

JUDO

No. 14 SEPTEMBER 1981

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In this issue:

- ★ European Championships. Photo port folio.
- ★ New feature: Coaches Corner.
- ★ Shozo Fujii — Star Profile.
- ★ Women in Judo: Ann Hughes, European Champion.

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JUDO

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★ COVER PICTURE ★

Wilhelm (Holland) throws Schnabel (GFR) for Ippon with Kosotogari in the 1981 Senior European Championships.

Photo: DAVID FINCH

JUDO

Editorial



Recently I had a discussion (argument) with a fellow coach, whom I respect a great deal, on the advantages and disadvantages of coaching in general, and, the British Judo Association Coach Award Scheme in particular. By the end of the discussion we agreed on many aspects of coaching but we failed to agree on the need for an organised coaching structure within the Association. The surprising thing was that he thought that he could learn nothing from the Coach Award Scheme (he could coach players to a high level) and he was against the Scheme in general, although he obviously knew nothing about the principles involved.

I had to admit that at one time I felt much the same. Before I became so involved in coaching I thought coaching had nothing to offer me; after all I had been an International fighter and knew just how it should be done. It was only after I became involved with the Association's Coaching Scheme that I realised just how little I in fact knew. The first thing I learned was that one has to keep an open mind and second was to accept nothing at face value.

I do not believe it is necessary to have a rigid inflexible coaching structure, but now, more than at any time in the past, players need the help of trained and experienced coaches. Coaching is of the utmost importance, yet the British Judo Association do not seem to want to encourage an interest in coaching at any level. Coaching in Britain is at an all time low and it can only get worse. I hope that the new Management Committee will take note and do something urgently to alleviate the situation.

We start a new series this month called 'Coaching Skills' and I will be interested to hear from you, if you have any topic you wish discussed or if you have questions on any aspect of coaching. We will ask for the views of a few top coaches and print their answers. Finally, if any of you coaches would like to contribute an article to this series, we will be pleased to hear from you.

Colin McIver...Editor

Diary of Events

NATIONAL AND INTERNATIONAL EVENTS

Saturday 12th September 1981
Welsh Under 18's Boys and Girls Championships, Cardiff
Details: Mr G. Davies, 29 Willow Grove, Raglan, Port Talbot

Saturday 12th September 1981
Womens Dutch Open

Saturday 26th September 1981
National Team Championships Women, Bath

Saturday 3rd to Sunday 4th October 1981
National Referees' Course, CPNSC

Saturday 10th October 1981
British Open Championships Women, CPNSC

AREA EVENTS

Saturday 19th September 1981
Midland Area Girls Under 18's Championships.
Selections for Nationals—Closed to Area

Saturday 24th October 1981
Midland Area Boys Under 18's Championships
Selections for Nationals—Closed to Area

MIDLAND AREA PROMOTION EXAMINATIONS

Sunday 20th September 1981
Men Kyu Grade, Grimsby—1-00 pm

Saturday 26th September 1981
Boys all Grades, Linton—10-00 am

Sunday 4th October 1981
Boys all Grades, GKN—10-00 am

Sunday 4th October 1981
Girls all Grades, GKN—12-00 noon

Sunday 4th October 1981
Men Kyu Grade, Bicton—11-00 am

Sunday 4th October 1981
Women Kyu Grade, Bicton—12-00 noon

Sunday 4th October 1981
Girls Beginner and 1st Mon, Derby—9-30 am

Sunday 4th October 1981
Boys Beginner and 1st Mon, Derby—9-30 am

Sunday 4th October 1981
Girls 2nd and 3rd Mon, Derby—12-00 noon

Sunday 4th October 1981
Boys 2nd and 3rd Mon, Derby—12-00 noon

Sunday 4th October 1981
Boys 10th Mon and Above, Ryecroft—2-00 pm

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



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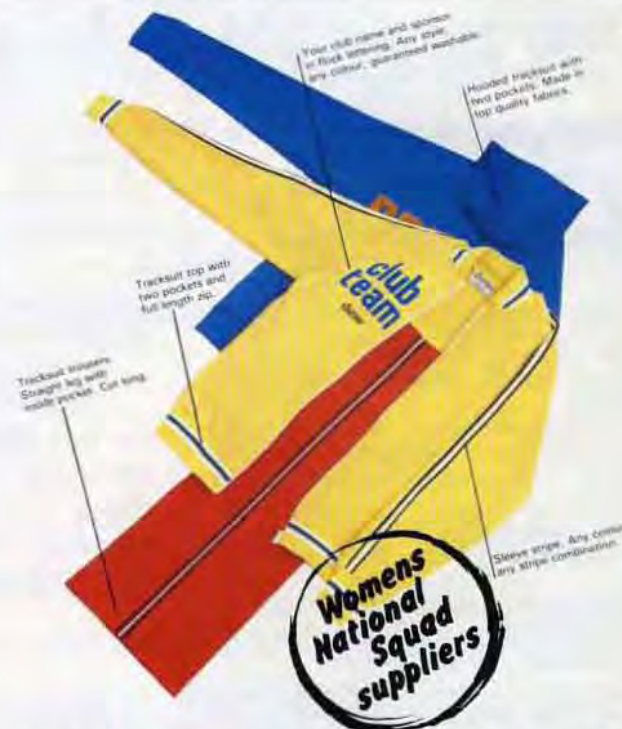
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1981

WORLD



CHAMPIONSHIPS

BRITISH TEAM SELECTIONS

Brian Jacks, Britain's new Olympic Squad Manager has after World Squad Training Week, held recently at Crystal Palace, announced his team for the forthcoming World Championships. The team selection is somewhat controversial and will no doubt come under some criticism. Jacks has however been very positive in his approach to the team selection and is determined to have in the team, players whom he regards as potential medal winners or who will benefit most from this level of competition experience.

Marvin McLatchie has been given the Over 95 kilo position in preference to Gwyn Davies of Wales. Davies who fought in this year's European Championships, was perhaps favourite for this position but recent performances have shown that he is not really capable of winning a medal at this level. Olympic Bronze medallist Arthur Mapps comes as a surprise in the Under 95 kilo category in preference to Mark Chittenden and Nick Kokotaylo. Chittenden who did not attend the World Squad Training has subsequently been dropped from the British Squad and will not be eligible for selection until the next squad trials. Mapps who has lost over three stones and now approaches his natural weight, will face strong opposition in this weight division and one wonders if this selection judging by Mapps poor performance in recent competitions, is wise.

Densign White, although really only an Under 78 kilo player, will fight in the Under 86 kilo category. White's selection over Bill Ward and Stuart Williams comes as no real surprise; I have expected him to move into this category for some time, as the Under 78 kilo is dominated by Neil Adams. Neil Adams was of course the only choice for the Under 78 kilo category and is the main British medal hope. Chris Bowles returns in the Under 71 kilo division and with Richard Armstrong injured, is the only real choice. Kerrith Brown deservedly gets the Under 65 kilo position—the only logical choice.

No selection has been made for the Under 60 kilo category although the choice has been

narrowed down to Gavin Bell or Steve Chadwick. Both players will travel with the team and Jacks admits that he is unable to separate the two and will only decide who will fight, shortly before the event.

When I talked with Jacks recently at Crystal Palace he left me in no doubt that he believes that British Judo has a strong future. He is confident, and rightly so, in his ability on the mat and he believes that he is the man who can best motivate the British team. The fighters respect his ability and are already responding positively towards his methods. He wants the players to believe in him and in themselves; this he sees as one of his short term objectives.

The British Judo Association have not given him the back-up service that he really wants. He is to given a full-time administrative assistant rather than an assistant Team Manager, which he feels that he needs at this moment in time. He has many commitments which he explained to the British Judo Association before he was appointed as Team Manager. Until these prior commitments have been met he is, in many ways, restricted. The Management Committee have however given him more leeway and freedom to implement his own programme than any previous Team Manager. I think perhaps the Management Committee believe that if they give him a technical rather than administrative assistant he will not reduce his other commitments to an acceptable level. The situation at the top is a little confusing but I feel that it will soon be resolved.



TECHNIQUES FOR THE COMPETITOR

Part One

The first technique I will be discussing this issue is a very simple and very effective turnover which results in a neat Shime-waza and a powerful Osaekomi. It is ideally suitable for the competitor in that it can be applied quickly with little risk to the attacker. Three variations, all from the same common contest situation, are illustrated but there are many more opportunities for this technique which you should be able to work out for yourself once you have grasped the basic idea.

Getting your hands in the correct position for this technique is very important and care taken at this stage ensures the effectiveness of the Shime-waza. Before attempting the turnover study the photos A-C carefully to ensure you have the correct grip. Your left hand grips your opponent's collar with your fingers inside (photo A). Place your right arm under your opponent's left armpit and grip his right lapel with your right hand (fingers inside) (photo B). It is important when you apply the technique that you place the outside edge of your left forearm down the side of your opponent's neck (photo C). The hand positions are the same for all three variations.

Variation One—

From the starting position (photo 1A) with your hands positioned as outlined above, pass your left leg under your body so that you bring your left side as close to your opponent's body as possible (photo 2A). Roll your opponent over your body so that he ends up on his back (photos 3A-4A). The Shime-waza will now start to become effective but continue turning to your right side and onto your front (photos 5A-6A). Finally sit through into the 'Kesagatame' position (photos 7A-8A).

Although I have described the technique in various stages it must be performed in one continuous movement from the start right through to the end position. Considerable momentum is necessary and this is obtained by the speed at which you pass your leg under your body in the initial stages.

Variation Two—

Variation 2 starts from the same position (photo 1B). This time pass your left leg to the front of your opponent (photos 2B-3B) and pull him between your legs (photo 4B). Continue now as in variation 1, roll your opponent onto his back (photo 5B) and follow through to the end position (photos 6B-8B).

Variation Three—

Variation 3 is perhaps slightly more complicated because of a change of direction. Study the photos carefully and you will see that this time your opponent is forced to the rear. From the same start position (photo 1C) pass your right leg under your body (photos 2C-3C) and force your opponent to his rear. Continue now as in the other two variations into the end position (photos 4C-9C).

Finally take a look at the contest photos (photos D-F) as Senkevitch USSR attempts this technique on Sanches FRANCE. The hand positions are clearly illustrated and you can see the effectiveness of the technique.



Variation No. 2



Text & Sequence
Photos
Colin McIver



Contest Photos
David Finch

Variation No. 3



TECHNIQUES FOR THE COMPETITOR

Part Two

TURN INTO TATE-SHIHO-GATAME

This technique takes advantage of the same contest situation. I first saw this turnover being used by the Japanese team at the Montreal Olympics and more recently by Hitoshi Saito at this year's Paris Multi-Nation Tournament. I have shown it to several National level players who have used it successfully.

Variation One—

The sequence of photos (1-8) will give you a good idea of how the technique is executed. It is important that you control your opponent by tucking your feet in and getting a firm grip of his lapels (photo 1) before rolling him over onto his back (photos 2-4). Whilst securing him tightly, conclude the move by bringing your right leg over his body (photos 5-6) as you twist up into the Tate-shiho-gatame position (photo 6).

