

JUDO



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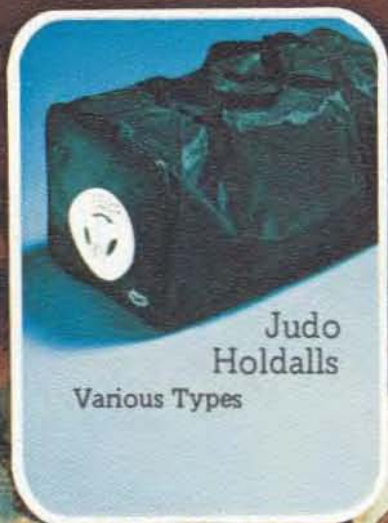
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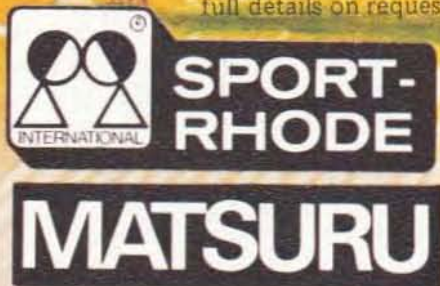


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Frankly

OBSERVATIONS, NEWS AND VIEWS... by FRANK SMITH

I have mentioned before that 'JUDO' Magazine has an active readers panel who all write in and complete forms every month passing their personal judgement on the current edition.

The only consistent thing about their reports is that they all like contest photographs and articles on technique. From other correspondence a lot of coaches seem to use them for instructional purposes with one Coach even complaining that if his magazine is late, he has no new lessons for the month! Articles on training and technique are always welcomed and there are frequent requests for similar or extended coverage.

To a certain extent, the photographic syllabus books have stimulated an interest in coaching from visual aids and the use of video and slide projectors has increased enormously. JUDO LTD., (not slow to recognize an opportunity) have responded to this need by now stocking a comprehensive range of judo books several which are an absolute delight. Later in the magazine, I review my particular favourites from the selection and a full list is in the advert on page twelve.

One of my objections to the 'new' Coaching scheme was that it offered little or no facility to update the knowledge of existing Coaches or to provide them with Coaching packages to give them fresh and imaginative approaches to their jobs. The Association still do not provide this despite the valiant efforts of Mick Leigh.

I have generally been labelled as 'anti-Gleeson' because I disagreed with his attempts to intellectualize the sport and because I criticised the old coaching scheme because it produced a lot of stylized 'qualified' coaches but few who could actually coach successfully and because these stylized coaches produced very few good contest players.

Geoff Gleeson did however generate enthusiasm and was a source of experimental ideas and innovation from which we have all stolen a bit here and there. There is precious little enthusiasm amongst the Coaching fraternity at the moment. Geoff has recently used contest pictures in his new book and respected National Coaches like Inman and McIver are devotees to visual aids.

Despite my objections to the 'new' scheme I was assured by Mr Palmer and Mr Leigh that it was only the beginning and in due course everything else would follow. In the future we would have seminars, visual aid courses, tours by Team Managers and leading players, a regular coaching publication and publicity for new styles and ideas and a Coaching system that would produce players who could progress in the sport to any level they desired.

So far, interest from established Coaches has been dismal and Courses which have been staged have received little support so perhaps the Coaches themselves have lost interest in learning. Surely 'JUDO' Magazine is not going to be the only inspiration?

I will watch for the promised new developments with interest.

COVER PICTURE...

Robert Van der Walle scores Ippon against his Dutch opponent in the 1983 British Open.

JUDO MAGAZINE



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BRITISH NATIONAL CHAMPIONSHIPS FOR WOMEN

NO CHANGE AT THE TOP—MEDAL POSITIONS PREDICTABLE

After a year away at the seaside, the British National Championships for Women returned to the Midlands Area venue where it originated with an improved entry but an absolute dearth of heavyweights so that the top two categories were almost non-existent.

The new 'slim-line' Avril

were two World and European Champions in Karen Briggs and Loretta Doyle plus European Champion Ann Hughes, World Bronze medallist Dawn Netherwood...probably a line-up that would be unequalled in any other domestic sporting event.

With players of this ability,



RUTH VONDY (Isle of Man)
Over 72 kilo Champion.

ANOTHER BRITISH JUDO ASSOCIATION EVENT—

Malley didn't help matters by unexpectedly coming down two weight categories to go in at 66 kilos whilst sister Joyce also dropped a couple of groups at 61 kilos.

In terms of quality, there

the Gold medal positions should have been totally predictable though not everything went to plan. The end results were however pretty well as expected.

At 48 kilos, there were four

pools of three players with Karen Briggs, Sandie Fry, Joanne Murphy and the tiny Tracy Horsfall all having two wins each to take first place with Karen and Sandie looking the dominant players. Fortunately, in the second round they were in opposite halves of the table and both continued with Ippon wins in their first fight.

Karen took Karen Hogan with Juji-gatame whilst Sandie threw Jael Gammon with Seoi to go on to meet 42 kilo Tracy Horsfall for a final place.

This was to be her one and only loss on the day when Sandie armlocked her after three and a half minutes but considering that she was giving as much as a stone



◀ DAWN NETHERWOOD misses with Uchimata against KAY HIGMAN.



Top left...AVRIL MALLEY in action at 66 kilos. Top right...THERESA HAYDEN in defence posture in the Under 72 kilo group. Bottom sequence...SANDIE FRY works to secure Sangaku-gatame.

This title gave Karen the real grand-slam of titles. This little bundle of dynamite now holds the World title and is European, British Open and British National Champion.

Loretta Doyle headed pool one in which her first fight against Deborah Snowden was her hardest which she won by a Wazari scored in Newaza. She then strangled Andrea Mullings and threw Mary Taylor twice with O-uchi-gari for Wazari-awasete-ippon. Susan Goodwin edged Claire Shiach into second place in pool two by a Shido and Debbie Rothery won pool three from Lisa Griffiths. Pool four was quite entertaining with Susan



get Loretta Doyle in the first knockout fight. Quite a stimulus to win...I should think.

Susan White has progressed well in the last year or two and is a girl with quite a future once she makes the Senior Squad. She is receptive to good coaching and is tacti-

away to some girls, it really was a creditable performance.

Tracy, is a really aggressive player and is obviously going to be quite a handful...when she grows up!

Karen Briggs strangled Joanne Murphy, just when

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she looked as if she was going to last the full contest and so met area colleague Sandie in the final. This was an excellent contest with both girls obviously knowledgeable about each other's play and was finally decided on a Chui incurred by Sandie for stepping out.

Quarless being eliminated after losing by Juji-gatame to Sharon Rendle and by Yokoshiho to Susan White.

Sharon and Susan had a fine battle in their fight with Sharon winning by a Yuko for top position. This was an important fight to win as the second place player would

cally aware on the mat and indeed was the first to go the full distance with Loretta Doyle losing on a Chui and a couple of Kokas.

Claire Shiach edged out Debbie Rothery on Hantei and then suffered the Doyle Juji-gatame whilst Susan Goodwin and Sharon Rendle



went through on Kokas to meet for a final place.

At time Sharon was a Koka ahead in a dour struggle and had the opportunity of a battle with the World and European Champion for a Gold medal.

Lorretta was in no mood to give anything away however and she attacked almost incessantly eventually catching Sharon in Newaza with Juji-gatame for Ippon and the title. Again!

Diane Bell looked an obvious favourite for the 56 kilo title and her pool looked fairly easy with only Diane White putting up a spirited resistance to lose on a Yuko. These two then either held or strangle Kathy Ferdinando and Venitia Jinks respectively to progress into the knockout.

Janice Turner topped pool two, surprisingly beating Bernie Alltoft-Earle into second place by a Yuko with the two Midlands youngsters Lisa Rogers and Debbie Sheldon being eliminated. Another youngster, Kim Duston held Margaret Hicks and armlocked Donna Fallon to head pool three with Margaret in second place which would earn her a fight with Janice Turner in the knockout.

Pool four was a real battle with only Liz Tapp scoring an Ippon when she held Karen Gray (Northern Ireland). Three fights went to Hantei and one was decided on a Koka in a really close set of contests. Liz finally came out in first place with a one point win ahead of Helen Morgan (Wales) whilst Karen and Elizabeth Jackson were eliminated.

Helen's second place was her undoing in the second round as this matched her against World Bronze medallist Diane Bell who took just a couple of minutes to armlock her and then to beat her Welsh squad-mate Kim Duston by a Yuko. Kim had won by a similar score against Bernie Alltoft-Earle which at one time I would have thought impossible.

Youth rules however and Janice Turner continued to prove it by earning the decision against Margaret Hicks and Liz Tapp beat Diane White who retired injured. Liz then edged out Janice by one point to meet Diane in the final.

This was a first class fight with Diane scoring a Yuko half-way through the six minutes and hanging on to it for the title. Turner beat White and Duston beat Morgan for Bronze places.

Ann Hughes has developed a nasty habit of giving me heart attacks by frequently 'almost losing'. I think it stems from me suggesting last year that she might retire soon to which she convincingly showed that she was far from it by winning the European title again.



Photo sequence...KAREN BRIGGS in characteristic style scores with Te-guruma.

FRANK SMITH



Top sequence...ANN HUGHES with Seoi-nage attack, Under 71 kilos.

