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THIS MONTH'S FRONT COVER

Neil Adams of the Midland area displayed the form that a week later won him a bronze medal in the Junior World Championships at Madrid. Here he is seen throwing Chris Bowles of the Southern Area in their final contest of the under 78 kg category, during the 1976 National Trials for Men.

Photo by David Finch

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Second European Judo Championships for Women

By Marion Woodard

Gradually I recalled getting up at the unearthly hour of six o'clock and hearing Colin Berry on Radio 2 wishing the Team a safe journey and success. Then the trip to Heathrow Airport for a cup of dreadful coffee at an even worse price in the cafeteria, followed by the gathering of the Team and officials at the booking-in point.

The girls were in cheerful mood, looking fit and smart in their blue blazers, blue roll neck jumpers and grey trousers, and Heather Ford also wore one of her seemingly endless supply of woolly hats. The rest of the Team, Jane Bridge, Ellen Cobb, Lynn Tilley, and the recently promoted to 3rd dan Kathy Nicol, were supported by Team Manager Marie Fourt and Dr. Phyllis Elliot. It was also gratifying to find BJA Secretary Tony Johnson in attendance to personally wish the Team good luck.

Our flight took off promptly at 10.30 then turned east towards Austria and the Judo Damen Europameisterschaft 1976. The flight was very smooth and comfortable, the food palatable and appreciated, and in no time at all, it seemed, we were being instructed to fasten seat belts as the Trident began its descent towards Vienna Schwechat airport.

In the entrance hall of the airport, representatives of the Osterreichischer Judoverband welcomed us to Vienna and expressed the hope that we would enjoy our stay and the competition. The Thomas Cook courier then appeared to usher us out to the twenty seater coach that would convey us to our accommodation.

On the 25 minute journey from the airport the courier pointed out places of interest and explained how we could get into Vienna by tram from directly outside our hotel. The Tourotel on Kurbadstrasse turned out to be a very modern hotel, only two years old, built adjacent to the famous Vienna Spa Treatment Centre where than can treat up to 2500 residential patients. The sulphurous smell of the nearby Oberlaa Spring was sometimes only too apparent when the wind was in the right direction! The tourotel was conveniently situated a scant 200 yards from the Kurhalls where the judo would take place. In the event of inclement weather it was possible to walk undercover from the hotel to the stadium.

At the hotel the Team and officials were welcomed and given red and white plastic carrier bags containing maps of Vienna, information sheets, pamphlets showing places of interest and a large poster announcing the European Championships. We gave in return BJA National Team supporters badges, so we were already a couple of supporters up on the other teams.

The British contingent were accommodated in adjacent rooms on the tenth floor, two to a room. We unpacked our luggage and made ourselves comfortable until we were needed to have photographs taken for our official passes to enable players and officials to move about the stadium unhindered. The BJA had obviously acknowledged the psychological aspect in the choice of

accommodation this time and the team were aware of being well looked after as befits national representatives. The rooms were quiet, comfortable and well laid out with excellent bathing facilities. Being so close to the stadium avoided any concern about being late for the fighting, unlike the unfortunate occurrence in Munich last year.

The photographic session for passes was carried out on the first floor with the whole procedure taking about ten minutes for all of us, then we were free until dinner time. All the food throughout our stay was plentiful and well prepared, with fresh fruit available for those who wanted it. After dinner some of us went for a stroll, then it was back to our rooms for an early night.

Thursday 9th December

Refreshed by a good nights sleep we were up at 7 o'clock for breakfast at 8. At 9 o'clock we all boarded a 167 two carriage tram and went into Vienna where we split up to explore the city, arranging to meet back at Karlplatz at 1.00 p.m. Marie Fourt, Phyllis Elliott and Ellen Cobb paid a visit to the world renowned Spanish Riding School of Vienna where they were able to watch the horses being put through their paces. Prices were very high and not many souvenirs were purchased. I found the city bore a strong resemblance to Munich, and others voiced the same opinion when we met up again later.

At the Tourotel we found that our old mate EJU Referee Gordon Mortimer had arrived. He told us that when he was photographed for his official pass and was asked for his initials he had replied R.G. Later when he received his pass he found he'd been named Archie! Needless to say the name stuck for the rest of the Championships.