Variation Two—

The idea of this variation is similar although the starting position is different (photo 1A). From this position you move quickly over your opponent and roll him over your body onto his back (photos 3A-7A). Finally as in variation 1 you twist up into the Tate-shiho-gatame position to conclude the move.





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Dear Editor,

It is both interesting and disheartening to watch history repeat itself. About eight years ago the British Judo Association sacked its National Coach and first man to captain Britain to victory in the European Championships, Geoff Gleeson. Within the last year the British Judo Association has sacked its National Team Managers Tony Macconnell and Dave Starbrook, who was the first man to win an Olympic Medal for Britain. The manner in which both these incidents were conducted was something that the Association should NOT be proud of. Quite understandably all of these men who have given more to Judo than 99% of the Association feel very bitter about the way in which they have been treated.

For me, the most interesting articles in your magazine recently have been the interview with Tony Macconnell and Geoff Gleeson's articles which always leave one with something to think about. (I look forward to an interview with Dave Starbrook). I find it rather sad that Frank Smith has to be continually making comments about Geoff's articles in his column. Doesn't he realise that different approaches suit different people? After all, some people find his articles interesting.

We have your magazine to thank for not letting the British Judo Association Management quietly brush Geoff, Tony and Dave (they once saw fit to employ) under the mat. As an amateur sport, run by amateurs, we need all the professional expertise that we can get. It is about time we realised that all these men still have a lot to offer and made use of their considerable talents.

SIMON HICKS - London

The Sporting Bodymind



Is Your Opponent Really There?

'Leisure is a form of silence, which is the prerequisite of reality; only the silent hear and those who do not remain silent do not hear.'

It is a tenable assumption, and one that would seem to be confirmed by the recent spate of articles on body language, that a player knows more about his opponent than he realises. Sometimes, to illustrate this point, we begin a Sporting Bodymind course with a game. The participants, still strangers to each other, divide into pairs and are told to spend two minutes each describing the sort of person they imagine their partner to be. Since it is 'only a game,' with no apparent connection to the awaited intellectual contest of the course, and since few people feel expected to guess correctly when there is 'nothing to go on,' participants tend to relax and watch their partner in an attentive silence. Not surprisingly perhaps, the majority of their guesses are then right.

In the same way, the great player is in touch with his intuition and is not afraid to follow its energy, flowing easily into the stream of his changing perceptions. He has no need nor any time to analyse the way his opponent is poised. If he stopped to work things out, he would be attacked and thrown. He is present with a stillness of mind which is receptive and alert, a state quite opposed to the noise of analytical thought.

However, both stillness and noise have their place in his life, just as either if mistimed can create problems. Robert Ornstein, in his book *The Psychology of Consciousness* describes how medical research into epilepsy led to a differentiation between 'left' and 'right-brain' thinking. Left-brain thought is verbal, analytical, logical and concerned with the various parts of a given situation. It is also the way we perceive time. With the right hemisphere of the brain we perceive space, think intuitively and visually, and see the composite whole of a given situation.

Our educational system has a strong bias towards left-brain thought and labels all dominantly right-brain activities, such as art and sport, as leisure. Certainly these activities give us distance from the left-brain world but they are equally important *per se*. The truth is that we need a balance. The businessman who goes dancing, the professor who listens to music and, other ways about, the artist who plays a complex game of chess all return to their work revitalised. Technically and in action, sport is a right-brained activity although tactically it is left-brain. During play, thought should be visual and intuitive; before, when planning, and afterwards, when reviewing, analytical thought is required. Problems arise when the mind insists on analysing action in mid-flow or, conversely, when it day-dreams during a tactical discussion.

The tension of excitement that is felt by spectators during a dramatic match can affect the player in one of two ways. If he remains with the flow of his instant perceptions the excitement can be a source of energy. On the other hand, if he begins to think about what will happen if . . . or what happened because . . . slipping into the logical analytical mode, he is lost. This is the *uselessly* chattering mind and not being silent it can no longer 'hear' the opponent's signals that are to be 'heard.'

Of course, even the great player has moments where his left-brain process threatens to intrude inappropriately. How is this to be avoided, how does one return from the judgements to the flow of the present moment? Timothy Gallway, an American tennis player, was particularly bothered by this problem. He observed that part of his mind, which he called 'Self 1' was continually worrying about the score or giving strident reminders about the correct technique ('Follow through! Follow through!'). Eventually, he realised that the answer is to give this 'Self 1' something to do. 'Self 1,' he says is easily distracted. Ask it to assess how high the tennis ball is as it crosses the net and it will happily do so for long periods of time. 'Self 2' (approximately our 'right-brain') is then free to do its job without interference. 'Self 2,' says Gallway, *knows* what to do and only needs to be allowed to get on with it.

Focusing your left-brain on the pattern of some regular movement in the play or fight outside yourself is one way to return to the present. The other way is to focus on something inside, some feeling or movement of your own body, e.g. how exactly is your weight distributed at this particular moment? Pointing your analytical mind in such directions leaves your intuitive right-brain faculties free to direct the body to act or react instantly, as it intuitively knows how.

There is a simple gestalt exercise called 'shuttling.' The client is asked to close his eyes, tune in to some inner sensation and say 'Now I am aware of a pain in my leg' or 'Now I am aware of my breathing' or 'Now I am aware of feeling silly' etc. He is then asked to open his eyes, say 'Now I am aware . . .' and add something that is happening outside himself. He repeats the process, — first an inside statement, then an outside one, — for a few minutes. Eventually he may do it with his eyes open all the time.

Whilst shutting like this, from inside to outside, one's awareness is constantly present. Much of the time, however, we live in what gestalt calls 'the middle zone.' We appear to be present, we may be even talking to other people but, as other people can tell (if they are in the present) we are not really here. 'Where are you now?' the therapist will ask or, having told the client to withdraw completely, 'Say goodbye as you go!'

A player who is stuck in the middle zone, whether he is worrying about some future event or reliving in something clever that he's just done, is at the mercy of his opponent. Neither his thoughts nor his feelings are focused on what is happening right now: in common parlance, he hasn't got his mind on what he is doing.

How to attain a more harmonious link between mind and body and thereby improve sport performance is the recurring theme of all Sporting Bodymind courses. A sense of such harmony may be obtained by another exercise. Close your eyes and let the picture of a moment in your sporting career come to mind, when you had the sense of being in the right place at the right time. If several such moments appear choose just one and explore the memory in every detail, — sounds, colours, temperature but especially how it felt in your body, being you, the so-called kinesthetic sense of the occasion.

This should turn out to be a moment when you were very present indeed, a moment when body, mind and emotions were so well integrated that some additional 'synergistic' energy was available and all was achieved when, in Peiper's words, you 'heard' perfectly, totally aware of your opponent and in touch with your intuition, with no inappropriate left-brain noise to distract you.

Of course it is not easy to create such moments at will and, during the course, we spend time analysing and tackling the question from several different angles. We begin with a section on concentration or mental 'warming-up,' continue with a section on body awareness, then go on to the productive use of right-brain (mental rehearsal of performance) and left-brain (analysis and review) techniques. Later, in a section on the emotions, we explore the problem of over-anxiety and anger, before looking at attitudes we may have about our own and our opponent's performances.

Attitudes, based on past experience, are necessary to cope with the vast amount of information bombarding our senses at any given moment in time. However, very often, we retain these attitudes long after the external events on which they were based have changed. Such attitudes limit our performance.

With the help of a couple of exercises, we discover that our feelings are based on what we imagine, not on what we see. For instance, I might see that my opponent is much larger than me, I might imagine (due to some past unpleasant experience with a large opponent) that he is much better than I, and that may make me feel anxious and defensive. In this way, my attitude immediately limits me, as I 'create' an opponent who may not really be there. Later on, I may discover that although he is big, he is very slow and clumsy, and that my own way of fighting has been based on a false assumption. Sometimes that discovery comes too late.

Our course ends with a consideration of the neurotic and creative aspects of competition. The course usually lasts for a weekend and is, essentially, a participatory creative event, with a minimum of talk and a maximum of exercises and discussion. People attending are only required to put down their notebooks and take part, so that succeeding discussion, at least initially, may be based on the shared experience of the present moment.

Let me finish by returning to Josef Pieper. The lines quoted at the beginning of this article continue: . . . For leisure is a receptive attitude of mind, a contemplative attitude and is not only the occasion but also the capacity for steeping oneself in the whole of creation. When our mind is quiet, when we are totally present and involved in the fight, we are receptive to every signal that our opponent makes. If, in these moments of being 'in the right place at the right time,' we also have a sense of being steeped in the whole of creation, who's going to complain?

1 — John Syer is a founding member of *The Sporting Bodymind*. As such, he runs courses designed to help sportspeople explore the effect the thoughts and feelings have on their performance.

2 — Joseph Pieper: *Leisure, the Basis of Culture* Faber 1952.

Sporting Bodymind courses are held throughout the country at various venues. The next two courses are detailed below. For further information write to John Syer, The Sporting Bodymind, 7 Castle Road, Hythe, Kent, England. Telephone 0303-67886.

Sporting Bodymind venues . . .

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ROUND & ABOUT

Competition reports, News, views and opinions

IJF NEWS — PRESIDENT'S REPORT 1981



Shigeyoshi MATSUMAE
IJF President

PRESIDENT'S REPORT FOR THE 1981 IJF CONGRESS, MAASTRICHT

More than a year and a half has passed since I was elected to the office of President of the International Judo Federation. During this period, I have attended various judo events throughout the world and as many meetings of the IOC and GAISF as possible, and have sent representatives to those events which I could not attend in person. Through these various activities and participation in these events, I have tried to maintain active communication with many persons and organisations for the promotion of world judo. Certainly I will continue to attend as many events as possible and want to have increasing contact with each of you on a personal basis.

In 1980, the first year of my office, the Olympic Games were held in Moscow. The political situation at that time brought about keen problems which rocked the foundation of sports. However, through the efforts and co-operation of sportsmen, the worst was averted. As a representative of the IJF, I participated in the relevant discussions and can accept the solutions reached at that time.

JUDO EVENTS AT MOSCOW OLYMPICS, OPEN CATEGORY ISSUE AND PARTICIPATION OF WOMEN'S JUDO IN THE OLYMPIC GAMES

The International Judo Federation successfully participated in the Moscow Olympic Games with competitions participated in by 44 countries. However, two questions which I inherited from my predecessor are still outstanding. They are the deletion of the open category in men's judo and the admission of women's judo to the future Olympic Programme.

The men's judo open category issue was presented to the International Olympic Committee for reconsideration and, with the co-operation of the General Secretary and the Sports Director, I presented our proposal for the retention of the open category at the Board of Directors' Meeting of the IOC held in Lausanne this April. The Board reached a new resolution which seems very positive for the future of judo, and I am prepared to make every effort to ensure a favourable final decision at the 84th IOC Assembly which will be held in Baden-Baden in September.

As for the admission of women's judo, the IJF has received a positive reply and expects that it will be admitted to the Olympic Games as soon as possible. We are making every effort to realise this goal. The first Women's World Judo Championships were held in New York in November, 1980, an important condition for participation in the Olympic Games, and the IJF has submitted various material on women's judo to the IOC.