In this event however she was determined to be different and went behind in just about every contest and then rescued it in the dying seconds to everyone's consternation. She did top her pool with two wins whilst Jenny Seymour went one win better in pool two as did lightweight Joyce Malley in pool three.

Jane Skivington had a good win by a Koka from Seoi against Margaret Jones and the defeated Sharon James to head pool four and Linda Bradley edged Teresa Griffin into second place in pool five to give a very interesting line-up in the kncokout.

First Ann Hughes had to do her escape act against Melanie Tapp and Jenny Seymour held Melody Haywood

to give us Hughes against Bradley, Malley against Jones, Seymour against Griffin and Skivington against Laurie Noble who had taken second place in Joyce Malley's pool.

Quite a line-up and some smashing fights came out of it. Ann flirted with disaster again before beating Linda on a Yuko and Joyce Malley was strangled by Maggie Jones with just ten seconds of the contest left.

Teresa Griffin 'Koka'd' Jenny Seymour and Laurie Noble looked good in beating Jane Skivington by a Yuko in a very spirited contest.

Laurie got even more spirited in the fight for the final and

threw Griffin for Ippon with Seoi-nage in just one minute whilst Ann went to time again with a Koka win.

Well, I suppose it is healthy that the European Champion should have to fight so hard for a final place—but what an enigma she is.

In the final, with almost professional ease she disposed of Laurie in just one minute forty seconds with a nifty strangle which made it look as if the rest of the day had just been a stroll!

At 66 kilos we had the extraordinary addition of Avril Malley who was really going to alter predictions and medal positions in a group which Dawn Netherwood had seemed assured of victory. Indeed she topped her pool with three wins with Claire Cossair second whilst Avril Malley held everyone in her pool as if she were still over 72 kilos!

Susan Swanton armlocked Jennifer Mather for first place in pool three and Kerry Finney beat Kay Higman and Denise Fiddler in pool four.

Kay Higman had yet another fight with Dawn Netherwood in which again she did very well losing by just a Koka and Caroline Fraser stopped Susan Swanton



Left...DIANE BELL holds securely whilst she extracts her trapped leg, Under 56 kilos.

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BJA Vice-Chairman, John Perrins presents the Over 72 kilo Gold medal to Ruth Vondy.



when she took the decision on Hantei.

Avril armlocked Jennifer and Kerry Finney threw Claire Cossair to meet Avril for the final place.

Although lighter in weight Avril is still as strong as a heavyweight player and in just twenty-five seconds took Kerry to the mat and into Juji-gatame for Ippon whilst Dawn took three minutes longer before pinning Caroline in Yuko-shiho.

Netherwood and Malley in the final which became a ding-dong battle for the full six minutes. Dawn is the quicker player and has more variety in Tachiwaza whilst Avril is obviously stronger and a great danger in Newaza which Dawn sensibly did well to avoid.

Going into the last minute, I had Dawn three good attacks ahead when the new, fit Avril speeded up a bit and pulled them all back and went ahead. Dawn got in a couple of effective foot-sweeps which Avril had to step to avoid and I made Dawn the winner by just about one attack at the bell.

In agreement, the judges gave it to Netherwood after a very entertaining fight which

BRITISH CLOSED CHAMPIONSHIPS FOR WOMEN

RESULTS

Under 48 kilos...

- GOLD Karen Briggs, Y & H
 SILVER Sandy Fry, Y & H
 BRONZE Joanne Murphy, NHC
 BRONZE Tracy Horsfall, NHC

Under 52 kilos...

- GOLD Loretta Doyle, South
 SILVER Sharon Rendle, Y & H
 BRONZE Susan White, Midlands
 BRONZE Deborah Snowden, North

Under 56 kilos...

- GOLD Dianne Bell, North
 SILVER Liz Tapp, Y & H
 BRONZE Kim Duston, WJA
 BRONZE Janice Turner, South

Under 61 kilos...

- GOLD Ann Hughes NHC
 SILVER Laurie Noble, South
 BRONZE Margaret Jones, South
 BRONZE Teresa Griffin, West

Under 66 kilos

- GOLD Dawn Netherwood, NHC
 SILVER Avril Malley, NIJF
 BRONZE Kay Higman, North
 BRONZE Kerry Finney, North West

Under 72 kilos...

- GOLD Teresa Hayden, London
 SILVER Abigail Taylor, NHC
 BRONZE Jenni Glazebrook, Midlands
 BRONZE Joanne Spinks, London

Over 72 kilos...

- GOLD Ruth Vondy, North West

Only one medal presented in this category.

Open weight...

- GOLD Avril Malley, NIJF
 SILVER Teresa Hayden, London
 BRONZE Abigail Taylor, NHC
 BRONZE Ruth Vondy, North West



Open category medallists.





Two sequences of DIANE BELL in action trying to secure Juji-gatame in the Under 56 kilo event.

PHOTOGRAPH BY G. BELL

poses a number of questions. Not the least being, where does Roy Inman find a heavy-weight?

Kay Higman and Kerry Finney came through the repechage fights for Bronze medals.

Theresa Hayden easily dominated the six entries at under 72 kilos throwing Jennie Glazebrook with Make-komi and armlocked Abigail Taylor (who had just done the same trick on Joanne Spinks (London)) in the knockout after holding Eileen Simpson and armlocked Joanne in her pool.

Sheila Hearsey made a late entry at this weight in the other pool but really could not cope with the weight and strength of Jennie and Abigail.

At over 72 kilos there wasn't even enough to form a pool which served to highlight the problem Roy Inman will have at this weight. Ruth Vondy (Isle of Man) and Carol Sloan (Midlands) fought for first place with Ruth winning when Carol retired injured.

The Open was quite an entertaining event with Mary Taylor, Diane White and Joyce Malley getting in with seven heavier places and providing one or two upsets.

Diane beat Melody Haywood and Eileen Simpson before being held by Avril Malley whilst Joyce beat Mary Taylor and then lost to Jenni Glazebrook.

Theresa Hayden held Jenni to meet Avril in the final with the fight going almost five minutes before Avril caught Theresa on the ground and held her with Kesa-gatame for the title, which, at 66 kilos wasn't a bad performance. Abigail Taylor and Ruth Vondy won Bronze medals.

As expected, the British No. 1 players took all the Gold medal places with the 'new' Avril Malley still showing her pedigree by winning the Open.

There is still a gulf between the first team and the rest which doesn't look as if it will ever be closed by the established senior players. What is interesting is that the youngsters are now providing the serious opposition and appear to be aiming at the first place Champions and nothing less and as a result are giving them a run for their money.

With such a depth of young talent available, Roy Inman looks as if he is alright for a few years to come in all departments except the top two weight categories.

Where do we find a natural athletic heavy-weight is anybody's guess. Even when we find one it will take years to train them to the appropriate level for International competition. Only Theresa Hayden looks to have the potential at the moment.

Our Avril has really upset the apple-cart! But, doesn't she look good!



Top... The loneliness of a World Champion. KAREN BRIGGS awaits her final in isolation. Centre... AVRIL MALLEY and THERESA HAYDEN in the Open category. Bottom... DIANE BELL attempts Soeinage, on her way to the 56 kilo title.

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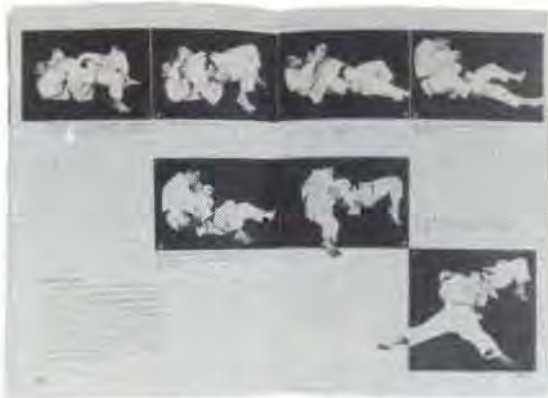
BOOK REVIEW

When I started Judo, it was very often almost a 'teach yourself' sport as good coaches, Dan grades even, were few and far between. I was fortunate in having good high grade contest players to learn from and with, yet, even so I often had to turn to books to improve my knowledge and range.

At that time good instruction books were also few and far between and mostly consisted of cheaply produced text books supported by in-expert line drawings which barely conveyed the message of the text.

Often the drawings were pages away from the relevant text with the resulting mix-ups producing situations where beginners were trying Uchimata in Newaza!

Seriously though, I eventually got used to and settled upon Harrison's *Manual of Judo* and *Judo on the Ground* which served me well enough until a copy of *Kodokan Judo* came into my possession and became my Judo 'bible'.



● Pages from *Vital Judo*.

