

MATSURU BUDO

champions choice



®



Official outfitters of many National Teams

Printed by Purbrook & Eyres Ltd., 20, St. James' Walk, London, EC1R 0AR

KARATE - AIKIDO - KENDO

JUDO

INCORPORATING BRITISH JUDO ASSOCIATION NEWSLETTER

Price 45p

December 1977



RECOMMENDED PUBLICATIONS

Prices subject to alteration without notice and subject to being unsold

Title	Author	Price: Packing & Post Paid U.K. Only
ALL ABOUT JUDO	G. R. Gleason	3.34
JUDO — BEGINNER TO BLACK BELT	E. Dominy	2.06
MANUAL OF JUDO	E. J. Harrison	1.61
JAPANESE JUDO CHAMPIONS	C. Thibault	1.90
JUDO — HOW TO BECOME A CHAMPION	J. Goodbody	3.30
JUDO — THE PRACTICAL WAY	D. White	2.10
KNOW THE GAME — KARATE	B.K.C.C.	.55
KARATE TEST TECHNIQUES	C. J. Mack	2.38
AIKIDO — A DIALOGUE OF MOVEMENT	J. Wilkinson	2.08
BASIC KARATE	I. Morris	.93
MANUAL OF KARATE	E. J. Harrison	2.26
KARATE — BEGINNER TO BLACK BELT	Plee	4.04
MODERN KARATE	S. Arneil & B. Dowler	3.80
TEACH YOURSELF JUDO	E. Dominy	.69
ENCYCLOPAEDIA OF SPORT (To 1959 only)		1.36
FAMOUS JUDO THROWS, Haraigoshi.	Ross & Sweeney	1.23
FAMOUS JUDO THROWS, Seoinage.	Sweeney & Goodger	1.23
MAGNIFICENT SAMURAI	Abelard	1.27
KUNG FU, revised.	Jakabs	2.20
THE WISDOM OF KUNG FU (soft back)	M. Minick	2.24
Ditto Ditto (hard back)	M. Minick	3.74
MOVING ZEN	C. W. Nicol	2.53
BODY BUILDING & SELF DEFENCE	M. Callum	2.03
THE COMPLETE BOOK OF KARATE & SELF DEFENCE	R. V. Masters	3.39
KARATE-DO	T. Suzuki	4.78
KUNG FU: THEORY & PRACTICE	P. H. Crompton	2.82
KARATE POWERS — THE BASIC KATAS	Kozuki	2.12
NEW MANUAL OF KUNG FU	P. Tang	2.27
THE COMPLETE 7 KATAS OF JUDO	Kawaishi	4.34
BRIAN JACKS: JUDO	B. Jacks	3.26
FIGHTING SPIRIT OF JAPAN	E. J. Harrison	4.99

JAPANESE PUBLICATIONS

ADVANCED KARATE	Oyama	12.86
AIKIDO	Uyeshiba	8.34
AIKIDO AND THE DYNAMIC SPHERE	Westbrook/Rath	8.51
AIKIDO IN DAILY LIFE	Tohei	4.19
BASIC KARATE KATAS	Kanazawa/Rogers	4.15
BASIC KARATE KATAS Vol. 2	Smith	2.63
BLACK BELT KARATE	Roth	14.61
BOYS KARATE	Oyama	2.14
CHINA FOUR MINUTE EXERCISE	Howell	.89
CLASSICAL BUJUTSU Vol. 1	Draeger	4.65
CLASSICAL BUDO Vol. 2	Draeger	6.54
COMPETITION KARATE	Valera	1.20

THIS MONTH'S FRONT COVER

Alex Ives of the London Area resists a determined attack by Bertil Strom of Sweden, during the recent Coventry international.

Photograph by David Finch

Title	Author	Price: Packing & Post Paid U.K. Only
FUNDAMENTAL KENDO	Japan Kendo Federation	6.92
HAND IS MY SWORD	Trias	4.62
ILLUSTRATED KODOKAN JUDO	Kodansha	20.81
JUDO AND AIKIDO	Tomiki	4.49
JUDO AND SELF DEFENCE FOR THE YOUNG ADULT	LeBell	1.49
JUDO FOR THE GENTLE WOMAN	Gardner	2.06
JUDO IN ACTION, GRAPPLING TECHNIQUES	Kudo	2.59
JUDO IN ACTION, THROWING TECHNIQUES	Kudo	2.59
KANKUDAI KATA	Kanazawa	1.51
KARATE: ART OF EMPTY HAND FIGHTING	Nishiyama	7.91
KARATE DEFENCE & ATTACK	Enoda/Chisholm	2.75
KARATE DOJO	Urban	2.93
KARATE HISTORY AND TRADITIONS	Haines	2.89
KOREAN KARATE	Cho	7.61
MASTERING KARATE	Oyama	3.90
MODERN BUJUTSU & BUDO, Vol. 3	Draeger	7.51
PAK-MEI KUNG FU	Un.	3.23
PRACTICAL KARATE 1, FUNDAMENTALS	Nakayama & Draeger	2.68
PRACTICAL KARATE 2, UNARMED ASSAILANT	Nakayama & Draeger	2.68
PRACTICAL KARATE 3, MULTIPLE ASSAILANTS	Nakayama & Draeger	2.68
PRACTICAL KARATE 4, ARMED ASSAILANT	Nakayama & Draeger	2.68
PRACTICAL KARATE 5, FOR WOMEN	Nakayama & Draeger	2.68
PRACTICAL KARATE 6, SPECIAL SITUATIONS	Nakayama & Draeger	2.68
PRAYING MANTIS KUNG FU	Un.	3.26
SAMURAI SWORD	Yumoto	4.89
SECRET FIGHTING ARTS OF THE WORLD	Gilbey	3.80
SECRETS OF JUDO	Watanabe	5.56
SECRETS OF THE SAMURAI	Ratti & Westbrook	14.61
SECRETS OF SHAO LIN TEMPLE BOXING	Smith	3.66
SELF DEFENCE SIMPLIFIED IN PICTURES	Hepler	1.70
SHORINJI KEMPO	So	10.61
SHOTO-KAN KARATE	Ventresca	5.79
SPIKE & CHAIN	Gruzanski	2.86
SPORT OF JUDO	Kobayashi	3.45
SUMO: SPORT AND TRADITIONS	Sargeant	1.50
T'AI CHI	Cheng Man Ch'ing & Smith	6.04
TECHNIQUES OF JUDO	Takagaki/Sharp	4.94
THIS IS AIKIDO (Revised Edition)	Tohei	13.86
THIS IS KENDO	Sasamori	5.15
TRADITIONAL AIKIDO, Vol. 1 Basic Techniques	Saito	8.65
TRADITIONAL AIKIDO, Vol. 2 Advanced Techniques	Saito	8.65
TRADITIONAL AIKIDO, Vol. 3 Applied Techniques	Saito	8.65
TRADITIONAL AIKIDO, Vol. 4 Vital Techniques	Saito	8.65
VITAL KARATE	Oyama	2.61
VITAL JUDO	Okano	8.94
WAY OF KARATE	Mattson	5.62
WEAPONS AND FIGHTING ARTS OF THE INDONESIAN ARCHPELAGO	Draeger	7.11
WHAT IS AIKIDO?	Tohei	2.61
WHAT IS SHORINJI KEMPO?	So	2.07
WING CHUN KUNG FU	Wong/Clausnitzer	2.61
WHAT IS KARATE?	Oyama	10.51

JUDO
LIMITED

28, HIGH STREET, TOOTING, LONDON, S.W.17

Callers by appointment only — phone 01 - 672 6545

JUDO MATS WANTED

Suffolk Police Cadets
Require

SECOND HAND TATAMI

WILL COLLECT

Price and Details to
P.C. 669 BAILEY
Cadet Training Dept.

TELEPHONE

KESGRAVE 4848
EXT 3257

SMALL ADVERTISEMENTS

Private advertisements, 5p. per word, Minimum 50p. Commercial rates double. Add 5p. extra for box number. Address: JUDO Ltd., 28 High Street, Tooting, London, S.W.17.

THREE Japanese Tatami for sale, very good condition. 6ft. x 3ft. each £60. Phone: Chertsey 60857.

BARGAIN Judo Canvas for sale, good condition; 24 x 36. £50. Telephone Chertsey 60857.

PORTABLE Crash Mat for sale, good condition; 6ft. x 4ft. Telephone Chertsey 60857.

*The Editors and Staff
of Judo
Wish all their readers
The Compliments of
the Season*

JUDO

DECEMBER 1977
VOL. XV No. 3

Published by JUDO LIMITED, 28, HIGH STREET, TOOTING, LONDON, S.W.17

CONTENTS

BRITISH WOMEN LOSE OUT ON MEDALS	...	2
CLUB FORUM	...	6
ROCHDALE JUDO CLUB	...	10
ROYAL MARINES HOST YOUTH TOURNAMENT		13
B.J.A. NEWSLETTER SUPPLEMENT	...	15
REFEREEING	...	20
AREA NEWS	...	24
IN AND AROUND THE DOJO	...	26
BRITISH AIKIDO ASSOCIATION	...	28
PSYCHOLOGY AND JUDO — PART 5	...	30
DAVID WHITE COMMENTS	...	34
JUDO EQUIPMENT	...	36

Editorial:

G. A. Edwards, A.C.I.S., F.S.C.A. Roland Gross Tony Reay, 4th Dan
John Goodbody, 2nd Dan Richard Williams, B.Sc.

Offices/Circulation & Advertising: Telephone: 01-672 6545

Production: Roland Gross Telephone: 01-253 4565

Subscription Rates £5.40 per annum post free

BRITISH WOMEN LOSE OUT ON MEDALS

Report by **Tony Reay**

Photograph by **David Finch**

At the Third European Championships for Women held at Arlon in South-East Belgium on the weekend of 1st and 2nd October, British women suffered their first humiliation when they were unable to get anywhere in the medals table. Pre-

viously in women's international competition Britain's women had always made an impression on the international scene and only a short time ago were considered to be the best. A momentary set-back was ruled out when just a few weeks



Under 52 kg category medalists: Gold. L. Lewis, 1st Dan, USA Silver. E. Hrobat, 3rd Dan, Austria; Bronze. L. Richardson, 1st Dan, USA; C. Armsirong, 1st Dan, G.B.



Under 56 kg category medalists: Gold. D. Netherwood 1st Dan, G.B. Silver. H. Reiter, 1st Kyu, Austria; Bronze. V. Van Der Meulen 2nd Dan, Netherlands G. Winklbaue, 3rd Dan, Austria.

later, on their home ground, only one of the eight titles could be won by a British player.

This decline has been dramatic. Most of us expected stronger opposition to come in the next few years and with the retirement of some of our top women last year the going was expected to get rough. But the men have suffered the same setbacks yet they are still keeping the flag flying — what is really the problem? No doubt there will be many theories put forward and there will be much rendering of hair and gnashing of teeth over the next few months.

Although this should not be put down as an excuse, bad luck certainly travelled with the team this year. Last year's Under 48kgs European Champion Jane Bridge had only weeks earlier suffered a serious

arm injury putting her out of this event and the British Open which was held on the 22nd of the same month.

Medal table	Gold	Silv.	Br.	Tot.
W. Germany	5	0	5	10
France	2	1	5	8
Austria	1	3	0	4
Belgium	0	1	2	3
Italy	0	1	1	2
Sweden	0	1	1	2
Spain	0	1	0	1
Holland	0	0	2	2

In the British Open Championships for Women it was the Americans who made the greatest impact, smashing their way through to win an incredible five titles. The Judo generally throughout the day was not as impressive as last year and was very physical. Of the 149 entries only 68 were from home. The results were as follows:



Open category medalists: Gold. M. Cestro, 1st Dan, USA; Silver. B. Classen, 1st Kyu, West Germany; Bronze. H. Ford, 3rd Dan, G.B.; M. Schmutzer, 1st Kyu, Austria.