REORGANISATION, FINANCIAL STRENGTHENING AND DIFFUSIONAL ACTIVITIES

My proposals for modification of the structure of the IJF, which served as a platform during my candidature, were adopted by a majority vote in the Extraordinary IJF Congress in Moscow. Accordingly, the reorganisation of the IJF structure has already been put to work. Through the co-operation of the Continental Unions, Refereeing Commission and Sports Commission members have been named, and have begun their work.

Nomination of Finance Commission and Education and Diffusion commission members is expected to be completed soon. In the interim, I have been exerting every effort to ensure that the activities of the various commissions will go forward as smoothly as possible right from the outset.

Concerning the strengthening of the financial basis of the IJF, we are trying to obtain a steady increase in television coverage revenue as well as advertising income for the upcoming Senior World Championships in Maastricht, future World Championships and other international tournaments through negotiations with relevant TV companies and agencies.

To promote judo education and diffusion throughout the world, I have implemented support to developing countries as well as promotion of top judoka on my own initiative and through organisations with which I maintain close contacts, since the IJF itself has neither the organisational nor financial means to stage such events at the present time. I have invited foreign judoka and judo teams to Japan for training, and also sent Japanese instructors abroad to contribute to international exchange in the field of judo. Japanese coaches have visited 22 countries in Europe, Oceania and Pan America. In addition, no less than 250 judoka from more than 20 countries have requested the Tokyo IJF Headquarters to arrange training in Japan for single judoka or national teams. All requests have been honoured and those coming to Japan have been cared for by Tokai University.

At the request of several African countries, I arranged to meet the expenses for the Central African Judo Championships, as well as sending judo tatami and other necessary equipment to various developing countries. As promised, it is my strongest ambition to promote an even diffusion of judo throughout the World.

INTERNATIONAL REFEREE AND COACH SEMINAR

Through my sponsorship, the International Referee and Coach Seminar took place in Tokyo in May. Due to a limited budget and other conditions, I was not able to invite unrestricted numbers of people. However, some 100 participants from 40 countries took part in the seminar. These participants were either recommended by their own national federations, participated at their own expense, or were invited as my special guest. The seminar was enthusiastically applauded by the participants, and I am confident that it was a great success. On the basis of this, I propose to arrange future seminars under improved conditions in various Continental Unions in order to realise greater participation and benefit.

From the above, it is evident that we are making some progress. However, your valuable advice and support is absolutely necessary if we are to reach our ultimate goal. I am quite willing to move forward with you to overcome the many difficulties that face us, as long as my life lasts.

Shigeyoshi MATSUMAE—President



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The Schools vary in size from around 50 at the National Sports Centre for Wales at Cardiff to nearly 120 at Crystal Palace. Guinness selects the sports to be included on the advice of the Sports Council, who administer the sponsorship. The choice of the top level coach and the young people (who are usually in the 16-21 age bracket) is made by the official governing body of the sport concerned.

This year judo was included in three of the five Guinness Schools. It is this type of sponsorship our sport so badly needs and Guinness is indeed good for Judo.



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THE DEVELOPMENT OF JUDO IN THE SOVIET UNION

By: ARIJS RUDZITIS



Part 2—WINNING A PLACE IN THE SOVIET NATIONAL TEAM

With a few exceptions Judo is taught in the Soviet Union to boys between ten and thirteen in the numerous sports clubs in each of the fifteen Republics. Officially the belt grading system exists, but it is more or less ignored, because of the different qualification system in all the sports events, including Judo.

Each Republic has its own training programme which depends mainly on the enthusiasm and ability of the coaches, with the more advanced Republics having the best schemes. The most promising boys are gathered together in a boarding school, where they live and train or alternatively there are day schools which they attend together and train in the morning before and directly after lectures. About ten to eleven training sessions a week is normal including Judo, ball games, running and swimming. In this way, at the age of fifteen or sixteen, the best have reached a fairly high skill level.

To participate in the USSR National Championships, which are held in three groups; boys between the age of sixteen to eighteen, juniors—nineteen to twenty, and adults, it is necessary for a player to be amongst the best at the various levels, Club, Sports Society, Town, Region and Republic, in that order. Only after success in the USSR National Championships are the members of the National Team selected. This is done by the National Coach and the Coaches Council, which exists in the USSR Federation.

Generally for the boys and juniors about four players are chosen in each weight category, and adults, about five to seven. Besides these players there exists the reserve group of the National Team, which mainly consists of the best judoka from the junior group—about seven to eight in number. These names are officially announced and the lists sent to each coach in each Republic.

Every member of the team in each group has an individual training programme, which is worked out with the National and personal coach of each individual. This helps to keep an eye on anyone who has the ability to become a good judo player. In this way he knows how he is expected to develop, when and where to compete, and what results he must achieve during that year. If he fails at one tournament, there are several ahead for him to prove his ability. Only when he fails to achieve the result that has been expected is he replaced by another player.

Another aspect of the selection is the physical and mental condition and general health of every judoka. In the Soviet Union, no matter what kind of sport you practise you must be physically and mentally fit. No-one can participate in any competition without the doctor's official permission. For anyone who is going to practise judo, or any other sport, a medical certificate is required from the medical centre where you live.

After spending time on the Tatami and watched by a coach, a player can become a club member, only on the coaches recommendation. He is then checked over by the club's medical staff twice a year. Every club has its own medical team and treatment facilities.

When a judo player is selected as a member of a Republic's National Team it is compulsory for him to go through a complete medical examination with all sorts of laboratory tests twice a year at the sports Medical Centre, which is established in every Republic. Without the permission of that Centre one cannot take part in any Championship or Tournament. These medical centres are capable of curing nearly all the sports injuries and the common diseases as well. They are a great help to local coaches who can receive information about the physical condition of their sportsmen. As a rule during sessions at the training camps, every national team has a doctor from their medical centre, who assists at all times, making results of tests available, which as you can imagine is invaluable for both coach and player.

All members of the USSR team are in the hands of the Scientific Medical Team, which means everyone has been tested in depth. During the training sessions, before the main events, such as the European Championships or World Championships, the medical staff live together with the team, which give an added opportunity for the coach to receive the best recommendations concerning the training intensity for every judoka, so that the coach knows whether to increase or decrease the pressure on a player. If there is indecision about a member of the team due to compete, the doctor's report is one of the most important to be taken into consideration. Usually the doctor is part of the Soviet Delegation abroad which is a great help to the team.

In this way the team of coaches and medical staff produce the judo player for the Soviet Team.

The aim of this and the previous article in *JUDO* magazine is to give a brief idea of how judo is organised in the USSR. Nothing is mentioned about the technical side which is often criticised, but in a relatively short time the USSR has produced a number of world famous judo players, and Olympic and World Champions who will always be remembered.

Concerning women's judo, the decision has not yet been taken in favour of it, and officially no women practise judo, but because of the World Championships, and the possibility that it will become an Olympic Event, it is most likely that Soviet women will start to practise. No doubt it will be organised on the same lines as the men's judo and they will be quite severe competition for the other women in European and World events.

11th USSR OPEN JUDO CHAMPIONSHIPS

'Japanese men suffer crushing defeat'

Translated from Japanese Press Reports
by Brian N. Watson

This was a press headline used after the Russian Open, which was held in Tbilisi, from 5th-8th February 1981.

Surprisingly, the Japanese selectors chose mostly young newcomers for this tough international competition. According to magazine reports, the selectors expected them to return with several medals including at least one Gold. However, the Russians completely dominated the event, overwhelming notable exponents from such strong judo nations as France, Cuba and East Germany.

Even though the Japanese contingent numbered 17 men, the medal 'haul' was a mere two: one Silver and a Bronze. The Silver medalist, Nosei, who has had a fair amount of international contest experience, gave a commendable performance.

In the first round he met Berelu (Belgium), their closely fought contest ended with Nosei winning by a Koka. The next round, he met Sosuna (Czech) whom he threw with a perfect Uchi-mata, for Ippon. Nosei's third round opponent was Balukarev (USSR) who was expected to give Nosei a hard fight. Both judoka made strong initial attacks, but neither was able to score. Following an unsuccessful Uchi-mata attack by Nosei, which resulted in Nosei's loss of balance, both contestants went into ground work, whereupon Nosei managed to obtain a rapid submission from a perfectly executed Juji-gatame. In the next round, he met Guchinov (USSR) whom he threw with Uchi-mata, for Wazari, early in the contest; the Russian fought back and made several desperate attempts, but all failed to disturb the confident Japanese.

Nosei met the strong-armed Bodavelli (USSR) in the final. From the outset Nosei was the more aggressive, whereas the Russian was obviously waiting for an opportunity to use one of his favourite counter throws. Bodavelli did not have long to wait, after 50 seconds, Nosei half heartedly attacked with Uchi-mata and was decisively countered with a tremendous Ushiro-goshi, which sent Nosei crashing onto the mat, to lose by Ippon.

Hamada, who competed in the Under 60 kilo category, started off in fine fashion by defeating Russian opponents in the first, second, third and fourth rounds, with a series of skilfully executed techniques. However, in the semi-finals he met 19-year-old Sokorov (USSR) and up-and-coming competitor who, judging from his splendid performance at these Championships, definitely has a promising future in contest judo. Their contest provided the spectators with a fair share of excitement as both kept up a fast attacking pace. Mid-way through their contest, Sokorov was awarded a Koka for a moderately successful Tai-otoshi. Hamada tried hard to even the score and succeeded three times in downing his opponent, but without obtaining any score. Thus at the end of the contest Sokorov was declared the winner. The Russian then went on to capture the Gold medal in the final by defeating the tough Ko-hen (North Korea) and Hamada succeeded in beating Kurimov (USSR) with Yoko-shiho-gatame in the repechage to take the Bronze medal.

A group of Japanese coaches who attended this event were particularly impressed by Sokorov and the People's Republic of Korea's Uchi-mata specialist Ko-hen. Hamada fought well, and up against such formidable opponents as he met, he should feel satisfied with his performance.

Japanese selectors have finally broken with tradition by choosing relatively newcomers for the recently held Pacific Rim International and the Russian Open. Hitherto, they considered Japan's prestige to be at stake each time that Japanese participated in international competition. Therefore, only those thought most likely to achieve Gold medals were chosen to represent Japan.

This policy achieved but one object, namely, it allowed the first-ranked representatives to gain abundant international contest experience against an ever-increasing variety of top-class opponents. However, there were two notable drawbacks. Firstly, on account of this over-exposure to foreign opposition, future opponents had ample opportunities to film and thus study the Japanese contestant's style. Secondly, when the number one man suffered an injury, his substitute often performed unsatisfactorily. This was frequently occasioned by the substitute's total lack of experience in top-class international competition. Moreover, when the substitute failed to win, he was no longer considered eligible to compete in international contests. Such harsh treatment was detrimental to Japanese judo, because several excellent young hopefuls became despondent and gave up judo training completely after losing in their international debuts.