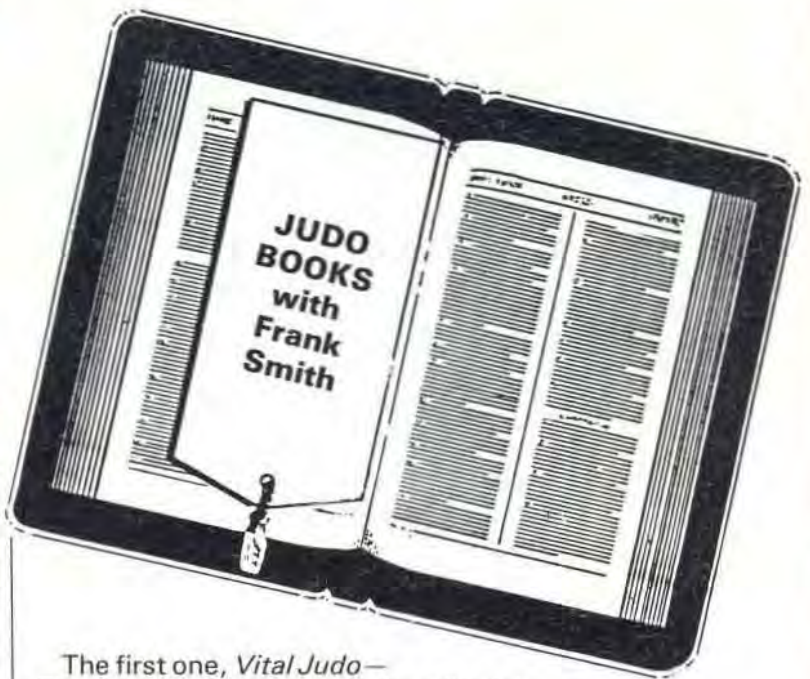
Now it is an entirely different matter. The variety of books available is immense with almost every leading British International of past years having produced their theories in print and these vary from the basic to the intellectual.

Just recently I had the opportunity of looking through the *Judo Limited* range in order to produce their book-list and amongst it I found some real gems.

There was Kazuzo Kudo's famous *Judo in Action* which was first printed in Japan in 1967 which for a small, limp cover, edition is amazingly comprehensive with some excellent photography.

Then there was Otaki and Draeger's *Judo—Formal Techniques* a nice boxed version which seems to have taken the place of *Kodokan Judo* as the encyclopedia of the sport and the marvellous *Best Judo* by Isao Inokuma and Nobuyuki Sato. Now there's a couple of names to conjure with.

My favourites, however, are a pair of 'twinned' books by Isao Okano called *Vital Judo*, and it is, just that.



The first one, *Vital Judo—Throwing Techniques*, has the editorial assistance of Tetsuya Sato and for me is the definitive book of Tachiwaza for the contest player and coach.

The photographs are first-class and the demonstrations are truly vital and really convey the explosive nature of the sport. There are single techniques, combinations, counters and defences all shown in explicit detail with short concise, penetrating commentary. Every demonstration seems to be of a technique developed in contest and offers reactions to and from various defences and gives a coach years of ideas even if used at just a page a session.

Vital Judo—Grappling Techniques, is an even more extraordinary text book of contest Newaza than it's partner is of Tachiwaza, if that is possible, and is a source of ideas, reasons and solutions. Once again the photographic detail is comprehensive.



Both books are extremely readable and offer no technicalities of reason or logic to confuse the reader. It's the nearest you will get to contest Judo by numbers though perhaps the intellectuals might condemn them for their basic simplicity of instruction.

I think this is the style of book which will appeal to most adult judoka and I think you will enjoy them immensely.





Pictures 1, 2, and 3— Coming to grips with Arthur Schnabel of West Germany, Marvin McLatchie of Great Britain and Chabil Biktachev of the Soviet Union.

'THE STYLISTS'

Introducing a new occasional series this month with...

At International and National Competitions, the judo photographers always congregate around the mat where one of the acknowledged 'stylists' of the sport will be fighting. Consequently some fighters are more regularly available from photographic stock than others and in this occasional series we shall take the opportunity to feature such fighters and study their technique photographically.

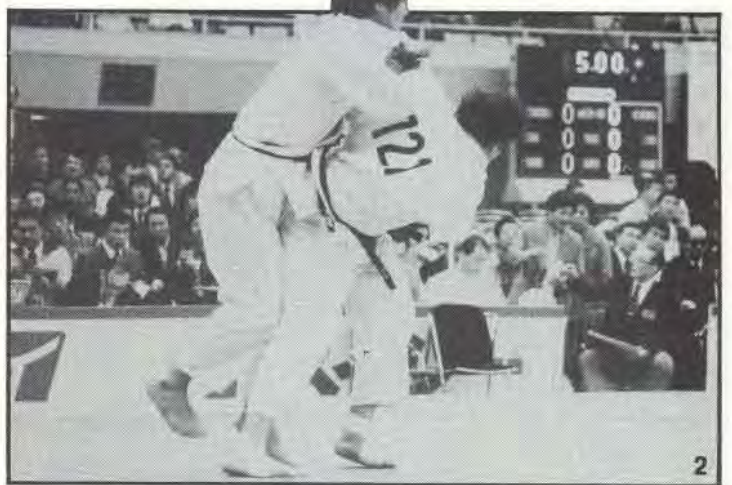
Such a player is Angelo Parisi, late of Great Britain, now of France, where he is somewhat of a 'super-star'.

Angelo was born in Battersea, but after winning an Olympic medal for Britain, then married a French girl and went to live in France and eventually was naturalised and became a French citizen. Since then his record of success has been phenomenal.

Favouring Seoi-toshi, Angelo throws to either hand and is the archetype Ippon scorer with every movement designed to set up or prepare his opponent for the major attack. Seldom does he score Kokas or Yukos and his involvement in Newaza is minimal. Truly one of the great stylists, the following pages illustrate Angelo in many International competitions, showing the skill which many have tried to emulate, but which is rare amongst heavyweights.



Pictures 4 and 5— Setting up Arthur Schnabel for a left hand attack after a right hand feint. The double lapel grip is suitable for attack either side.



ANGELO

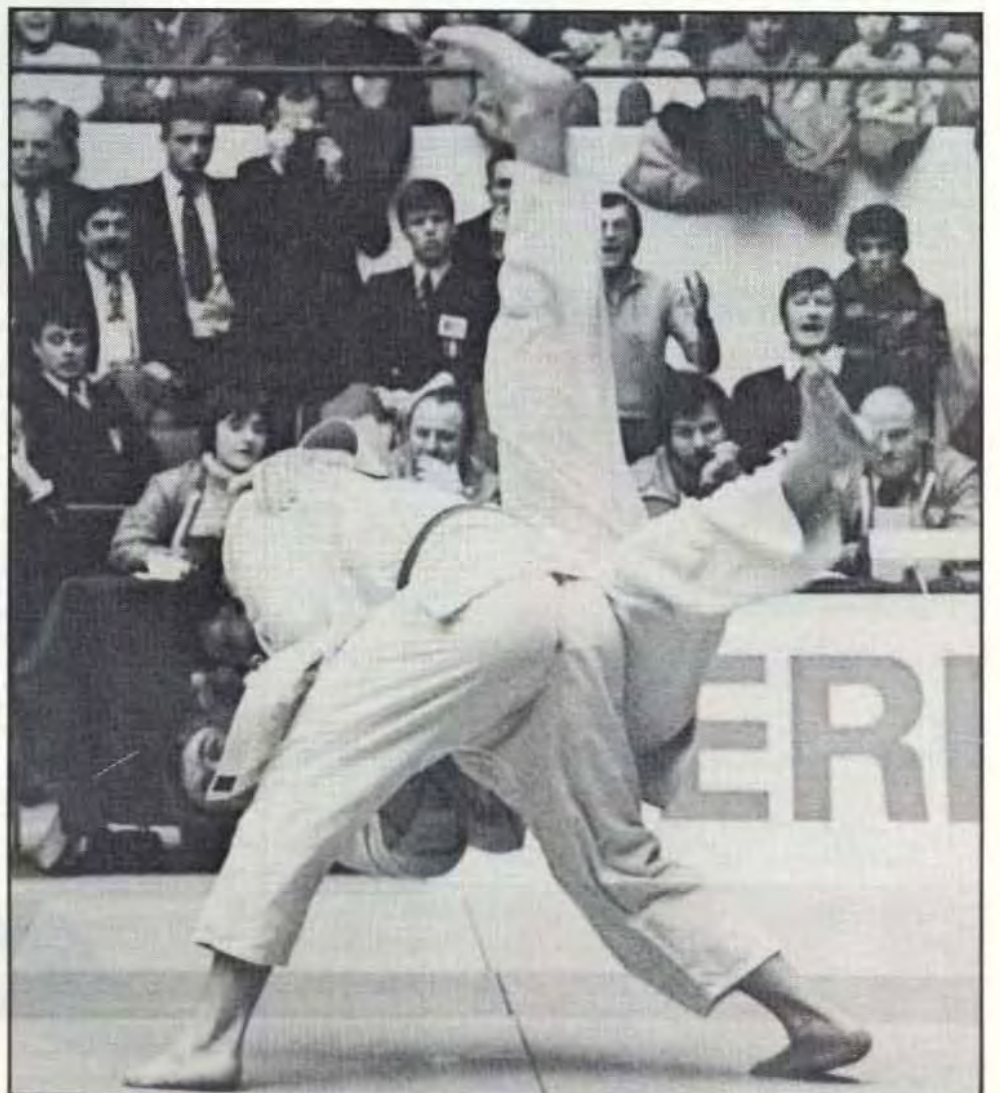
1 — Angelo Parisi takes the Gold medal at the Toinoi de Paris.
 2 — Angelo scoring Ippon in characteristic style at the Kano Cup competition in Japan. (Also 3 and 4 sequence).
 5 — Angelo switches hand to attack on the opposite side in the European Championships.
 6 — Angelo with Olympic Champion Robert Van der Walle after their contest in the European Championships.