Under 48 kgs

1. J. Hominga, 3rd Dan, Netherlands; 2. A. Lof, 1st Dan, Sweden; 3. B. Ooserling, 3rd Dan, Netherlands; T. Takahashi, 1st Dan, Canada.

Under 52 kgs

1. L. Lewis, 1st Dan, U.S.A.; 2. E. Hrovat, 3rd Dan, Austria; 3. L. Richardson, 1st Dan, U.S.A.; C. Armstrong, 1st Dan, Great Britain.

Under 56 kgs

1. D. Netherwood, 1st Dan, Great Britain; 2. H. Reiter, 1st Kyu, Austria; 3. V. Van Der Meulen, 2nd Dan, Netherlands; G. Winklbauer, 3rd Dan, Austria.

Under 61 kgs

1. I. Berg, 1st Dan, West Germany; 2. M. Boileau, 2nd Dan, Canada; 3. Y. Vringer, 2nd Dan, Netherlands; S. Manderson, 1st Dan, New Zealand.

Under 66 kgs

1. D. Brodie, 1st Kyu, U.S.A.; 2. K. Köfmeul, 1st Dan, Switzerland; 3. B. Korte, 3rd Dan, U.S.A.; M. Bennett, 2nd Dan, Great Britain.

Under 72 kgs

1. A. Kublin, 1st Kyu, U.S.A.; 2. S. Gribben, 1st Dan, Canada; 3. B. Classen, 1st Kyu, West Germany; B. Stamm, 2nd Dan, U.S.A.

Over 72 kgs

1. B. Fest, 1st Kyu, U.S.A.; 2. C. Kielburg, 2nd Dan, West Germany; 3. M. Braziel, 1st Dan, U.S.A.; M. Castro, 1st Dan, U.S.A.

Open category

1. M. Castro, 1st Dan, U.S.A.; 2. B. Classen, 1st Kyu, West Germany; 3. H. Ford, 3rd Dan, Great Britain; M. Schmutzer, 1st Kyu, Austria.

Once again the British Open Championships for Women proved to be a very popular event to overseas competitors and it was good to see New Zealand represented for the first time. Claire Hargrave, National Women's Technical Director of the New Zealand Judo Federation had reason to be proud of her small contingent of three, Sandra Manderson, 1st Dan; Diane Ramsay, 1st Kyu and Mary O'Rourke, 1st Kyu. They fought well with Sandra winning a medal.

Each year the Americans have been progressing steadily in these championships and this is their best year yet. I asked Phil Porter, Chairman of the National Coaching Staff of the United States Judo Association, the reasons for this tremendous success. "There are about a dozen good coaches in America, who themselves were good competitors for the most part. That is not vastly important, they knew what competition was however". Phil went on to give an example of one of their coaches, "Let's take a fellow, Jimmy Page of Bost, (Mass.), who is an American international, is a great coach and has himself produced many, many national champions, men, boys, girls and women, he has sent four girls to these championships three of which have won gold and the fourth, sixteen-year-old Pam Adams just losing on the decision to the eventual gold medal winner. He is a very fine coach but he has no chance whatsoever of ever coaching the American men.

For the most part, these people, and I'm included in this bracket although I made thirty national junior champions in three years in my club—we stand no chance of being the American National Coach. The political situation is such that I would never be given that job.

Ben Campbell is a good example. Mr. All-America—he has produced a national high-school, junior, collegiate—all kinds of champions in five years from his club. He took the United States team to the Pan-American Championships in 1971 and won more international medals than the United States had ever won before. "With this kind of record behind me how can they refuse to give me the Olympic coaching job for 1972?" Ben said to me. The job was given to a fellow who had never produced a national champion. So you see this is the situation we now face in America. O.K., so therefore these dozen or so coaches have been thrown into the position of coaching women—and they've done a damn good job at it. In essence that's one reason. Another reason is a social reason. It is not socially bad in America for men and women to practice at the same club at the same time. It may be in other countries, but our women work with men and therefore they get to be damn good."

Well! Perhaps our women will not feel so bad after reading that but I think it does point to the fact that the great amount of experience we have on the men's side could have been used correctly and to our advantage. Nearly every women official I have heard over the last few years seems to have been obsessed with the women's squad and the top competitors only. In my opinion, they have done very little to encourage girls to take up Judo, this they seem to have left to other people to do. Is it now too late?

CLUB FORUM

THE BUDOKWAI — *From Malcolm Hopkinson*: — The Club's judo teaching panel now consists of Charles Palmer 7th Dan, Syd Hoare 5th Dan, Tony Sweeney 5th Dan, Malcolm Hopkinson 4th Dan, John Hindley 3rd Dan, Kevin Crickmar 3rd Dan and two very capable members of the present British Team, Ray Neenan 3rd Dan and Neil Adams 3rd Dan. Junior sessions are handled by Dicky Marcroft 2nd Dan, John Anderson 3rd Dan is in control of the Karate Section and John Cornish 3rd Dan runs the Aikido. Sophie Hoare has a lunchtime class in Yoga and Keep Fit.

Following the appointment of a Contest & Promotions Officer earlier this year, The Budokwai has organised judo matches with the Tokai J.C. in July, the Metropolitan Police Team in August, Uster J.C. of Switzerland in September and the Mid Sussex J.C. in October. Obviously popular and beneficial to all the contestants in the teams, we intend to have more monthly matches both at home and away. At the All England Championships organised by John Higgins at Harrow Leisure Centre on October 1st, 21 Budokwai members were participating and a remarkable 9 medals were brought home to the Club. 4 Gold, 3 Silver and 2 Bronze. Our congratulations go to U60 Tony Wade (Gold) Martin Marcroft (Silver) U71 Neil Adams U78 Vass Morrison (Gold) Chris Bowles (Silver) Bill Ward (Bronze) U86 Brian Jacks (Gold) U95 Alex Ives (Silver) Peter Edwards (Bronze). In support of the British Team at the Multi Nations in Paris to be held 21st January 1978, the Club is planning to sponsor a tour for members. An invitation has been received from

the Dansk Judo Union and we are selecting a team of 10 members for this trip to Denmark scheduled for February 1978.

Visitors from abroad have included Patrick Rychkoff, the French ex International Heavyweight and Angelo Parisi, this year's European gold medallist in the Open category. Australian Light Heavyweight champion, Mark Carew 2nd Dan stayed at The Club for 5 weeks. A pupil of Bill Broadhead, the Australian Heavyweight Champion, Mark promised to keep in touch with his friends at The Budokwai. Also from Australia, Lou Sholer and John Buckley, ex Japan trained with their own clubs in Sydney and Brisbane. From Canada we welcome Peter Edwards 2nd Dan and Jim Whatmore 1st Kyu. Currently training with us 6 days a week is Dave Gutmann 1st Dan USA. Phil Porter, Chairman National U.S. Coaching Staff along with Bob Dickey brought their U.S.A. Womens Team to The Club for randori prior to the Womens Championships at Crystal Palace.

Neil Adams and Chris Bowles have just nicely returned from the Junior European Championships in Berlin, each with a Gold medal in his weight group. Neil in the under 71 kilos and Chris in the under 78 kilo category. Neil is well established as a British Team medal winner, in May he won a Bronze at the Senior Europeans in Ludwigs-hafen, but now we have Chris Bowles who after several years of hard training has finally achieved this success, and we are very proud for him.

Next Promotion Examination dates for 1978 are as follows: 8th January, 1 Kyu/Dan Grades, 15th

January, Beginners/Kyu Grades up to 2nd Kyu Brown Belt. Contestants please book in at 2.30 p.m. with up to date BJA licence.

We are now producing a Budokwai Newsletter on a monthly issue basis with details of session times and activities within The Club. If anyone would like a copy please send s.a.e. to The Budokwai, 4 Gilston Road, London S.W.10. Further information can be obtained by telephoning the Manager, Reg Oliver on 01-370 1000.

MEADOWBANK JUDO CLUB—*from R. Kenney*: — This year's Meadowbank Open Championships took place on 8th October and it saw the highest standard of judo for many a year. Competition was keen in every weight category, with some of the well known players winning through to a gold medal, but with others perishing in the early rounds. This year's winners were as follows:—

Junior

U/30 kgs: C. Finney, S.K.K.; U/35 kgs: K. McDonald, Wigan; U/40 kgs: M. Downes, Wolverhampton; U/45 kgs: T. King, Tokai; U/50 kgs: J. Swatman, Wolverhampton; U/55 kgs: R. Bradley, Ryecroft; U/60 kgs: T. Brindle, Kodokai; U/65 kgs: D. White, Kodokai; U/70 kgs: W. Massey, S.K.K.

Espoir

U/58 kgs: P. Cassidy, Kilmarnock; U/65 kgs: K. Harrison, Seishim Walls; U/75 kgs: R. Armstrong, Bracknell.

We would like to extend our appreciation and thanks to all the Officials and Referees for their services during the Open Championships.

On the Sunday following the Open, Neil and Chris Adams were the guest instructors at an open coaching clinic organised by the club, which was well attended.

The Meadowbank senior team were successful this year in winning the Kawamura Trophy (Scottish

Club Championships) in a very close final against Hamilton, whilst the junior team, coached by Messrs. Bull and O'Donnell won the Colquhoun Trophy (Junior Club Championships).

Finally, Richard Kenney was selected to represent Great Britain in the U/60 kgs. category in the German Open Championships.

HUDDERSFIELD JUDO CLUB—*Jon Barry Coldwell writes*: — It is a number of years since any news from the Huddersfield Club filtered through to this column; this is not due to any lack of activity within the club but to a singular lack of communicative ability on the part of the officials.

The Huddersfield Club was established in 1947 and has been one of the leading Yorkshire clubs for many years now, many of the older members of the B.J.A. will remember Len Booth, a winner of the Goldberg Vass trophy a few years ago—more recently Richard Baraclough started his career at Huddersfield; both Len and Richard still have links with the club I am glad to report.

The tradition of producing players interested in competition has continued and recently we have seen Seth Birch and Jack Nixon join the National squads and win International honours. The Women, too, are well represented, Dawn Netherwood was the only British competitor to win a Gold at last month's British Open and Ann Marie Johnson is also a member of the National Squad. I am pleased to report that two members of the club, Jack Nixon and Stephen Hitchen have been selected to represent Great Britain at the Junior European Championships in Berlin.

On the Junior front, Michael Pearson and Nigel Smith were selected to represent the Area at the recent Northern training session taken by Tony Macconnell and Dave Starbrook at R.A.F. Sealand, both

lads will be competing in the national schoolboy championships at Crystal Palace later this month.

The Club hosted the recent Senior Coaches Course which attracted some 30 coaches from all parts of the country. Recent visiting instructors have included David Starbrook, Brian Jacks and on 25th November Tony Macconnell. We are hoping to include Roy Inman later in the year.

The firm policy of the club coaches Jeff Beaumont and Barry Coldwell is to link the type of training given at National level to that given in the club. Anyone is welcome as a visitor and whilst we cannot claim to equal the larger London clubs in depth of practice we can offer at least a good pull for anyone followed by a drink in the centre bar.

The Huddersfield Club is alive and well.

BEXLEY JUDOKWAI — from Alan Roberts: — Club activities are going from strength to strength in the closing months of the year. Seven junior members gained selection for the National Junior Championships. They are Stephen Steele, Anthony Goodrich, Christopher Steele, John Powell, Ray Williams, Stuart Milburn and Douglas Naismith. Special praise to Ray Williams, who took part in the Southern Trials only five weeks after breaking his arm!

