayashi defeated Gamo to become the Under 48 kilo champion. She started with Tomoe-nage and was unable to score. Gamo used her Ouchi-gari without success, and it took Hayashi's second attempt with Tomoe-nage to bring Gamo to the mat, where she won with Kesagatame.

Kaori Yamaguchi proved that she was again in top form, as she swiftly attacked Tomomi Kako with Ko-ouchi-gari for Waza-ari, in the semi-final of the Under 52 kilo section. Again she attacked with Ko-ouchi-gari and another Waza-ari was awarded her, for Ippon. The match took all but 37 seconds. In the other semi-final, Reiko Ichino tried her Migi-tai-otoshi and Ko-ouchi-gari without any success on Sadami Morosho. Morosho tried Seoi-nage, but fell down. Both tried their best, but to no avail and at the bell, the decision went to Ichino.

The final got off to a quick start as Yamaguchi gained a Yuko on Ichino with Ko-ouchi-gari. Another Yuko for Yamaguchi for her Ko-soto-gake, which she followed up by going straight into Yoko-shiho-gatame. Ichino escaped, but Yamaguchi quickly put on Okuri-eri-jime and won the match; her fourth straight championship.

A quick round in the Under 56 kilo division saw Taeko Nagai get Waza-ari for her Migi-ko-uchi-gari on Noriko Yokoyama, and continue into Kami-shiho-gatame for Ippon. The other match between Michiko Saijo and Fukiko Okai lasted the full three minutes. Saijo attacked with Ko-soto-gari and received Yuko. She followed that up with ground work and put on Yoko-shiho-gatame. Both played on the ground for almost the whole time, and at time the decision went to Saijo.

The final was won by Saijo on a decision. Saijo attacked with Seoi-nage, and Nagai with Uchimata, but neither scored a point. As Saijo attempted Sasae-tsuri-komi-ashi, Nagai's knee



Top... Yamaguchi almost scores on Ichino.
Middle... Nagai finally scores in Izutsu with Kasa-gatame.
Bottom... Watabe fails to escape from Kato's hold.



touched the mat but Saijo did not get anything for her attempt. At the bell the match was awarded to Saijo.

Michiko Sasahara also showed that she was in top form, although she kept her energy for the final. In the semi-final of the Under 61 kilo, she played against Kyoko Marutani. Marutani opened by attacking with O-uchi-gari without scoring. Sasahara countered with Ko-uchi-gari for Yuko. Both tried their respective techniques and when time was up the decision went to Sasahara. Kaori Hachinohe took Sumiko Akiyama into Newaza and pinned her with Kuzure-kami-shiho-gatame for an Ippon.

The final went the full three minutes with Hachinohe opening with Ippon-seoi-nage and Uchi-mata; but without scoring. Sasahara attempted both Kotosoto-gari and O-soto-gari, also without any points. Hachinohe showed signs of tiredness and towards the end of the round could not fight any more. She was saved by the bell and the decision went to Sasahara.

The first of the two semi-finals in the Under 66 kilo group was another win by Newaza. Hiromi Tateishi attacked quickly with O-soto-gari and took Michiyo Noguchi into Kesa-gatame and won by Ippon. Shigeko Oshima and Hiromi Kajiwara both got a Shido for passivity in the other semi-final, the whole match was without any action and at the bell the decision went to Oshima.

The final was a short one, as Tateishi attacked Oshima with Tai-otoshi and took her into Newaza and applied Juji-gatame, she switched into Yoko shiho-gatame and took the match with Ippon.

The last division of the day was the Over 66 kilo group. Very little action between Hiroyo Sato and Sachiko Hirai, displeased the crowd, until Sato whipped in for a Harai-goshi which became a Harai-makikomi and was awarded an Ippon. The other semi-final saw Junko Kawamura grip Kana Omura's lapel carefully and extend her leg for a nice Sasae-tsuri-komi-ashi, which she continued onto the mat and held with Yoko-shiho-gatame. From that hold she slipped into an armlock and won the match with Ude-garami.



Saito gets a submission on Okai with Juji-gatame.

The final was over in 1.06 seconds as Kawamura foot-swept Sato with Sasae-tsuri-komi-ashi and held her on the mat with Kuzure-kami-shiho-gatame.

WINNERS PROFILE

Under 48 kilo: Namiko Hayashi. 1st Dan. 25 years old. Started judo at 18 years of age. Professional nurse. Trains at the hospital dojo and also at the No. 5 Junior High School dojo in Yamaguchi Prefecture. Trains every day from 4-30 to 6-30 pm.

Under 52 kilo: Kaori Yamaguchi. 1st Dan. 16 years old. Started judo at 6 years of age. Trains at Hodokan Nishimura dojo, 3 hours a day, Monday to Saturday.

Under 56 kilo: Michiko Saijo. 2nd Dan. 22 years old. Started at 16. At first wanted to learn karate, but no near dojo, so chose judo. Trains at Tokai University dojo 5 days a week for 2 hours a day.

Under 61 kilo: Michiko Sasahara. 3rd Dan. 25 years old. Started from 16 years old. Trains at the Kodokan and Kobukan Ikeuchi dojo 6 days a week for 1 1/2 to 2 hours a day.

Under 66 kilo: Hiromi Tateishi. 3rd Dan. 27 years old. Started at the age of 18. Trains at the Kodokan 3 days a week for 2 hours a day.

Over 66 kilo: Junko Kawamura. 3rd Dan. 32 years old. Started at 16. Friend suggested she learn judo, so she did. Schoolteacher and mother of 2 children.



From left to right... Hayashi, Saijo, Sasahara, Yamaguchi, Tateishi, Kawamura.

HANTEI! By REG TETHER

Once when examining at a junior grading, in an out-of-town club, I asked a boy the meaning of HANTEI. He assured me, solemnly, that when the referee did not know who had won, he called out HANTEI and asked the judges to tell him. Sadly there are times when this interpretation is the only explanation for some decisions that are given.

In case there are doubts in some people's minds, it is necessary in individual competition to find a winner (not in gradings). Hence the procedure of calling HANTEI, looking at the judge's flags and indicating the winner.

If the scores and/or penalties are equal at the end of a bout, the referee, although he knows who is ahead, is obliged, assisted by the judges—who are also qualified referees, to declare a winner. They base their decision on the 'recognisable difference' in the attitude or in the skill and effectiveness of techniques. (Article 360—Contest Rules).

Attitude, I would suggest is normally simple to judge. In its most basic form the aggressor should win. Early in my refereeing career, I attended many courses run by George Kerr 7th Dan, who was probably the hardest taskmaster in the U.K.—at least! One of George's methods of teaching the recognition of the winning attitude, was to call out 'Sore made' at odd times during a contest and say 'Right! Who's ahead?'—sometimes within 10 to 15 seconds of the start of the bout. His point, one which I've never forgotten, is

that at any time in contest there is always someone in the lead, even if no scores or attacks have been made.

Let's examine what attacks are in this context.

Attacks are, in standing judo, genuine attempts to throw the opponent, which, while not being successful enough to score, have been skilful enough to have some recognisable effect on the opponent.

An attack may actually have carried or thrown the opposing player, not onto his back or hips but onto his hands or knees, or even on to his feet. At the lower end of the success scale an attack may have only caused the opponent to take strong or definite defensive action.

An 'Uchikomi' action, or a swing at a leg is *not* an attack and should be discounted entirely from the scoring.

A point worth remembering is that in groundwork, under present rules, only a called 'Osae-komi' of 0 to 9 seconds constitutes an attack.

If a referee having called for HANTEI disagrees with the opinion of the two judges he has the right to call them in to ask them to explain their score and perhaps persuade one or both to change opinion. He then must, after they return to their positions, repeat the HANTEI procedure and give the decision according to the 'majority of three' ruling, whether or not he agrees with the result.

I would suggest that no referee actually enjoys giving HANTEI decisions, but to a good referee the result is generally as obvious as a 'Koka' score. Now there's a subject...

ROUND & ABOUT

Competition reports, News, views and opinions

NORTHAMPTONSHIRE SCHOOL OF SPORT

Fourteen of the best young women in the Midland Area were given a week of high level coaching at this year's Northamptonshire School of Sport. The School, organised by Northamptonshire County Council, which is held each year owes much to the sponsorship and support of the following: East Midlands Council for Sport and Recreation, C. T. Wilson Foundation, Barclaycard Limited, Avon Cosmetics, Royal Insurance and the Leicester Building Society.

Colin McIver, 5th Dan, Scottish National Coach and former British Internationalist was guest coach for the week. During the week the girls worked extremely hard but enjoyed every moment.

MIDLAND AREA PROMOTION EXAMINATIONS

Any Clubs wishing to host and organise Area gradings during 1982 should send details of dates, type of grading required and premises details to: Joe Ekins, 50 Headingley Road, Rushden, Northants by mid November at the latest so that your Club may be included in the published programme.

MILFORD HAVEN YOUTH CHASES SUPERSTARS TITLE

Paul Lewis from Milford Haven will face some of the United Kingdom's brightest sporting prospects when he competes for the Townsend Thoresen Challenge in the final of the first ever Junior Superstars competition.

Paul, a member of the British Judo Squad, will be among nine regional heat winners who will battle it out at Bracknell Sports Centre on the 8th and 9th September 1981. BBC TV will be recording the final and the Junior Superstar will be presented with a trophy and an opportunity to go on a coaching or training course, sponsored by Townsend Thoresen.

Paul, 16, reached the final by winning the Welsh heat at Cwmbran. He has recently become a senior Welsh international and was Welsh Junior champion for four years until 1979.

His fellow competitors will include a host of internationals and champions—each representing a different sport. He will be up against Christopher Allen (Cirencester), a Gloucestershire cricketer; David Sundin (Gateshead), England youth international trampolinist; Sydney Marsh (Northallerton), a Wolverhampton schoolboy footballer; Stephen Walton (Preston), an international swimmer; Gavin Welsh (Lisburn, N. Ireland), a four handicap golfer; Tony Leaver (Edinburgh), a canoe slalom international; Bill Davey (Putney), UK pole vault record holder for his age group; and Mark Beatty (Beccles, Suffolk), Britain's leading 16-year-old decathlete.

All will take part in eight of the ten events arranged for the final—swimming, gym tests, weightlifting, basketball, soccer, sprinting, cycling, steeplechase, archery and canoeing, and all will be striving to become the United Kingdom's first ever Junior Superstar.



Mark Chittenden, current Under 95 kilo British Open Champion and the British representative in that category at the Moscow Olympics, has accepted honorary life membership of the Witham Judo Kwai; a club formed just 18 months ago in the Essex town's Bramston Sports Centre.

Mark, 25, a 3rd Dan, finds there are enough hard players in the club's 30 or so regular adults to give him a fairly tough practice on Friday evenings. He makes it part of his daily six hour training stint.