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THE WHO'S WHO OF OLYMPIC CHAMPIONS

A NEW SERIES COMPILED BY TONY MATTHEWS

FIKOTOVA, Olga (Czechoslovakia)

At the Melbourne Olympics, this beautiful, dark-eyed Czech lass won the Women's Discus Gold medal with a throw of 176ft 1½ ins which created a new record at the time.

Prior to the final of this event Olga had met—and fallen in love with the U.S. Hammer-thrower, big Hal Connolly, and as it happened he too won a Gold at those same Olympics!

Wearing her red vest, and showing number 692, Olga hurled the discus superbly at Melbourne to beat off the strong and determined challenge of the two Russian girls, Beglyakova and Ponomareyeva who took the Silver and Bronze medals respectively.

Hal and Olga were married in March 1957 in one of the most publicised sporting weddings of all time... and in fact they were married TWICE in the same day! There was a religious ceremony (Hal being a Roman Catholic) and then a civil ceremony. Both Hal and Olga performed in the 1960, 1964 and 1968 Olympics but neither of them managed to hit the medal rostrum like they had done in Australia in 1956.

FLACK, Edwin (Australia)

Flack won two Gold medals on the track in the 1896 Olympics—one in the 800 metres and the other in the 1,500 metres—and it was a surprise to everyone that he actually attended the Games in Athens all those many years ago!

He had been a mile champion in Australia and then came over to England to train in Accountancy. As a casual past-time he decided to take a month's holiday in Athens and 'enter the Olympics.' He rented a cheap flat along with two Britons, cooked his own food and trained methodically on the streets early in the day. He did wonderfully well, and won two medals. He also entered the Marathon but unfortunately was forced to retire after 35 kilometres.

FLANAGAN, John Joseph (United States)

An Irishman, born in Limerick in January 1868, 'J. J.' Flanagan powered the Hammer mighty long distances in the early part of this century and his superb efforts brought him three Gold medals in the 1900, 1904 and 1908 Olympics.

He raised the World Hammer-throwing record 16 times between 1895 and 1909, beginning at 145ft 10½ ins and finishing with 184ft 4 ins. His best Olympic throw came in 1908 when he heaved the weight 170ft 4¼ ins to set a new record for the Games. He also came fourth in the Discus at St. Louis in 1904 and a Silver prize came in those same Games when he came second in the 56lb Weight Throwing event.

Flanagan had emigrated to the States prior to the Paris Games of 1900 and until the advent of the great Al Oerter, he was the only male Olympic athlete to have won three successive Gold medals in a standard event.

He died in 1938 at the age of 70.

FOSBURY, Richard (Dick) (United States)

The 'flop' style in the Men's High-jump event was pioneered by the crack American, Dick Fosbury in 1968 and it brought him a Gold medal in the event at the Mexico Olympics of that year when he leapt 'backwards' over the bar which was 7ft 4¼ ins (2.24m) off the ground.

Using the old Western roll style Fosbury's best leap prior to Mexico had been a mere 5ft 10 ins, but with his new technique he stormed to success, beating fellow American, Ed Caruthers by almost an inch.

It was quite surprising, however, that Fosbury was never again a challenger after those Mexico Games. His style was 'copied' by other jumpers and Dwight Stones, also an American, then became the World's Number One High-jumper—thanks to Fosbury's coaching!

FRASER, Dawn (Australia)

If you pick up a book on the History of Swimming and check through the text you would find that Dawn Fraser's name appears no fewer than 39 times in the World record lists. This magnificent swimmer won three individual Gold medals in the 100 metres Free-style event at the 1956, 1960 and 1964 Olympics, added a fourth Gold to her collection in the 4×100 metres Freestyle Relay in 1956, and received four Silver medals in the 400 metres Freestyle (1956), the 4×100 metres Freestyle Relay (1960 and 1964) and in the 4×100 metres Medley Relay in 1960.

This New South Wales water-bird came into top class swimming in 1951 when she was just 14, and although suffering from bronchial asthma she continually set record times with her powerhouse swimming.

In February 1956 she smashed a 20-year-old record when clocking 1 minute 4.5 seconds for the 100 metres Freestyle and within no-time she had melted that time down to just 58.9 seconds which stood for eight years as the World record.

Dawn was also pretty smart at the Butterfly event and won the Australian title in this category. She is the only swimmer to have won an Olympic title in the Women's event at three successive Games.

Today, Dawn runs a swimming club in her native Australia and even at 46 she still looks capable of producing the goods in the pool.

FREDRIKSSON, Gert (Sweden)

This man has undoubtedly one of the best records in the Olympic Games of any Canoeist. This is his record: Gold medals six—won in the Kayak singles 1,000 metres in 1948, 1952 and 1956; in the 10,000 metres Kayaks in 1948 and 1956, and in the Kayak pairs 1,000 metres in 1960. He also gained a Silver medal in the Kayak singles, 10,000 metres, in 1952 and picked up a Bronze in the Kayak singles 1,000 metres in 1960.

Besides his Olympic triumphs Fredriksson also won seven Gold medals in World Championship Canoeing over distances of 500, 1,000 and 10,000 metres.

He was just 17 when he began in the sport and if it hadn't been for the 1939-45 war he would have surely added many more prizes to his glittering collection.

In 27 years of competitive canoeing (1936 to 1962 inclusive) Fredriksson was only beaten 19 times and even then he offered his conqueror a return race, which he always WON.

FUCHS, Ruth (German Democratic Republic)

This powerfully built East German won two Olympic Javelin titles—1972 and 1976—and on each occasion set a new Games record.

On the first occasion, in Munich, she threw the 'spear' a distance of 63.88 metres (209ft 7 ins) and then four years later in Montreal she hurled it 65.94 metres (216ft 4 ins). Surprisingly she could only finish in eighth place in the 1980 Olympics.

Ruth has also set most World records in the Women's Javelin event—six. Her first came in 1972 and her last in April 1980, in Yugoslavia when she drew back her right arm to send the javelin a staggering distance of 69.96 metres (229ft 6 ins).

Ruth was ranked Number One in the World in the javelin for eight successive years: 1972-79 inclusive. And in her career she collected no fewer than 56 different titles including a record 11 in the G.D.R. Championships—from 1967 to 1980.

In December Ruth, still very keen on athletics, will be 37—and even today she can still hurl the javelin well over 225 feet.

GAMMOUDI, Mohamed (Tunisia)

One of the great long-distance runners of the last 20 years or so, Gammoudi, bouncy, full of life and as fit as anyone in the world during the late sixties, powered his way to four Olympic medals between 1964 and 1972.

His first prize, in Tokyo in 1964, was a Silver in the 10,000 metres, behind the Yank, Billy Mills. Four years later, in Mexico City, he took the Gold in the 5,000 metres (beating the Kenyans Keino and Temu) and collected a Bronze in the 10,000, Temu and Mamo Wolde finishing first and second. Then in 1972 he gained his fourth medal, when taking second place in the 5,000 metres behind the Finn, Lasse Viren.

Gammoudi first made his presence felt on the running track in the Mediterranean Games of 1963 when he set new Tunisian records to win at 5,000 metres (14 minutes 07.4 seconds) and at 10,000 metres (29 minutes 34.2 seconds). He repeated this double in 1967.

Tunisia has never produced a better runner than Mohamed Gammoudi who will be 46 next February.

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INTRODUCING A NEW 'JUDO' FEATURE

AN A TO Z OF BRITISH JUDO men

BY FRANK SMITH

INTRODUCING A NEW SERIES ON THE TOP COMPETITIVE BRITISH MEN JUDO PLAYERS. SEE PAGE 21—'ABOUT THE SERIES'



ADAMS, Neil

Grade: 4th Dan. Age: 25 (at August 1983). Club: Budokwai (London). Home Town: Leamington Spa. Coach: None specifically now. Being assisted by Katsuhiko Kashiwazaki, Tony Sweeney and Sid Hoare at the Budokwai. Weight: 78 kilos. Height: 5' 9". Training schedule: Varies with stage of preparation. Biggest influence on judo career: Father. Favourite standing technique: Uchimata, Tai-toshi. Favourite groundwork technique: Juji-gatame, Sangaku. Status: Single. Hobbies other than judo: All sport. Recent Championships successes: Current World and European Cham-

pion, British Open Champion 1983, National trials winner, Olympic Silver medalist—Moscow. Ambitions: Olympic Gold medal—Los Angeles 1984. Career after judo: Sports consultancy agency with fiancée Sharon Davies.

What more can be said about the first British Men's World Champion? The first man to oust the Japanese from the World middleweight title in Maastricht in 1981 and one of the acknowledged technicians of the sport world-wide.

The 'Adams turn' into Juji-gatame is now probably the most copied and practised of recent innovations in the sport. In a few short years Neil Adams has become Britain's most successful male judo player ever, even surpassing the fine records of Jacks and Starbrook. A current judo legend.



ADSHEAD, Mark

Grade: 1st Dan. Age: 20 (at August 1983). Home Town: Sale, Cheshire. Club: Samurai, Warrington. Coach: Tony Macconnell. Weight: 65 kilos. Height: 172cm. Training schedule: 6 days, 4 hours. Biggest influence on judo career: Tony Macconnell. Favourite standing technique: Seoi-nage, Uchimata. Favourite groundwork technique: Juji-gatame, Sangaku. Status: Single. Hobbies other than judo: Art and Design. Recent Championship Successes: 3rd place in the National Trials 1983, Bronze medal in the Scottish and Welsh Championships, North West Area Silver medal. Ambitions: To represent Britain in the Olympics. Job: Student. Career after judo: Commercial artist.