Four club Espoirs have been selected by the Southern Area, at Under 21 level, for an Inter Area Tournament at Plymouth. These lads, Stewart Williams, Mark Woolcombe, Douglas Naismith and Andrew Morton have certainly worked hard, deserve this selection, and are names to look for in future Senior events. Club mate Mark Robertson was selected as part of the Under 16 National Team for the recent match against Belgium, at Coventry.

"Veteran" member, 18-year-old Stuart Smith has been selected, along with Stewart Williams, to travel to the U.S.A. next March, as part of an Area Senior team. This is a real break for these lads, who have given so much of their time to our sport over several years.

On Sunday, 16th October, the club was host to an Area Under 16 Squad Session. This was a real success, with over 40 youngsters attending for the day, under instruction from Dick Marcroft and Alan Roberts, Southern Area Under 16 Squad Trainers.

Any individuals wishing to visit, or clubs wanting visits/matches are most welcome. Please contact Alan Roberts at 19 Vickers Road, Erith, Kent.

TOKEI JUDO KWAI—Doug Marks writes:—October has been a busy and exciting month with something interesting happening almost daily. The club's youngsters enjoyed considerable success in the London trials winning 15 medals from 23 entries, six gold, five silver and four bronze, almost doubling our previous effort of 8 medals.

Six of our youngsters were selected later in the month to represent London at R.A.F. Sealand for National squad training where Toby Prescott was awarded his long overdue international place. Toby has since fully justified the confidence shown in him by winning both his contests against Scotland and Wales. Well done Toby, we knew you could do it.

While the more experienced youngsters were squad training some of the lower grades took part in a film made by the Sports Council in the local park. I can't remember ever seeing such brilliant white judogas or such smartly brushed hair before.

On Monday, the 24th, Roy Inman called in with a really first class team of youngsters from the Fairholm

Judo Club, some of them even managed to give the seniors something to think about.

As expected the 26 new G-mats arrived making a total of 84 in all, this, we feel makes us the proud owners of one of the finest permanent mat areas in the country.

On the last Sunday of the month we had the pleasure of playing host to the London Schoolboy squad, which attracted around 40 boys. I am sure all the lads enjoyed the session as much as we enjoyed seeing them.

To round off the month we entertained the Taiwan national team on the following day and enjoyed a very exciting team match which resulted in a 6-4 win for Tokei.

RENSHUDEN JUDO ACADEMY—David Poole writes:—Over 40 youngsters between the ages of 9 and 14 years have already joined the junior classes held on Monday, Wednesday and Friday evenings between 6 and 7 p.m. These sessions are becoming very popular and it is good to see the enthusiasm displayed at the classes.

Club visits seem to be gaining in popularity these days too. One such visit was from Richard Gledhill who brought about a dozen of his best lads from the Ernest Bevin School in South London. All the boys gave a

good account of themselves. The school has already had a hand in the making of one top international player in the form of Vass Morrison.

The first in a series of championships at the Renshuden, for three men teams, is the "Jim Edwards Kyu Grade Team Championships" to be held on Saturday, 14th January, at 10 a.m. The event will be divided into two divisions, one for 1st Kyu to 5th Kyu and the other 6th Kyu down. Medals will be presented and the entry fee will be £1.00.

The second in the series of Renshuden championships is the "Paul Eales 1st Dan Championships" to be held on Sunday, 29th January, at 10 a.m. Medals will be presented and the entry fee will be £1.00.

Clubs or teams interested in either of these championships should apply to: The Manager, Renshuden Judo Academy, Albany Street, London N.W.1. Telephone: 01-387 8611.

HARRY BOON RETIRES: The Renshuden Judo Academy wish to express their appreciation and thanks for the loyal services of Harry Boon over the last five years. Harry has been an instructor and club secretary during this time but has been forced to retire through ill health.

A presentation will be made to Harry on 2nd December.

To JUDO LTD., 28 High Street, Tooting, London, S.W.17

Please send me JUDO every month, for which I enclose remittance for £5.40 for twelve issues post paid

„ £2.70 „ six „ „ „

Commence with.....issue.

Name.....

Address.....

RENEWAL/NEW SUBSCRIPTION (Delete which not applicable).

ADVERTISE IN JUDO — Telephone : 01-672 6545

ROCHDALE JUDO CLUB SHOWS THE WAY

Clubs in cramped ill-equipped buildings, that perhaps seem to stifle everything except enthusiasm, can possibly learn a lot from the example and initiative of the lads and lasses of Lancashire—Rochdale, to be precise.

They've had their share of hard times in the 27 years since their club was set up in humble surroundings above a garage, not far from the local gasworks.

There were no regrets, and justifiable pride when they marked two years of fund-raising, planning and plain hard work last July with the opening of a place to call their own.

Rochdale Judo Club now "lives" in a 60-foot by 24-foot light and airy home, with a two-mat area covering 1,000 square feet and separate changing rooms, showers and toilets for lads and lasses.

It's all a far cry from the 30-foot by 15-foot "mat" of canvas over

sand and shaving that was all they had to start with back in 1950.

Rochdale was perhaps fortunate in one aspect of its do-it-yourself project. Its committee comprises a site engineer (First Dan and club chairman Brian Goldsmith); two maintenance engineers (Second Dan Warren Schofield and Second Kyu Sid King who is also club secretary); a building plant engineer (First Dan and treasurer, Frank Mills); a moulder (First Dan Maurice Clarke); a textile technician (First Kyu Dave Meadowcroft) and a security director (Third Kyu Mick Stockley).

There were some useful skills there, it's true, but enthusiasm and hard work were the most important qualifications for the job in hand.

For example, six men took a week's holiday from work together and spent it laying the concrete foundation slab to which the new club is anchored.



Tony Macconell throwing Maurice Clark at the opening ceremony of Rochdale Judo Club's new premises.

The "home that Rochdale Judo Club built" was a prefab structure that came on the market when it had outlived its usefulness as a school classroom. Frank Mills looked it over, did the haggling and paid a deposit.

The structure was transported to Frank's home, a Pennine farm at Littleborough, where it was stored under canvas—until it was paid for so that the club could qualify for a 50 per cent grant from the Sports Council.

Eighteen months earlier, the garage-top dojo in Howard Street, Rochdale, had been destroyed by fire. The club continued to function at St. Edmund's Church, half a mile away, until the local authority agreed to lease an old club-room over Rochdale market.

That was in September 1974—but within a year the market building was condemned under a compulsory purchase order to make way for the town-centre development.

In September 1975, the club went back to St. Edmund's—and Frank Mills began checking on the "Prefab for sale" ad.

By the time agreement was reached on the lease of a site at Norreys Street, near the town-centre, the dojo had moved again, this time to St. John's Church schoolroom, which virtually looks out on the entrance to the casualty department at Rochdale Infirmary—a "facility" that fortunately was rarely used!

But the way still was not clear. A legal hitch put the Norreys Street site out of reach and the search had to start again.

But that was the last hurdle. The site for the new headquarters, at Trafalgar Street, was settled and sealed and site work began on 18th September 1976, with Frank Mills levelling the ground to prepare the way for the foundation-laying.

Before the New Year came in, contracted bricklayers had built a three-foot-high foundation wall and internal floor-base to support the main structure; the 24-foot by 8-foot floor sections had been lifted in and the shell of the building erected.

The money to keep the work progressing was begged, borrowed and scraped together by every legal means the senior and junior sections could devise. There were sponsored slimming campaigns by the "heavies", jumble sales, kitchenware parties, raffles, a disco, a sponsored swim by the juniors—and a harder-than-ever drive to collect club "subs".

It all added up to enough to keep umpteen members hard at it throughout the winter weekends, and into the summer. A building sub-committee was set up, comprising Brian Goldsmith, Frank Mills and Sid King. The entire interior of the new dojo was fitted out by members—electric wiring, plaster boarding, floor-tiling, showers, plumbing, painting and internal fittings.

On Saturday, 9th July, the dojo was "thrown" open by Tony Macconell, with Rochdale's senior dan grade, Maurice Clark, taking the ceremonial fall. Macconell took over junior and senior coaching sessions during the day and was guest of honour at a buffet dance the same evening.

Rochdale welcomes Judo enthusiasts from nine years old up. Its 50-strong junior section takes over the mats on Tuesday and Fridays from 6.30 p.m. The seniors have the run of the place on Mondays and Wednesdays (8 p.m.), Saturdays (3 p.m.) and Sundays (noon). Thursday are taken up by beginners' courses—one for seniors has just ended and been superseded by another for junior beginners—and Saturday mornings by espoirs.

A club that was on its knees after the fire, three years ago, now enjoys

Continued on page 13



ROYAL MARINES HOST YOUTH TOURNAMENT

By PETER BROWN

Following hard on the heels of the very successful GB Olympic Judo Squad training week in September, when the squad trained at 40 Commando RM and lived in Stonehouse Barracks, Plymouth, a Youth Tournament was recently held at the same venue, on 22nd October. This was organised by C.Sgt. Peter Brown (2nd Dan), who is the Commando Physical Training Instructor and a B.J.A. National Coach.

The teams were in the seven E.J.U. weight categories and consisted of players between 15-21 years. The main aim was to give this group competitive experience, and to prepare them for senior involvement. The teams that took part were: Royal Marines, Royal Navy, The West, and the South A and B teams. Wales and Brittany had also planned to enter, but were unable to attend at the last minute. Officials were provided by the referees of the R.M.J.A.

The teams fought every other team which resulted in some 3½ hours of hard fighting. The climate was excellent for the hard and

spirited Judo that was maintained throughout.

The results of the tournament were much as expected, with the South emerging as clear winners. The results won as follows:— 1st. South A (4 team wins); 2nd. West (3 team wins); 3rd. South B (2 team wins); 4th Royal Navy (1 team win); 5th Royal Marines (0 team wins).

The poor showing of the host team does not reflect their great display of spirit and determination, but with some choice players on active service in Northern Ireland and others under Commando training they contrasted with the South team who had their teams depleted by National Squad training. An individual trophy for the Best Stylist was won by Eddie Hughes who showed outstanding skill and ability.

A theory course was held on Sunday morning following the tournament under Cliff Baker-Brown (4th Dan) National Coach, Ralph Woodhams (3rd Dan) and Peter Brown (2nd Dan) National Coach, which benefitted the players considerably. Having had a most successful weekend it is intended to host an even larger invitation tournament early next year.

Opposite: The G.B. Olympic Judo Squad pictured during the training week held at 40 Commando RM, Plymouth.

ROCHDALE JUDO CLUB *Continued from page 11*

better facilities than ever before. It's not the biggest in the country, but it is very possibly the proudest.

It acknowledges its debt to all who helped in the venture—not least the Sports Council and the Lancashire Playing Fields Association — and

hopes its own experience and ultimate success may help to motivate others with little more than enthusiasm behind them.

Enthusiasm can't be as easily acquired as practically everything else that's needed.

A Merry Christmas to all Judoka
FROM
BRIAN JACKS 6th DAN

and a tremendous Easter at my first
RESIDENTIAL EASTER SCHOOL

27th—31st MARCH 1978
SPENNYMORE RECREATION CENTRE
SPENNYMORE : CO. DURHAM

Male from 11 years, Female from 16 years. All grades

COACHING · ACCOMMODATION · FULL BOARD
TOTAL COST £35.00

NON RESIDENTIAL :

Any Grade Male or Female over 16 years £12 per week
Any Grade, Boys or Girls, from 11 years. to 16th Birthday, £8 per week

FOR DETAILS S.A.E. TO

Brian Jacks, Easter School, North Lodge, New Farm Drive, Abridge Essex
Telephone : Theydon Bois 3088

STANDARD JUDO OUTFITS

As we are now concentrating on Japanese style Outfits we propose selling-off our stock of ordinary outfits, and the following are now available. This offer will not be repeated.

Heavyweight pattern, medium size only. £8.00

Standard " Sizes 160, 170, 180,
190, & 200. £7.00

" " second quality.
medium & large only. £4.50

Coloured Belts .90.