Mark made local newspaper headlines when he was formally presented with his life membership card by chairman John Constable

2nd Dan; and the resulting publicity attracted more attention and interest.

The club is an independent body which hires a gymnasium, mat and showers from the Centre on a weekly basis. The rent of £18.00 per week is paid from mat fees and subscriptions, which include a healthy sum from the thriving junior class.

Neither John Constable nor the two other coaches—John Peachey are paid for their services. The cash is used to benefit the club by hiring top guest instructors like Brian Jacks and Neil Adams, and for trips to championships, all over the area.



ROUND & ABOUT

Jane Bridge SUPERSTAR

The Fifth U.K. Women's Superstars competition was held in Brighton on the 4th and 5th August 1981, with eight top women athletes taking part, each an outstanding performer in her own sport: they were—Shirley Strong (British International hurdler), Muriel Thomson (Britain's most successful lady golfer last year), Beryl Mitchell (Britain's best ever single-sculler), Verona Elder (one of Britain's more consistent track athletes), Margaret Kelly (Moscow Olympic Silver medallist swimmer), Karen Morse (ex-World Champion water skier), Suzanne Dando (ex-British Champion gymnast) and Jane Bridge (World Judo Champion).

Each competitor had to compete in seven out of nine sports: canoeing, badminton, archery, basketball, swimming, running (100 metres and 400 metres), and an obstacle race. Jane chose not to compete in the canoeing and archery.

The competition was carried out in the main in blazing sunshine in front of a good-natured audience and provided plenty of excitement and suspense right to the end. The Referee throughout the competition was football referee Clive Thomas from Wales.

It would not do to give anything away in regard to the result except to say that it was in doubt right up to the final event.

The programme will be screened by BBC television in January.

NATIONWIDE SPONSOR NORTH WEST PLAYER

Paul Sheals has received £100.00 sponsorship from the Nationwide Building Society. Paul who comes from Swinton, near Manchester, is seventeen. He intends to put the money towards a trip to Japan. A member of the Warrington and K.N.K. Clubs, he is coached by Richard Barraclough and John Lawrenson. Paul is also a member of Tony Macconnell's elite young men's squad which meets regularly in the North West Area.

His contest record to date is impressive—three times under 17 champion, Welsh Open Champion, Scottish Open Champion and Meadowbank Open Champion. Only this year he was selected for the under 60 kilo position in the British Team which fought in the Senior European Championships in Hungary. He is a member of the British Junior Squad, finishing in third position in the Trials.

Paul intends to travel to Japan with the Judo Limited trip, early next year.

CONFERENCE OF EXAMINERS

The Midland Area Conference of Examiners will be held at Derby Judo Club at 2:00pm on Saturday 31st October 1981 (Snow permitting). Examiners should contact Joe Ekins if unable to attend.

NATIONAL CONFERENCE OF DIRECTORS OF EXAMINERS

This will be held at the Europa Hotel, West Bromwich, Exit 1, M5, on Sunday 15th November 1981. Any subjects for discussion must be presented by the Area Director of Examiners to whom you should address your suggestions.



On the weekend 1st and 2nd August a Kata course, arranged by Mick Leigh and under the instruction of John Cornish, was held at Barrow Hills School in Surrey.

The course covered Nage-no-kata, Katame-no-kata, Gonosen-no-kata, Kime-no-kata and Ju-no-kata.

Twenty-eight people took part and everyone agreed that they would attend a similar course again.

To work on five Katas over one weekend is virtually impossible so most people concentrated on one or two Katas of their choice and tried to perfect some of the points that they had forgotten or had never done before.

On the Sunday Liz Viney showed a film of Ju-no-kata taken in Japan. I did some video of people doing their favourite Kata, then played it back as John Cornish made constructive comments, which was much appreciated.

CHAPELHOUSE LOW GRADES K.O. HADEN HILL—8th AUGUST 1981

One hundred and thirty-one competitors took part in the championships. The numbers were a little disappointing to the organisers, but was probably due to the date being in the middle of national holidays and could have been better advertised. Weighing-in was completed within the hour and the competition soon got under way.

After some hectic activity the rounds were completed ready for the finals at 2-15pm. Chapelhouse Management Committee wish to thank Timekeepers, Recorders and Referees for the smooth running of the competition. Brian Perryman for all the paperwork and central control also Mr John Beard, Midland Area Chairman for presenting the medals. It is hoped to run a similar event in 1982.

GOLD... Under 28 kilo: N. Gregory, Wem.
Under 31 kilo: M. Smith, Derby. **Under 34 kilo:** K. Hewitt, Derby. **Under 37 kilo:** D. Howlett, St. Michaels. **Under 41 kilo:** J. Dallow, St. Michaels. **Under 45 kilo:** G. Broadbent, Coventry. **Under 50 kilo:** A. Drury, Derby. **Under 55 kilo:** L. Denetto, Samurai. **Under 60 kilo:** S. Maddy, Derby. **Over 60 kilo:** S. Mansell, St. Michaels.

SILVER... Under 28 kilo: A. Akrill, BRD. **Under 31 kilo:** S. Clarkson, Ren-Bu-Kan. **Under 34 kilo:** M. Aldrich, Pirelli. **Under 37 kilo:** D. Tillotson, Derby. **Under 41 kilo:** J. Singh, Edgbaston. **Under 45 kilo:** P. Morgan, Bridgnorth. **Under 50 kilo:** R. James, Boldmere. **Under 55 kilo:** R. Edge, BRD. **Over 60 kilo:** N. Geogan, Edgbaston.

BRONZE... Under 28 kilo: M. Tittley, GKN. L. Tibbatts, Coventry. **Under 31 kilo:** N. Wood, Ren-Bu-Kan. P. Phillips, Ren-Bu-Kan. **Under 34 kilo:** L. Dean, Samurai. A. Chamberlain, Wolverhampton. **Under 37 kilo:** S. Barkby, Steer. T. Binner, KKK. **Under 41 kilo:** M. Lee, Wem. T. Botting, Chapelhouse. **Under 45 kilo:** M. Rowe, Tubes. W. Downing, Dudley. **Under 50 kilo:** M. Parker, Wem. S. Davis, Tubes. **Under 55 kilo:** S. Healey, Dudley. N. Jones, Wem. **Over 60 kilo:** N. Murdoch, Bridgnorth.

JUDO

COMING IN THE NOVEMBER EDITION OF
JUDO

Sorry, we were a bit late in October but I am sure that after receiving the marvellous, free colour supplement of the World Championships, you have forgiven us. The difficulty is, of course, that most of the contributions and preparation of the copy for the magazine is by enthusiasts who participate on an amateur basis and naturally when almost twice as much material is required the work tends to overwhelm us. Still, we expect to be back on schedule for November and the following are some of the contents we have for you.

BRITISH OPEN CHAMPIONSHIPS FOR WOMEN

Fifteen nations have entered players so far included in which are no fewer than five World Champions. Once again the Americans are back in the 'Open' and they include in their somewhat new team the dynamic Christine Penick whom you might have read about in the past.

For the Midland Area subscribers we have the very well attended Midland Area Under-18 Girls Championships, in which their National Championship Squad are selected...and...again for the ladies...

THE NATIONAL TEAM CHAMPIONSHIPS FOR WOMEN - FROM BATH

STAR PROFILE IS THE TREMENDOUS
RUSSIAN FIGHTER NGUIZ KHUBULUF
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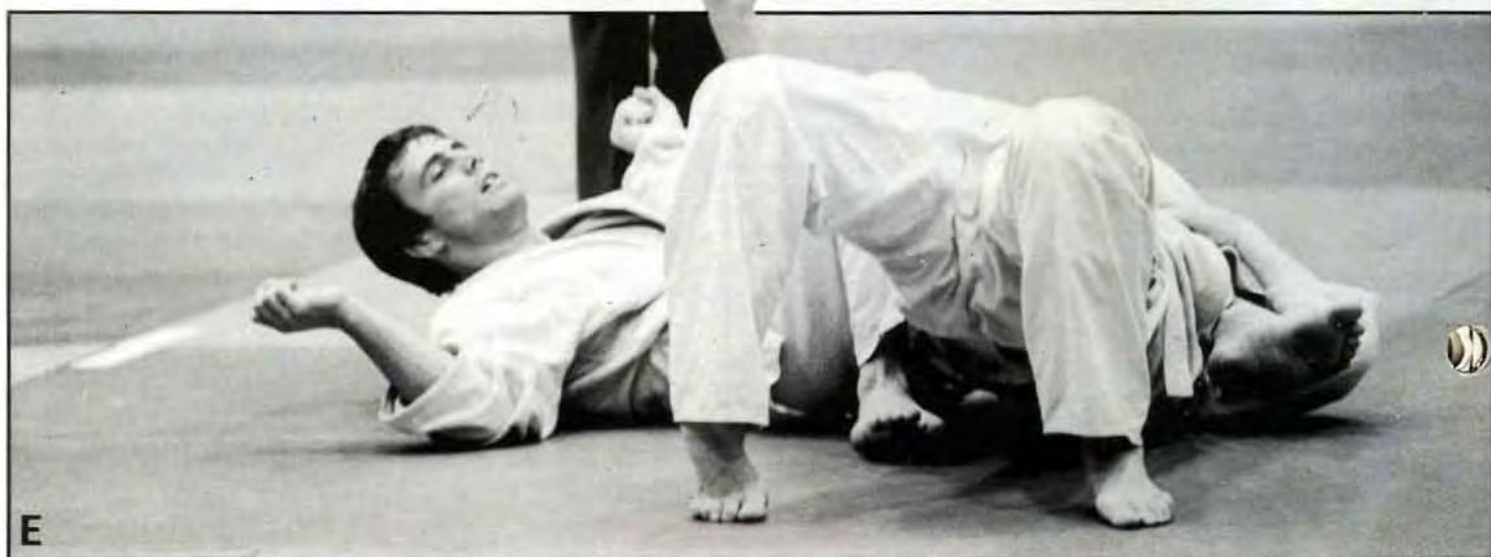
Photos: COLIN McIVER, DAVID FINCH.

In this issue we look at a simple variation of the popular throw Tai-otoshi. Neil Adams provides us with a good example to study. The photo sequence (A-F) was taken by David Finch at this year's Senior European Championships in Debrecan, Hungary, and the throwing action is clearly illustrated. It is interesting too that Adams continues so fluently into Juji-gatame, retaining his grip on his opponents right arm all the way through.

Only the grip which is clearly illustrated in photos A and B is changed from the basic version of the throw. This small change of grip gives the attacker many more opportunities to attack. It is against the rules to hold continuously on the same side of the jacket so you must attack immediately you have secured your grip. Adams usually uses this throw when he is fighting for his grip. He first grips his opponent's collar with his right hand sleeve and attacks immediately he grips his opponents sleeve with his left hand.