Another young British lightweight from the progressing North West Young Men's squad trained by ex-British Team Manager, Tony Macconnell. Received International recognition in the British Masters' Championships in 1983 when his squad mate Paul Sheals had to withdraw injured.

AJALA, Paul



Grade: 1st Dan. Age: 22 (at August 1983). Club: Budokwai (London). Home Town: Newcastle. Coach: Tony Sweeney. Weight: 71 kilos. Height: 5' 6". Training schedule: 7 days, 2 hours. Age started judo: 14 years. Biggest influence on judo career: John Gallon. Favourite standing technique: Uchimata, Ippon Seoinage. Favourite

groundwork technique: None. Status: Single. Car: Motor cycle, Honda 500cc. Hobbies other than judo: Cinema, swimming. Recent Championships successes: Gold, Hapooel Games, London Area Champion, 4th Place in the National Trials 1983, Silver—British National Championships 1982. Ambitions: To become World Champion and make lots of money. Job: PVC welder. Career after judo: No thought as yet.

Paul Ajala is probably the most promising youngster at this weight and received International honours when selected for the Hapooel Games in Israel in 1983 which he won. Paul is a stylish player who favours Tachiwaza for which he is winning admiration.



BROWN, Kerrith

Grade: 2nd Dan. Age: 23 (at August 1983). Home Town: Wolverhampton. Coach: Mac Abbotts and Dave Brooks. Weight: 65 kilos. Height: 5' 8". Aged started judo: 10 years. Training schedule: 4-5 days, 3 hours. Biggest influence on judo career: Mac and Dave. Favourite standing technique: Ko-uchi gari. Favourite groundwork technique: Sangaku-jime

(Gatame). Satus: Single. Hobbies other than judo: Squash, Badminton, Sports. Recent Championships successes: Junior European Champion 1980, British National Champion 1983, British Master's Bronze medal, British Open Champion 1983. International honours: Junior Europeans, Senior Europeans, Tournoi de Paris. Employment: Local Authority Worker. Ambitions: World Champion.

Kerrith Brown is another product of the successful Wolverhampton Club and is one of the most complete players on the International scene at 65 kilos though he does have difficulty maintaining this weight.

Only Thierry Rey stopped his progress in the Senior Europeans this year and he is sure to earn Senior European status in the near future.

An innovative player, he has established Sangaku as one of the leading modern Newaza attacks and his entries into it are now much copied. At 65 kilos should be certain of World Championships place.



BRADLEY, Fred

Grade: 1st Dan. Age: 21 (at August 1983). Home Town: Grimsby. Coach: Terry Alltoft. Weight: 60 kilos. Height: 5' 4". Age started judo: 11 years. Training schedule: 4 days for two hours. Biggest influence on judo career: Terry Alltoft. Favourite standing technique: Seoi-nage. Favourite groundwork technique: Sangaku-gatame (Jime). Status:



Single. Car: Allegro. Hobbies other than judo: All sports. Recent Championships successes: British National Champion 1983, Welsh Open Champion, All England Silver, Scottish Open Bronze. International Honours: 1983 British Masters Championships. Employment: Building worker. Career after judo: Not sure. Ambitions: To represent Britain in the World and/or Olympic Championships.



Fred Bradley is one of several young 60 kilo players in the British Squad of obvious International potential. His performance in the 1983 Trials was excellent and lost second place only when a withdrawal in his final pool relegated him in the order. He beat British Master's Champion Neil Eckersley to take the 1983 British National title and looks set to challenge for the Trials first place in 1984.

ABOUT THE SERIES

This new series will seek to keep the reader informed about the top fifty or so men in British Judo competition. Inevitably these will be mostly the National squad and National Young Men's Squad though we might get around eventually to including the Junior National Champions also. At least those over 15 years of age.

It will not always be possible to compile articles and photographs of the players concerned in strict alphabetical order though every attempt will be made to do so. For instance, this month we move into the 'B's' before including Richard Armstrong whom we have not yet been able to interview. In due course it is hoped to include a similar series on Women judo players and then merge the two to give an important reference publication of all the top people in judo both competitively and administratively.

This will be especially useful in the current climate where judo is receiving more and more press coverage yet the journalists concerned often know nothing about the players concerned.

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ACTION FILE

TECHNIQUES FOR THE COMPETITOR



The pictures on this page demonstrate the Japanese art of head control. In each case the high lapel grip is almost delivering a blow to the side of the head. Overleaf is a picture of an attack which would obviously benefit from a similar movement.



HEAD CONTROL...

In my time in Japan, I found that the majority of top Japanese players all had cauliflower ears!

Even the younger players had the symptoms and when I trained with them, I soon found out why.

Great importance is attached to 'head control' in practising throws, particularly those to the rear such as Osoto-gari (gake) and they tend to acquire head control by forcing the high lapel grip into their opponent's ear.

Unfortunately circumstances require that this has to be a very sharp movement, so on occasions it sometimes accidentally becomes a blow to the side of the head!

After several hundred practise sessions it is therefore not surprising that the Japanese player starts to develop cauliflower ears.

The importance of head control is obvious. The head is normally about 10% of the body weight and also tends to guide the rest of the body in the direction of a throw. (Where the head goes, the body follows.)

This is very important when attempting rear throws in particular. Your grip should allow you close control of your opponent's head.

In Osoto-gari, a throwing attempt without head control is easily countered with Osoto-kaeshi.



WORDS by Roy Inman

COMPILED by Frank Smith

● ACTION FILE (continued)... Head Control—Failure



Letters TO THE EDITOR

● Emotion and Performance

In the world today we have a new and very interesting Therapist called *Mind and Body*. Part of their study, is how different emotions of the human race can change the flow of energy around the body, thus making drastic changes in our everyday lives.

In a basic sense, different actions and words can have a remarkable effect on our body performance, in our everyday skills, sport, etc. i.e.: Love, Hate, Jealousy, Happiness, Stress, Aggression, Diet, Fear, Threats and Worry.

If Coaches were to only sit and think of their fighters and players and study them day by day, keep a book or log on each one, so build up a pattern of how they train, their defeats and success, because even their Skills and Fitness training and Mental approach and Concentration periods can change, as their Emotions change. Their home and social life can have a drastic effect on their Performance. (This is where One to One talks play a big part in training).

Coaches, etc. should think when taking a Course or Squad, how many of their charges are really concentrating all the time—even one hour sessions are too long for some people. It is better to break the study up into smaller sessions, so stimulate the brain and energy flow around the body.

Different people have different learning periods, some lose their concentration after as little as fifteen to twenty minutes, the rest of the time they are doing what you say because you are in charge, but the skills and knowledge are not sinking in. A good check is to note every item of your one-and-a-half hours training, then in a couple of weeks see how much they remember.

Talking too much is a major fault with most Coaches, especially when demonstrating a move. How can they look, see, listen and absorb, just think how bored some get. It is far better to break the training down into action, fast, slow, talks and feedback, etc. Keep them alive, interested and active. Being bored is an emotion that can destroy learning.

Peoples emotions can also mislead them, they judge a Coach by who he is and what he has done. They forget that they have paid to learn new skills, etc. Judge a Coach by what YOU learn and can fit into your own Judo pattern.

Coaches can also have an effect upon their class or squad by the changes in their own body energy, thus their emotions change, how they talk and act, their interest and patience, stress, bored, rows, sleep, fitness, drink, these can all have an effect on how they work and coach.

Think of Club and Squad training, how the coach will only talk about the few successes—why don't we hear about the others, or why 50% of beginners drop out? Once again why do we only worry about the top few, have we ever wondered WHY all the others fail? Have coaches everywhere tried thinking of Fast, Medium and Slow learners, do we cater for all of these people?

Area and National Squads have the pick of our best talent, yet we only win a few medals. Never do we hear or discuss why the others failed, when they are the best in the Country. It is always accepted that they were not good enough. Could it be, that they need a more personal approach to study their needs and emotions, etc. How many discussions and talks do we hear about between the fighters and their coaches, even at Club level? Maybe your approach to coaching certain types of people needs looking at, it can only improve coaching. When did the coaches everywhere last listen to a Sport Psychologist? Do coaches know what a Sport Psychologist is? And how they can help all sportsmen and women?

Juniors are our future hopes, have we ever wondered why so many juniors start in the sport, yet so few stay, or reach the top. What I can see, and have discussed with Sport Psychologists, is lots of juniors are ruined by poor coaching, and coaches that don't understand the mental and physical changes in juniors as they grow up. How easy their learning, skill and natural competitive ability can be affected by changes and poor understanding of their needs and emotions. Handling of juniors should be undertaken by the best coaches possible. A solid basic knowledge is what they need, but once again it is the few who win medals that the Clubs and Coaches seem to glory in, what about the others, why do they get bored and finish with Judo? Is it them, or our system of coaching juniors?

Surely now that the Coaching Committee have decided to change our Coaching Scheme, etc. they should include more and more lectures and courses on Teaching Methods and have lectures and courses given by some of the great Sports Psychologists. Having attended courses and lectures at Loughborough College, for all Sports Coaches, I am only sorry that I did not attend lectures, etc, like these when I started coaching in 1962. I realise now how much it would have helped me in my teaching and understanding of all sportsmen and women. Other countries have been using S.P. for a number of years,

Who knows, somewhere, sometime, we might find a coach or group of coaches willing to have a go at bringing our sport up-to-date to suit the requirements of 1983. We must always respect the great men of our past, but we must not live in the past. Other sports are bringing about changes, why not Judo? All the time coaches, etc. everywhere must be working to improve our sport, thus attracting more people to it.