Carriage: 1 outfit .90; 2 outfits 1.40; 3 or more free.

JUDO 28, HIGH STREET, TOOTING, LONDON, S.W.17
LIMITED Telephone: 01-672 6545



THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By TONY REAY

On Monday, 31st October, the new Management Committee elected by a postal vote of all Member Clubs, held its first meeting. This meeting was held in a CCPR office adjacent to the British Judo Association Offices. The main business of the day was sorting out and forming the new sub-committees in line with the new Association Constitution. The names of the new Management Committee and the ballot results were published in the last issue of the Newsletter Supplement. At their first meeting the sub-committees they decided upon to serve the Management Committee are as follows:

FINANCE SUB-COMMITTEE

MR. JOHN PERRINS
MR. IAN MCCALLUM
MR. DAVID GWILLAM

The Chairman of this committee is John Perrins of Wales who has represented his country for many years both as an Area official and as Representative to the old Executive Committee. John has done much to

consolidate and unify Judo throughout Wales within the framework of the British Judo Association. John Bricknell has agreed to stay on for a while to assist with Association finances as "Financial Advisor". Ian McCallum resides in Surrey and David Gwillam hails from Worcester and in their local spheres have both had experience of financial management.

COMPETITIONS SUB-COMMITTEE

MR. IAN MCCALLUM
MISS ELLEN COBB
MR. JOE EKINS
MR. BRIAN REGAN

As can be seen Ian McCallum serves a dual role across two sub-committees, he also is Chairman of this committee. Miss Ellen Cobb is a new and welcome addition to national administration. Apart from her glorious competition record her vast experience over the last ten years in Judo at Club, Area and National level Ellen has contributed considerably to

the development of the Young Women's Squad and her remarkable organisation abilities have produced many a successful event involving the young women. Apart from being the central figure in the formation of the Young Women's Squad, she has in between these duties and her own training been one of the leading figures in the construction and the general build-up of membership, of her local club the Guildford Judo Club. Indeed as one club official once said to me "... she practically built the entire structure herself." Obviously she had help from other club stalwarts, but it says much for her drive and influence on people around her. There were never really any serious complaints about the old Competitions Sub-Committee, they always worked effectively and efficiently and the standard of our national events attests to this. It is therefore not surprising that two leading figures from the old committee have been re-appointed, Joe Ekins and Brian Regan. Midlands Area encompasses more Counties than does any Area and throughout the history of the Association Midlands people have contributed greatly to the national organisation, both Joe and Bryan are leading Midlands Area officials and their continued service to Association matters will be most welcome.

REFEREEING SUB-COMMITTEE

MR. RAYMOND T. MITCHELL
MR. WILLIAM THOMSON
MR. R. GORDON MORTIMER
MR. ERNIE WILKIN
MR. RAYMOND TOPPLE
MRS. MARION WOODARD

With the exception of Marion Woodard all are qualified European Judo Union referees and all are well known figures at national and international events. Ray Mitchell did much solid work for the Army Judo Association during his service. Willie Thomson likewise for Scotland particularly in the Western regions.

Gordon Mortimer is a very popular referee with members generally and he is one of the "Four Just Men" who have in the space of a few years made Tokei Judo Club one of the foremost clubs in London. Ernie Wilkin did much of the spade work on the old committee organising British referees for every national and international event that came along. As a side interest he has designed and produced a series of excellent pictorial kata books. Ray Topple is another Midlander who has done so much both for his Area and the national Association. Marion Woodard is a new addition to this committee, no doubt her hard work in the short time she served on the Women's Sub-Committee has not gone unnoticed.

PROMOTIONS SUB-COMMITTEE

MR. ROY INMAN
DR. PHYLLIS ELLIOTT
MISS CHRISTINE CHILD

The main function of this Sub-Committee is to check every Dan grade promotion application and see to it that the correct procedure has been observed. Roy Inman, a British International competitor until recently is the Chairman of this group. A policy of the new Management Committee has been not to appoint part-time or full-time employed officers of the Association on any of these committees, however it is obvious that the National Dan Grade Registrar must be involved with this panel as she processes all applications and results. The job has now become so great that Miss Elliott is now a part-time employee of the Association and she serves on this panel as "Officer of the Committee". Having indicated that I felt I myself had served long enough on this panel my place has been taken by Miss Christine Child. Christine Child has been our most successful female competitor having won during her contest career medals constantly both at home and abroad. Added to this vast contest experience

is the information she acquired of the workings of the Association whilst she was employed for a few years at Head Office—such experience is going to be vitally important for the future of the Association.

TRAINING SUB-COMMITTEE

MR. SIDNEY HOARE
MR. PETER BARNETT
MR. ROY INMAN
MISS ELIZABETH VINEY

A new sub-committee but one that is needed very much. Sid Hoare, ex-British International and Olympic Representative, trained in Japan for four years and holds a University of London degree for oriental languages. Sid has written a number of books and a number of excellent articles on Judo. Trained originally by Trevor Leggett he holds strictly to the Judo principles and traditions, Sid, nevertheless, is very much an "ideas" man and this sub-committee is already at work on new ideas for the Association. Certainly Peter Barnett, the Association's leading coaching philosopher will be a tremendous asset. The younger Roy Inman whose rise to high grade level has been dramatic and who has done so much work within his Area will also be a very valuable member of this committee. Liz Viney, a leading light in women's Judo for many years will also have much to contribute to this sub-committee.

Sitting on each sub-committee is a member of the elected Management Committee and it is hoped that by such a system greater cohesion between the main governing Management Committee and the sub-committees will be cultivated. It will take a few meetings of both the Management Committee and the sub-committees to settle in to the new system but it is envisaged that all committees will be working committees, certainly more so than they have been in the past. Changing and up-dating a structure such as we have seen this year can be a good thing but really any structure is only

as good as the people who are involved—those that have been elected by us and those who have been appointed by those we have elected. My first reaction is that of concern that perhaps there is too much work for some of those people we have elected, some are in danger of being overstretched, I do know that the work that is involved can be very strenuous. It is up to us—the members—to assist and give them every support possible in the coming months. That is the only way that British Judo will progress.

Members will notice also that there is one sub-committee that no longer exists, the Women's sub-committee. However, there is now a senior woman official serving on each and every committee. We are after all an organisation of persons and we should all be working towards the common good of the Association—and not just one particular section. Divided we would flounder—united we hope to prosper.

UNCLAIMED PRIZES

There were two prizes which were not claimed from the raffle at the Women's British Open Championships on 22nd October. Will the holders of ticket numbers 0282 and 0500 please contact B.J.A. Head Office.

IMPORTANT CORRECTION

It seems the Printer's Devil has been at work again. In the last issue (October/November) under the heading "GENERAL INFORMATION FOR ALL NATIONAL INDIVIDUAL EVENTS" an important sub-heading has been missed out in the final printing. On page 19 in the left-hand column, please insert the sub-title "GIRLS (13-15 years)" just before the words "Pools—all contests will be of THREE minutes' duration".

FUND RAISING

A popular way of raising money towards sending the British judo

team to the Olympic Games is the annual Olympic Appeal Trophy contests staged at R.A.F. Sealand, near Chester.

The 1978 event is on Sunday, 26th February. Entry fee is £2 and booking in at 10 a.m.

All profits will go to the Olympic Judo Squad and trophies will be awarded to the first four in each of the following categories:

Beginner to 6th kyu; 5th kyu to 2nd kyu; first kyu only; open Dan grades.

It will be a points scoring event and full details are available from: R. A. F. Sealand Judo Club, Sealand, Near Chester, Cheshire.

A CALL FOR IDEAS

The new Training Sub-Committee has already set to work and at their first meeting they dealt with many ideas. Among many other things they are undertaking a revision of the Coaching Award Scheme along with all other relevant technical aspects of the Association.

Members are invited to send comments on the old Coaching Scheme and suggestions for a new improved version would be wel-

comed by the end of January, 1978. Aspects that the Training Sub-Committee feel needs special attention include the coaching of juniors and also the presentation of Judo at a recreational (non-competitive) club level. Other areas which individuals might care to concern themselves with are the modern analysis of throws and teaching theory in Judo. Comments on the teaching of Judo covering the whole range from traditional Judo and modern Judo will be most welcome. Please address your comments and suggestions to the Chairman of the Training Sub-Committee, British Judo Association, 70 Brompton Road, London SW3 1DR.

ASSOCIATION SALES

With effect from the 1st December, 1977 the previous franchise agreement with Sports and Things has terminated. A new trading agreement has been entered into with Williams Sports Contracts (Finchley) Limited. This Company will act in future as the official sole suppliers of Association, badges, goods, books, equipment, souvenirs and articles displaying the Association's official motif.

B.J.A. NATIONAL DAN GRADE REGISTER

Promotions confirmed 1/9/77 to 30/9/77

Appendix 9/77

MEN TO 1ST DAN	CLUB	AREA	DATE
Bennett, J. P.	Star	West	10/9/77
Butler, J.	Rhyl	WJA	25/9/77
Callender, S.	?	L	20/9/77
Canvin, M. N.	Darlington	N	25/9/77
Curran, J.	Ashington Welfare	N	25/9/77
Durrant, V. J.	Haverhill	E	2/7/77
Edwards, K.	Neyland	WJA	18/9/77
Godsell, P. E.	Cheltenham	West	10/9/77
Grant, A. M.	Dufftown	SJF	6/8/77
Green, D. L.	Neyland	WJA	20/9/77
Helliwell, P. J.	Bradford YMCA	Y&H	21/9/77
Hindmarsh, W.	Darlington	N	25/9/77
Hitchen, S. J.	Wakefield	Y&H	27/9/77
Holland, A.	?	WJA	20/9/77
Manning, D.	Stratford SJK	L	1/9/77
Morris, R. A.	Matsumachi	West	27/9/77

Read, C. W. R.	Chalkhill	NHC	4/9/77
Smith, R. L.	Sekiryukwai	WJA	18/9/77
MEN TO 2ND DAN			
Young, J.	Eldon Square	N	6/8/77
MEN TO 6TH DAN			
Jacks, B. A. T.	Budokwai	S	7/8/77
WOMEN TO 2ND DAN			
Peake, S.	York R. I.	Y&H	18/9/77

B.J.A. NATIONAL DAN GRADE REGISTER

Promotions confirmed 1/10/77 to 31/10/77

Appendix 10/77

MEN TO 1ST DAN	CLUB	AREA	DATE
Andrews, M. W.	Newton Abbot	West	15/10/77
Beattie, D.	Ards Arena	NIJF	8/10/77
Card, J. G.	Sekiryukwai	WJA	16/10/77
Clayton, A. J. H.	Spen Valley	Y&H	26/10/77
Green, D. G.	Heston Judokan	NHC	8/10/77
Hackman, I. B. G.	Bedford	NHC	14/10/77
Hazeland, B.	St. Austell	West	15/10/77
McLellan, J.	Kilmarnock	SJF	9/10/77
Nagy, B. S.	Croydon & District	South	15/10/77
Thomas, H.	Stoke Judokwai	Mid	19/12/76
Turri, S.	Wigan & District	NW	3/10/77
Voisey, R.P.	Newton Abbot	West	15/10/77
White, D. J.	Reading	NHC	8/10/77
Wood, D. M.	?	Mid	2/10/77
Woolman, A. R.	Star, Bristol	West	10/9/77
MEN TO 3RD DAN			
Woodhams, R.	Orpington	S	10/10/77
WOMEN TO 1ST DAN			
Bradley, L.	Bedford Broadhall	NHC	23/10/77
Croton, S. A.	Reading	NHC	23/10/77
Holmes, R. A.	?	S	23/10/77

The Chairman
and Management Committee Members
of the
BRITISH JUDO ASSOCIATION
wish all members

The Compliments of the Season

REFEREEING

By ROBERT A. REILLY

Introduction by Ray Mitchell, Chairman of the Refereeing Sub-Committee of the British Judo Association.