At lunchtime we became aware that Jane Bridge, the smallest of our party, seemed to be able to eat more than any two of us put together, it was amazing just how much she



Jane Bridge of G.B., European Champion (under 48 kgs), being congratulated by Davico of Italy whom she beat in the final.

Photograph by Graham Woodard

could put away and we wondered if her opponents would be safe on the mat with her. Lynn Tilley suggested we get a sign to display in the stadium "Jane bites yer legs!".

After lunch we sat around taking it easy until 4 o'clock when time had been allotted for the Team to get in some light training at the Kurhalle. The Swiss contingent shared the mat part of the time and among them was ex-Budokwai and London Area girl Astrid Hermann — complete with new bubble style hairdo!

This was our first view of the stadium and it looked a good choice for the event. About two-thirds the size of Crystal Palace it had two full size contest areas creating a complete sea of tatami. The familiar electronic scoreboards were in

evidence and flags of the participating nations hung from the ceiling in a line along one side of the arena, with the EJU flag sharing the ends of the arena with flags of the various Austrian districts.

Fourteen countries were scheduled to compete but in fact Iceland didn't appear. The Czech entry consisted of just one girl who was in both the Under 66 kgs and the Open categories.

Marie Fourt and Phillis Elliot attended the draw and we later congregated in the hotel foyer to learn the draw result.

In the Under 66 kilos, Lynn Tilley had drawn Fouillet (France) the reigning European Champion, Kath Nicol drew one of the home team, Peer of Austria, in the Under 61s, while Heather Ford in the Under 72s got Jodogne of Belgium. Ellen Cobb, in the Over 72s, was paired with Tasic from Yugoslavia, and Jane Bridge in the Under 48s drew Triplet of France.

Later in Ellen's room we discussed the draw and contributed any bits of information we had on the foreign opposition, then an early night was in order for the next day would see the fighting begin.

Friday 10th December

An unofficial weigh-in from 7.30-8.20 gave competitors a chance to shed that unwanted weight, and the official weigh was 8.30-9.30. Lynn, Ellen, Kathy and Heather all weighed in without trouble.

Something from the previous night's dinner had disagreed with Ellen and Lynn who were feeling a bit under the weather, Marie was also affected to a lesser degree. The Preliminary rounds were scheduled to commence at 1.00 p.m., and the repechages and finals after the Opening Ceremony at 3.30 p.m.

Shortly before 1.00 p.m. we gathered up our holdalls and other bits, including mascot Snoopy, and made our way through the biting

wind to the Kurhalle. We sorted out some seats for ourselves, nodded to familiar faces, and awaited the start of the Second European Judo Championships for Women.

The British Team were all seasoned fighters, although Jane Bridge excited some curiosity being unknown to most of the foreign competitors. Jane, a first dan, trains at the Otanikwi, Bolton, Lancs and has been doing judo about six years. She trains three times a week, uses uchikomi a lot and a bit of supplementary weight training. Jane who is 16 attends Farnworth Grammar School and is preparing for her 'A' levels in English, History and French. Eventually she wants to be a PE Teacher. Her contest record includes Gold medals in Young Women's Nationals 1974 and 1975. Gold in the 1975 Welsh Open, and the 1976 German Young Women's Championships. Gold again in the 1976 British Open in the Under 48 kgs category, and in the Multi-Nations Tournament at Crystal Palace in 1976.

Lynn Tilley (2nd dan) trains at Bracknell JC, Berks and started about 12 years ago. She trains three times a week and uses uchikomi and crash-mat work to improve technique, circuits for stamina. She also plays squash. Lynn recently became a mum and has done extremely well to get back into the team after her lay off. She admitted that it was hard both mentally and physically to regain her previous high standard. Her ambition is to throw husband Ray with Uchimata on a promise of a sheepskin coat when she does. (Is that alright Lynn?)

Contest record includes Gold medals in the Dutch Open 1974, British Open 1974 (in Under 61 kgs and Open categories), and Gold in the European Tournament in Genoa 1974.