A coach should never stop learning any subjects that will help him to improve and benefit his classes or squads. Coaches ask what can coaching do for me? The answer, meeting and teaching all types of people. It can also make you start to think of how to improve yourself.

FRANK J. E. FARENEN; B.E.M., M.B.Ch.A., M.S.S.Ch.

● Kata

I read with great interest the July edition of *JUDO* magazine. I can't understand why every judoka does not subscribe to the magazine, I think it is a 'must'. Not only is it excellent reading but the photographic sequences are essential for all coach's portfolios. I have read many Judo books and have yet to find one with as many practical action shots of Judo. Clubs should encourage their members to buy *JUDO*.

My next subject is the letter written about 'Kata'. In the last ten years I have become a lot more involved with Jujitsu (2nd Dan) and Karate (4th Kyu) and both these martial arts do a lot of Kata and their perception of it is completely different from that of judoka. Kata in all other martial arts is not just a practical demonstration of technique but an exercise in...

- a—Discipline
- b—Perfection of technique
- c—Strengthening of the mind
- d—Strengthening of the body
- e—Aid to memorising techniques
- f—Practise of technique

I can't see any reason why each individual shouldn't alter the Kata to their own preference.

At my Club we have great fun playing around with the Kata's and we have made some modern alterations in Nage-na-Kata. Instead of a blow, we make an attack as if we are trying to take a 'behind the neck' grip.

I have been in Judo for 27 years, from the age of 10 I have had to do Kata for grading purposes. I was taught by some of the top coaches like, Abbe, Michigomi, W. S. Wood and J. M. Clarke. Not one of these taught Kata in the same way but they all kept the basic techniques.

I would also like to query a couple of points made by Mr Farenen.

1—There are other Kata's apart from Nage-na-Kata in which there are rear throws, Kaeshi-Kata for one.

2—In Nage-na-Kata there is a change of posture. Most people do the last two sets in Jigotai. In Gonosen-no-Kata there must be different postures depending on which counter you are making.

Judo today is becoming more of an Olympic sport and less of a Martial Art. I believe there is room for both. People like Mr Farenen are becoming indoctrinated into believing that the only way Judo can advance is by making it solely a sport.

Mr Farenen's concept of Kata in my mind is completely wrong. We already have modern forms of Kata. They may have no names but they are there.

Go to any National Squad training session or advanced Judo class and you will see set-piece movements both standing and in Newaza, practised regularly and encouraged by Coaches. These are regularly changed to keep up with modern techniques.

What you must remember is that not everyone wants to become an Olympic Champion. Remember Judo became popular as a martial art not as a sport and if it continues in this way, it will soon have as few participants as Boxing or Wrestling.

MARTIN CLARKE, 4th Dan

● Editors note... Both Mr Farenen's and Mr Clarke's letters have been edited because of their great length.

JUDO

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North Wales Mon Grade P.E.
- Consett Junior Championships — Consett Sports Centre.
Sussex Junior Open Championships — Worthing Sports Centre.
- Sunday to Friday, 2nd to 7th October 1983**
Junior Mens Squad Training Week — Crystal Palace National Sports Centre.
- Saturday 8th October 1983**
BRITISH OPEN CHAMPIONSHIPS FOR WOMEN.
Crystal Palace National Sports Centre.
- N.I.J.F. Under-18's Boys and Girls Championships — Maysfield.
- Monday 10th October 1983**
European Judo Union Extra-Ordinary Congress — Moscow.
- Tuesday 11th October 1983**
International Judo Federation Congress — Moscow.
- Wednesday 12th October 1983**
WORLD CHAMPIONSHIPS FOR MEN
(To 16th October) — Moscow.
- Saturday 15th October 1983**
The Renshuden Club Invitation Mens Team Tournament.
- Friday to Sunday, 21st to 23rd October 1983**
Womens National Squad Training.
- Saturday 22nd October 1983**
Welsh Open Mini Mon Championships — National Sports Centre, Cardiff.
Southern Area Trials for Under-18's Boys and Girls.
Crystal Palace National Sports Centre.
- Sunday 23rd October 1983**
Yorks and Humber Under-18's Elimination — Richard Dunn Sports Centre.
- Friday 28th October 1983**
Eastern Area Preliminary / Club Coach Examination.
- Friday to Sunday, 28th to 30th October 1983**
Young Mens National Squad Training.

EASTERN AREA CALENDAR

- Saturday and Sunday, 24th and 25th September 1983**
National Referee's Course — Crystal Palace National Sports Centre.
- Sunday 25th September 1983**
Under-18's Junior Invitation Tournament — Ipswich.
- Sunday 2nd October 1983**
Area Kata Course at 10-30am — Norwich YMCA.
- Sunday 9th October 1983**
Young Mens and Mens Training at 10-30am — Thetford.
Junior Training Session at 1-30pm — Thetford.
- Sunday 16th October 1983**
Junior Promotional Examinations — Haverhill.
- Sunday 23rd October 1983**
Area Junior Championships — Ipswich.
- Sunday 30th October 1983**
Preliminary Club Coach / Club Coach Course No. 2 at 9-30am,
Norwich YMCA.

YORKSHIRE AND HUMBERSIDE CALENDAR

- Saturday and Sunday, 24th and 25th September 1983**
B.J.A. National Course for Qualified Referees — Crystal Palace.
- Sunday 25th September 1983**
Y. & H. Girls and Boys Squad Training Session — Richard Dunn Sports Centre.
Under 44 & 45 — 10-00am to 12-30pm, Over 44 & 45 — 11-30am to 2-00pm.
Club Coach Award Course (10-00am to 4-00pm) — Richard Dunn S.C.
Senior Eliminations for the Sheffield Judo Club Show Championships.
Sheffield Judo Club.
- Merseyside Open Championships for Men and Women — Sutton High S.C.
Details from P. Haunch, 65 Derby Drive, Rainford, St. Helens, WA11 8EW.
- Saturday 1st October 1983**
Kendal Judo Club Silver Anniversary Open Championships (Men / Women).
Kendal Judo Club. Details: P. Holme, 19 Sparrowmire Lane, Kendal, LA9 5PX.

- Sunday 2nd October 1983**
Northern Area Open Championships for Boys and Girls — Consett S.C.
Details: Mr C. Symm, Consett Sports Centre, Ashdale Road, Consett.
Junior Eliminations for the Sheffield Judo Club Show / Championships.
Phoenix Judo Club.

- Tuesday 4th October 1983**
The Sheffield Judo Club Annual Show & Championships — Arundel Club.

- Saturday 8th October 1983**
British Open Championships for Women — Crystal Palace.

- Wednesday to Sunday, 12th to 16th October 1983**
World Judo Championships for Men — Moscow.
For details of 6-day trip at £345, contact Americana Sports Travel,
Imperial Life House, 390-400 High Road, Wembley, HA9 6UF.

- Sunday 16th October 1983**
South Yorkshire Kyu Grading (nil-7 Kyu — 10-00am / 6 Kyu to 2 Kyu 11-00am).
Dronfield Sports Centre.

- Y. & H. Mens Team Championships & Junior Girls Team Championships.
Venue to be confirmed.

- Sunday 23rd October 1983**
Y. & H. Eliminations for National Under-18 Championships.
Richard Dunn Sports Centre.

- Sunday 23rd October 1983**
Dan Grading, Men and Women (Book-in: Men 10-00am — Women 12 noon).
Kirkby Sports Centre.

MIDLAND AREA PROMOTION EXAMINATIONS

- Sunday 18th September 1983**
Novice to 1st Mon (Boys) — Derby — 9-30am.
2nd and 3rd Mon (Boys) — Derby — 12-30pm.
- Sunday 25th September 1983**
4th to 6th Mon (Boys) — Derby — 9-30am.
7th Mon and Over (Boys) — Derby — 12-30pm.
- Sunday 18th September 1983**
Girls to 9th Mon — Bingham — 9-30am.
Women. All Grades — Bingham — 12-30pm.
- Saturday 24th September 1983**
Men All Grades — Bicton — 9-30am.
Women All Grades — Bicton — 12-30pm.
- Sunday 2nd October 1983**
Boys All Grades — GKN — 9-30am.
Boys Novice to 6th Mon — Windmill — 9-30am.
Boys 7th Mon and Over — Windmill — 12-30pm.
Men All Grades — Derby — 9-30am.
- Saturday 8th October 1983**
Boys Novice to 8th Mon — Long Eaton — 9-30am.
Boys 7th Mon and Over — Long Eaton — 12-30pm.
- Sunday 16th October 1983**
Boys Novice to 6th Mon — Wellingborough — 9-30am.
7th Mon and Over — Wellingborough — 12-30am.
- Sunday 23rd October 1983**
Men All Grades — Pershore — 9-30am.
Women All Grades — Pershore — 12-30pm.
Girls All Grades — GKN — 9-30am.

Midland Area Gradings Lincolnshire S. Humberside

- Sunday 18th September 1983**
Boys Novice to 6th Mon — Scunthorpe — 1-00pm.
Boys 6th Mon and Over — Scunthorpe — 2-00pm.
Women All Grades — Scunthorpe — 2-00pm.
- Sunday 13th November 1983**
Men All Grades — Scunthorpe — 1-00pm.