I include a posed sequence to more clearly illustrate the gripping procedure and entry. They are a bit 'static' but I hope you find them useful.







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JUNIOR STARS WITH BRIAN JACKS

This month the above series goes to Shropshire, then on to Dorset and back up the West coast into Lancashire.

Our first visit in October is to The Civic Centre, Whitchurch where our hosts are Wem Judo Club. The date is Sunday 11th October 1981, the proceedings commence at 11-00am.

After Roland Lea's club we go down to the Western Area and the Bondi Judokwai who are based in the Poole Sports Centre. The date to remember Sunday 18th October 1981. Harry Budden and his team look forward to welcoming you from 11-00am onwards.

Our last port of call this month is the magnificent Superdome, which is part of the Leisure Park Complex at Morecambe. Look out for us on Saturday 24th October 1981, please note Saturday. The Morecambe Judo Club are our hosts with help from Lancaster.

If any of the above venues are in your area why not come along and join in, whether as a Junior Star or spectator. The Junior Star may be you! Either way you are sure of a good day out and will support Judo at the same time. We look forward to seeing you at either Whitchurch, Poole or Morecambe.

Next month we will be in Devon on Sunday 1st November 1981. The Dyrans Sports Centre is the venue, and the local Judo Club our hosts. How about a day out in glorious Devon with Brian Jacks and Junior Stars. After Devon we make the trek up into Tartan Territory and then into the county of the broad acres, more about those journeys and our October experiences later.

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COMPETITION REPORT

from
Colin McIver

DAY ONE: Super Heavyweights. Over 95 kilos.

Five times All Japan Champion Yasuhiro Yamashita was the only possible winner of the Super Heavyweight category. He lived up to his very formidable reputation, which had preceded him, by scoring Ippon in each of his five contests. He completely dominated the category and his ability was never really challenged. Only Grigory Veritchev of the Soviet Union looked like giving him a little trouble, but he too was soon neatly disposed of. Yamashita spent a total time of just over 11 minutes on the mat and never once was he stumbled or under any pressure. He is obviously capable of a wider range of skills than he displayed here but we will only see those when he is faced with fiercer opposition.

The Soviet player Veritchev was the only other player of note. Like Yamashita, he is smaller and lighter than most of the others but makes up for his lack of size by being more skilful. Veritchev had a tougher draw than Yamashita and had to defeat the strong players from the German Democratic Republic and Poland. Olympic Champion Angelo Parisi of France was also expected to do well but lost after a poor performance against the short, stocky Hungarian Andras Oszvar. Parisi never really opened up during this contest, always looking as though he was going to attack but never really getting round to actually doing it.

There was little to separate the others but I thought Wojciech Reszko of Poland and Fred Olhorn of the German Democratic Republic to be about the best. Neither of these players reached the medal positions; the Bronze medals being won by Vladimir Kocman of Czechoslovakia and, somewhat surprisingly, Juha Salonen of Finland. Olhorn is still young however, and I think he can improve quite a bit to become a future contender in this weight division.

Generally speaking the overall skill level in this category is quite low, perhaps that is why the good players seem to stand out. Often the smaller and lighter players emerge the winners; proving that bulk and strength are no substitute for skill. It is skill that made such formidable players of the past, Anton Geesink and Wilhelm Ruska of Holland and Klaus Glahn of the Federal German Republic, into winners, not their sheer physical size. More recently Anatoli Novikov of the Soviet Union and Angelo Parisi of France have shown that it is skill which makes a

champion. Yamashita has proved too that he has the necessary skill, and judging by his performance in this event he will be dominating this category for many years to come.

HEAVYWEIGHTS...UNDER 95 KILOS

This has just got to be one of the toughest categories. There are so many good competitors that whoever is to be the winner will certainly have some difficult contests. Europe produces very strong and skilful players at this weight and it was perhaps the one category that the Japanese could not hope to win. Even with a favourable draw the Japanese would have to face too many good players. Robert Van de Walle of Belgium and Tenguiz Khubuluri of the Soviet Union were my personal favourites and I was pleased to see them reach the final. Van de Walle had the tougher draw and his performance in the preliminary rounds was outstanding. He had good wins over Robert Koestenberger of Austria and this year's European Champion Roger Vachon of France. It was Vachon who eliminated the Japanese Misato Mihara in the second round, throwing him for a Koka.

Van de Walle and Khubuluri have fought so many times before, but each time with a different result, so it is impossible to predict who will win. One thing is certain, their contests are always exciting and this final was no exception. Khubuluri emerged the eventual winner but Van de Walle was the better player. He threw Khubuluri early in the contest for a Waza-ari and only really lost on a technicality—he was penalised for leaving the fighting area whilst attempting a throw. It was, according to the rules, a penalty and



MICHELLE NOWAK (France).

Van de Walle, with his experience should never have let himself be manoeuvred into that situation. Once again this ridiculous rule spoiled for everyone, spectators and players alike, what could have been an excellent contest.

Of the others Vachon performed best, his defeating of the Japanese was an especially good effort. None of his opponents seem to have the answer to his extreme right stance and grip and he will no doubt continue to improve. Ulf Rettig of the German Democratic Republic performed well, as did Gunther Neureuther of the Federal German Republic and Hyong-Ohu Ha of Korea who, along with Vachon, won the Bronze medals.

Great Britain's Arthur Mapp lost rather disappointingly in the first round to Venacio Gomez of Cuba. Mapp, who has lost quite a few pounds to fight in this category, did not seem to be on the form which won him a Bronze in the Open category of the Moscow Olympics. It was a frustrating event also for Austria's Robert Koestenberger who lost to Rettig in Round One. Koestenberger seems to be a little unlucky at these events; he always gives a good account of himself but just does not seem to get into the medals. He surely must not have much longer to wait before he fulfils the promise he showed, when he won the junior World title in Rome Janiero in 1974.

It is fairly obvious that Europe will dominate this category for quite some time as there is an extra-ordinary number of talented players around. Japan, will it seems have to produce someone really special if they want to get back into the medal positions here.



YASHIKO MORIWAKI
Under 60 kilo Champion.

DAY TWO: LIGHT HEAVYWEIGHTS... UNDER 86 KILOS

The Light Heavyweight category was one of the most exciting to watch. Right from the start there were so many interesting contests. The best two European players David Bodavelli of the Soviet Union and Bernard Tchoullouyan of France met in the first round and what a contest that was. Bodavelli was the aggressor and scored first with his version of Teguruma which consists of lifting his opponent from almost any situation and dropping them headfirst towards the mat. Tchoullouyan had to play a much more tactical contest to avoid being picked up, as he was when the two fought in the final of the European Championships earlier this year. In the last minute Tchoullouyan proved what a brilliant player he is, by scoring with a superb Ouchi-gari, robbing the stronger Soviet player of the contest. With this win behind him Tchoullouyan easily progressed to the final, defeating the remainder of his opponents with little difficulty. By the time he reached the final he had the support of almost the entire crowd and he was the popular favourite.

Seiki Nose of Japan became the other finalist after struggling to defeat Sung-Chong Hong of Korea and, current World Champion at this weight Detlef Utsch of the German Democratic Republic. One of the best players on this side of the pool was Walter Carmona of Brazil. He defeated his Bulgarian, Yugoslavian and Hungarian opponents, all by Ippon, with a variety of throwing techniques, before having to retire as the result of an injury. Carmona has been around for some time, he is well known for his technical ability; I feel that he would have been a medallist here had it not been for that unfortunate injury. Detlef Utsch also performed well before losing to the Japanese. He had good wins over the Mongolian and the Italian. Britain's Design World had good wins against Tommy Martin of the USA and the very strong Adalbert Muehle of the Federal Republic of Germany before losing to Garcia of Spain.

In the final both players were very evenly matched. Tchoullouyan it seemed, had the edge in Tachi-waza whilst Nose was obviously superior in Newaza. There were times when the referee broke the players in Newaza just as Nose seemed to be on the verge of scoring but from where I was, it was hard to tell just how effective his techniques

were. At time Tchoullouyan was given the decision by the referee, after the judges were divided in their opinion. It was the narrowest of victories for Tchoullouyan but he is a very worthy World Champion and any other result would have seemed unfair after his superb performance throughout the event.

Bodavelli and Utsch had little trouble in winning the Bronze medals—but Bronze medals, for players of their ability, can hold little attraction. Both are capable of winning at this level and although Tchoullouyan was the winner here, he will face stronger opposition in the future if he wishes to stay at the top.

MIDDLEWEIGHTS...UNDER 78 KILOS

In the past Japan has dominated the middleweight division, it has always been one of their strongest categories; it was in this category that Shozo Fujii won his four consecutive titles. It is true however that the Japanese have always faced strong opposition in this division and there have been some memorable contests where the title has almost been snatched from their grasp. Opposition has been building up over the past few years and the first non-Japanese to win a global title was Shota Kharbarelli of the Soviet Union in the Moscow Olympics. But then the Japanese did not participate and I doubt whether Kharbarelli could have won if for example Shozo Fujii had been competing.

It was pretty certain that the Japanese would lose the World title in this category one day, but no-one could have believed that it could be done so convincingly, as it was by Britain's Neil Adams. There is no doubt that Adams is a remarkable player and his performance in winning Britain's first ever Gold medal from this event confirms his standing as a truly great champion.

With Kharbarelli not competing; and Bernard Tchoullouyan having moved up a division, European hopes were pinned on Adams to beat the Japanese, who was perhaps favourite. Adams had a favourable, but by no means easy draw. Jiro Kase, the Japanese, was on the other side of the pool, so they could not possibly meet until the final, as was Roman Novotny who had defeated Adams in this year's European Championships. There were many other strong players in this event including Michael Novak of France, Brett Barron of the USA and Kevin Docherty of Canada, all of them were drawn in the one group and on the same side of the pool as Adams.

Kevin Docherty of Canada was one of the better early round performers, losing only for a place in the final, to Adams. He had a good draw over Barron of the USA, coming from behind to score with Teguruma in the last few seconds. It is fitting that he won the Bronze medal after defeating the Mongolian Davaadalai with Kuzure-kami-shiho-goshi. Georgui Petrov of Bulgaria and Roman Novotny of Czechoslovakia fought for the other Bronze with Petrov the eventual winner. Both these players fought well during the early rounds, losing only to Kase of Japan by quite small margins. Novotny would be pleased with his performance which will convince his critics that his success in this year's European Championships, where he won the Silver medal, was not perhaps as lucky as they thought.

There was no entry from the German Democratic Republic who seem to have been unable to find a suitable replacement for Harrold Heinke who has served them so well

in the past at this weight. The Soviet replacement for Kharbarelli, Arowtiovian won his first two matches but did not look at all outstanding and he lost quite easily to Novotny in the third round. The Frenchman Nowak was rather surprisingly defeated in the first round by Bakker of Holland who threw him for Waza-ari in the last few seconds of their contest. Nowak can perform better than he did here and at the Europeans earlier this year, and I believe he will be one of the main challengers at this weight in the next few years. I expected a better performance from Davaadalai of Mongolia who won a Bronze in Moscow but he never seemed to recover from his early round defeat by Adams. He did not look nearly as impressive as he did in Moscow and although he reached striking distance of the medals he lost rather easily to Docherty.