One of the main reasons for this lack of international contest experience among the vast majority of Japanese hopefuls, is because they are at a distinct disadvantage compared to their European counterparts in endeavouring to obtain international contest experience by their own efforts. For example, a European judo man can fairly easily travel at moderate expense to nearby countries and participate in international Open Championships.

However, in the case of a young Japanese judoka, the situation is somewhat different. With the exception of Korea, all the Asian countries are pitifully weak at judo, therefore for a young Japanese judo man determined to gain international contest experience by his own efforts, it is necessary for him to compete in Europe. The travelling and accommodation expenses that would be incurred are naturally prohibitive to virtually all young Japanese exponents.

Therefore, the above mentioned new policy adopted by Japan's judo team selectors will no doubt help to alleviate this problem, thus giving the future national squad much greater in depth international contest experience.

MENS 11th USSR OPEN CHAMPIONSHIPS—RESULTS

Over 95 Kilo: BERINCHEV, GOLD; Okulvashili, Silver; Kuaiev, Bronze; Shultz (E. Germany), Bronze.

Under 95 kilo: HARUSHIRAZE, GOLD; Rolashibili, Silver; Gulin, Bronze; Van De Walle (Belgium), Bronze.

Under 86 kilo: BODAVELLI, GOLD; Nosei (Japan), Silver; Ziafert, Bronze; Valukaravev, Bronze.

Under 78 kilo: ALUBORASHVILI, GOLD; Khabareli, Silver; Dolugorashiniv, Bronze; Kunze (East Germany), Bronze.

Under 71 kilo: MALAEV, GOLD; Lazutolkin, Silver; Paluchiev, Bronze; Bapanov, Bronze.

Under 65 kilo: KARENCEV, GOLD; Kobulyan, Silver; Baeyev, Bronze; Rey (France), Bronze.

Under 60 kilo: SOKOROV, GOLD; Ko-hen (N. Korea), Silver; Hamada (Japan), Bronze; Tozetsuelli, Bronze.

Open: GULIN, GOLD; Beashibili, Silver; Kuwaev, Bronze; Pak-Den (N. Korea), Bronze.

MIDLAND WOMEN AT CAMP LUGI—Lund, Sweden 1981



The Midland Area sponsored a team of nine women and the Squad Manager, Ron Knight to attend the Camp Lugl in Lund, Sweden during July. It was almost home from home because the Coaches included, Tony Macconnell, Richard Barraclough, Neil Adams, Densign White, Kerrith Brown, Loretta Doyle and the Swedish and Norwegian Team Managers and consequently the course was a great success. On the whole, the week was based on two hours technique training each morning, with a further two hours contest training each evening followed by an active social programme.

The Women found this very much like a female Valhalla, fighting all day and feasting all night. The only person unable to keep up was the rather ageing team manager. Midway through the week the Swedish Women's team manager arranged a match against the Swedish Team which was a very important trial for the inexperienced Midland girls. Bernie Ring, the most experienced Midlands player had already sustained a shoulder injury and had to drop out which left mainly youngsters in the competition which ended in a 4-4 draw with Sweden scoring the most points. Linda Stuart fought Lena Bergqvist and won well with two Kokas from O-uchi-gari and then forced her opponent to step out for a seven point win to the Midlands with Lesley Ward fighting next and being beaten by Charlotte Eidlitz with the Swedish girl earning 10 points from a strangle. Lena Strang fought Maria Joneralm and won by a Koka and Diane White beat Dizette Nilsson with Yoko-shiho-gatame for Ippon to put the Midlands 4-1 up which had Ron Knight thinking that the Swedes were in for an upset.

As it was, the Swedish girls fought back well with Annika Aasa armlocking Sue Englefield and Ann Wadstrom countering Denise Fiddler for Ippon which was followed by Mary Taylor being strangled by Katarina Skanahagen. Ron thought the team just lacked experience and with application would in time be a good side and eventually cause a few upsets. Thanks to Eddy Aberg and Bertil Strom for their excellent course and hospitality and to Auli Bamberg for arranging the Team match and to the Midland Area Committee for approving the trip.

ALL-JAPAN WEIGHT CATEGORY CHAMPIONSHIPS

The 14th All-Japan Weight Category Championships were held in Fukuoka on 7th June and although star players Yamashita and Endo were absent it is reported that there were many notable matches by the younger players. Results of the event will influence the Japanese team selection for the World Championships.

Hitoshi Saito 3rd Dan defeated, by Ippon, Isao Matsui to win the Over 95 kilo category. Masata Mihara 3rd Dan Under 95 kilos, Jiro Kase 5th Dan Under 78 kilos and Hatsuaki Hamada 4th Dan Under 65 kilos, were first-time winners of their respective categories. In the Under 86 kilo category and the Under 71 kilo category Suiki Nose 5th Dan and Kiyoto Katsuki 4th Dan retained their titles for the second consecutive year. Veteran Katuhiko Kashiwazaki 5th Dan in the Under 65 kilo category made his fourth consecutive defence of this weight division.

It is reported that Yasuhiro Yamashita 5th Dan will still be representing Japan in both the Over 95 kilo category and Open category at the forthcoming World Championships, despite Saito's good performance at this event.

The results of the recent All-Japan Students' Championships held in Osaka are as follows:

Under 60 kilos Hideo Jujiuo 3rd Dan, **Under 65 kilos** Kenji Kodera 2nd Dan, **Under 71 kilos** Hiroshi Kuno 3rd Dan, **Under 78 kilos** Hiromitsu Takano 4th Dan, **Under 86 kilos** Michihiko Miyako 2nd Dan, **Under 95 kilos** Masahito Mihara 3rd Dan, **Over 95 kilos** Naoki Imagawa 3rd Dan.

In the Over 95 kilo category Yoshimi Masaki 2nd Dan of Tenri University rather surprisingly defeated Hitoshi Saito 3rd Dan of Kokushikan University who is now regarded as number one contender to Yasuhiro Yamashita, in the quarter-finals.

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About the Author

Geof Gleeson was for many years a member and captain of the British Judo Team. He is the creator of the national coaching scheme and has made an award-winning series of coaching films and several television programmes. He has written several major books on judo including *All About Judo* in the EP Sport series. Geof Gleeson can be contacted at Oak Lodge, Theobalds Park Road, Enfield, Middlesex. Telephone 01-363 1506.

Know the Game JUDO contains 40 pages, is fully illustrated and costs 85p and is published by EP Publishing Limited, East Ardsley, Wakefield, West Yorkshire WF3 2JN.

LONDON BOROUGH'S YOUTH GAMES

Crystal Palace National Sports Centre

Wednesday 5th August 1981

Report and pictures: KARL BACON

The judo section of the games was held on the balcony of the National Sports Centre with eight Teams in the Boys competition and six in the Girls section. This was the first time Judo had been in the games.

In the Girls final Redbridge met Hounslow and Redbridge had the most convincing of wins, yet the Boys final was a different matter, with fights going each way until the last contest when Steve Palmer won for Redbridge with a 10 point hold-down. Medals were presented by Peter Bent who together with George Chakoris organised the event.

Results—Girls: 1. Redbridge, 2. Hounslow, Hillingdon, Croydon.

Boys: 1. Redbridge, 2. Southwark, 3. Hounslow, 4. Hillingdon.



KENT OPEN CHAMPIONSHIPS

Black Lion Sports Centre, Gillingham, Kent

Sunday 12th July 1981



RESULTS

DAN GRADES

Under 60 kilo: 1—R. Belsey, Sheerness. 2—S. Bland, Milton Keynes.

65 kilo: 1—D. Rance, Pinewood. 2—A. Woolley, Erdington. 3—S. Rance, Pinewood. 3—G. Charles, Temple Barr.

71 kilo: 1—M. Earle, Budokan. 2—A. Ajala, Tokel. 3—T. Bromley, Stratford. 3—J. Young, Crawcrook.

78 kilo: 1—A. Morton, Bexley. 2—P. Knight, Pinewood. 3—C. Phillips, Tokel. 3—M. Perry, Rainham.

86 kilo: 1—W. S. Williams, Bexley. 2—Bryan, RSC. 3—L. Carter, Middles. 3—J. O'Donnell, Delakwai.

95 kilo: 1—M. Chittenden. 2—B. Scurr. 3—J. Constable, Witham. 3—C. Webb, Bexley.

Over 95 kilo: 1—Marvin McLatchie, Folkestone. R. Bradley, Herne Bay. 3—P. Daley, Olympic. 3—W. Jackson, Olympic.

Open: 1—M. Chittenden. 2—M. McLatchie, Folkestone. 3—P. Bryan, RSC. 3—P. Daley, Olympic.

KYU GRADES

Under 60 kilo: 1—M. Jones, Pinewood. 2—G. Archer, Erdington. 3—L. Gillis, Brent. 3—F. Bradley, Grimsby.

65 kilo: 1—N. Fletcher, Grimsby. 2—G. Harris. 3—R. Stott, Veralay. 3—C. Liburd, St. Paul.

71 kilo: 1—M. Street, Erdington. 2—C. Ricketta, Croydon. 3—E. Milne, Crawcrook. 3—J. Routledge, Crawcrook.

78 kilo: 1—R. Dufficy, Erdington. 2—B. Smith, Epsom-Ewell. 3—D. Neale, Phoenix. 3—C. Streeter, Crawley.

86 kilo: 1—D. Walker, Hastings. 2—C. Willer, St. Paul. 3—D. Bosworth, Milton Keynes. 3—P. Dankert, Erdington.

95 kilo: 1—D. Juran, Renshuden. 2—R. Duharry, Tokel.

Over 95 kilo: 1—C. Yates, Erdington. 2—A. Samuel, Croydon. 3—E. Wright, Thos. Carlton. 3—C. Woodley, Milton Keynes.

Open: 1—C. Yates, Erdington. 2—P. Dankert, Erdington. 3—N. Fletcher, Grimsby. 3—E. Georgiou, Renshuden.

LADIES

Under 48 kilo: 1—S. Fry, Grimsby. 2—D. Jackson, RSC. 3—L. Wood, Croydon. 3—K. Elliott, RSC.

52 kilo: 1—B. Alltoft, Grimsby. 2—K. Chamberlain, Hetsumachi. 3—P. Johns, Tokel. 3—S. Mercieca, Pinewood.

56 kilo: 1—L. Arnold, Medkwa. 2—E. Tapp, Grimsby. 3—E. Ripsher, Harlow. 3—J. Bex, Croydon.

61 kilo: 1—T. Griffin, St. Annes. 2—J. Williams, Erdington. 3—H. Siddle, York. 3—M. Oliphant, Delakwai.

66 kilo: 1—S. Swanton, Nyru Hita Middlesex. 2—S. Selling, Sittingbourne. 3—M. Jones, Tokel. 3—L. Jones, Stratford.

72 kilo: 1—M. Bennett, Leeds. 2—T. Hayden, Highbury. 3—S. Cohen, Harmondsworth. 3—N. Gladwish, Hastings.

Over 72 kilo: 1—S. Bradshaw, London. 2—A. Newton, Croydon. 3—H. Ford, Harmondsworth. 3—E. Ward, Fairholme.

Open: 1—H. Ford, Harmondsworth. 2—T. Hayden, Highbury. 3—E. Ward, Fairholme. 3—L. Tapp, Grimsby.