Kathy Nicol (3rd dan), our only Scottish representative this time, trains at Strathclyde Police JC. She

started judo some 5 years ago. Circuits and weight-training are included in her programme as well as a daily 6 mile run (no wonder she is so fit). Kathy is a member of the Strathclyde Police Support Unit, and working shifts gives her only two nights a week to train at present. A very distinguished contest record includes Gold medals in the Scottish Open in 1972/73/74, Scottish Middle-weight Champion 1972/73/74, Welsh Middleweight Gold medallist 1974/75, Silver medal in 1974 Dutch Open, Bronze medal in 1st Women's European Championships in Munich, 1975.

Heather Ford (2nd dan) is one of the pillars of the British Team. She trains at West Drayton JC and has been practising about 12 years. Likes lots of randori and crash-mat work, also runs for stamina and uses circuit training. Trains 3 times a week. Heather is a secretary at a coach and car hire firm in Harmondsworth Village, and one of her manias is collecting Japanese items and teddy bears. Her contest record includes Bronze medal in 1972 German Championships, Silver in 1974 Dutch Open, Gold in National Team Championships 1975, Bronze in the British Open 1975 (Under 72 kgs), Bronze in National Team Championships 1976 and Silver in the British Open 1976 (Open category).

Ellen Cobb (4th dan), the most consistently successful member of the British Team and the first British player to win a Gold medal in women's international competition — in Belgrade in 1972. Ellen trains at Guildford JC and has been doing judo about 12 years. She prefers randori for training, particularly with lightweight men up to about 11 stone as they are stronger than women. She is a full-time judo instructor. This was to be Ellen's last competition at international level although she still intends competing in domestic judo events. A very impressive contest record includes a Gold medal in the First Three-

Countries Team Championships, 1973. Silver in the 1972 German Championships and Silver again at the Swiss Championships in 1973. Bronze medals in the 1972 Italian Open, 1973 German Open, and the 1974 Dutch Open. Silver in the 1974 British Open in her weight category, plus a Bronze in the Open category. Bronze again in the Dutch Open of 1975, Silver in the European Tournament in Genoa 1974. Gold in the National Team Championships 1975, Gold and Silver in the 1975 Scottish Open. British Open Champion 1975, with a Bronze in the Under 72 kgs. Gold in the 1976 British Open (Over 72 kgs), Bronze in the National Team Championships 1976, and Bronze in the European Championships in Munich 1975.

The first fight for the British Team was Lynn Tilley versus Paulette Fouillet of France, the reigning Champion who was defending her title for the second year (third, if you count the Genoa tournament). Fouillet was considerably taller than Lynn and could outreach her.

Lynn tried seoinage and taiotoshi with Fouillet trying to counter with ouchigari. A period of fighting for grips then Lynn tried seoinage and uchimata, the French girl spun in for uchimata taking Lynn over for yuko and winding herself in the process. A few minutes rest and Fouillet was fit to continue. Lynn continued to press home with seoinage, taiotoshi and uchimata attacks but Fouillet was able to ride these using her long legs. Then, with 3.34 remaining on the clock, the French champion came in for another of her famous uchimatas and Lynn went over for ippon.

Fouillet went on to beat Kofmehl (Switzerland) and Czerwinsky (Germany) to go into the Final, leaving Lynn to see what she could do in the repechage. The repechages were fought in the evening before the Finals.

Lynn fought Kofmehl in the repechage, and this proved to be a

battle between two strong and skilful players, Kofmehl having improved greatly. Both attacked a lot with mainly seoinage and ouchigari and we saw some excellent newaza from them. Lynn was steadily gaining the advantage but with just over a minute remaining, when it looked as if she was going to roll the Swiss girl into a holddown, Kofmehl dextrously applied a shimewaza and Lynn was obliged to submit. Unfortunately for Kofmehl it seemed that her fight with Lynn had depleted her physical resources and she went out to Czerwinsky in her next fight.

The other weight category being fought concurrently with the Under 66 kgs was the Under 61 kgs, and our entrant in this was Kathy Nicol.