In the final, Adams gave Kase no chance and it took him just over three minutes to secure the Juji-gatame which won him the Gold medal. Adams was inspiring in all his contests up to the final and it was obvious that he was going to win. Kase, on the other hand, struggled against most of his opponents; admittedly though, he did have a more awkward draw. He just did not look capable of beating Adams and I have never seen a Japanese look less confident as he faced Adams in the final. Adams attacked with Uchimata in the first few seconds which Kase did well to 'ride' and stay on his feet. He also did well to escape from Adams' first Juji-gatame attack but by the end of the second minute he was visibly showing signs of fading. Adams attacked with a good Hidari Ippon Seoi-nage which brought both players to the mat and which gave him the opportunity to ferret out his favourite armlock. Despite his desperate efforts to escape, Kase was firmly trapped and was finally forced to submit.

As I have already said, there are several strong players in this weight group and by the time the Olympic Games come around in 1986, many will have further developed. Some will challenge Adam's supremacy and I look forward with great interest to future events when these superb athletes will meet.

DAY THREE: LIGHT MIDDLEWEIGHTS... UNDER 71 KILOS

What can one say about this weight division? Both favourites eliminated in the

GAVIN BELL attacks
with Uchimata in his first contest.



early rounds and two almost un-noted players reaching the final. I thought Japan's Kyoto Katsuki to be favourite; he had won the title in Paris 1979, defeating Italy's Ezio Gamba, and with Britain's Neil Adams having moved up a category, he looked certain to capture his second World title. It was a bit disappointing that Gamba could not participate as the result of an injury, as he has improved quite considerably since 1979 and it would have been interesting to see him fight the Japanese again. On his recent form Karl-Heinz Lehmann of the German Democratic Republic looked like reaching the final. Lehmann, who did so well to win the European Championships this year, had a good draw in the opposite pool from the Japanese.

He was certainly the strongest of the European players and I was surprised to see him defeated by the young French player Serge Dyot in the second round. Dyot first came to my attention when he won the Junior European Championships in 1970 in Edinburgh, but I have to admit that I did not think him capable of defeating a player of Lehmann's ability. He went on to defeat Belgium's Bernard Tambour to reach the final. I was also surprised to see Katsuki defeated in his first contest by Sandor Nagysolymosi of Hungary. Nagysolymosi has had a good year with good performances in the Dutch Open and in the Senior European Championships but his defeat of the Japanese still came as a surprise. He subsequently lost to the Korean Chang-Hak Park who went on to reach the final and win the Gold medal.

Of all the categories, the light middleweight turned out to be the least impressive. Much of the interest went out of it when both the favourites were eliminated. Neither of the finalists could be described as World class and of all the Gold medallists the Korean turned out to be the least impressive. There were good performances however from some of the others. Lehmann did well to win the Bronze medal after his early defeat; to show just what a consistent player he can be. Bernard Tambour of Belgium also fought well and was unlucky not to win a medal, losing only to Lehmann. Britain's Chris Bowles had a disappointing result, losing to the Swedish player. Bowles can perform better than this and was unfortunate to meet the awkward Kristensson.

LIGHTWEIGHTS...UNDER 65 KILOS

The Lightweight division produced in the Japanese Katsuhiko Kashiwazaki, one of the best players of the whole tournament. He won all his fights by Ippon, eliminating some of the best Europeans. He defeated World and Olympic Champion Thierry Rey of France with Kuzure-Yoko-Shiho-Gatame, and Torsten Reissmann of the German Democratic Republic with Uchi-mata Sukashi and the Korean Jung-Ho Hwang with Tate-Shiho-Gatame to reach the final. His Newaza skills were truly superb and despite his determined efforts to avoid matwork Constantin Nicolae of Rumania only survived two minutes in the final contest before he was pinned with Kuzure-Yoko-Shiho-Gatame. The clash between Rey and Kashiwazaki was expected to be one of the best contests of the day but the Japanese proved his superiority in just over three minutes. Rey does not seem to be as efficient at this weight as he was in the Super Lightweight category, where he won his World and Olympic titles. It may be that he does not now have that hunger for success, certainly his performances in the past few events have been a bit disappointing.

Nicolae of Rumania was much less impressive on his way to the final. He had a much easier draw than the Japanese and I feel he was a bit fortunate to reach the final. He did however have good wins over the Soviet player Petr Ponomarev who went on to win the Bronze medal. Jung-Ho Hwang won the other Bronze medal, throwing Rey of France with Seoi-nage for Yuko.

Despite the overall very high standard in this category no-one could match the performance of Kashiwazaki. He is one of the best players I have watched for quite some time. He won a Silver medal in the 1975 World Championships in Vienna and at 29 was one of the oldest players in this competition. Whether he will remain in competition until the next Olympics is hard to say. Certainly on his results here it will be some time before he faces a major challenge from any of the European players.

**MARVIN McLATCHIE (Great Britain) and
CLIFF BAKER-BROWN (Assistant Team Manager).**



RESULTS

SUPER HEAVYWEIGHTS...

Over 95 Kilos

1 Yasuhiro Yamashita	Japan
2 Grigory Veritchev	U.S.S.R.
3 Vladimir Kocman	Czech.
3 Juha Salonen	Finland
5 Fred Olthorn	G.D.R.
5 Yang-Chol Cho	Korea

HEAVYWEIGHTS...

Under 95 Kilos

1 Tengiz Khubuluri	U.S.S.R.
2 Robert Van de Walle	Belgium
3 Hyong-Chu Ha	Korea
3 Roger Vachon	France
5 Gunther Neureuther	F.R.G.
5 Ulf Rietig	G.D.R.

LIGHT HEAVYWEIGHTS...

Under 85 Kilos

1 Bernard Tchoulouyan	France
2 Seiki Nose	Japan
3 Detlef Ullsch	G.D.R.
3 David Bodaveli	U.S.S.R.
5 Walter Carmona	Brazil
5 A. Garcia	Spain

MIDDLEWEIGHTS...

Under 75 Kilos

1 Neil Adams	Great Britain
2 Jiro Kase	Japan
3 Gueorgui Petrov	Bulgaria
3 Kevin Docherty	Canada
5 Roman Novotny	Czech.
5 R. Davadalai	Mongolia

LIGHT MIDDLEWEIGHT...

Under 71 Kilos

1 Chong-Hak Park	Korea
2 Serge Dyot	France
3 Vojko Vujovic	Yugoslavia
3 Karl-Heinz Lehmann	G.D.R.
5 Sandor Nagysolymosi	Hungary
5 Bernard Tambour	Belgium

LIGHTWEIGHTS...

Under 65 Kilos

1 Katsuhiko Kashiwazaki	Japan
2 Constantin Nicolae	Rumania
3 Petr Ponomarev	U.S.S.R.
3 Jung-Ho Hwang	Korea
5 Mario Tsutui	Brazil
5 Thierry Rey	France

SUPER LIGHTWEIGHTS...

Under 60 Kilos

1 Yashiko Moriwaki	Japan
2 Pavel Petrikov	Czech.
3 Felice Mariani	Italy
3 Philip Takahashi	Canada
5 Peter Jupke	F.R.G.
5 Eric Maurel	France

OPEN...

1 Yasuhiro Yamashita	Japan
2 Wojciech Retsko	Poland
3 Robert Van de Walle	Belgium
3 Andras Ozsvar	Hungary
5 Dewey Mitchell	U.S.A.
5 Robert Koestenberger	Austria

DAY FOUR: SUPER LIGHTWEIGHTS... UNDER 60 KILOS

Japan also won the Super Lightweight title. Yashiko Moriwaki defeated Pavel Petrikov of Czechoslovakia in the final, throwing him for a Yuko with Tomoe-nage. Both contestants deserved their places in the final and were without doubt the best two players in the category. Moriwaki had a fairly easy draw, his only tough contest was against Felice Mariani of Italy. Like his team-mate Kashiwazaki in the Lightweights his Newaza was very sound and accounted for much of his success. Petrikov on the other hand, did not display much ability but he made good use of his limited technique. Most of his matches were won on decisions and he was a very frustrating player to fight. Tactically he was very aware and only Moriwake had the answer to his awkward style.

Mariani won the Bronze medal defeating Peter Jupke of the German Federal Republic by a very narrow margin. Mariani seems to have lost his edge lately and must be nearing the end of his competitive career. A superb performance from Phil Takahashi gave Canada their second Bronze medal from this event. Takahashi's fight against Maurel of France was one of the highlights of the competition. I don't think I have ever seen so much action from one player in one contest.

Gavin Bell of Great Britain fought well before losing to Takahashi. He was superb in his first two fights where he showed good spirit and technique. With experience he should continue to improve. There were other good matches and the overall standard was quite high.

The Japanese should dominate this category if any. Certainly Moriwaki is a remarkable player and at the moment seems to have the edge over the others. Both the Lightweight Japanese have won mostly because of their Newaza skills but I doubt whether they will be so successful at the next event. Their rivals will most assuredly be studying this aspect and will not be caught so easily in the future.

OPEN

Predictably Yamashita won the Open. As in the Super Heavyweight he had no real opposition. Alexei Tiourine of the Soviet Union who did so well against him in the Jigoro Kano Cup was eliminated by Arthur Schnabel of the German Federal Republic, and there were no others who could provide any real challenge. Only Robert Van de Walle of Belgium was prepared to attack and although he was thrown for Ippon, he did go down fighting. The others seemed to accept their fate and were beaten before they had even started. In the final Wojciech Retsko of Poland stumbled Yamashita but was promptly forced to submit to a fiercely applied Shime-waza.

The audience were again robbed of the opportunity of seeing France's Angelo Parisi against Yamashita as he was beaten by Van de Walle. There was no way however that Parisi on his present form could have won—but it would have been an exciting contest. Van de Walle deservedly won a Bronze medal. He is without doubt a great competitor and I wonder just how much longer he can continue at his present level that remains to be seen. He seems to compete in every major event for Belgium and continues to produce the results. Koestenberger of Austria performed extremely well in this category and was unlucky not to win a medal, losing the Bronze medal to Andras Ozvar of Hungary because of the difference in their weights.

Now that Yamashita has proved he can win both the Super Heavyweight and Open categories. I wonder if he will continue to enter both, or will the Japanese select different players for each weight? It may be that the Open category will be dropped from World Championships if it is dropped from the Olympic Games.