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Centre Kent Open—Heather Ford (wot a smile) with her Trophy complete with black eye!

Bottom Kent Open—Mark Chittenden attempts to throw C. Webb (Bexley).

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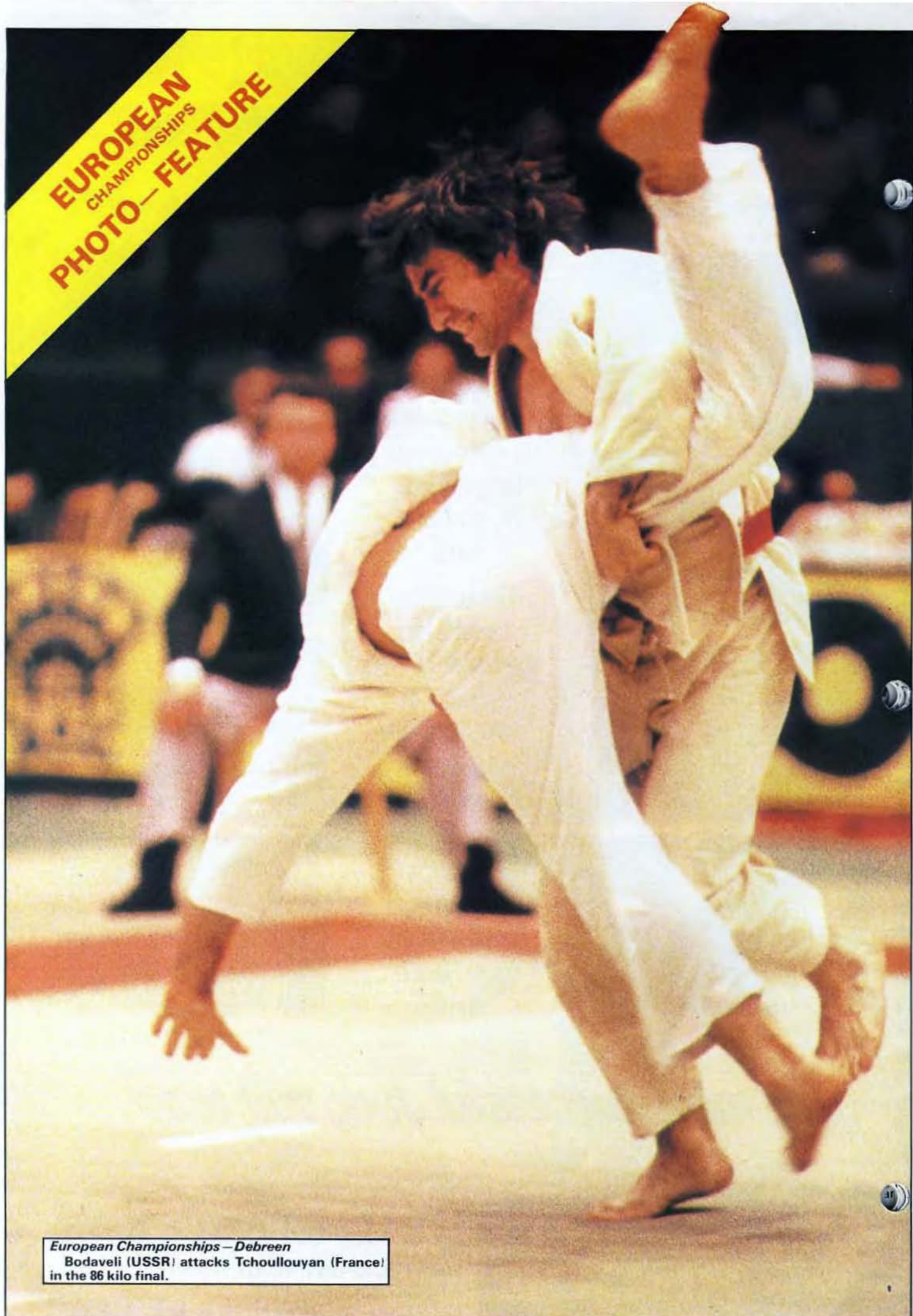
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**EUROPEAN
CHAMPIONSHIPS
PHOTO—FEATURE**



European Championships—Debreen
Bodaveli (USSR) attacks Tchoullouyan (France)
in the 86 kilo final.



Above: T. Rey (France) throws Kallaingn (Finland) for Ippon in the 65 kilo.
Below: Mapurel (France) scores on Shiels (Great Britain) in the 60 kilo.
Both in the European Championships at Debreen.

Photographs: DAVID FINCH



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A YOUNG MAN'S SQUAD WEEKEND... with Tony MacConnell

REPORT: PETER HOLME



In the May edition of *JUDO* magazine Tony McConnell mentioned that when he lost the National Squad Manager's job his biggest regret was that he had lost the Schoolboy Squad he and Dave Starbrook had set up. Tony felt that it had the greatest medal winning potential of any squad in the BJA and thought the efforts of those who had faithfully turned up every month, at their own expense, to Crystal Palace sessions, should not go to waste. Since that date he has formed the North West 'Elite' Young Men's Squad.

Twelve young men between the ages of, sixteen and eighteen, arrive, once a month, at Kendal Judo Club for some of the most exhausting weekend training sessions they are ever likely to attend. The boys come from all over the North West Area and include one Senior International and most of the rest are National Medallists.

The first Session, on Friday evening, concentrates on technique. Indeed the whole of the time on a judo mat is spent on Uchi-komi whether with a partner or with rubber strands. Tony feels that the players get enough Randori and/or contest training at their own clubs or at the Centre of Excellence training sessions and believes that the proper application of skill training is far more important. He also stresses that Uchi-komi should always be practised both on the left AS WELL AS on the right.

Two hours of total concentration and woe betide the Squad Member who has not been practising

Tony's 'Technique of the Month' at his home club during the preceding weeks. The weekend I attended O-soto-gari was the throw and he used as his example Neil Adams' version in the June edition of *JUDO* magazine—Tony believes in the adage of finding the best demonstration and using that as your model.

From this weekend the lads go back to their own clubs and practise hard. Last month it was 'Tomoe-nage' and the resulting demonstrations did not please. Following the verbal lashing they got I was under the impression that this month's technique will be practised with much greater effort.

Early Saturday morning the group were taken up into the fells (Low Borrowdale) for fitness training. Shuttle running is hard enough on the level, especially when Tony is immediately behind you cracking the whip, but when the stretch of ground you are running up has the sort of gradient Lakeland fells reveal in, then the task becomes almost impossible.

After half-an-hour Tony called a rest, a very brief rest, before taking the party off on what he described as a 'short' cross-country run of about six or seven miles including stops for press ups, squat thrusts and similar 'gentle exercise.' The run ended in the first of Tony's weekend surprises ... a dip in Borrowbeck. This was a short swim, for the rivers in Cumbria never get above 50° centigrade. (photo 1).

Back to the Dojo in the early evening for more Uchi-komi and skipping. The emphasis is still on improvement to techniques, both left and right. It is immediately obvious who the newcomers to the squad are (if you don't stay up to scratch you are out of this group and someone else takes your place) by their relative inability to attack left-handed.

The technique for this session is Seoi-nage. This version is a form of squatting shoulder throw which the Japanese have used, with a great deal of success for a number of years.



Sundays the Squad are given something different. Climbing Langdale Pike (one of the squad managed a climb, rated as 'Very Severe,' in his wellies) was the first event. Running up Fairfield Horseshoe, an almost trackless 1 in 4 twelve mile fell race course, was the following month's outing. Future plans include Hang Gliding, Canoeing, Windsurfing, Pot-holing, Orienteering, a Mini-Marathon and Water-skiing.

The Sunday this weekend, the squad were convinced they were to swim Windmere the longest (10½ miles) and coldest lake in England. They were still convinced when they arrived at a local Youth Centre until Ian Irwin the Amateur Boxing Association's assistant National Coach arrived.

Ian spent two and a half hours with the lads. First he gave them basic instruction into how and where to punch most effectively. Also how to move out of the way of an opponent's punches. He finished the session with his idea of two good 'boxer's' circuit. (Photo 2).

The first consisted of skipping, shadow boxing (with and without weights) and using the punch bags. This circuit was a 3x3 minute session and the squad were quite exhausted at the end. However they were then led into a second circuit consisting of Pike Jumps, Neck Rolls, Press Ups on Finger Tips, Burpees (Squat Thrusts with Jumps), Knee to Elbow Sit Ups and Air Punching with weights.

Thirty seconds each exercises non-stop. Hard by anyone's standard but to give the squad their due there was no flagging of effort.

Afterwards Ian gave great praise to both the fitness and dedication of all the lads and also said that there was at least four potential national level boxers in the group, should they decide to change their allegiance.

Tony does not expect the effects of these weekends to show themselves fully for two years and, interestingly, neither do the squad members. Perhaps this is not quite so surprising, for independent conversations with both Tony and squad members show a marked similarity of thought on what they consider to be the aims and achievements of an 'elite squad' system.

The only way for the BJA to stay at the top in International Competition is, for every Area to set up squads like these. According to Tony, seven to eight years is all a top International player can expect to stay in contention for medals and championships, but they must get the proper preparatory training or else the above period will be even shorter. These dozen North West lads are certainly getting the preparation. The rest is up to them.





WOMEN IN JUDO

article by FRANK SMITH

ANN HUGHES

1981 European Champion

1981 British National Champion

Probably the unluckiest player in the 1980 Women's World Championships in New York was Britain's Ann Hughes. In the quarter-final she met the current European Champion Inga Berg who progressed through to the semis on a split decision and after watching the video film several times, I am still convinced that Ann scored at least a Koka from Seonage. Without doubt Ann could have beaten Laura Di Toma who took the Silver medal and I would bet on her against Anita Staps (Holland) who eliminated Berg and also took the title.

Ann obviously felt the same as every time I saw her for the next couple of days she seemed red-eyed and tearful and it would have not been unreasonable for her to have had a quiet time in 1981. Instead we have seen a return to the Ann Hughes of old with greater dependence on her throwing skills than of late and she has been rewarded with a win over Di Toma in the European Championships for the title and a dominating performance against Jane Skivington to take the British National Gold medal.

Ann also took the British National title in 1980 and the British Open Gold in 1979 which was the same year in which she won the American Open and the Dutch Championships. This year she was not very happy with her second place to Seymour in the Trials or her Bronze medal in the Open but how well she has made up for it since. Everyone in contest judo will be familiar with the name of the Waterloo Judo Club, Liverpool where Tommy Hughes introduced Ann to the sport some thirteen years ago and she stresses that without his help and enthusiasm she might have given up many times.

Ann now practices at Fairholme Judo Club and the Budokwai as she now lives and works, as a secretary, in London. Her favourite techniques are Seoi-toshi and Ko-ouchigari and she forms part of the very strong North West Area Squad and is a member of the Centre of Excellence elite Pool.