Permission has been given by Mr. Robert A. Reilly of the United States Judo Association for a series of articles by him on refereeing to be reprinted in this magazine. They should be of much interest to ALL

referees, particularly those aspiring to international status. If anyone has any constructive comments to make on the articles I would be pleased if you were to send them to me, and depending on the nature of the observation, I will either answer through this magazine or pass it on to Mr. Reilly for his comments.

WHAT DOES A REFEREE LOOK AT?

The Kodokan and the NHK Scientific Research Institute conducted a series of scientific investigations to determine the visual fixation point of the judo referee while officiating a match. The experimental subjects consisted of three non-trained referees. All the experimental subjects observed films of several judo matches from the 1964 Olympic Games which were projected on a television monitor, and the visual fixation point of the test subject was projected onto another monitor and recorded.

Figure 1 illustrates the "set up" of this experiment. The subject referee, who is watching the TV replay of the 64 Olympic match, wears head gear equipped with a miniature half mirror, miniature lamp, lens and TV camera cables attached to it. Light from the lamp is reflected off the cornea through the magnifying lens to the half mirror then onto the TV equipment and is projected, as a dot of light, on the monitor with the judo match also appearing on the screen. Since the cornea protrudes from the eye socket and is not actually round the position of the

reflected light moves exactly as the subjects eye moves. The experimenter, prior to the beginning of the experiment, regulates the spot of light by instructing the subject to fix his stare at a certain point.

Then the subject referee was instructed to observe the film as though they were actually deciding the outcome of the match. Each referee observed five techniques in as many films and the visual fixation points were recorded and later graphed.

In figure 2A, subject No. 2 shifted his visual fixation just before execution of the technique. While the tori was in the process of beginning subject No. 2 had anticipated the uke's contact point on the mat. Subject No. 2 was staring at the contact point waiting for the uke to arrive. Subject No. 3's visual fixation point began at a very low point (legs) and remained there during the technique. Subject No. 1 followed the uke as he fell to the mat and shifted his visual fixation to the impact point just before the uke arrived. All three well trained referees had seen the uke hit the mat. Their visual fixation points

Figure 1: PRINCIPLE OF TV EYE CAMERA

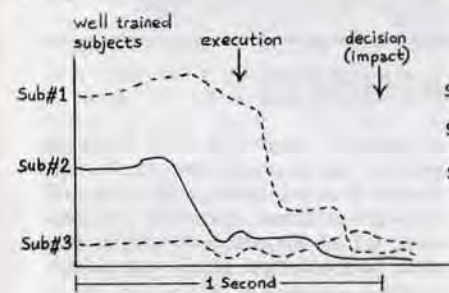
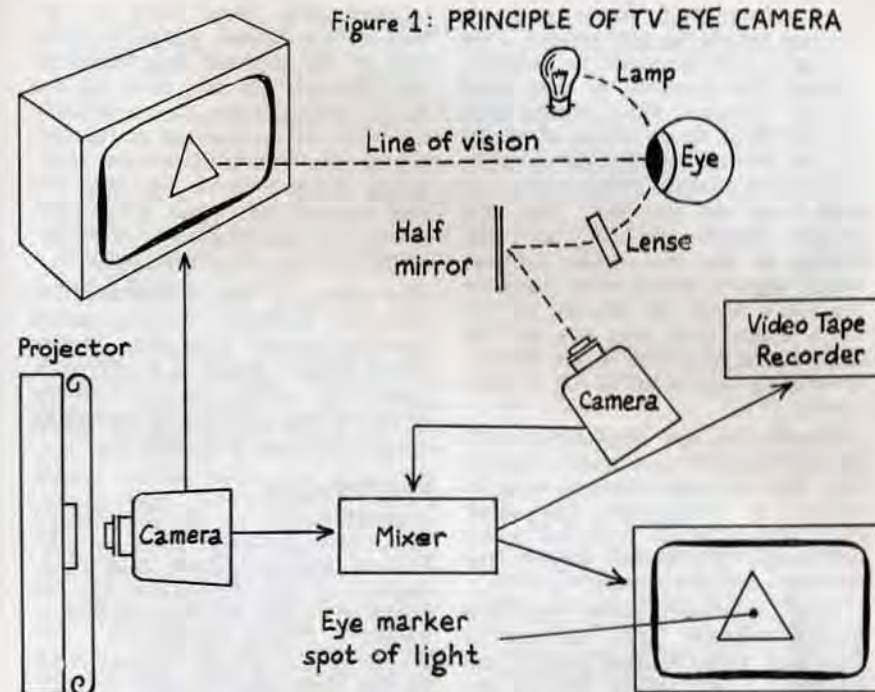


FIGURE 2a: Taiotoshi

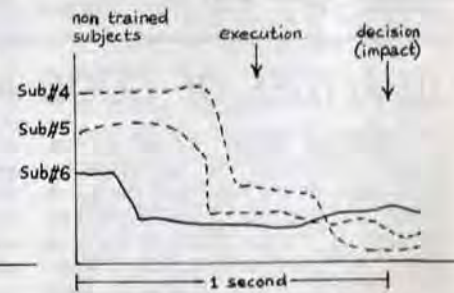


FIGURE 2b: Taiotoshi

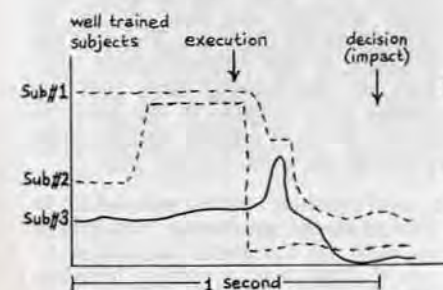


FIGURE 3a: Sasaetsurikomi-ashi

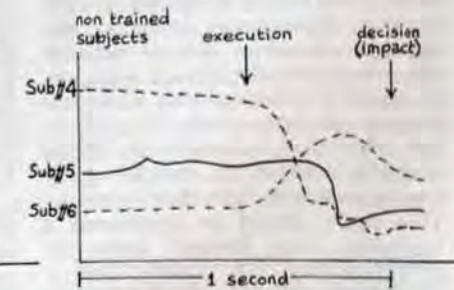


FIGURE 3b: Sasaetsurikomi-ashi

were adjusted to the impact point on the mat before the uke arrived. This is highly advantageous to properly judging the outcome of any judo match. Compare these results with the results of figure 2B, in which all the non trained referees did not shift their visual fixation points to the impact point on the mat. The non trained referees did not "see" the impact of the uke. These referees visual fixation points were fixed on the tori's hands or elbows, or the uke's upper body and not on the back of the uke. This is not helpful in judging the outcome of a judo match.

Figures 3A and 3B follow much the same patterns as figures 2A and 2B. The same conclusions can be reached in both cases. The other three graphs which were not included in this article also support the conclusions noted herein.

This experiment found that well trained referees "were quicker to shift their visual fixation point to the anticipated position of fall of the thrown uke". The well trained

referees eyes "were fixed on the back of the thrown partner and the mat at the moment the technique was effected." In the cases of the non trained referees, they constantly followed the movements of the tori during the execution of the technique. Another error was that the non trained ref's eyes were fixed mostly on the shoulders or abdomen of the thrown uke during impact.

The results of this Kodokan-NHK Scientific Research Institute study provides insight into some proper visual fixation points of a referee in order that others may give more adequate judgements with regards to the outcome of a judo match.

REFERENCES

- Matsumoto, Y., et. al., "Studies on the Visual Fixation Point of the Referee during a Judo Match" in *Bulletin of the Association for the Scientific Studies on Judo, Kodokan, Report 3, Tokyo, Japan.*
 Watnabe, A., "Visual Fixation Point on the Television Screen" in *Television*, 18, 10, 610-611, 1964.

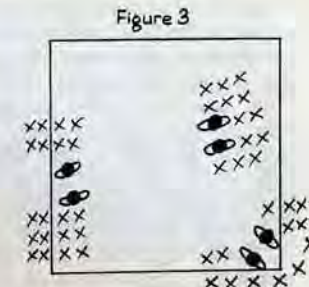
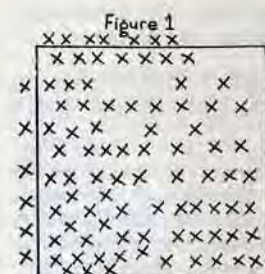
QUALITIES OF GOOD REFEREES

Refereeing ability is, of course, greatly facilitated by an extensive knowledge of the rules and the quick ability to interpret them. However, as seen in "What Does A Referee Look At?" (*American Judo*, Sept.-Oct. 1976, p.12) not all referees were looking at what they should have been in order to render a proper decision. The referees who made the incorrect decisions did so because they were visually out of position. It would also follow that it is possible to be bodily out of position. But first it is necessary to define what "in position" is, and this study was conducted for that purpose. This study should be considered a beginning step toward answering such questions as, "what does a quality referee look at?", "what does

a quality referee do when the contestants move about the mat?", and "what does a quality judge look at?" Answering these questions will provide a tool by which it will be possible to teach "the art of refereeing".

The data in this study was obtained by video taping some 200 judo matches and later noting on scoring sheets (figures 1, 2 and 3) the position of the referees (1) in relation to the scoring table and the judges (2) in relation to the competitors, and (3) in relation to where the competitors were on the mat.

A frequency count was taken to determine the position of the referee in each of the three conditions to see if there was a pattern forming. The frequency count was taken by



looking up every five seconds and wherever the referee was standing an "x" was placed on the scoring sheet to denote that place on the mat. So, during a three (3) minute match there were 36 frequency counts taken. This eventually painted a picture of where a quality referee was standing and why he stood there became fairly obvious.

Figure 1 shows that the scoring table and/or the judges placement had no affect on the position of the referee. The "x"s are scattered all over the sheet and this indicates that no significant pattern is being formed. Figure 2 reflects the same scattering of "x"s as does figure 1, as a result no significant results were observed to occur. However, in figure 2 the x-pattern "suggested" that the referees did attempt to keep from being directly behind one or another of the contestants. Figure 3 was much more complex to mark on the scoring sheet, as an x had to be made as well as noting the position of the contestants. Figure 3 has been simplified to the point that only 3 positions have been noted. The overall results of this condition (referee position in regard to the competitors position on the mat) yielded significant results, and from these results some basic statements can be made about "in position", and what it is.

The experienced quality referee has the following characteristics.

The quality referee:

1. keeps the action between himself and the middle of the mat

area. He does not let the contestants get closer to the boundary line than he is.

2. is generally no more than 5-6 feet away from junior players, and no further than 7-9 feet away in a senior match.

3. moves with the players and as they head toward the boundary line, he gets there before they do, so as to have an unobstructed view of the action, and of the out-of-bounds line; there also appeared to be a safety factor involved in this action as well as the necessity of the referee being in position.

4. during matwork, was in a position to see the upper bodies and especially the hands and neck of the judokas. Generally, the referee was positioned near the shoulders of the contestants and kept his head and shoulders high enough to be able to see the complete bodies of both contestants.

5. never turned his back on the contestants, even during the period when the contestants were stopped and told to return to the centre of the mat. (Several instances were noted where referees did not clearly stop the match and the players continued fighting as the referee walked to the centre of the mat.)

6. has a high degree of concentration focused on the players and when necessary the boundary line.

7. had very few, if any, conferences with the judges during the conduct of the match. There were no long discussions concerning what went on during the match, if one of the players went out of bounds, or, who threw whom. (A significant number of judges reported being asked, "who did the throwing" by the referee!)