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- 1—Yamashita has his manicure attended to.
- 2—Tony Macconnell and Chris Bowles anxiously support a British Team Member.
- 3—Bell (Great Britain) attacks with Morote-seoinage.
- 4—Katsuhiko Kashiwazaki (Japan) scores Ippon against Torsten Reissman (GDR)—65 kilo category.

- 5 and 6—Almost identical attacks by Robert Van der Walle on McLatchie and Parisi.
- 7—Kocman (Czechoslovakia) holds Chu (Korea).
- 8—Takahashi (Canada) attacks Maurel (France) with Kata-ha-jime.
- 9 and 10—Van der Walle scores Ippon with Te-guruma to reach the final.
- 11—Lehmann (GDR) scores Ippon with an excellent Ashi-waza.



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Frankly

OBSERVATIONS, NEWS AND VIEWS... by FRANK SMITH

Some time ago I wrote a paper on how rule changes affect and influence performance in sport in order to help (or hinder) in the preparation of a University thesis and in it I made the following observation...

"Finally the one rule change which I consider is doing the most damage in negating skill is the injury time rule. The 'skilful' use of the injury time rule can be regarded as a tactic which is justifiable within the rules and it does tend to frustrate and upset one's opponent. The minute a player is tired or in trouble in Mens International judo we now have the familiar sight of the raised hand and call for 'Doctor' whilst the player takes whatever portion of the five minutes allowed that he requires. Some Nations obviously use it as a ploy to pass on advice or even freshen up an exhausted player with whiffs of 'whatever' and as a break in continuity, it is used with increasing frequency.

I feel that for each International Competition an Independent Doctor should be selected from an 'all Nations' panel and only he should be allowed to treat injured players and judge whether injury time is necessary. Injuries in Judo are for the most part quite obvious and knowledgeable crowds usually know the 'fakes'.

Well it seems that now I am not alone in thinking along these lines as in the E.J.U. Refereeing Seminar in June held at the Italian National Sports Centre in Rome there was a discussion on 'Why the referee calls the Doctor.'

There was acceptance that some referees call the Doctor just when a player is exhausted (Fatigued) and Mr Nauselaerts reminded everyone that contests should not be stopped just to give a fighter a rest and encouraged the suggestion that if injuries are attended only by a neutral doctor then his relationship with the player will be purely medical. If it is done by the player's own doctor then things can get complicated as there are many pressures on him to help the Team/Fighter to win. It was also mentioned that there are many problems for the team doctor and also much pressure from the other team officials for the doctor to help the team to win, e.g. the coach will do anything to win and wants the maximum injury time for his fighter to recover. Dr Lino (E.J.U. Doctor) thought that five minutes injury time was too long and that three minutes would be sufficient for any attention that is necessary on the mat. Ray Mitchell (GB) suggested that if the team doctor is under pressure to help the fighter win at all costs and if the injury time is being exploited by players, the serious consideration should be given to using neutral doctors at future E.J.U. Events.

Member Federations will be asked to give their comments.

More progress has been made in resolving the problems the B.J.A. have had recently in the Management of the Mens National Team.

Arthur Mapp has been seen by various Members of the Management Committee and latterly interviewed and offered the post mentioned in last month's 'Frankly,' that of Assistant Manager to both the mens and womens Team Managers and responsible for the administration of both squads with occasional mat activity when Brian Jacks is unavailable.

As soon as Arthur can secure his release from the Army he will be taking up the position and the Management Committee will be looking at formalising his job description at their next meeting.

In the short-term this will overcome the problems of Brian being unavailable because of prior arrangements and as this problem eases it will free Arthur to become more involved in the day to day servicing of the squad system so that their future operation is more professional and better managed.

B.S.J.A. STAR AWARD SCHEME



Many sports and activities have introduced Proficiency Award Schemes from time to time, most of which have proved successful in encouraging youngsters to participate.

The British Schools Judo Association has now introduced its own proficiency award scheme, designed to foster the interest of children by making available an award which all children will be able to apply for, through their instructors, and will be able to achieve after various stages of instruction.

Some people will ask, "What is the point, when we already have a well established Grading System?"

Firstly, and very importantly, this Star Award Scheme bears no relation to the B.J.A. grading system nor is it intended to interfere, equate or conflict with our normal established procedure. It is quite different, and has been carefully designed to be different. No award attainable in the Five Star Award Scheme is equal to even a 1st Mon in the B.J.A. Grading system.

The Star Award Scheme has been introduced for the following reasons:

Many children are never graded, possibly because their competitive spirit has not developed sufficiently for them to want to challenge another individual and prove their superiority.

Others may not grade because they are nervous or shy of public examination. Some children will not enter gradings because they are afraid to suffer the ignominy of failure or defeat.

The Star Award Scheme has been designed in such a way as to encourage children to learn and progress, to such a degree that they will wish to take an official grading. It is intended to help children get used to reward and recognition for achievement.

In schools, where judo is in curriculum, often there is no readily available facility for grading and consequently there is not the same inducement for pupils to strive for betterment. Similarly, their schoolteachers have no yardstick they can use to demonstrate to their superiors that their teaching has been absorbed. There is no recognisable measure of the pupils' accomplishment.

The Star Award Scheme fills this gap.

The Scheme provides a wall chart illustrating a very basic, five part syllabus. When a child has learned part one of the syllabus he may apply to be examined, and on passing the examination is awarded a One Star Certificate together with an attractive track suit badge or a lapel button.

There are certificates and different coloured badges available for each part of the syllabus for which an exam is passed, culminating in the highest Five Star Award.

The B.S.J.A. Star Award Scheme is sponsored by 'Geemat' and approved by the British Judo Association. From this month onwards details will be notified to appropriate Education Authorities, Schools and P.E. Departments.

For full details send a stamped,

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Middlesex HA8 5BF

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BRITISH NATIONAL CHAMPIONSHIPS for Men 1981

**HADEN HILL LEISURE CENTRE
22nd AUGUST**

REPORT: COLIN McIVER. PHOTOGRAPHS
FRANK SMITH (FJR) & COLIN McIVER.

Sponsored by JUDO LIMITED



*Arthur Mapp throws Roy Muller for Ippon
in the Open category.*

There is no doubt that in terms of entry and organisation this year's British Closed Championships were a great success. Despite an increased entry again this year many of the top players did not enter. It is obvious that the end of August is not the best time to stage a major judo event; especially if, as was the case this year, it precedes by a few days a major International event like the World Championships. Perhaps it would be better to scrap the Squad Selections and use this event as the main guide to Squad selection. Certainly something must be done to ensure that the top players participate, for without them the event can never truly be termed British Closed Championships.

With the World Championships only a few days away, I was greatly surprised to see some of the World Championship team competing. To say nothing of what a defeat could do to the self confidence, it is surely foolhardy to risk injury so close to such an important event.

As I said earlier there was an increased entry this year and it is unlikely that the Midland Area will be able to continue to host this event. There is some speculation that the event may have to be moved to Crystal Palace or Meadowbank Sports Centre in Edinburgh. It seems that these venues are the only ones large enough to run the event in a Pools system. This year the event could only be managed if a knockout and repechage system was used. This restricts the entry in some ways as those players who would perhaps enter for experience or to gain some points towards promotion, are unlikely to enter unless there is a guarantee of more than one contest.

There was however no lack of excitement at this year's event and there were many good contests to keep the spectators interested. On the whole the judo was of a good standard (despite the big names not participating).

Super Heavyweights: Over 95 kilos

With only six entrants in this category, Bob Bradley (South) and Elvis Gordon (Midlands) reached the final with little opposition. Bradley defeated Webb (London) and Drew (Midlands), Gordon defeated Ausher (South).

Final: In the final Gordon was soon ahead, countering Bradley's first attack with Ushiro-goshi for Waza-ari. Bradley was unable to make any impression on Gordon, who seems to have improved quite considerably in the past year and was under pressure throughout the contest. Gordon continued to press advantage with a barrage of strong attacks, finally scoring Ippon with a 'hopping' Uchimata.

This is Gordon's first major win and what he needs now is some International contest experience if he wishes to improve further. He had only two contests to win this British title and never really stretched.

Heavyweights: Under 95 kilos

Arthur Mapp (Army) Olympic Bronze Medallist and Nick Kokotaylo (North West) provided the most interesting contest in this category. Mapp, who had lost a considerable amount of weight, was given the position in the World Championship team in preference to Kokotaylo and Mark Chittenden, and it was obvious that he wanted to prove himself worthy of selection. He does not seem to have settled in at this new weight and only managed to defeat Kokotaylo by a narrow margin. In fact Kokotaylo was ahead for most of the contest and threw it away by making a weak Osotogari attack, which Mapp easily countered.

Dennis Stewart (Midlands) was impressive in the prelims gaining a place in the final after defeating all of his opponents by Ippon.

Final: The final was a closely fought match with the advantage first with one player, then the other. Stewart scored first, a Koka from O-soto-gari, but was subsequently penalised for an excessively defensive posture. Mapp countered a Stewart attack for Yuko and looked very much like winning until Stewart fought the scores level once again, scoring Yuko with O-soto-gari. At time it was Stewart who was awarded the decision but there was little to choose between them.

Mapp I feel would not be too pleased with his performance and Stewart just does not seem to have made any progress in the last year. All in all not a very exciting category.

Light Heavyweight: Under 86 kilos

Densign White (Midlands) looked very impressive in this category. White who was making his debut at Under 86 kilos, was without doubt player of the event. Although he is really a 78 kilo player and can only be a few pounds over the bottom weight limit, he has been selected in preference to Bill Ward and Stuart Williams for the World Championships by Brian Jacks—Britain's new Squad Manager. Despite the obvious weight disadvantage he fought well throughout the competition, reaching the final with almost embarrassing ease.

Ronnie Knight (Midlands) won the other half of the elimination table but was not outstanding in any way.

Final: In the final Knight was no match at all for White who threw him with Eri-tai-otoshi in under a minute. What a pity that White has been forced to move into this category before he is really ready, but with Neil Adams dominating the Under 78 kilo category it is his only way to get International selection for the big events like the World Championships or Olympic Games. I hope that he can put on the necessary weight without losing any of his considerable skill or speed in attack.

Middleweight: Under 78 kilos

With both Densign White and Neil Adams missing from this category it was very open and I would not have tried to predict the winner. During the preliminary rounds I was quite impressed by Ray Stevens (Northern Home Counties). Stevens won his first three contests by Ippon, only to lose to Kenny Lynch (North West) for a place in the final. He entered the Under 78 kilo category because he was unable to make the weight for the Under 71 kilo division and I feel that he could be a useful prospect in the future.

Paul Ajala (London) looked like being the other finalist but he lost his contest for a place in the final to M. Sullivan



Above: John Swatman (Midlands) with one of the best throws of the Event.
Below left: Bob Bradley (South) Silver medallist, Over 95 kilo.
Below right: Peter Middleton (Yorkshire and Humberside) Gold medallist, Under 60 kilo.