COACHING SKILLS

by COLIN McIVER



1—Teaching Methods

In the past the methods of teaching judo have, generally speaking, been haphazard and little or no thought has been given to the learning process. Many coaches have found themselves in the coaching situation with no real coaching experience and have had to rely on their own experience; as it was in my own case, after a long career as a fighter I felt I had a lot of knowledge but did not know how best to pass it on. This system of teaching has not proved to be satisfactory and the need for efficient teaching methods is only too obvious.

Players are more likely to enjoy and have a positive attitude towards an activity if it has been presented in an efficient manner—certainly time can be saved and a higher level of skill attained in a shorter period, which is essential for today's competition.

An overview of the literature available indicates that much research has gone into the processes involved in the learning and teaching of skills. Psychologists have advanced many diverse theories and have suggested a variety of teaching methods. However, although attempts have been made to synthesize the many different points of view, no one method had been generally accepted as suitable for every situation and many variables have to be considered before the appropriate method of teaching can be chosen.

It is possible, in the simplest terms only, to reduce the number of teaching methods to two categories. The 'formal' methods where the players are told or shown specifically 'what to do,' and the 'discovery' methods where the players have to work out 'what to do' by themselves. Experience has shown that both methods, or a combination of both methods, can be successfully applied to the teaching of judo skills at all levels.

Whole or Part Teaching

Skills can be taught as complete movements, or can be broken into the essential elements of the skill and taught in parts. Most judo skills can be taught either way as each method has its advantages and disadvantages.

In 'part' learning, the players begin with the parts of the skill to be learned and practice them individually—sometimes with only a vague idea of what the complete skill actually should be. Only when the parts can be performed proficiently, can the whole skill be attempted. Much of judo coaching is like this especially in the early stages.

In 'whole' learning, the complete movements involved in the performance of the skill is stressed. The players begin by practising the complete movement and after they have acquired some feel for the 'whole' skill, the skill may then be broken down and the main parts studied.

As I have already said, both methods have their advantages and disadvantages;

it is however, generally agreed that the less complex skills are best taught by the 'whole' method, while the more complex skills are best taught by the 'part' method.

It is not always easy to distinguish 'whole' from 'part' teaching. Each definition will depend largely upon the situation, the player's perceptual ability, his past experience in judo, and other related activities. The 'whole' could refer to a single technique, a series of techniques as in combination techniques, or a set in a sequence of throws (Kata). Generally, it can be assumed that the more experienced player can more easily understand the 'whole' when more than one technique is involved.

Most of the basic techniques of judo can be taught by the 'whole-part-whole' method. This method has the advantage that the player can better understand the relationship between the parts and the whole and does not have to consciously go through the process of linking parts which have

been separately learned. The player has a better understanding of the parts, they are more meaningful and their purpose is more readily apparent.

Using the 'whole-part-whole' method simply means that the coach first presents the complete skill (whether it be a single or series of techniques) and the player performs it as best he can—it does not matter how poor this attempt is as long as he experiences some feeling for the whole skill. The parts of the movement which require improvement can then be isolated and taught. Finally, the parts are then replaced back into the 'whole' by the coach and the complete skill practised. At all times the 'whole' skill is kept in sight and the player is encouraged to develop the skill to suit his individual needs.

It is not necessary to break down the movement. Provided the player has the background and experience and the movement is not too complex, the more advanced player may be taught by the 'whole' method. The coach, however, should point out the main elements of the movement prior to, and during, the learning process.

Traditionally the method of judo teaching has been the 'part' or 'part-whole' method. The results of this method have not always been satisfactory as concentration on the 'parts' rather than the 'whole' can lead to rather unco-ordinated movements before positive results can be achieved. The 'part' method however, still has its place in judo teaching as more complex, or difficult skills, require that they be isolated into 'parts' before the 'whole' can be attempted. Practice of the 'parts' however should never be overstressed and the 'whole skill' should be presented as quickly as possible.

Project Teaching Method

This method of teaching simply means that the coach presents the player with a problem and asks him to solve it. This problem solving approach can be introduced to stimulate creative thinking (on the part of the coach as well as the player). The method can be introduced as two sub-methods: the 'bridge' project and the 'open' project.

In the bridge project, the player may be asked to find the ways of linking two specified techniques—'bridge the gap' between techniques. The results of this experimentation by the players can then be analysed by the coach and practised by the player.

The 'Open' project is essentially the same as the 'bridge' project except that the problem presented is open-ended. Here the player could be asked to link a technique specified by the coach with one of his choice.

The main benefits of the 'discovery' method of teaching is that the skills learned are more meaningful to the player and the principles discovered can be applied to other situations.

Well there you have a brief description of various methods of teaching. No one method is suitable for every situation or occasion. Before deciding on the method to be used, the age and experience of the player, the complexity of the skills to be taught, the personality of the player/coach and the facilities available, all have to be considered.

In the final analysis, the coach must decide which method can be most comfortably used by him to produce the best possible results. It is well worth taking some time to understand teaching methodology, you will find the coaching of judo somewhat easier and I'm sure you players will certainly benefit.

Speed or Accuracy

In judo the techniques must be executed with both speed and accuracy. The coach is often in a quandary when teaching the basic skills as a concentration on one of these components (e.g., speed) will tend to lead to a drop in the other (accuracy). The co-ordination of both these components is vital to the correct execution of judo techniques. Research in this area seems to indicate that emphasis should initially be placed on speed at the expense of accuracy. The techniques should be practised as closely as possible to the competitive situation despite the initial reduction of accuracy.

Early emphasis on accuracy at the expense of speed, necessitates learning movement patterns which change when performed at speed. It would seem advisable to practise techniques as closely as possible to the competitive situation without undue worry about accuracy in the initial stages. Accuracy is apparently much easier to attain after the technique can be performed at speed than vice-versa.

I am more and more convinced that we, as coaches, spend too much time trying to ensure accuracy often (unknowingly) at the expense of speed. Uchikomi in sets of 20 done at a steady rhythm for example does little for the development of the speed so necessary in most throwing attacks. Lately I have been experimenting with ways of developing speed in the attacking movement and I will discuss these in a future article.

In the meantime you would be advised to rethink your ideas on this subject and I will be pleased to hear from you on any other subject discussed in these articles.

NOW FOR THE PENALTIES—

Basically, if a player goes outside the contest area during a contest for ANY REASON other than as a result of the action or technique of his opponent he will be PENALISED.

If he steps out or otherwise goes out directly in order to apply a technique, or even just walks out, he will be penalised by KEIKOKU.

If he goes out while applying a technique started within the contest area (e.g. a hopping Uchi-mata) he will be penalised by KEIKOKU.

If while attempting to perform a technique he is projected out by his opponent's defence, he will not be penalised.

If he intentionally forces his opponent to go outside the contest area, he will be penalised KEIKOKU.

These briefly are the facts. If you have any doubts about the pushing aspect, try this experiment in your club. Mark a line representing the edge of the contest area and then try to make an opponent step out, without **obviously** forcing him. It is not so easy.

Remember even if your opponent has **pushed** you halfway across the contest area there is no penalty unless he continues to push you over the edge.

If at any time, however, you are daft enough to keep going backwards when the edge is reached or if you keep your feet in and topple outwards **you** will be penalised KEIKOKU.

We all have our opinion as to how judo should be played but it must be obvious if a player has decided to 'play the EDGE' he must surely make himself particularly aware of the Contest Rules relating to the EDGE and of the possible pitfalls.

PASSIVITY—AND— EXCESSIVELY DEFENSIVE ATTITUDE

A look of puzzlement appears regularly on the faces of players when warned or penalised for passivity (or non-combativity, as it is called in the IJF Contest Rules).

Let me try to clear up a few points.

Article 30 (Prohibited Acts)—Commentary states: 'A state of non-combativity may be taken to exist when in general for 20-30 seconds there has been no attacking move on the part of one or either or both contestants. This period may be prolonged or shortened depending on the circumstances.'

This means that if in the opinion of the referee and judges a player has not made a GENUINE attempt to throw or upset the balance of his opponent while standing, within the prescribed period, he will, in the first instance, be given an official free warning. (This is the only free warning permitted under IJF Rules).

The referee will give this warning by pointing at the offending player and rotating his hands several times in front of his chest. He is in fact saying by this signal—"If you do not attack soon, you will be penalised"—and he will be.

If, subsequently the player does not attack within a period of 20-30 seconds, he will be penalised with a SHIDO, which is a KOKA awarded to his opponent. If he then continues to be passive in this way he will be penalised by progressively more severe penalties, each of which give a higher score to his opponent.

These facts are known to most contest players but we will still hear the shouts from supporters and sadly sometimes from coaches—"How can he be penalised? He has been doing all the work!" Remember the criterion for a referee to decide whether or not a player is guilty of non-combativity is—Has he genuinely, within the last 20-30 seconds, tried to throw his opponent. (If in groundwork this time limit does not apply—more about this later).

We have all seen the clever guy, who is ahead on scores and who no longer wishes to take any chances on another of his attacks being countered. What does he do to try to fool the referee? UCHIKOMI!! That is, he repeatedly attacks with no intention of throwing. The end result is (or should be) that he breaks sweat, gets penalised and possibly loses.

20-30 SECONDS DEPENDING ON CIRCUMSTANCES

At the beginning of a contest and probably later on a hard day's fighting, referees are recommended not to be severe on the 30 second limit—depending on the attitude of the players. They may be genuinely fighting for THAT grip or just plain shattered, therefore some leeway may be given.

HOWEVER at the beginning of the day, when all are fresh and fit, there should be little, if any, leeway and any player penalised, after having been given a free warning, has only himself to blame.

I know (at least) one National Squad player who KNOWS that 20 odd seconds are allowed before penalties are applied. If he has a lead in the contest, his technique is to deliver an attack, which is usually strong and then bounce or skip around for just under 20 seconds (this is simple with a visual clock) then attacks again and so on and so on. This prevents his opponent from effectively attacking and with the minimum commitment from the player. These are circumstances which, if repeated, would allow the 20 second period to be shortened.

NON-COMBATIVITY IN GROUNDWORK

The IJF Contest Rules include the following: 'The provision for non-combativity within these Rules does not generally apply in Newaza'. In other words, if your opponent refuses to fight and freezes on the ground and no progress is otherwise being made, Matte will be called without penalty.

ARTICLE 30 (Prohibited Acts)—Paragraph II. 'To adopt an excessively defensive attitude'. This is a SHIDO penalty (without a free warning) for the first offence. Usually this penalty is given to a player who prevents another from attacking by either bending double or by locking out his arms whilst upright and not attacking at all or sometimes by refusing to stand up when free to do so.

Non-combativity is the cause of more dull and boring contests and the subject of more penalties than most other offences. This rule was brought in to awaken our Sport. If it is properly applied by the referees and abided by the players, it works.

I trust that this article will be of interest to referees, coaches and players alike. Referees must remember that the players are usually in a condition of stress during a contest and should therefore be sympathetic without being lax in their judgement. Coaches, players and spectators should remember that, as stated, referees are first of all judo folk. We are after all, in the same game.

If any reader wishes to discuss refereeing with me, I will be happy to oblige, either through these pages or at the next National event.