8. gives very clear and definitive decisions. The volume of the voice did not appear to effect this characteristic, in that, so long as the referee could be heard by the competitors, judges and scoring table personnel that amount of volume was all that was necessary. Decisiveness and clarity were what counted and not volume of the voice.

9. was not in motion while the uki was being thrown or falling to the mat. The quality referee was

standing still near the action and looking at what was going on.

10. very seldom looked over to see what the score of the match was.

Granted that not all referees will exhibit these qualities at all times, but there is a definite attempt to on the part of the quality referees. The poorer referees seem to exhibit very few of the qualities listed above, they seemed to be either very stationary during a match or always too far away from the action.

Much work is being done to improve the quality of the referee certification programme by Fletcher Thornton in the United States and R. T. Mitchel in England. There is still much to be done. Let us continue along these lines and all tournaments will be well officiated.

AREA NEWS

YORKSHIRE & HUMBERSIDE AREA

John Barry Coldwell

The first Senior Coaches Course for several years was held at the Huddersfield Sports Centre on 29th and 30th October. Bookings for the course quickly filled the 30 available places and many who applied for places were disappointed. The course was under the direction of Peter Barnett (National Coaching Coordinator) who gave a very stimulating series of sessions.

One encouraging factor was the range of talent on the course, Area Coaches Len Stables and Ray Web, National Coaches Liz Viney and Barry Coldwell, National Referee Alan Medley and Keith Ellingham were welcome faces together with

Marie Fourn National Women's squad team manager and two of her squad who took Gold and Bronze medals at the British Open two weeks before Dawn Netherwood and Maureen Bennett. Nice to see the competitors and Coaches working together. I could go on, Phyllis Elliott Parry Asquith, Maggy Burgess, Eileen Hughes, names that will be familiar to many if not all.

The material covered in the course was detailed and far reaching, from the relative simply concepts of the Pivot and Rudder legs, Peter wove a web of analytical guidelines which the coach can use to analyse and more important to improve the throwing techniques and various techniques of Ne-Waza. All the instruction was done in the Dojo in Judo Kits and illustrated by practical demonstration rather than in abstract terms on a blackboard. Although I am sure that I was not alone in suffering from information overload by the Sunday evening, I am equally certain that the feeling that at last

we were on the right track again was not restricted to myself either.

The question of a follow up course was discussed with Peter and this is being arranged at the moment—all participants on the course will be invited to attend and iron out any problems they have found in the application of the material presented. Hopefully there will be some extension of the material from the trainees as well as from Peter.

The course was sponsored by Kirklees Leisure services who provided free use of the Huddersfield Sports Centre as well as financial aid and administrative help, our thanks to Max Jones and Deputy Manager Peter Moor for their unstinting help in this context.

NORTH WEST AREA

Isolated Shap Sports Centre in the heart of Cumbria was the meeting point for many of the best Judo juniors from four areas of the British Judo Association on Sunday, 9th October.

The first ever major tournament for boys staged in the county saw a final total of 300 youngsters in nine categories keep three contest areas occupied without break from 10 a.m. until 9 p.m.

They were competing for specially designed trophies in Lakeland greenslate, provided by Whitesides of Kendal, and the Kenneth Gardner group of electrical and audio shops, which sponsored the event.

In addition the giant Philips Audio Division had chipped in with radios for the winners and runners-up.

The major trophy of the event was the club championship, however, awarded to the greatest number of wins totalled by any six members of one club and this went to Wolverhampton through: Daniel Ward and Philip Miller, in the 66 strong Under 30 kgs category; John Ward, at 35 kgs; Martin Downes, at Under 40;

Melvyn Brookes, Under 50; and Thomas Brindle at Under 60.

Together the team notched up 34 wins, against 30 by second placed Walkden.

The Kendal Judo Club trophy for the best performance by a member of a Cumbria club went to the club's own Alan Saddleton, who won a bronze in the Under 45 kgs category.

Results

Under 25 kgs: Gold, Paul Ross, Edinburgh; Silver, G. Jones, A.J. Leigh; Bronze, L. Oughton, Killingworth, Philip Sullivan, Wigan.

Under 30 kgs: Gold, Carl Finney, S.K.K. Newton; Silver, Daniel Ward, Wolverhampton; Bronze, Michael Chamberlain, Wolverhampton, Paul Berry, Walkden.

Under 35 kgs: Gold, Keith McDonald, Wigan; Silver, M. Sommerville, Walkden; Bronze, David Cramsie, Waterloo, Paul Pilling, A.J. Leigh.

Under 40 kgs: Gold, Paul Shiels, Walkden; Silver, Gary Davies, S.K.K. Newton; Bronze, Paul Soffe, Waterloo, Martin Downes, Wolverhampton.

Under 45 kgs: Gold, D. Riley, Coventry; Silver, Keith Green, S.K.K.; Bronze, Alan Saddleton, Kendal, Peter McDonald, Edinburgh.

Under 50 kgs: Gold, Melvyn Brookes, Wolverhampton; Silver, Geoff Purcell, Wolverhampton; Bronze, John Swatman, Wolverhampton; Robert Inglis, Edinburgh.

Under 55 kgs: Gold, Tony Hill, Wigan; Silver, Paul Manship, R.S.K.; Bronze, Kerith Brown, Wolverhampton, Craig Swann, Edinburgh.

Under 60 kgs: Gold, Thomas Brindle, Wolverhampton; Silver, Kevin McGuire, Waterloo; Bronze, Simon McNulty, Walkden, Shaun McCormick, K.N.K. Manchester.

Over 60 kgs: Gold, Densign White, Wolverhampton; Silver, B. Fascoigne, Stockton; Bronze, R. Blake, Coventry, Gary Myles, Wolverhampton.

IN AND AROUND THE DOJO

IMPROVING ONE'S JUDO — PART 1

by TONY REAY

All of us — and I mean all of us — share the one ambition which is to improve our own particular Judo technique. There are many Judo enthusiasts who will insist that they are just average club members and have no particular desire to become top competitors. There are even some who do not share any grade ambition and wish to simply practice a few times a week without having any specific goal to aim for. But surely even they have ambition — and that ambition is shared by all of us — the ambition to improve one's Judo technique.

"... Whatever the outcome he will be spurred on by the feeling generated from that first successful throw ..."

The spark that ignites this flame of ambition usually starts with one's first successful throw. Whether the partner or opponent has allowed himself to be thrown or whether he has resisted there is that elated feeling of success with that first throw. Looking back there might have been all kinds of mistakes and the effort might have been very crude to what the same effort is today. Nevertheless, with reasonably good instruction and the combination of skill and effort, with that first throw the beginner has successfully overcome another person who, in his mind, might have easily been an adversary. He moves on, with other partners or opponents he might find

more success, or he might find that it is not so easy. Whatever the outcome he will be spurred on by the feeling generated from that first successful throw.

The path that lies ahead is not easy. It is long, arduous and often painful. There will be many disappointments, many setbacks. Why do we do it? Perhaps to find the answer we have to look deeply into the psychology of man. Why does he set himself such impossible tasks? Why does he climb mountains? Why does he have to try to be the fastest man on earth?

"... there are no bionic freaks, people do not have the lungs of fish and kung fu artists definitely cannot deflect arrows of an expert bowman ..."

Anything that is really worth achieving one has to struggle for. There are no short cuts. Despite the fantasy world that is presented to us these days by the media, there are no bionic freaks, people do not have the lungs of fish and kung fu artists definitely cannot deflect arrows of an expert bowman. The fact is that we are pretty well all decked out with the same equipment — two arms, two legs and a head to think with.

"... they will tell you the same thing — they got there through sheer hard work ..."

Ask any person who has achieved success in his chosen profession or sport and they will all tell you the same thing — they got there through sheer hard work. Certainly there has been help and advice along the way, certainly there have been good tutors and coaches, certainly there have been lucky breaks. But there have also been set-backs, there have been bad habits to overcome. Bad habits have emerged through bad teaching. There have been injuries or illness, there have been moods of despair when everything seems to go wrong. Along with the good times there are the bad times.

"... There have been many attempts in other sports to stereotype the player ..."

The purpose of this series of articles is to help the individual to achieve better Judo technique. The correct formula is not always necessarily the same for everybody. This is where we all differ and it sets us apart as individuals. There have been many attempts in other sports to stereotype the player, especially in team games when the players have become clockwork machines. I personally don't like to see this in any sport but Judo is very much an individual's game. One against one all the artistry, crafts and strengths of one set against all the artistry, crafts and strengths of one other. Here the personality emerges — whether we like him or not — we can admire his skills, his tactics and his attitude.

The Value of a Good Coach

Coach, teacher, instructor, trainer, they are all names we have used from time to time to describe basically the same person in Judo. The coach can be a very valuable person to the individual. He should not be ignored but at the same time he should not be over-rated. If we can make any kind of measurement at all I would say that when a Judoka is successful ninety per cent of that

"... The coach can be a very valuable person to the individual ..."

success is down to him, only ten per cent can be attributed to the coach. That ten per cent however can be vitally important when every percentage counts. Without wishing to put down the value of a coach too much let us look at some sobering quotes taken from our national sport, football.

"They use mystical phrases and involved theories and formations — and most of it is absolute rubbish." Dave Mackay, talking of soccer coaches when he was manager of Derby County when they were English League soccer champions.

"... The trouble with coaches in England is that they teach football like advanced mathematics when it should be simple arithmetic ..."

"Coaching has got a lot to answer for. My bleat is that they have produced a general attitude that puts an emphasis on the negative" Tony Brook, manager of Manchester City F.C.

"The trouble with coaches in England is that they teach football like advanced mathematics when it should be simple arithmetic". Ron Greenwood, Manager of F.A. Cup winners West Ham United and current stand-in England Supremo.

The ability to inspire seems to me to be the greatest quality of a good coach or instructor. In the early stages the beginner should be introduced to Judo in such a way that he enjoys it and wishes to continue with it. In the early days of Judo in Britain, the fall-out rate from a beginners class was enormous and I put down most of this to the indifferent attitude of the coaches/instructors.

"... he must be taught good technique at the outset ..."

Good coaching is vitally important to the beginner, he must be taught good technique at the outset as this will follow him right through his Judo career. Errors should be minimised, bad habits — if they are allowed to take hold — can never be eradicated.

In dealing with children I think the best coaches should be employed. I used to be horrified at the attitude of some club committees many years ago when appointing a teacher for juniors. Usually it was the nice guy who wanted to teach and was prepared to do it for the club for nothing — but was considered hopeless as an instructor. To the committee it would be unthinkable to put him in the charge of seniors who would very soon be able to pick out his inadequacies, and so usually he was foisted upon the juniors where in time he would become more of an entertainer to those who were left in the junior class and who had not yet become bored because of the lack of good instruction and class management.

In later development through the middle Kyu grades and the senior Mon grades a coach should, in my opinion, encourage the player to think for himself. This is very diffi-

cult for some coaches to do, especially when he is coaching a person week after week, month after month. With such constant involvement he can become overbearing and thus inhibit the natural potential of his charge. The range of Judo techniques is quite extensive, there are some techniques we take to easier than others. Some techniques we might find very difficult whereas other people seem to do them with ease. A coach should not be dogmatic about style of technique but rather should encourage the more natural flow peculiar to the individual.

So much for the role of the coach. In the remainder of this series however I would like to concentrate more on advice and anecdotes directly to the individual whether male, female, junior, beginner, intermediate grade or senior squad member. We have a wealth of experienced people in Britain and I hope to be able to gather some pearls of wisdom from them in the next few weeks. Perhaps the problems you are faced with now in the dojo they have encountered years ago and by reading how they have dealt with the matter you might be able to improve your Judo.



OFFICIAL NOTES

Vic Davis

News from the Leeds Summer School, which had B.A.A. National Coach Brian Eustace, in charge, is

of a number of promotions for members in the South, Midland and North.