1—Open category medallists. 2—NICK KOKOTAYLO (North West) rests out. 3—BRIAN DREW attacks BOB BRADLEY. 4—JOHN SWATMAN (Midlands). 5—ARTHUR MAPP defends, KOKOTAYLO attack with pick up. 6—DENNIS STEWART (Midlands) scores on ARTHUR MAPP for the Under 95 kilo title. 7—Under 60 kilo medallists.



(West). Sullivan had good wins over O. Clarke (North West), M. Bullus (RAF) and J. Farmingia (London).

Final: The final was a bit one-sided, ending with Lynch the easy winner, scoring Ippon with a neat Shime-waza after only one minute of the contest.

Light Middleweight: Under 71 kilos

Although there was a very big entry in this category, like the Under-78 kilos, there were no really outstanding players. I expected Bruce Newcombe (Midlands) and Willie Buchanan (Scotland) both to do well, but as it turned out it was Fitzroy Davies (Midlands) and Martin McSorely (Scotland); two of the younger and less experienced players, who eventually reached the final. Buchanan had to retire injured from his contest with Davies and Newcombe lost to the Scot, Tom Cullen.

Kerrith Brown (Midlands) had also entered this category, although he will fight in the Under 65 kilo category at the World Championships. It was obvious that he felt the need of a couple of contests before the Worlds, and I was not surprised when he did not reach the medal positions.

Final: The final went to time with Davies emerging as the clear winner. Davies played the contest to his advantage, not giving McSorely any chance to set up an attack and although he is perhaps the better player he did not really get into the contest.

Lightweight: Under 65 kilos

Steve Gawthorpe (Y. & H.) currently number two in the National Squad was obvious favourite for this category with the absence of Kerrith Brown. What a pity he lacks the ability to throw, for I feel this is his only weakness. Although he makes up for his lack of throws with some very good Newaza

and a very determined attitude, sometimes he does not look all that impressive. In the prelims he had a good contest with Dave Rance (Northern Home Counties). Rance looked like winning until he succumbed to Gawthorpe's famous Juji-gatame. Other finalist Tom Brindle (Midlands) also had a good day. Brindle can be a very capable player and he defeated all his opponents well to reach the final.

Final: In the first minute Brindle found himself on the receiving end of Gawthorpe's Juji-gatame and he only just managed to escape. His efforts were however to no avail, as Gawthorpe threw almost immediately with Harai-goshi for Waza-ari, which he followed up at once with Tate-shihogame for Ippon.

Super Lightweights: Under 60 kilos

I think the Under 60 kilo category was perhaps the toughest event as there is so little to choose between so many of the super lightweights. Even though Gavin Bell (Scotland) and Stephen Chadwick (North West) were not competing because of their possible selection for the World Championships, there was still the very able John Swatman (Midlands) and Peter Middleton (Y. & H.). These two were possibly favourites with opposition likely to come from Willie Bell (Scotland).

Rather surprisingly Bradley (Y. & H.) defeated both Swatman and Bell on his way to the final. Relying mainly on a Makikomi type throwing action, Bradley gave both players real problems although he was perhaps a little fortunate against Bell who was, I feel, unfairly penalised early in their contest. Still on his performance here he deserved the final place.

Middleton drawn on the other side of the table reached the final with comparative ease although he did not seem to be on his best form.

RESULTS

UNDER 60 KILO —

Gold P. Middleton ... Yorkshire & Humberside
Silver F. Bradley ... Yorkshire & Humberside
Bronze J. Swatman ... Midlands
Bronze M. Jones ... Northern Home Counties

UNDER 65 KILOS —

Gold S. Gawthorpe ... Yorkshire & Humberside
Silver T. Brindle ... Midlands
Bronze D. Rance ... Northern Home Counties
Bronze S. Ravenscroft

UNDER 71 KILOS —

Gold F. Davies ... Midlands
Silver M. McSorely ... Scotland
Bronze T. Cullen ... Scotland
Bronze W. Jackson ... West

UNDER 78 KILOS —

Gold K. Lynch ... North West
Silver M. Sullivan ... West
Bronze R. Stevens ... Northern Home Counties
Bronze P. Ajala ... London

UNDER 86 KILOS —

Gold D. White ... Midlands
Silver R. Knight ... Midlands
Bronze P. Bryan ... Northern Home Counties
Bronze C. Austin ... West

UNDER 95 KILOS —

Gold D. Stewart ... Midlands
Silver A. Mapp ... Army
Bronze N. Kokotaylo ... North West
Bronze P. Marland ... North West

OVER 95 KILOS —

Gold E. Gordon ... Midlands
Silver R. Bradley ... South
Bronze J. Webb ... London
Bronze K. Ausher ... South

OPEN —

Gold A. Mapp ... Army
Silver N. Kokotaylo ... North West
Bronze T. Watt ... N. Ireland
Bronze E. Gordon ... Midlands



Densign White's effective Eri-tai-otoshi.

Final: This final was a rather scrappy affair with neither player really making and positive impression. Middleton however seemed to have the edge and at time he was the winner.

Wisely, Brian Jacks has asked for Middleton's co-option to the Squad and I am sure he will soon be being considered for an International selection.

Open

Only eight players entered the Open and I really wonder if it is worthwhile staging it. As far as I can see it serves no real purpose at this level of competition other than to give the heavier players another chance of a medal.

I cannot say I found it a very exciting category to watch. It ended with Arthur Mapp defeating Nick Kokotaylo for the second time that day, with neither player looking all that impressive.

Brian Jacks presented the medals and was there to watch the finals. Sponsorship in the form of prizes for the medallists were provided by Judo Limited.

Peter Campbell's POINTS OF VIEW Maastricht 1981



Anyone lucky enough to have been able to travel across to the 1981 World Championships in Maastricht, Holland, to watch the British Team in action, will readily admit that the superb performance from Neil Adams and also from the other members of the team, notably Gavin Bell and Densign White, made for four days of exciting Judo particularly gratifying for the British spectators. But despite

the justifiable euphoria in the British camp, and the proud and joyful, if unrhymical singing of the National Anthem during the medals ceremony, now is the time for some serious reflection on the way in which Judo is developing, both in the United Kingdom and abroad, and the action which the governing bodies must take if the sport is to thrive the way it should and not die the way it might.

Once again those who travelled to watch an international event in a foreign country were treated to a demonstration of how great is the support for Judo in Europe at a successfully sponsored and well organised event. Maastricht is near the borders of both Belgium and West Germany, and each evening on the TV there was, in addition to the live coverage which took place during the day, repeat coverage of the highlights of each category, lasting up to 40 minutes—on French, West German, Dutch and Belgian channels.

The commentary (unlike that which we endure in Britain during those fleeting moments of coverage) was intelligent and informed, and designed to cater specifically for those who know little of the intricacies of the sport. It is not surprising that Judo in these countries is growing so rapidly, when it is presented as being exciting, vigorous and dynamic, and is illustrated by slow-motion replays to make the action clear. In this country, on the other hand, many of the uninitiated who watched the brief clip of Neil Adams' win which was shown on British TV, could not even tell who was winning—and the commentary is never much help! What is more, when high-quality TV coverage is certain there is no shortage of sponsors willing to stump up a few grand in return for guaranteed prime-time advertising on every channel.

The fact that Judo is growing and becoming increasingly popular on the Continent gives us assurance that it will do the same on this side of the channel—and we must never allow ourselves to forget that. If complacency were the British Judo

Association's only excuse for its lack of successful efforts in advancing the cause of Judo in this country, that would be bad enough; but the fact that it has stated in its official journal that it believes increasing popularity to be a cause of many of the so-called ills which beset the sport must be totally unacceptable to practising Judo players. If Judo is to survive and thrive in this country it can only do so through increased media coverage and higher cash-flow. Neil Adams is as good at his sport as Steve Overt, Sebastian Coe and Alan Wells are at theirs (and he is popular too—many of the foreign spectators cheered as loudly as the Brits). If we cannot capitalise on this, we deserve what may happen.

So what first? We must do away with this joke of having a part-time coach. I understand that the justification for going from two full-time National Coaches to one on a part-time basis was lack of cash. I also understand that the British Team were booked into one of the most expensive hotels in Maastricht (no other teams stayed there) and went out for a meal on the first night which was—well, not cheap. It has been said before, and it will probably be said again, that the British Judo Association as the only recognised body controlling Judo in the UK is in receipt of substantial sums of government money to administer the sport—money which originally comes from taxes. In addition I (and you and thousands like us) pay a fiver a year or whatever the membership fee is; and the question is, are we getting the service to which we should like to become accustomed? I leave it to you.

Brian Jacks, as part-time National Coach,

did his job to the full and attended the Championships part-time; he had told the British Judo Association when he took the post that he was only available for the first two of the four days. It would undoubtedly be stretching a point to say that Neil Adams could have won the Gold without coaching; the machine-like strength and implacable ferocious skill of his Newaza is clearly the result of the hard work of those who trained him since his British Open defeat at the hands of Frenchman Gibert; however, there was a strong feeling among the spectators that his victory was somehow inevitable and overdue. A player like that can still win with a part-time National Coach—but the reason the coach is there is for the player who might win, but on the other hand just might not.

There are many who say, of course, that as soon as the player steps onto the mat there is no longer anything anyone can do to help him. If this is true then the role of the coach becomes even more crucial, since the outcome of the contest depends on the long hours of preparatory training, in the weeks and months leading up to the event.

Which brings me nicely to another point I want to make. When a player steps onto the mat the outcome of the contest depends on him, his opponent, and last (but by no means least) those three ominous men in black (or pale blue as it turned out in Maastricht). It's a pity to have to say that all too often the result depended on the latter three and not the former two. Several main blunders became, after a day or two, standard, or at least commonplace. These the crowd quickly gave up complaining about. They included:

giving passivity warnings too early, or too late; giving it to the wrong player; to one player when both should have had it; and to both when only one should have. They also included the referee giving a score when the line judge had ruled the technique out; and the referee not giving a score when the technique had been ruled in.

To those routine botches must be added a more ingenious nature, such as awarding one player a Waza-ari midway through the contest and then with seconds left, changing it to Yuko, thereby entirely altering the balance of power as shown on the scoreboard; and even some requiring a degree of teamwork, such as the referee awarding one technique Koka, while the two judges signalled Ippon and Yuko respectively. This final feat of co-ordination was in fact performed during the Final of the Under 65 kilos category between Kashiwazaki (Japan) and Niculae (Romania). The veteran Japanese opened the contest with a very fast dash across the mat and a leap into a lightning Tomoenage for what should have been one of the most exciting and decisive wins of the Championships. Unfortunately the speed of his attack took more than his opponent unawares, and while the referees panicked and the crowd booed their indecision, he moved into a Yoko-shiho-gatame from which there was no escape. He received the tumultuous applause which he

deserved for his first World title (he was second in 1975) and the unfortunate officials were booed as they left the mat.