Additional Midland Area Grading Venues...

- | | |
|--------------------------|------------------------|
| Scunthorpe Judo Club | Shin Wa Kwai |
| Hobbies Centre | 75 Carter Gate |
| Franklin Crescent | Grimsby |
| Ashby Scunthorpe | South Humberside |
| Yarborough Judo Club | Boston Judo Club |
| Yarborough Sports Centre | Boston Railway Station |
| Lincoln | Boston, Lincolnshire |

MIDLAND AREA
Entry forms for Midland Area Events
are in this magazine.

ROUND & ABOUT

Competition Reports, News and Judo Information

G.L.C. GRANT TO LONDON AREA JUDO

The Greater London Council has come to the aid of Judo by funding a scheme put forward by the London Area BJA. The GLC grant of £18,810 will benefit young Judo enthusiasts in London who want to improve their level of performance but were otherwise faced with the expense of travel and top level coaching.

On Monday 15th August, Peter Pitt, the Chairman of the GLC Sports Sub-Committee handed over the cheque to World and European Champion Neil Adams. This brief and simple ceremony took place in Gymnasium Three at Crystal Palace National Sports Centre at 12-30pm with Neil accepting the cheque on behalf of London Area BJA.

Photographers were presented with the ideal back-drop of sixteen young Judo players who were at the Palace all that week training on the Guinness School of Sport. The very type of youngsters this scheme will provide for and which the GLC is funding.



MIDLAND AREA CLUB MOVES

Kettering Premier Judo Club are vacating the Linden Hall premises on 5th September and the club will then be centred at:

**BISHOP STOPFORD SCHOOL
HEADLANDS
KETTERING
NORTHANTS**

All correspondents should be sent to the Secretary's address as usual.

SOUTHWELL JUDO CLUB

Change of venue and day of club meetings. From 17th August 1983 the Southwell Judo Club will meet at the Leisure Centre, Nottingham Road, Southwell on Wednesday nights. Classes will be:

6-30 pm to 7-30 pm..... 7 to 10 year olds
7-30 pm to 8-30 pm..... 10 to 16 year olds
8-30 pm to 10-00 pm..... Seniors

Enquiries to Club Secretary Betty Godber on Southwell (0636) 814516.

JUDO LIMITED TRIP TO JAPAN

Judo Limited are hoping to repeat their successful trip to Japan in 1981 with another trip in February/March 1984. The costs will be in the region of £1,500, for a four week period.

All persons wishing to travel with and/or take part in the training programme must apply in writing giving details of Grade, age and B.J.A. Licence No. to Arnold Humphrey at Judo Limited.

Should the trip be over subscribed then the organisers reserve the right to select those most suitable.

Persons replying to this advert will be under no obligations whatsoever.

GUINNESS SCHOOLS OF SPORT: MIDLANDS AND THE WEST AND WALES

Once again, in co-operation with Guinness, the Sports Council regional offices staged the summer "Guinness School of Sport" at various centres up and down the country. Judo was one of the sports again asked to participate and our photographs show the West and Wales School coached by Peter Barnett and the Midlands School coached by Tont Reay.

Tony also coached at the London and South School which was held directly after the Midlands course at Crystal Palace. Many thanks to the Sports Council and the sponsors for once again giving us the opportunity to benefit from the scheme.



JOHN PRESCOTT-TOKEI JUDO CLUB

Following a relatively short stay in hospital, John Prescott died on 5th August 1983. John was well known for his total dedication to our sport and his club. He was a character, the like of which is seldom found, and he will be sadly missed. Deepest sympathy goes to his family, especially his wife, June.

NORTH WEST AREA CALENDAR FOR 1984

January...

- 22 Dan Grading, Stretford
- 28 Senior Men/Young Womens Trials
- 29 Senior Women/Young Mens Trials

February...

- 5 Mon Grading Girls and Boys (K)
- 12 Merseyside Under-18 Boys Open (SH)
- 18 Scottish Open, Edinburgh
- 19 Kyu Grading, Stretford
- 25-26 National Under-18 Team Championships (NHC)
- 26th Mon Grading Boys only (SH)

March...

- 4 Area A.G.M. (Provisional)
- 17 Womens European Championships
- 18 South Lancs Under-18 Boys (SH)
- 24th National Team Championships for Men (Midlands)

April...

- 7-8 Dutch Open for Men
- 14 British Open for Men (CP)
- 29 Dan Grading, Stretford

May...

- 6 Kyu Grading, Sutton High
- 13 Mon Grading Boys and Girls (K)
- 19 National Team Championships Women (North)
- 20 Mon Grading, Boys only (SH)

June...

- 10 North West Mens Closed, Stretford
- 16 B.J.A. National A.G.M.
- 24 Llangollen/Kearsley (SH)
- 30 British National Individual Championships for Women (SH)

July...

- 8 Kyu Grading, Sutton High
- 15 Merseyside Mini Mons (SH)
- 22 Dan Grading, Kirkby

August...

- 5 Mon Grading Boys and Girls (K)
- 5-11 Olympic Games (Judo) USA
- 12 Mon Grading Boys only (K)

September...

- 1 British National Individual Championships for Men (Midlands)
- 2 North West Under-16 Boys Closed (SH)
- 9 North West Under-16 Girls Closed (K)
- 15-16 National Veterans/Kata Championships (South)
- 22-23 National Referees Course (CP)
- 23 Merseyside Senior Open (SH)
- 30 Kyu Grading, Stretford

October...

- 6 British Open for Women (CP)
- 21 Dan Grading, Stretford
- 27-28 Mens European Team Championships

November...

- 3 Under-16 National Boys Championships (CP)
- 4 Under-16 National Girls Championships (CP)
- 10-11 World Championships for Women
- 11 Mon Grading for Boys and Girls (S)
- 18 Mon Grading for Boys only (K)

December...

- 1 Senior Men/Young Womens Trials (CP)
- 2 Senior Women/Young Mens Trials (CP)
- 9 Kyu Grading, Stretford

Boston Judo Club (England) v Laval Judo Club (France)

by Ray Topple

It was again in the early hours of a warm July morning (1-00 am to be precise) that the sportsmen of Boston, Lincs, assembled to embark on the long journey to do battle with the food, the wine and the sportsmen of Laval, their twin town in the north of France. I am convinced that the authorities persist with this unearthly hour of departure, and sleepless trip, purely to keep the numbers down; because the week is so enjoyable, that there would be unlimited participants.

With the two coaches fully laden, there followed a five hour ride to Portsmouth, followed after breakfast by a five hour Cross Channel Ferry. We arrived in France greeted by a heat-wave, with temperatures in the high nineties. Another long, long coach journey followed, and we finally arrived in Laval about 8-00 pm, totally exhausted. The different sports split and went away with their various host families, the majority of whom had not seen each other for two years. The Judo group were entertained in a local restaurant to an enjoyable, reasonably light meal, with an early night in prospect for those who did not seek the bright lights of the disco.

On Sunday morning we had the Official Reception at the Town Hall, where we were to undergo a less than mediocre translation of the Mayors' speeches. However, the refreshments of Pernod and petit-fours were excellent. This was followed at lunch time by a barbecue of lamb and sausages at the home of our hosts. In the evening, all of the Judo group congregated at the home of Mr and Mrs Alain Marselliers for an enormous evening meal in the garden. We were later joined there by the Bowls team and supporters, and I'm pleased to say that we did at least win the singing competitions, if only for the fact that we had the loudest voices.

Monday was an absolutely scorching day, which we spent visiting the wine cellars of Chinon. Not so much cellars as caves cut into the massive, solid rock. One of the proprietors had actually built his home out of the stone which had been cut from the caves. One of the caves had five miles of corridors, stacked high with bottles of wines. In that cellar were eleven million bottles of wine at various stages of maturity. Needless to say, we tasted a lot of wine; and we really needed more than the light picnic lunch which we had, to soak up all the alcohol. The sun was so hot, it really was agony to leave the coolness of a wine-cellar to travel to the next one. It was so debilitating to be sweltering outside, and then to be so cool inside as to need the warmth of a pullover.

The evening was taken up at the home of Jacques Girrhaut with another beautiful massive meal, followed by an open air film show and sing-song. One thing that intrigues and delights me about dining at the different homes, is that at each, the lady of the house is very proud of her own home-made pate. They all are truly delicious and always unique, being prepared from different meats such as pork, hare, rabbit and liver. If you visit enough times, you get to know which place you're at by the taste of the pate.

The Mayenne is the lovely river which flows through the mediaeval town of Laval, and on for forty-five miles to Angers. We spent the whole of Tuesday cruising on the river in two motor boats. We took a picnic lunch, and spent nine hours sauntering through seven locks, admiring the scenery and swimming in the river. In the evening, we were all entertained at the home of Georges Benoit 5th Dan, the professional coach of the Laval Club, and of the region of Mayenne. This was a very late night affair, with vast quantities of local lotion being administered and dispatched. It may have been purely coincidental that the Competition was to be the next evening, or even the same evening, depending upon how you looked at it!