Martyn Eustace, Ray Taylor (both Stratford-upon-Avon) and R. F. (Bob) Webb, of Winchester, all go up to second dan. Martyn has just completed a physical education course and is waiting to read for a degree, while Ray and Bob are two seniors whose faces have been familiar at national gatherings for some years. Bob, incidentally, has the National Championships at Winchester this autumn, and I shall hope to report on that in a later issue.



Photograph by RON LOFT

The seven new first dans include Barry Swinger, of the Midlands, who has come through to reach the coveted grade after more than four years as a first kyu and dedicated practice despite a series of irritating injuries.

Congratulations, also, to Brian Funnell (Whiston, Liverpool), W. Tillston (Whiston), Robert Jones, Patricia Jones and G. Panesar (Leeds) and Gordon Murray, of Brighton, who have also reached dan grade after stern efforts. It is interesting to note, by the way, that

the three Leeds players already held black belts in Uyeshiba style, and have now added Tomiki-style dan grades to their qualifications.

This month's picture shows third dan Mike Smith, of Towcester, who is the leading exponent of Uyeshiba-style aikido in England, moving in to counter a sword attack by George Bristow with an Irimi (entering) technique. Mike stresses the importance of starting this counter with the hips low and moving in and upwards to take uke off balance before the sword starts its downward sweep.

ADVERTISE IN JUDO — Telephone : 01-672 6545

Psychology and Judo

by Richard Williams

Part 5 — PERSONALITY

WHAT IS PERSONALITY?

Personality is a very difficult term to define, and psychologists have yet to agree on a universally acceptable definition. One of the reasons behind this problem of definition arises from the many usages of the term personality in every day language. Thus, we speak of people as having 'a lot of personality' in the sense of them being friendly and outgoing; people's personalities are often simply described as 'good' or 'bad' or in terms of varying degrees of 'goodness'. Additionally, terms such as 'character' or 'temperament' are frequently used in everyday language as synonyms for personality whilst psychologists draw distinction between them.

Even though no single definition has received unanimous acceptance, there is some measure of agreement amongst psychologists on what personality means. For example, psychologists generally hold the view that an individual's personality makes him or her the unique individual that he/she is. Alderman (1974) interprets personality as "representing the total psychological structure of the individual". As such, personality is often taken to include the individual's intelligence, motivations, emotions, attitudes and so forth. Narrower definitions of personality are also to be found, but however defined it is a concept of utmost importance to the understanding of people's behaviour.

WHY STUDY PERSONALITY?

In the context of sport, a number of reasons may be advanced in answer to this question.

One of the reasons is to see if sportsmen and sportswomen differ in personality from non-sportsmen and women, and if so, in what ways. Also, a lot of research effort has been directed at top-class athletes (used in a wide sense) to find out whether they differ in personality from less successful athletes. Research has also been directed at whether there are differences in personality according to the sport one pursues, e.g. are judo enthusiasts different in personality from, say, tennis players, and if so, in what ways?

In studying these questions, researchers are attempting to explore possible relationships between an individual's physical abilities and personality structure. The view that the two are related has long been held by physical educationalists and others, as has the view that participation in sport is in some (unspecified) way of psychological benefit to the individual (for example, in the development of the personality.)

Thus, psychologists first attempt to describe athletes' personalities on the basis of which reasons are advanced to account for any observed differences. Then, experiments are carried out to test these reasons. If the experiments do not support the reasons proposed, new reasons should be put forward and more experiments carried out: if the reasons are supported then we would go on to try and make predictions about the person's behaviour in various sports situations. Thus, information about an athlete's personality might be used to help the athlete better understand himself and his

behaviour and also to help the coach achieve a better understanding of the athletes he coaches. Information about personality might also be used to help in the selection of players (for competition, perhaps) and to help in coaching and training by using appropriate instructional methods and by encouraging better performance. It must be emphasised that information about personality alone would not be used, but the information would be integrated with other psychological and physical details.

Having examined what we want to do, and why we want to do it, the next question we must try to answer is "Can we do it?". As far as describing personality is concerned, psychologists have made considerable progress but this has not been matched in their efforts to account for what they have described. So, let us see what research can tell us about personality description.

WHAT DOES RESEARCH TELL US?

One of the difficulties in evaluating research in this area is that a variety of different methods have been used for describing personality. Several methods have been used, but of these paper-and-pencil questionnaires have been the most popular. But there

are many different questionnaires and the personality description derived by one is not necessarily directly comparable with another. A further complication is that sports should be treated individually, i.e., successful performance in one sport may be associated with one kind of personality whilst successful performance in another sport may well be associated with another quite different kind of personality. Thus, these, and other, problems mean that it is not very meaningful to make a general statement about the relationship between performance in one sport and personality. One has to consider how personality has been assessed for a particular sport.

Fortunately, some research (albeit a very small amount) has been carried out into the personality of judo players. This research was carried out by K. Hardman of the University of Liverpool, who studied the personalities of participants in 12 different sports. Hardman assessed the personalities of 10 leading Scottish players and 10 club players using a paper-and-pencil questionnaire called the Cattell (the name of the author) 16 PF questionnaire. This is one of the two most popular questionnaires and measures 16 personality factors (sometimes called primary factors), as listed below.

FACTOR	HIGH SCORE ON QUESTIONNAIRE	LOW SCORE
A	Easygoing, warm-hearted, sociable	Reserved, aloof, detached
B	More intelligent, mentally bright	Less intelligent
C	Stable, mature, calm	Emotional, immature, unstable
E	Aggressive, assertive, competitive	Humble, mild
F	Happy-go-lucky, lively	Sober, serious
G	Conscientious, persistent	Casual, undependable
H	Adventurous	Shy, restrained, timid
I	Sensitive	Realistic, self-reliant
L	Suspicious, jealous	Trusting, adaptable
M	Imaginative	Practical, careful
N	Shrewd, calculating	Forthright
O	Apprehensive, timid	Confident, self-assured
Q1	Experimenting, liberal, radical	Conservative
Q2	Self-sufficient, resourceful	Group-dependent
Q3	Controlled	Undisciplined, uncontrolled
Q4	Tense, excitable, frustrated	Relaxed, composed, tranquil

For each factor a score of between one and ten is obtained. Most people would be expected to get average scores (5 or 6); when people get scores of 4 or less or 7 or more then they can be looked on as departing from the average range. Before reading any further perhaps you would like to try and predict those factors on which judo players tend to score higher or lower than average. Perhaps, also, you would like to try and suggest reasons for your choice of factors. Do this separately for the Scottish players and the club players.

On factors A, B, E, F, H, I, M, Q1 and Q2, the Scottish players were in the average range and the club players were average on factors A, E, H, I, M, N, O, Q1 and Q2. There are some differences between these two lists but they are only slight and of little practical significance. Of much greater interest are those factors where the two groups depart from the average.

Thus, the Scottish players tend to score low on factors C, G, N and Q3 and high on factors L, O and Q4, whilst the club players score low on factors C, G and Q3 and high on B, F, L and Q4.

There are some interrelationships between these 16 primary factors, so much so that it is possible to reduce them to four larger groups of second-order factors, the two most important of which are:

(i) High anxiety

(would result from low scores on factors C, H and Q3 and high scores on factors L, O and Q4.)

vs Low anxiety

(would result from high scores on factors C, H and Q3 and low scores on factors L, O and Q4.)

(ii) Extraversion

(would result from high scores on factors A, E, F and H and a low score on factor Q2.)

vs Introversion

(would result from low scores on factors A, E, F and H and a high score on factor Q2.)

We can see that the ten Scottish players have low scores on factors C and Q3 and high scores on L, O and Q4, suggesting a high level of anxiety. Similarly for the club players, there are low scores on C and Q3 and high scores on L and Q4, again suggesting a high level of anxiety, but possibly lower than that for the Scottish players. Hardman has carried out the statistical computations necessary to combine scores on the appropriate primary factors into scores on the second-order factors. Hardman's calculations confirm that both groups have high anxiety scores, those for the leading Scottish players being slightly higher than those for the club players. As to extraversion/introversion, we find that both groups of judoka are in the average range, but with a slight tendency towards extraversion.

Some additional findings were gathered by the present author using a different paper-and-pencil questionnaire, the Eysenck Personality Inventory (EPI) which measures two dimensions of personality: extraversion/introversion and neuroticism or emotional stability/instability. These two dimensions are broadly (but not exactly) comparable to Cattell's second-order factors of extraversion/introversion and anxiety. The EPI scores show a sample of high level competitors to have a tendency towards extraversion as compared with the general population (but still within the average range) and a tendency

towards emotional instability (again, still within the average range).

These two sets of findings are not in total agreement with each other, but it must be remembered that two different questionnaires were used and that these are not directly comparable. However, it seems reasonable to suppose that we would expect the judo player to be neither particularly extraverted nor introverted but quite likely to be characterised by a fairly high level of anxiety or emotional instability (competition fighters perhaps more so than club players). These conclusions are at best tentative since more research with larger groups of judoka at different levels of ability needs to be carried out.

Even though these conclusions have to be viewed with some caution they are of interest because they cast some doubt on the popular stereotype of the sportsman as a stable extravert, *i.e.*, the person who is easygoing, warm-hearted, adventurous, sociable, carefree, calm, controlled, self-assured and so forth. Naturally enough, we all know sportsmen who are like this but popular stereotypes are not true in every case. Indeed, on the basis of other evidence collected by Hardman it seems that for many sports, participation is associated with a high level of anxiety and the relationship with extraversion/introversion varies from sport to sport. Variations within sports may also be found.

As noted earlier, it is all very well to be able to describe the personalities of sports participants but this is only the tip of the iceberg. Unfortunately, little progress has been made towards giving reasons to explain why certain kinds of personalities seem to be associated with participation and success in a particular sport. Thus, we still cannot state with any certainty why it is that top-class judoka, for example, differ in personality from less successful judoka. It may be that people with a certain kind of personality are

attracted to a particular sport because of their personality. On the other hand, it might be argued that people of different personalities take up a particular sport and that participation in the sport brings about changes in personality so much so that the participants gradually become more and more alike in their personalities. (But see section on personality development below.) Alternatively, people with different personalities take up a sport but those with "inappropriate" personalities tend to drop out. None of these possibilities can be entirely ruled out, and it may be that each applies to some extent.

SPORTS PARTICIPATION AND PERSONALITY DEVELOPMENT

One way in which participation in sport might contribute to personality development was suggested above. People of different personalities might be attracted to a particular sport with participation in that sport bringing about a kind of levelling of personalities so that the participants become more alike in this respect. In adults one would not expect to find any major changes in personality occurring since an individual's personality tends to be fairly constant. In fact there is some research evidence which lends support to the view that adult personality is not modified much (if at all) by participation in sport. Amongst children, however, it is possible that participation in sport might bring about some changes in personality, since it is during childhood and adolescence that psychological (and physical) characteristics develop most.

Some research (Tattersfield - Competitive Sport and Personality Development) with boys aged 11 to 14 years indicates that regular participation in competitive swimming brings about changes in personality in the directions of greater extraversion and greater independence, as

Continued on page 35



DAVID WHITE COMMENTS...

I have been slightly stunned by the response to a little mention a couple of months ago of the B.B.Z.J.A. (Bring Back Zen into Judo Association) which seems to have hit a nerve!

Clearly there is a moral in this—and the organisers of our UK Judo would do well to bear it in mind—ordinary judoka want more from Judo than is at present being offered.

I have had several letters about "moving Zen". This is a reference to practising Judo or Karate while meditating. My response to this is quite simple—if you are unable to meditate while sitting you are unlikely to be able to do it while moving. Eventually you must be in a state of awareness-meditation 24-hours a day, and this must of course include your martial sports and arts practice time. It would be quite reasonable to describe the state, as one man did, as being like a tiger—relaxed but ready to pounce at any moment, and this means that your mind and body are in balance, still but totally dynamic.