It would be an impossible and pointless task to highlight every single refereeing error, as making the right decision in the heat of the moment can never be easy. Nor is it easy for officials to keep control of difficult or unruly contestants and ignore heckling and jeering from partisan spectators, and those who managed to do so deserve great praise. But it is an unfortunate fact that while the occasional decision which distorts the outcome of a contest may be overlooked, at the World Championships the number of wrong decisions was unacceptably high. As I understand it, the International Judo Federation selects referees for this level of event on the basis of quotas from each country—this, must be one of the major causes of the problem. Only when referees are selected for their ability, and when co-ordinated courses are run to enable referees from each country to be trained up to the correct standard will the situation be remedied.

While considering the standards of refereeing, another point arises which is of interest. British players fight according to the Rules as they are laid down by British referees at the National and Regional events. However, it appears that the Rules are not being applied in the same way in Britain as they are on the Continent; for example,

referees abroad seldom give Keikoku for stepping off the mat, nor do they give passivity penalties for attacks which involve dropping onto the knees. Nor, interestingly enough, are they as quick to call Matte when one player tries to stand up out of a Newaza situation—and all of these differences can affect a British player's performance abroad. Finally, it is interesting to note how many of the competitors refused to even attempt Newaza at all; a sure result of the application of the Rules in recent years by which referees have called Matte if no progress was apparent within 10-15 seconds. Under these conditions it's not worth a player's energy any more. Neil Adams stood out not just as one of the best at Newaza, but more as one of the few who bothered to try it: and the success he has shows what we will be missing if we allow this aspect of Judo to be simply priced out of the game.

PETER CAMPBELL

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Letters TO THE EDITOR

Dear Sir,

As an avid believer in the Democratic system I wish to bring to the attention of your readers one or two facts on Democracy within the British Judo Association, as an amateur body and grant-aided it must have a Democratic Constitution and on the face of it, it has, but let us see how the dictionary defines Democracy... *Democracy—A form of Government for the people by the will of the majority of the people.*

Now how does the British Judo Association constitution compare with the translation; well every member club is allowed a vote at the AGM and any motion to be successful requires the approval of two-thirds of the AGM. That seems fair you might say, the majority getting their way, but is it the Majority?

Let us pose a hypothetical question. The British Judo Constitution requires a quorum of 5% of its club members to conduct the AGM. Now let us say the British Judo Association has 1,000 member clubs, it only needs 50 of these clubs present to decide the future of the Association, then only two-thirds of the 50 are needed to change the constitution, so 33 clubs can affect what the other 967 clubs do.

Also with the AGM being held in London, it is highly unlikely that small clubs from the North and Scotland are going to attend a Sunday afternoon meeting; so in theory the British Judo Association could become the Southern England Judo Association... is this Democracy? To finalise, I would like to put a few ideas forward...

1—Let each country in the UK have complete autonomy, running their own Grading System, Coaching System, Licences, etc.

2—Each country could then group together under the British Judo Association.

Or—Every club to have a postal vote on every issue, arguments for and against could be written and sent to each club in advance.

Or—Each county have an AGM where its members can then vote for a specific item, the county can then send a representative to the AGM and each county could have either:

- (a)—One vote per county.
- (b)—Or present all the votes from the county in favour or not in favour. (i.e.: The vote from County A—For 60, Against 30. These could then be totalled up.

Yours faithfully,
MARTIN CLARKE

Note... Scotland, Wales and Ireland, already issue their own licences, etc—Editor.

Western Area

Dear Sir,

With reference to the report by Frank Smith on the Boys UK Team Championships in the August edition of *Judo*. Mr Smith refers to certain areas not sending a team to this event.

The reason the Western Area did not enter a team, was because we were already committed to an Area Closed Event, as part of a *Sport for All* week, on the same day.

Much as we would have liked to enter the UK Team Event, our arrangements were made long before the Championships were advertised and had to take priority.

Yours sincerely,
ROBERT HAYTER
Western Area
Boys Team Manager

Brief Result

Dear Sir,

In the index of *Judo*, Number 13, August 1981, I noted British Schools Judo Association National Championships listed as page 23.

Except for a brief result sheet on page 9, I still cannot find the advertised report.

It is on page 29, column 1, that Frank Smith says that he has used all the material available, but this does not appear to be so.

Yours faithfully,
G. H. CARTER
Telford, Shropshire

Note... As I was unable to stay at the National Championships all day I asked the organisers to provide me with a report to put with my photographs. Despite several reminders I only received a list of medallists and that was included, despite it being so late that the magazine had to be redesigned to include it.—F.S.

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Date	Saturday 31st October 1981
Venue	Meadowbank Sports Centre, London Road, Edinburgh, Scotland
Prizes	Trophy, Medals and Prize will be presented in each category.
Categories	—28kgs —31kgs —34kgs —37kgs —41kgs —45kgs —50kgs —55kgs —60kgs —65kgs —71kgs +71kgs
Age Qualification	Over 8 years and under 18 years on date of Event.
Weigh-in	Weighing-in will be held on both Friday evening and on the day of the Event.
Closing Date	All entries must be received no later than Friday 9th October 1981. Entries only accepted on official forms accompanied by correct fee. No telephone entries will be accepted.
Applications	All Competitors must hold a current SJF/BJA individual membership.
Rules...	1... Due to the number of mat areas required, the rules governing location will be modified. 2... Armlocks and strangles will be permitted in following categories... —60kgs, —65kgs, —71kgs and +71kgs.
Entry Fee	£2.00—Tournament Licence applied for.
Application Forms and Full Details	Meadowbank Sports Centre, London Road, Edinburgh, Scotland—Telephone: 031-661 5351

WINNING ELEMENTS

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

So you want to be a winner, but don't know how to go about it. Why is it that you always lose? What does it take to be a champion in the 1980's? How do you know if you've got what it takes? If you don't have the answers to those questions and many others involved in winning, then perhaps you should read on. I will try to explain some of the factors that you could use more effectively to build a winning approach to your training.

When you see that medal-winner on the rostrum, what do you see? An idol, a superstar, a champion of our time? You probably noted the almost perfect technique of the final contest, before our champion climbed up onto the winner's rostrum, and that technique will linger in your memory.

What will not even enter your thinking will be the hours, months, years spent developing that technique. An inescapable fact is that winners become winners as a result of long arduous training under good coaches. Household names of judo stars such as Brian Jacks and Dave Starbrook have well-established supremacy in British judo history, their skill levels are idolised, but ask them what it really takes. They are sure to explain that skill was not the only factor of success for them, and many other judo champions.

Both players and coaches want to know how to be successful and how to utilise their training to the best effect. So if you're going to be a champion you must first establish the essential factors of success and then you must work hard on those factors in order to gain supremacy. The winner, more often than not, wins by a narrow margin over his/her opponent. This is what I call 'The Winning Edge' and if you want to be successful you have got to train to develop this edge over your opponent. The extra degree of edge at International level represents preliminary hours of extra work which spectators and other competitors will never even realise, let alone see. Such champions are the epitome of the peak 'Mental and Physical efficiency' referred to by our sport's founder, Jigoro Kano, when he urged the 'utmost use of one's energy and maximum efficiency'. The fact that it is 1981 and not 1918 will only reflect how different from the normal inactive lifestyle and perfection demanded from the early Samurai warriors. Our present lifestyle is so different now that it takes a special attitude to rate ourselves from the normal mediocrity in to develop into champions.

Having read so far you have either decided that you don't want to commit yourself to the long arduous (but rewarding) training involved in the world of champions, or you are feeling a stirring in your chest which rightly suggests that, providing you train in the right manner, then you too can, one day, become a champion. Your thoughts at this stage will determine the path that you decide to take. If you want to be a champion, read on.

So how do you go about it? What are those building bricks to success? To start with you must translate words into deeds, thoughts must translate into action. Having committed yourself, don't look back, decide your target and then work hard to reach that target.

The first fact of life is that we don't know all the answers. Champions differ in approach and follow training that suits them. What can be said is that if we study successful champions, certain factors occur in each champions repertoire. Over my span as both a competitor and coach I have always tried to analyse why some people win and others don't. Even in 1922 Kano was quick to observe that 'many people are daily wasting much of their energy'. After serving my 15 year apprenticeship of practical judo fighting, coaching, research and study I am now getting nearer to the answers. My early coaching days were spent under Geoff Gleeson, 7th Dan, who had the supreme gift of having a tremendously open and analytical mind, that refreshingly made it respectable to ignore the normal restricted parameters or boundaries of established knowledge in order to find the answers. If you want to be either a successful player or coach, you too must open your mind, collect every snippet of information that may help you to have the 'winning edge' over others.

Until they retire, judo champions will rarely tell you about how they built a winning pattern that made them successful. It's too personal and it belongs to them. It means so much to them that they don't want their private approach to be open to scrutiny, usually by those least qualified to comment. My articles will be designed to help you devise your own plan for success.

I have spent a lifetime developing winners of a different sort—Royal Marine Commandos—who are trained to win through in any kind of situation. More recently I spent two years in the United States of America as Physical Fitness adviser to 3,500 officer candidates per year of the United States Marine Corps who are also trained to win. My experience both in my job and judo along with analysis of other sports has enabled me to isolate some of the common factors which develops a winner whether in training for war, or developing judo champions. The factors are similar



and apply particularly to our own sport of judo, which represents hand to hand combat of the most demanding standards. There is a good chance that these factors will work for you, depending upon the degree of application you may be surprised at the results.

Once you understand the factors that follow you must practise them and then perfect them. It will probably take you a lifetime to learn, practise and then hopefully apply them successfully. The Japanese philosophy of training for a lifetime in one martial art to gain near-perfection is a very realistic appraisal of the situation. Champions are not developed overnight and you will be deluding yourself if you think they are. The East Germans are the most successful proponents of the art of development at present; starting their future champions off at kindergarten age. The Japanese philosophy does not endear itself to Western minds, when all around us are supposed examples of 'instant success' or at least 'instant possessions'. We must commit ourselves to long-term application of our principles of success if we want to be the best.

Too many players and competitors merely work intensively for 3-5 years, reach a sub-peak standard and then disappear from the sport, taking what they can with them. Such hit and run merchants offer very little real contribution to either themselves or the sport in general, with the consequences that the sport is poorer, rather than richer. Here to-day, gone tomorrow—but it takes a different class of competitor (e.g. Jacks and Starbrook) to maintain supremacy over a long period. So at least give your self a chance to develop to your peak.

So what are the elements to success, the building bricks of a champion that we must understand and develop? The essential elements that I have isolated fall into five categories. They are not in an order of priority as all elements will be required either simultaneously or in differing amounts in your final performance. Each is reliant on the other, take one element away and your repertoire is not complete; like a jigsaw puzzle with some of the pieces missing. Your chances of success will depend on the amount of dedication and work that you put into each element.