Wednesday was a comparatively free day, with some time for some local shopping, and meeting of friends in the town. The Judo Competition commenced at 8-00 pm, and our team, consisting of Robert Williamson 5th Kyu, Andrew Lovelace 1st Dan, Dave Lovelace 3rd Dan, Tony Matthewman 1st Dan, Dave Feeney 2nd Dan and Ray Topple 5th Dan, lined up to administer punishment to their French adversaries. There were also several supporters present to witness punishment.

I am sorry to report that things did not go too well for our team, and we were sunk without trace, by five Ippons and a draw. We shall now fall back to consolidate, and under our usual banner, blame the refereeing!

The competition was followed by the Dinner, and at this we were much more successful, managing to flatten everything in sight. The competition referee had a fine singing voice, and entertained everyone most pleasantly. Upon sitting down, he asked me for my comments on his refereeing. Before I was able to compose a few words of constructive criticism to encourage the young man, my wife proceeded to tell him in no uncertain manner, that it would be reasonable to call matte when both competitors are strangling in the safety area!

Bastille Day came, and we spent the afternoon at a barbecue in the garden of Mr Maussion and his wife. Here we were regaled with barbecued beef, sufficient to last a week, by Chef Benoit and his aides. The evening provided the firework display, so beloved by the French for their National Day. Afterwards, we repaired to the home of Phillippe Ganneau to sample the delights of a Champagne Distributor's cellar. We drank only Champagne, and it was a delight. The first bottle opened was a Jeroboam, and I lost sight of the others after that. However, I was pleased not to be footing the bill for the soiree.

Our last day, Friday arrived, and everyone was invited for an outdoor lunch by the family of Jean-Yves Lory. This was the evening of the Farewell Dance, and the fare at the dance was the most simple meal of the week. For some reason it was called an English Plate. The band was good, and played a good cross-section of everything. It became rather warm, to say the least, but no-one was complaining if their partner was a little moist.

The departure time on Saturday morning was thankfully reasonable at 9-15 am, and we took our leave of our friends with much regret, and a lot of warm memories.

The week is now history, but I know that the resolve is there. To learn a little more of the language, to polish up the words of a few more songs — and sacre bleu! perhaps train a little harder. Who knows?

British Judo Association... Midland Area

MIDLAND AREA UNDER-18 BOYS

'CLUB TEAM' CHAMPIONSHIPS

SATURDAY 1st OCTOBER 1983

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

Closed to Midland Area clubs. This is a Three Star Tournament

Entry Fees **£7.50** per team, which is non returnable. B.J.A. Membership must be produced or a fine of £3.00 will be imposed. Competitors must be under 18 years of age on the day of Tournament. Should there be any doubt about age, proof must be available. Cheques made payable to: *B.J.A. Midlands Area*. Weighing in... Event One—9-00am to 9-30am. Events Two and Three—9-30am to 10-00am. Event Four—10-00am.

ARMLOCKS AND STRANGLES IN EVENT FOUR ONLY

CLUB _____ MANAGER _____

EVENT ONE

Up to 28 kilos _____
 28 to 31 kilos _____
 31 to 34 kilos _____

EVENT TWO

34 to 37 kilos _____
 37 to 41 kilos _____
 41 to 45 kilos _____

EVENT THREE

45 to 50 kilos _____
 50 to 55 kilos _____
 55 to 60 kilos _____

EVENT FOUR

60 to 65 kilos _____
 65 to 71 kilos _____
 Over 71 kilos _____

TEAM MEMBERS MUST BE FROM THE SAME CLUB

Closing Date for Entries... Tuesday 27th September 1983

To: Roland Lee, 7 Ash Grove, Wem, Shropshire. *(Strictly no telephone Entries acceptable).*

SPECTATORS... ADULTS **£1.00**, CHILDREN **50p**.



Vennesla Judoclub has been in Japan and filmed the 'Jigaro Kano Cup' International Judo Tournament in Judo's 100 Years Jubilee Year 1982.

VIDEO FILM — KANO CUP

- ★ A film with the best judo players from the whole world.
- ★ About 75 various throws and techniques.
- ★ The film is made to be used in training with Judoka who have a little experience already.
- ★ With among others, is the final competition between Y. Yamashita and H. Saito. Yamashita is five times world champion.
- ★ Filmed and edited by Fred Sharp.
- ★ All throws are shown in slow motion.
- ★ Physical help and manpower by the British Team and Judo Ltd, players in Japan 1982.
- ★ The Norwegian national trainer Tony Macconnell says: "This is the best judo on the video market today."
- ★ Technical judo advice and commentary by Tony Macconnell.
- ★ The film is being edited and produced by 'VTV VIDEO PRODUCTION' one of Norway's leading video studios. Guaranteed top quality.
- ★ Norwegian and English commentary.
- ★ The film can be ordered for all video systems which are on the market today. It will cost Nkr. 595,—.
- ★ Copyright Vennesla Judo Club 1982. Vennesla Judoklubb has sole world rights. Any infringement of these rights can be corrected by law.
- ★ Playing time about 2 hours.

— cut here —

To: VENNESLA JUDO CLUB, Post Box, 74, N-4701 Vennesla, Norway.

★ On sale about September 1983.

Please send me _____ video cassettes of the Jigaro Kano Cup Tournament 1982. I have enclosed a cheque for Nkr. _____

From—Name: _____ Club: _____

Address: _____ Signed: _____

Betamax

V.H.S.

Video 2000

Norwegian commentary

English commentary

STAR PRO FILE

BRITISH MASTERS
GOLD 1983.
HAPPOEL GAMES
SILVER.
BRITISH NATIONAL
CHAMPION 1983.



DENSIGN WHITE

At 21 years of age British International Densign White has hopefully still to reach his full potential both physically and as a judo International. Despite his youth Densign has been on the competition scene for many years as a member of the very successful Wolverhampton team and in fact he won the National Schoolboys title in 1977.

Since then he has collected a variety of medals but has missed out on major International titles which during the last couple of years as a result of an annoying back injury. In 1983 however Densign has showed again that he is on the road to European and World medals by taking the Silver in the Hapooel Games, winning the British Master's title in superb style and last month taking the British National title in Edinburgh.

His favourite standing techniques are Tai-toshi and Uchimata though he is skilful enough to make scores from any one of six or seven Tachiwaza. In Newaza he has the ability of all the Wolverhampton Internationals to more than hold his own and favours Sangaku and Juji-gatame. Although still a little light of the 86 kilo mark, Densign's training programme is taking care of that problem and despite a bad day at the 1983 trials seems to be the logical selection for the 1983 World Championships in Moscow where he could conceivably get amongst the medals.

Age...
21 years.
Club...
Wolverhampton
Coaches...
Mac Abbotts
Dave Brooks
Grade...
3rd Dan
Home Town...
Wolverhampton



STOP PRESS... THE BRITISH TEAM FOR THE WORLD CHAMPIONSHIPS HAS BEEN ANNOUNCED BY TEAM MANAGER COLIN McIVER, AND DENSIGN WHITE IS INDEED THE SELECTION AT 86 KILOS. 60 kilos—JOHN SWATMAN, 65 kilos—KERRITH BROWN, 71 kilos—CHRIS BOWLES, 78 kilos—NEIL ADAMS, Over 95 kilos—PAUL RADBURN. There is no selection at Under 95 kilos. Preview in October edition.



Top right... Densign White scoring with Ko-uchigari in the British Open.

Bottom sequence... Densign White with the throw that won him the British Master's title earlier this year against Michael Grant, Sweden.





**M
A
M**

British Judo Association...Midland Area

MENS INDIVIDUAL OPEN CHAMPIONSHIPS 1983

SATURDAY 19th NOVEMBER 1983

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

INFORMATION AND RULES... A licenced Three-Star Tournament. Points scoring for promotion purposes — Please bring your Points Card. The Entry Fee is £3.00 per Event, which is non-returnable. Membership licences must be produced when booking-in or a non-returnable fine of £6.00 will be imposed. Competitors may not change Weight Categories on the day of the Competition without payment of an additional entry fee. Cheques and Postal Orders should be made payable to B.J.A. Midlands Area. **Booking-in...** Events 1 to 7 — 9.00 am to 9-30 am, Events 8 to 13 — 1-00 pm. The booking-in periods *must* be adhered to. Anyone late booking in may be unable to fight. All other details as per the Tournament Handbook for a Three-Star Event. Closing date for entries Tuesday 15th November 1983.

CLUB.....

★ ★ **ENTRY FORM** ★ ★

EVENT ONE...

Up to and including 60 kilos

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

EVENT FIVE...

Over 78 kilos up to 86 kilos

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

EVENT NINE...

Under 21 Years Open

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

EVENT TWO...

Over 60 kilos up to 65 kilos

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

EVENT SIX...

Over 86 kilos up to 95 kilos

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

EVENT TEN...

Kyu Grade Novice to 7th Kyu

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

EVENT THREE...

Over 65 kilos up to 71 kilos

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

EVENT SEVEN...

Over 95 kilos

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

EVENT ELEVEN...

Kyu Grade 6th to 3rd Kyu

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

EVENT FOUR...

Over 71 kilos up to 78 kilos

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

EVENT EIGHT...

Over 35 Years Open

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

EVENT TWELVE...

Kyu Grade 2nd and 1st Kyu

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

Remember to enclose...

YOUR ENTRY FORM AND YOUR ENTRY FEE.

Entries to...

ROWLAND LEE

7 ASH GROVE, WEM, SHROPSHIRE SY4 5RW.

EVENT THIRTEEN...

Open

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

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