REG TETHER

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Frankly

OBSERVATIONS, NEWS AND VIEWS... by FRANK SMITH

As a critic of the secrecy that seemed to surround the administration of the British Judo Association in the past and as a new Member of the Management Committee I thought I would take space in my column this month to tell you of what the aims of the new administration are and what progress was made to achieving these aims in the first meeting.

This first meeting was generally expected to be somewhat a stormy affair but although it lasted for twenty hours over two days, it often became heated, but never traumatic as anticipated.

As it was, a great deal of progress was made in understanding the problems of the Association and reconciling them with what the new members think are the wishes of the membership. Satisfyingly there was absolutely no disagreement to the ideas to give appointed officers and professional staff more freedom to be responsible for the success of their particular section with less amateur and committee interference and this was enhanced by agreement for new budgetary methods.

From January 1982 the Finance Officer, Ken Eales will calculate and allocate expenditure allowances to each department of the Association which spends money, such as Office Administration, Staff, International Programmes, Preparation training, Competitions, Coaching etc, etc. The persons responsible for these sections will then be given their annual budget in advance within the parameters of this allowance out of which they will be free to manage their departments.

For instance Team Managers will know in January how much money will be allocated to them for all of 1982 and that they must manage their programmes within these bounds as they think fit.

The Management Committee will require them to make participation in some events such as the European and World Championships a 'must' but the rest of the International programme will be the responsibility of the Team Manager alone. Similarly the General Secretary will have freedom to administer as she thinks fit within her budget as will the Coaching Sub-Committee etc, etc.

In return the Management Committee expect responsible management from the Officers and staff to a high degree.

In his article on the World Championships Team selections Colin McIver suggests that Brian Jacks has not been given the back-up service he wants... this is really not the case.

The new Management Committee were faced with the appointment of a part-time Team Manager (when a full-time post had been advertised) who was not available to participate in a full programme for about nine months. To get over this, the old administration had advertised for a full-time assistant to share the duties and also to assist the Women's Team Manager, Roy Inman. This seemed totally unworkable, especially as both Jacks and Inman had different requirements of this assistant.

Consequently, a new structure of Team Management has been decided on which will give, for the first time, permanency of administration and consequent continuity yet

give total freedom to Team Managers to teach and train as they require without the burdens of paperwork and accountancy which will be taken over by a full-time Liaison/administrative Manager servicing both squads.

This means that one of the main reasons for contention in the past (administrative failings) have been removed and Team Managers will be free to concentrate on Judo.

Recognising Brian's inability to attend every activity in the short term, the facility for him (and Roy Inman) to appoint sessional coaches or assistants, within his budget, was given, which means that there is no reason that Brian cannot recruit an assistant on a fee-paying basis for as long as it is required. Obviously the Management Committee want to see that Brian's commitment to the squad attains a reasonable level once his advance bookings are out of the way and consequently probably did not feel that committing the Association to another full-time Assistant Team Manager would be the way to achieve this. Both Team Managers were in on the discussions and agreed the changes. Some changes in the rigid co-optation controls and expenditure on expenses for squad members have been made which will produce a more flexible system which will also benefit squad managers.

The Management Committee also reached agreement on the Computerisation of the licence and membership scheme and the Association's accountancy and the Finance Office was instructed to implement this decision getting the best deal for the Association possible and also on the re-location of Head Office in new premises near Euston Station though a firm commitment was made towards acquiring our own premises which could contain office and shop facilities, meeting rooms and perhaps residential and training facilities for squads as soon as possible.

Other items of interest were that the M.C. agreed to pursue the securing of a future Senior World Championships to be staged in Britain, that the BJA would accept responsibility for financing the BSJA and applying for Sports Council grants for them and that the BJA accepted the decision of the Industrial Tribunal concerning Mrs Belinda Petty and sex discrimination in refereeing. Finally, Sub-Committees were appointed with the exception of the Finance Sub-Committee which was discontinued. The financial affairs of the Association will be controlled by the company Accountant, Ken Eales and the Management Committee.

JUDO next month promises to be a really exciting edition with most of our usual features plus a comprehensive report on the British Closed Championships for Men which had the biggest entry since its inception and now approaches 250 competitors despite having to revert to a knockout and repechage format this year.

There is also the World Championships colour supplement which will be sixteen pages packed with action pictures, in colour and black and white plus reports of all the British interest and a run down on all the fights. This is free with **JUDO** so order you copy now. You need to subscribe or order copies as per the order forms in August's edition in order not to miss this edition which is bound to be a collectors item.

One item of interest for the World Championships is the announcement of the Japanese Team. This is...

Under 60 kilos—Yaku Hikamaruwaki, Under 65 kilos—Katzuhiko Kashiwazaki, Under 71 kilos—Kiyoto Katzuki, Under 78 kilos—Jiro Kase, Under 86 kilos—Suiki Nosei, Under 95 kilos—Masata Mihara, Over 95 kilos and Open—Yasuhiro Yamashita. Some surprise about the exclusion of Saito at Over 95 kilos as his performances in the All-Japan Championships and All-Japan Weight Category Championships plus his Paris Multi-Nations victory over Paris seemed to have earned his inclusion. Also the veteran Kashiwazaki earns inclusion over the promising Nishida.

Britain's Team... Bell or Chadwick, Brown, Bowles, Adams, White, Mapp, McLatchie.

Newsflash...

Printing of this edition has been held up to squeeze in early details of the World Championships, Maastricht, Thursday 3rd September—

Over 95 kilo
Gold..... Yamashita, Japan
Under 95 kilo

..... Khoubulouri, USSR

Friday 4th September—
Under 78 kilo
World Champion Neil Adams (GB)
Britain's first-ever World Champion!

Subscribe in time for the October edition for in-depth reports and pictures.



"You dirty rat, you!"

Picture: KARL BACON

SECOND PACIFIC RIM JUDO CHAMPIONSHIPS

Based on Japanese Press Reports ● Translated by Brian N. Watson

'Japanese Men and Women Capture 11 Judo Gold Medals.'

This Press headline was a typical manifestation of euphoria occasioned by Japan's success in these Championships, held in Nagoya, Japan, on 14-15th February 1981. Ninety-seven competitors were selected as national representatives from their respective countries for this nine-nation event. The Japanese contingent was composed of third and fourth ranked judo men, plus first ranked women contestants.

The level of judo skill displayed in these annual championships is, except for Japan and Korea, somewhat lower than that of the prevailing European competitive standard. This year, however, the Koreans did not send any representatives, which was a disappointment, since last year they succeeded in defeating some of the Japanese competitors and won several medals.

Generally speaking, most of this year's contestants showed a marked improvement in technical skill, strength and stamina over the previous year's participants.

Twenty-year-old Saito, who was last year's Bronze medallist, won the Gold medal in this year's Over 95 kilo category by defeating his compatriot Namikiri in the final bout, with Yoko-shiho-gatame. Saito, who is currently ranked as number four among Japanese heavyweights, easily defeated his opponents, mainly with Uchimata, Sasae-tsurikomi-ashi and Yoko-shiho-gatame. If Saito continues to improve at his present rate, he could soon become the number two heavyweight, after Yamashita.

Japan's number three heavyweight, Matsui, succeeded in capturing the Open title. By making good use of his favourite techniques, he advanced through this event without ever being in danger of defeat. He has definitely shown slight improvement in his speed and timing; but he has only two fairly strong throws, namely, right Harai-goshi and Uchimata. Unfortunately, he still lacks sufficient speed, and the variety of techniques of his foremost Japanese rivals. Moreover, as he is older than his fellow competitors, I doubt very much whether he will ever be able to elevate his position among Japan's heavyweights.

Apart from the Japanese, two young Americans gave creditable performances: R. Berland by taking the Silver medal in the Under 86 kilo category, and B. Barron, last year's Bronze medallist, who this year became Silver medallist in the Under 78 kilo event.

During the early rounds, Berland defeated, amongst others, Yamaguchi (Japan) and, in the final, met the famed Takahama (Japan). Berland was no match for the Japanese, but he did not let reputations bother him and made some spirited attacks. Takahama scored first with a fast Ouchi-gari, which earned him a Koka, later he attacked with a powerful Uchi-mata for which he was awarded Yuko,



and subsequently followed up his advantage by securing Yoko-shiho-gatame for victory.

In this year's final of the Under 78 kilo event, which started off rather hesitatingly, both Barron and Kase were penalised for passivity after the first minute; subsequently upon re-gripping Barron's judogi with his right hand, Kase unleashed his spectacular left Ippon-seoinage to score a well-deserved Ippon, and thus become champion for the second year in succession.

Finally, in the women's events, some of the USA and Australian competitors were deserving of praise, especially the five Gold medallists: Fest (USA), Penick (USA), Kublin (USA), Williams (AUS), and Takahashi (CAN).

Photographs:

Budo Magazine

RESULTS

MEN—

Over 95 kilos	SAITO, Japan	GOLD
	Namikiri, Japan	Silver
Under 95 kilos	KAWAHARA, Japan	GOLD
	Yukawa, Japan	Silver
Under 86 kilos	TAKAMA, Japan	GOLD
	Berland, USA	Silver
Under 78 kilos	KASE, Japan	GOLD
	Barron, USA	Silver
Under 71 kilos	GOTANDA, Japan	GOLD
	Onodera, Japan	Silver
Under 65 kilos	SAITO, Japan	GOLD
	Kobayashi, Japan	Silver
Under 60 kilos	MORIWAKE, Japan	GOLD
	Hata, Japan	Silver
Open	MATSUI, Japan	GOLD
	Nakamura, Japan	Silver

WOMEN—

Over 75 kilos	KUBLIN, USA	GOLD
	Kawamura, Japan	Silver
Under 75 kilos	SATO, Japan	GOLD
	Kato, Japan	Silver
Under 66 kilos	PENICK, USA	GOLD
	Tateishi, Japan	Silver
Under 61 kilos	SASAHARA, Japan	GOLD
	Duncan, Australia	Silver
Under 56 kilos	WILLIAMS, Australia	GOLD
	Nagai, Japan	Silver
Under 48 kilos	TAKAHASHI, Canada	GOLD
	Tant, Indonesia	Silver
Open	FEST, USA	GOLD
	Kawamura, Japan	Silver

PHOTOS:

A to C—Kase throwing Barron to win the Gold medal in the Under 78 kilo category.

D to E—Matsui throws Nakamura to take the Gold medal in the Open event.

Back issues now available...

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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			



**SHOZO
FUJII**

5TH DAN

JAPAN

FOUR TIMES WORLD CHAMPION

By BRIAN N. WATSON Photos: BUDO MAGAZINE

Judo is similar to boxing and several other sports in the sense that all too often a moderately successful, mediocre heavyweight receives a disproportionate share of the limelight, whereas a more worthy smaller man is sometimes given less public recognition than he deserves. A case in point is Shozo Fujii, who, despite his brilliant achievements in contest, received rather sparse press coverage during his recently concluded ten-year contest career.

In 1971, 20-year-old Fujii first started to earn a favourable reputation when knowledgeable judo fans exhibited acute surprise at his gaining third place in the tough, prestigious All Japan Judo Championship, which, being an open-weight tournament, is usually dominated by heavyweights. In addition, later in 1971, he displayed to devastating effect his superb Seoi-nage techniques when capturing his first World Championship crown.