THE FACTORS ARE:

SUCCESS

PHYSICAL
FITNESS

EFFECTIVE
SKILL

PREPARATION
& PLANNING

MENTAL
STRENGTH

PRE-COMPETITION
ORGANISATION

It is very difficult to state which is the most important factor as each factor is reliant on another and very rarely will a person win through on just one of the elements. Success will depend on the degree of proficiency in each element and the vital level of competition, i.e. you can win through on less ability in these elements at a lesser standard of competition. These elements may not be the only ones, but they do represent a starting point and from them you can digress in other areas. Let's take a brief look at each element.

1—PHYSICAL FITNESS

First I would like to pay tribute to the recent article by another National Coach, Richard Barraclough (issue number 7, February 1981) he has in my opinion got it right and all serious judo competitors should apply the knowledge in that article.

Physical fitness is an important factor. It is no accident that Brian Jacks is a National Superstar with a phenomenal level of peak fitness, or that Dave Starbrook MBE usually began his training days with a morning run through Hyde Park with a pack of bricks on his back and wearing army boots, to then go back to the Renshuden to complete a hard session of weight-training, in addition to normal judo training—which for mere mortals was enough in itself!

The benefits of fitness are numerous and whilst not such an important area as skill, it comes a close second. A competitor who is physically fit has the benefit to being able to let his mind concentrate upon the skill aspect without the built-in resistance mechanisms that restrict physical output when the individual is tired. A fit competitor can concentrate on the job in hand—beating the opponent. If you are unfit you will be preoccupied with yourself, and restrict your output. A person who puts himself under pressure in specific fitness training and at a much higher level than required in actual competition will be used to physical pressure. The experienced competitor

is never under physical pressure and the mind can fully cope with the complexities in hand.

2—EFFECTIVE SKILL

Skill can be described as the learned ability to bring about pre-determined results with maximum certainty and minimal effort. Although many teachers, coaches and players want to be told about the method of acquiring skill, most authorities will emphasise that there is no one method. Nevertheless when two players are equally skilled, one will expend less energy and therefore have the advantage. If you understand and recognise the factors that affect the acquisition of skill you will be able to apply them and will therefore be no more likely to be successful and produce winning results.

Although many hours of practice are necessary before a skilled movement is executed smoothly and efficiently, sheer repetition does not necessarily result in improvement. Just as there are inefficient ways of getting fit, there are also inefficient ways of acquiring skill. There are three main phases to learning skills:

Phase 1—The Mental Plan

The brain is an information-processing system and the receptor and perceptual mechanisms are heavily utilised during the initial stages of skill learning.

Phase 2—Practice

After the learner has received and understood the mental plan, he/she must practise in order to fix the sequence of events in the human system.

Phase 3—Skilled movement

This characterised by an increase in the ease with which the skill is accomplished and a decrease in the stress and anxiety level of the performer. Many hours of practice are necessary before a skilled movement is executed smoothly and efficiently to the level in Phase Three.

3—PREPARATION AND PLANNING

What is your target? Have you got one? It is realistic and progressive in nature or have you reached for the moon, to be with the stars, only to be subsequently brought back down to Earth with bumpy reality? There is nothing wrong with reaching for the moon, so long as you allow adequate preparation and development time. You will not become a champion if you plan in a haphazard manner with no real aim, drifting from one competition to another.

While champions will act on the surface in an impulsive and flamboyant manner this is often only a front from behind which is a deadly serious competitor who knows exactly where he/she is going, and when. You progress faster with a detailed plan.

4—MENTAL STRENGTH

This is the 'x-factor'—the unknown and possibly sub-conscious element that drives and motivates a person to greater heights. I like to use the term 'the will to win' because it encompasses the mental qualities required to not only maintain the long hours of arduous training necessary but also to produce that winning edge.

The correct mental approach is essential and without it you will not produce that winning edge. Thoughts translate themselves into action, and the right thoughts must exist before any motivation and training take place. In the same way that skill and fitness levels are built up, so are the mental qualities and attention must be paid to them.

5—PRE-COMPETITION PREPARATION

When your hours, weeks, months and years of training are passed and the vital competition arrives, how do you prepare for it? Do you misplace your competition instructions and train times, or leave your trip in the car too late so that you end up in a traffic jam? If you do you will sentence yourself to self-imposed anxiety and arrive in a state worthy of a nervous breakdown and your 'fight or flight' syndrome won't know how to operate. What about other factors? Have you eaten the foods that will give you the winning edge; do you know how many contests you will have to fight? Who are your opponents, what are their techniques, strengths and weaknesses?

Those are just some of the pre-competition questions that must be reduced to a minimum so that you can be the most effective self on the day. Many books are filled with tales of how prepared armies beat unprepared ones—get organised.

I hope in this short article I have given you some food for thought. In subsequent articles I hope to give you an in-depth look at each element of success. By exploiting these elements the foundation stones will be laid and I hope that these articles will help you become the champion that lies within and is just waiting to be developed.

Next issue...

'Element of Success 1—Physical Fitness'

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GLEESON'S MARKET STALL



It was very interesting to see the series of pictures, showing Tai-otoshi in the July issue this year, so much so that I thought I would like to build on the remarks of Colin McIver and see what else could be squeezed out of the photographs.

It is of course the range of the action that impresses me as a judo man, from a hip throw to fast trip. The Adams' Tai-otoshi has a large element of O-guruma in it. Notice how the straightening of the left leg in figure 3 has raised the right leg off the ground. Figure 1 shows a large element of Sasai-tsurikomi ashi, the outstretched leg of the attack has just 'caught' the ankle of the opponent, enough to trip him up.

What qualifies for the name 'a good throw'? Is it when the attacking action is effective; that is it knocks the opponent down? Or is it when it scores 10? Equally, what about a 'bad' throw? When there is no effect from the attacking action, or when it does not score? Throw 6-10 does not score 10; is it because the opponent has avoided the attacker's left leg, or is it that the attacks did not reach the leg in the first place? Of course the 'blocking-leg' of Tai-otoshi does not HAVE to literally stop the foot of the opponent (as in figure 1), particularly if it is a hip-throw version, or if the attacker uses the 'double-bite' approach to a throw, i.e., attacks once to get the feet almost in the right place, and then makes a second attack to adjust the feet and throw (most often found in Osoto-gari). The two throws also show how ambiguous the use of the hands is; in both attacks the hands have worked much the same, shown by the almost identical position of them at the end of the throwing action, yet the movement of the opponent is totally different.

What the photographs do not show and cannot show, are two very critical aspects of an attack. The first one is, the relative skills of the two men. Did the opponent in figures 6-8 avoid the blocking left leg by his own skill or experience, or by the mistakes of the attacker? Similarly in figures 2-4 were the hips able to be put in that deep, because the opponent was too inexperienced to recognise the form of attack, or had he been out-manoeuvred so that he had given a sufficiently large gap into which the hips were driven?

The second shows the other weakness in still photography; it does not show the preparation for the attack. How did the thrower get to figures 2 and 6? Were they moving fast or slow, backwards or forwards? To know that, would help tremendously to assess the actions, for example in figures 3 and 7. Has the thrust from the left leg in figure 4 been taken out because the thrower knows it's an 'easy' throw because the opportunity given by the opponent was due to inexperience, or because concentration has now been shifted to ensure the man lands on his back? Similarly in figures 7 and 8, is the drive maintained solely to try and get the opponent onto his back for a high score, or is it something which he always does, irrespective of what the score is?

Both forms of throw can of course be compared to the standard or orthodox Tai-otoshi with advantage. Neither of course have much in common with 'syllabus Tai-otoshi' figures 6-8 none at all, figures 2-4 very little. To me the major difference between 'standard' and the two forms shown in the

series, is that of body-weight commitment. Syllabus Tai-otoshi shows no usage of body-weight, presumably because of its 'official' title of being a 'hand-throw' a title which surprisingly seems to have come to mean that only the hands are important. In practice of course there is no 'most important' part, for the attack to be successful all body-parts must do 'their thing' fully, but what gives intent and purpose to the attack is the use of body-weight. In both attacks, figures 2-3 and 6-8 the body-weight is being used in much the same way—thrusting into the direction of the throw. This raises another point worthy of consideration, 'syllabus Tai-otoshi' suggests that THE direction of the throw is only forward (as in figure 4, but 'personal Tai-otoshi' can be sideways too, as in figure 7).

Some other special forms can be backwards (I know that 'officially' such a throw has a different name i.e. Osoto-otoshi, but what's in a name—?). So again, the direction of throw can be very variable almost 270 degrees. It is no wonder Tai-otoshi is so much used. A good competitor likes flexibility in his attacking form, so that if circumstances change, he can change his form easily, with little concern. Tai-otoshi is a throw that can offer such a flexible approach. Look at any picture of it and differences will be noticed in performance.

Arising from these differences it is interesting to speculate how the photographer takes the picture. In the book *Ball Skills* there is an intriguing account of how a camera-shutter mechanism has influenced golf-coaching. I wonder if anything similar has happened in judo? Does the cameraman subconsciously 'edit' what he takes? When does he press the button? Is he only after 'shots' in the air? Are they the only shots he can get? When for example Adams steps onto the contest area does the cameraman say, "Ah, now I've got a good picture"; if so, what does he mean by a 'good' picture? Would he ever try to get a preparation-for-attack movement? Would he want to, even if he could? Perhaps Messrs McIver and Smith could write about this aspect of skill-analysis sometime. I am sure it would throw much light on teaching methods, for it is the photographs they take that contribute towards how throws are visualised and therefore how they become a part of the training programme.

What about those photographs they do NOT take? Were they not taken because the cameramen didn't like them (approve of them) or because they were simply too unexpected?

If such an effective throw has such a range of application, what value is there in using standard illustrations of it as if there is only one form of doing it? Does this not restrict the way it is taught? How can the 'establishment' build up an approach to the learning of a Tai-otoshi skill that will steer the trainee into realising all the many different kinds of Tai-otoshi there are?



British Judo Association...Midland Area MENS INDIVIDUAL OPEN CHAMPIONSHIPS 1981

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Club

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Event 6—Up to and including 60 kilos

Event 10—Over 78 kilos up to 86 kilos

Event 3—Kyu Grade 8th 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

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British Judo Association...Midland Area BOYS INDIVIDUAL CHAMPIONSHIPS

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Event 2—Over 28 kilos up to 31 kilos

Event 6—Over 41 kilos up to 45 kilos

Event 10—Over 60 kilos up to 65 kilos

Event 3—Over 31 kilos up to 34 kilos

Event 7—Over 45 kilos up to 50 kilos

Event 11—Over 65 kilos up to 71 kilos

Event 4—Over 34 kilos up to 37 kilos

Event 8—Over 50 kilos up to 55 kilos

Event 12—Over 71 kilos

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