This leads me to the problem of illness, accident and disease. Several people find it difficult to practice, and I know from personal experience how "old" judoka suffer from strains. Accumulated injuries set up imbalances in the body and this creates pain in muscles and limbs which can increase as you get older. Very many judoka have arthritis-type problems as they get older, with joints that have taken a pounding over the years playing up in particular and refusing to perform as they should.

The answer to this is medical common-sense. As I have said before, there is no substitute for it. Acupuncture can do a great deal to relieve these arthritis-type troubles but it is no use expecting it to solve all other problems. Osteopathy is fine for joints, dislocations, etc., but it is no use for disease. Radionics is a wider healing method but even it has limits.

In other words it is up to the patient to some extent to decide which healing method looks most promising (not forgetting your doctor if you must . . .) and if it fails try another. This doesn't mean you have to become a hypochondriac but many of the methods overlap when it comes to diet and exercise. As many of you probably know the old Chinese healers were only paid when their patients were healthy. When the patient got sick the doctors were not paid.

The business of balancing energy in mind and body is very important and not at all mysterious. As an aside I was fascinated to read a report recently which stated that as many as half of our psychiatrists urgently need psychiatric treatment themselves.

The two main points to come from my correspondents were the failure of Judo to provide enough for the man or woman say over-35. This is by no means a new problem but a great deal needs to be done in the way of thought on this one.

The other is the dissatisfaction of ordinary judoka with the sport image of Judo. Most of them seem to think we have gone too far on

this tack and want a bit of "mystery" and discipline and less sheer brute-strength exercised in our dojos.

I don't sympathise with those who want Judo to go back to being a mysterious, esoteric Oriental art, I'm afraid they are barking up the wrong tree, but there is no doubt that discipline in some places must be tightened up and the stress on power-Judo lessened.

This is not to say that Judo should cease to be a fighting sport. One complaint about Aikido I had several times was the unreality of some of the moves.

I have felt for a long time that the B.J.A. has to exercise a watching brief over Judo standards by regular visits of inspection to clubs to see that minimum standards of tuition, hygiene, etc., are being met. I also know we are a long way from this in manpower and money terms. But there has to be an ideal to aim for, does there not?

What perhaps we need to do is to recognise that Judo and Aikido are not just about self-defence. If you truly want just to defend yourself you would probably do something else. . . . Recognise this in yourself and you have made a minor discovery. If you stick to Judo you are

looking for something besides just a self-defence method.

It is possible to categorise what people want from Judo and I am involved at the moment in writing about violence. The problem of violence in all its forms is perhaps the most important one exercising the thoughts of the people of the world at the moment. It is, of course, essential to understand this before one can really do anything about violence. This evidently requires book-length treatment.

Well, forgive me for getting a little side-tracked there. The fact remains that we in Britain are relatively fortunate in the way Judo has grown in our country. We have become much more realistic about its potential in the last few years. When I started writing about judo I often heard extravagant claims about the spread of Judo and its importance. I don't hear this type of talk now from either officials or judoka. It is as though Judo has "grown up". We don't need to prove quite so much to ourselves and the media. We get on with our Judo and this must be right.

There must, in my opinion, be even more emphasis on schools Judo but let's not lose the sense of balance that we have achieved through experience and suffering!

PSYCHOLOGY AND JUDO *Continued from page 33*

compared with a similar group of swimmers who did not take part in competition. The level of anxiety of the group of competition swimmers did not change but the level of anxiety of the comparison group of non-competitive swimmers increased. Tattersfield concludes that competition at this age seems not to lead to increased anxiety. One wonders whether similar findings might apply to those young judoka who enter Area and National Championships. Only well-designed research will yield an answer, and this answer might be

that participation in judo (which is essentially a competitive sport) contributes to positive personality changes in young participants.

The study of personality in sport is one of the most interesting areas of sport psychology but it is at the same time one of the most frustrating. Encouraging results have been obtained but we are still hardly any nearer to answering the many questions which have been posed. Thus, the need for more research is as strong as ever.

ALL PRICES INCLUDE V.A.T.

Prices subject to alteration without notice and subject to being unsold

Mats

Japanese Tatami 6' x 3' x 2 1/4", Green Vinyl Surface.	each	£23.00
Continental International 2m x 1m x 40mm, other sizes available.	"	£24.00
B.J.A. approved.	"	
Rectical Rubber Sheets 6' x 4' x 1/4", Green Vinyl.	"	£26.80
(Other sizes available)		
Carriage extra		

Judo Outfits

JAPANESE OUTFITS — Jackets, Trousers & Belt		
Sizes	Complete Outfits	
130 4' 3"	£8.83	
140 4' 7"	£9.27	
150 4' 11"	£11.04	
160 5' 3"	£12.22	
170 5' 7"	£13.05	
180 5' 11"	£13.89	
190 6' 3"	£14.56	
200 6' 7"	£15.06	
Belts all colours £1.36		
Carriage: complete outfit 1.05; belt only .20		
JAPANESE STYLE OUTFITS — Jackets, Trousers & Belt		
Sizes	Complete Outfits	
110 3' 10"	£6.85	
120 4' 0"	£7.36	
130 4' 4"	£7.90	
140 4' 8"	£8.68	
Children.		

JAPANESE STYLE OUTFITS — Jackets, Trousers & Belt		
Sizes	Complete Outfits	
110 3' 10"	£6.85	
120 4' 0"	£7.36	
130 4' 4"	£7.90	
140 4' 8"	£8.68	
Children.		

STANDARD OUTFITS — Please see advert on page 14		
PROTECTIVE WEAR		
Ankle Pads, size medium & large.	per pair	6.44
Postage 22p.		
Padded Shin Pads, size medium & large.	per pair	8.11
Postage 34p.		
Judo Towels, cotton	each	0.95
Postage 12p.		

Karate Outfits

LIGHTWEIGHT OUTFITS — Jacket, Trousers and White Belt.		
STANDARD OUTFITS.		
White: small, medium & large.		£5.50
Cream: small, medium & large.		£3.75
White: small, medium & large.		£3.25
White: small, medium & large.		£6.00
White: small, medium & large.		£5.00
Black: small, medium & large.		£6.50
Less 10% for 6 or more of the above.		

JAPANESE OUTFITS		
PROTECTIVE WEAR		
Heavy quality	Sizes	
Instructors	160 5' 4"	£11.13
Shin & Instep Pads.	170 5' 8"	£11.38
Postage 22p.	180 6' 0"	£12.22
	180 6' 0"	£18.58
		per pair
		4.85

ALL PRICES INCLUDE V.A.T.

Prices subject to alteration without notice and subject to being unsold

Slippers

Japanese Straw Zori.		£3.46
With V-type thong: size 9 1/2" 10 1/2"		
" " " 9" 10" 11".		
Colours: red, green, blue or black.		
Black rubber with black velvet V-type thong.		£2.38
Sizes 9", 9 1/2", 10", 10 1/2", 11", 11 1/2".		
Carriage .22		

Fundoshi

White superior quality cotton Fundoshi 36" x 12"	each	.60
Less 10% for 3 or more.		
Carriage free.		

Medal Ribbons

1 1/2" Ribbons with hook only.	In Gold, Red and Blue.	each	.54
Carriage .10			

Ties

Crimplene-Satin, in Dark-red Green and Black.		£1.62
With Judo characters silk-screened in Gold.		£1.94
Crimplene-Terylene, in Navy-blue, Dark-red, Green and Black.		£2.50
B.J.A. Navy-Blue.		

Holdall

Judo Holdall with waterproof compartment, double handles		£5.47
zip top, in black only.		
Judo Holdall shoulder bag only, slightly smaller than above,		£3.51
in black only.		
Karate Holdall with waterproof compartment, double handles,		£5.47
zip top, in white only.		
Carriage: Large Holdalls .90		
Shoulder Bag .55		

Blazer Badges

Judo Blazer Badges silk screened new B.J.A. design, washable.		.54
Size 4" dia.		
" Blazer Badges embroidered new B.J.A. design, with Gold wire.		£2.25
Size 4" dia.		
" Tracksuit/Judo, washable as item 1.	Size 3" dia.	.39
Karate Badges, Wado Ryu or Shotokan style.		
Approx. 3" dia. Less 10% for 3 or more.		.35
Postage 7p.		

Jewellery

Cuff links with Judo motifs.		£2.19
------------------------------	--	-------

Bound Volumes & Binders

Bound Volumes Nos. 5 to 13.	Carriage .90	Each	£2.81
Binders — Leathercloth for holding twelve issues of Judo.	Carriage .30		£1.94

JUDO LIMITED

ORDERS TO:
28, HIGH STREET, TOOTING, LONDON, S.W.17
Telephone: 01-672 6545

Special Discount

FOR CLUBS & AREAS

B.J.A. Clubs and Areas can contribute to funds by supplying **Judo Magazine** direct to members.

A 10% discount is available on a minimum order of 12 Magazines, with all additional copies qualifying for 25% discount.

Orders to:-

JUDO LTD.,
28 High Street, Tooting,
London SW17

8mm. Films
"AIKIDO ON THE MOVE"
with cassettes

TECHNIQUES
Part 1 and Part 2
SWORD TECHNIQUES
Part 1 and Part 2

each £17.00
including postage

JUDO
LIMITED
28 High Street, Tooting,
London, SW17

BADGES TIES CUPS TROPHIES PRIZES

We are the specialists in all club and association insignia and trophies.

Competitive prices — fast delivery.

Write or telephone for a FREE 51 page full colour catalogue.

Marks of Distinction Ltd
124 Euston Road,
London NW1
Telephone 387 3772/3/4

MEDAL RIBBONS

We are able to offer 1½"
Ribbons complete with hooks
for Medal Presentations.


Available in
GOLD, RED & BLUE

64p each

including VAT & postage

JUDO
LIMITED
28 High Street, Tooting,
London SW17

For older children/adults



BLACK BELT JUDO
A BOARD GAME BASED ON THE SPORT OF JUDO
12" x 12"

A BOARD GAME based on the sport of JUDO! ALL THE FUN... WITHOUT THE BRUISES!

- * Individual or team contests or championships.
- * Olympic style scoring.
- * Beginner to Black Belt promotions.
- * Throws, Hold downs, Strangles and Armlocks.
- * Simple and Advanced versions of the game.
- * Explanation of the sport and point scoring.

PRICE £2.25
POST INCLUDED
Cash with order to:

samurai
35 THE OAKS
BILLERICAY
ESSEX



CAPRICORN
Printed T and Sweatshirts

IDENTIFY YOUR TEAM, CLUB, COMPANY, ETC. WITH EXCLUSIVE DESIGNS.

Apart from being really popular just now, our printed T and sweatshirts are obviously ideal for fund-raising and publicity. You just send us your design (Even a rough sketch will do) or slogan and we'll do the rest. We permanently screen print in wash-fast dyes to the highest standards in the business—up to five colours per garment, permanent white, gold, silver or velvet flock finishes. And we've got an unbelievable selection of garments to do it on! Top quality cotton T-shirts and caps/sleeves; thick, fleecy cotton sweatshirts, hooded sweatshirts and zipped, hooded sweatshirts. There's no minimum order and prices are competitive. For personal attention and full details of how Capricorn custom printing can help you, just contact us at the address below.

Dept 28, Capricorn Graphics, PO Box 1, Otterton Industrial Estate, Hemphaw Lane, Stockport, SK2 5TX. Tel: 061-480 8241/2



FROM CORGI CAROUSEL

JUDO GAMES

Written and Illustrated by
TONI GOFFE
(3rd Dan)

'... A must for every club and judo instructor and probably for every student'

Charles S. Palmer OBE (7th Dan) President of International Judo Federation

In Paperback 50p