Throughout the 1970s Fujii reigned supreme among the world's middleweight judoka, and as a result, won many coveted titles. His impressive contest record includes the following noteworthy victories: World Champion 1971, 1973, 1975 and 1979; 1977 All Japan Under 78 Kilo Champion; Gold medallist in the 1978 26-Nation Jigoro Kano Cup; 1979 Pre-Olympic Tournament Champion, and 1980 All Japan Under 78 Kilo Champion.

Standing 5ft 6ins and a mere 77 kilos in weight, Fujii more than made up for his lack of physical attributes with his fierce fighting spirit, dogged determination to win, plus his many extraordinary throwing ability. His spectacular Seoi-nage techniques delighted spectators world-wide, and made him one of the most exciting stylists to watch in action, especially against heavyweights in the All Japan Championships. However, in 1976, at the peak of his remarkable contest career, he had the misfortune to suffer a serious injury to his left elbow. This injury prevented him from being selected for Japan's Olympic team which competed at the 1976 Montreal Games; moreover, this happening seemed to foreshadow the curtailment of his contest career. The injury subsequently left him somewhat incapacitated, because since that time he has been unable to bend his left elbow more than a few inches without experiencing pain. Therefore, it was assumed by many people that, as he could no longer execute his best Seoi-nage throws with his customary intense vitality, he would be no match for the top-class European contestants, and in consequence, be compelled to retire. Nevertheless, not only was Fujii's tenacious will-power greatly underestimated, but also his resourcefulness, for this major setback did not discourage him at all. When he had sufficiently recovered from his elbow





**Two examples of the famous Fujii
'Drop Knee' Seoi-nage.**

injury, he immediately began experimenting with various alternative techniques, only to find, much to his chagrin, that there was but one throw, namely Tomoe-nage, that he could perform satisfactorily without causing him to exert undue pressure on his left elbow joint. Thus Fujii was able to continue his contest career by relying on this one throw, almost exclusively, until his retirement from competition in 1980.

Probably his greatest triumph came in Paris at the 1979 World Championships; few people expected an ageing, somewhat physically handicapped, Fujii to withstand the onslaught that he would be subjected to from the much younger and stronger European exponents. However, like a true Champion, he rose to the occasion, overwhelmed his opponents, and so proved himself once again invincible! His most splendid throw, performed during those Championships, was executed in the final contest, when he threw his French opponent, Tchoullouyan, with his classic Tomoe-nage, and, in so doing, became World Champion for an unprecedented fourth consecutive time!

After this great morale boosting victory in Paris, he had set his heart on two final objectives: an Olympic Gold medal at the 1980 Moscow Games, to be followed by his retirement from competitive judo. Such a victory at Moscow would, indeed, have been a fitting end with which to terminate his glorious victory-studded contest career. But it was not to be. The announcement that the Japanese Olympic Team would boycott the 1980 Moscow Games was a bitter disappointment for him, especially as it was the second occasion on which he had been prevented from competing for an Olympic Gold medal. Younger athletes, such as Yamashita, could wait until the 1984 Los Angeles Games for a chance to fight for the Gold medal; but for Fujii, who was approaching the twilight of his illustrious career, it was out of the question to continue his arduous, Spartan-like, training schedule for a further four years. Therefore, the boycott announcement undoubtedly precipitated Fujii's decision to retire from contest judo at the end of 1980.

Fujii's untimely retirement from competitive judo has created a vacuum in the Under 78 kilo class, and, naturally enough, has placed Japanese team selectors in a dilemma, for even now the peerless Fujii is still several laps ahead of his nearest Japanese rivals in this category. Therefore, as there is no newcomer at present who could possibly emulate his prowess, the chances are that the next Under 78 kilo class World Champion may well be a European.

Whoever he is, the new victor in this year's World Championship will certainly have to be a super-star if he is merely to equal Shozo Fujii's magnificent feat of holding this ardently contested title for a whole decade before retiring undefeated!



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GLEESON'S MARKET STALL

In a letter of mine printed in the May magazine I said how gratified I was that there were some voices who were now repeating the same criticisms I had made of certain aspects of judo many years ago. Other letters in the same issue were also confirming this tendency, making criticisms of those aspects of judo that when strengthened will improve the sport tremendously. One letter, in spite of its efforts at making positive attempts to criticise constructively, showed some of the weaknesses found among the judo fraternity, that lead to faults in the whole coaching structure. I am not of course talking about the fact that the poor chap cannot spell, or that he lacks confidence in himself, but that he does not understand much about judo skills.

Being a judo novice too, means he must be treated with some consideration; I thought at first he was just a parent doing no judo, but the reference to 'how not to perform' indicates that he had had contact—however slight—with judo performance. Yet in spite of those faults he does make a couple of points that can stimulate some thought on coaching, for example does the champion always do a good technique? The question is closely related to the discussion point I made in my article on the 'Sporting Bodymind'—is there such a thing as a perfect way of doing a physical skill? Presumably the letter-writer has never heard of the skill-categorisation 'open' and 'closed.' Closed skills refers to those skills in which the variables are minimal, while the open skills refer to those that have many variables.

In order to visualise a perfect technique, it is essential that the circumstances in which such a technique is done can also be visualised. In closed skills, like golf and archery for example, this may well be possible i.e. a warm day, no wind, excellent visibility, but in open skills like judo, that cannot be done. What for instance are the perfect conditions for Tai-otoshi? Every Tai-otoshi performer would give different conditions. The Starbrook Tai-otoshi would be done in a situation that was very different from that in which a Jack's Tai-otoshi would be done. If the circumstances are different the technique would be different. But is one better than the other? Of course not! They are different solutions to different problems. Yet the poor old novice goes around thinking there is a 'best' way of doing a throw. He wastes much time and enthusiasm trying to work out what is 'the best.'

Because he is inexperienced, much like the letter-writer, he has no understanding of what makes a champion; he thinks it is the possession of an excellent skill, whereas people who have been, or have studied, champions, know that is far from the essential of a champion. What is in fact all important are those 'unknown' factors; those which systems like Sporting Bodymind are trying to uncover and isolate. Those factors which make up the champion's talent; the exploiting of the spiritual weaknesses in the opponent, the ability to utilise a fleeting moment of power, the use of psychological assessment. The competition techniques used to focus that talent can be, and often are, comparatively primitive.

It is why sometimes when a good champion meets a super champion he loses so easily. The 'unknown' factors have been cancelled out and all that is left is the technique—which has nothing of the quality to even the odds. It is a part of the coach's job to help top performers eliminate some of the bigger weaknesses of technique for just those occasions. In short, the champion need not have a good technique; his excellence is dependent on him making the most of what is given him. It can be very little yet he will squeeze a Gold medal out of it.

Does that sound like criticism? Some judo participants seem to think that it is bad form to criticise. I can only quote that American literary critic (Moor 1904) who said, "before we can have American literature we must have American (literary) criticism." So in judo, we shall get nowhere if we cannot criticise. It can only be hoped that such criticism is enlightened and generous.



So with the Ouchi I discussed in the March issue, whoever the performer is—champion or not—he has not scored a terminal 10. I have mentioned the good points (body-weight commitment, good thrust), but something must be wrong or he would score 10. I have suggested some points that could be improved. As they are on a market stall they do not have to be bought!!

As for action photographs, it would be of interest to hear what the magazine's photographers (Messrs McIver, Smith and Finch) have to say about how they take pictures. Do they take pictures of anything, or do they select? If they select (either before or after they print the photograph), by what criteria do they select? Even if they take everything, do they print everything? Presumably not, therefore again what are the criteria? In Whiting's book ('Ball Skills') there is a long discussion on how cameras and camera-editing has influenced golf coaching. I wonder if anything like that has happened in judo? If the cameramen are judo players do they take only the sort of pictures they consider as being right? Do they, intentionally or not, censor what they take? It is an intriguing question—a good item for a technical conference?

Perhaps of course they only take the existing picture and do not bother whether it is 'correct' or not. Look at the May magazine, page 14—is that a 'good' technique, when it only scores a Yuko? Page 23, picture 4, is that an Uchimata that is found in any text book? Page 25 assuming the throw is Oguruma, is that like any 'text book' Oguruma? Look at any set of action photos and most, if not all, will deviate from the standard, orthodox, text book—call it what you will—throw.

Does that mean they are 'wrong'? What if it works but is not 'text book,' is that right or wrong? What if it does not work but is right? What then? Surely what needs to happen is that the coach analyses an attacking skill from the aspect of biomechanics, not from that of a standard impersonal technical template? When a push or a thrust is needed, from the ground up, is it best done from the ball or heel of the foot/feet? When a hand has to pull, is it best to have the arm close or far from the body? When a leg is being used to take the opponent's legs from under him, should the pelvis be in 'front' or 'behind' the action of the leg?

There are certain actions the body can do better one way than another; in general the better way of doing a physical skill is in ways the body finds it easier to do. Too often standard judo technique does not apply that rule. Indeed many break it! Look at standard Tsurikomigoshi, Morote-seoinage, De-ashiharai, Uchimata—they are just four that jump to my mind. Can you think of any others? Techniques in which it is difficult to fit the body into the 'official' shape demanded by the 'book?' It is comfortable I know to think that there are perfect throws, which if only you could learn, would make you world champions, but life is not like that, you have to put up with what is given. To use that to the best advantage there must be a flexible approach to the business of learning.

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British Judo Association... Midland Area News *Midland Area Distribution Judo Magazine*

As from this edition, the distribution of *JUDO* Magazine which will still serve as the official Midland Area Journal, will be controlled on computer by *JUDO* Limited.

All subscriptions, invoice payments, renewals orders and enquiries must go direct to *JUDO* care of the Editor as per page three. Outstanding invoices should be paid direct to *JUDO* and not to MAM and no further magazine enquiries should be addressed to Peter Golledge. This move, designed to improve the efficiency of handling may mean alteration in the discount rates offered to Midland Area Clubs which sell six or more copies which will also be of greater benefit than before.

All Clubs are welcome to submit copy for inclusion which must be received by the first of the month preceeding publication but not that contributions must be accurate wherever times or dates are quoted. The Midland Area will publish details of all its activities plus entry forms for all its Championships in *JUDO* and will continue to retail the magazine in the shop for those Clubs not wishing to subscribe.

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Provided he is given sufficient notice, the Area Coaching Co-ordinator Bryan Rowland will arrange for a Theory Examination in your own Club. Contact him at 34 Drayton Lane, Drayton Bassett, Tamworth. Telephone: Tamworth 62315.



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EVENT 10—OVER 60 KILOS

EVENT 3—OVER 32 KILOS UP TO 36 KILOS

EVENT 7—OVER 48 KILOS UP TO 52 KILOS

EVENT 11—GIRLS LIGHTWEIGHT TEAMS

Under 28k

28k/32k

32k/36k

36k/40k

EVENT 4—OVER 36 KILOS UP TO 40 KILOS

EVENT 8—OVER 52 KILOS UP TO 56 KILOS

EVENT 12—GIRLS MIDDLEWEIGHT TEAMS

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