Kathy's first fight was against Lynette Peer of Austria and so throughout this contest there was a lot of vocal support from the locals in the crowd. This again was a very closely fought match, Kathy attacking mainly with seiotoshi and the Austrian girl with ouchigari and osotogari. There was a lot of "strong-arm" stuff and the fighting for grips and control was fierce. With the scoreboard showing 2.39 minutes remaining Peer scored koka with right ouchi to put her in the lead. There then followed a nail-biting minute and a half with Kathy steadily attacking and trying to pin the Austrian on the floor despite her obvious dislike for newaza. With a minute to go Peer attacked with ouchi again and both went to the ground where Kathy secured a hold-down. Peer struggled hard but Kathy kept control with the hold changing from kuzure-kesagatame to kuzure-kamishihogatame, and when ippon was called there was just 7 seconds left on the clock. Kathy later remarked that Peer was one of the strongest girls she had ever fought.

Kathy's next fight was with Tomaseting of Italy whom she had beaten in the 1975 Championships for the bronze medal. The Scottish Cham-

pion got stuck in straight away with seoinage leading into newaza. After about a minute Kathy secured a hold with kuzure-kamishiho, but the referee called sonomama immediately as their jackets were caught up. Unfortunately Kathy moved her arm after sonomama was called and the referee called matte. Kathy continued to build up a lead with her tachiwaza and newaza attacks while successfully defending against the Italian's taiotoshi and ouchigari. There was still 1.34 left to go of the contest when Tomasetig caught Kathy with left koshiwaza which took them both to the ground straight into kuzure kesagatame for the Italian. Kathy made strenuous and determined efforts to escape but Tomasetig hung on grimly to win by ippon.

Tomasetig next went out to Angelovic of Yugoslavia to deny Kathy an opportunity in the repechage.

In the Under 72 kgs category our entrant was Heather Ford who was hoping for an improvement in the refereeing after the fiasco in one of her fights in the Munich Championships of 1975.

Heather's opponent was Jodogne (Belgium) about whom we knew nothing. The very tall Belgian attacked right from the outset and after only 20 seconds she opened the score with right osotogari for koka. Heather then had an uphill fight, being out-reached by her long-legged opponent who was now content to mainly defend. Heather attacked continuously with a variety of techniques, ogoshi, seoinage, ouchigari, and her determination paid off at last as she broke through the Belgian's defence to score koka with seoinage. Just over a minute left and Heather was visibly tired from her efforts. Jodogne's reach advantage now played an important part and with 30 seconds left to go she tripped Heather with taiotoshi for what proved to be the winning koka.

Heather fought valiantly to pull herself level again but was unable to do so and time ran out for her.

Jodogne lost in her next contest to Jirkal of Austria thereby excluding Heather from the repechage, but later went on to beat Kaspers (Spain) and to take a bronze.

The other weight category on this day's programme was the Over 72 kgs, and here we pinned our hopes on Ellen Cobb.

Ellen's first fight was against Tasic from Yugoslavia. Both fighters had similar styles and so the attacking was fairly even with uchimata and ashiwaza being used mainly. After a passivity warning to both players Ellen got down to business and, following a knockdown, secured a strong left kuzure-yokoshiho-gatame to win quite comfortably with ippon in one and a half minutes.

Parenti was Ellen's next opponent, the Italian having a probable 30-35 kilos weight advantage. Parenti attacked with uchimata and taiotoshi, Ellen retaliating with uchimata-ouchigari combinations to get the huge Italian moving. Parenti tried some koshiwaza attacks but was hesitant having experienced Ellen's counters to this type of attack. Ellen attempted newaza but Parenti stood up as quickly as possible. With 1.35 showing on the scoreboard they came together again following a matte from non-productive newaza, this time however Ellen quickly bent and scooped up Parenti with morotegari. Everyone held their breath as the big Italian went over with a thud to give Ellen a perfect ippon. The crowd appreciated this clean technique and Parenti acknowledged her defeat with good spirit. This victory put Ellen through to the Final.

The evening's fighting was preceded by the Official Opening ceremony, which was covered by ORF television (Austria) as were the finals on both days. Each team entered the arena in alphabetical order to the accompaniment of

marching music led by an Austrian junior judoka carrying each country's name on a placard. One member of each team carried the flag — in our case it was Jane Bridge. The 85 competitors from 13 countries were welcomed with speeches from Kurt Kucera, President of the Osterreichischen Judoverbandes, Dr Fred Sinowatz, Minister for Sport, and Andre Ertel, President of the EJU. The ceremony of raising the EJU flag was performed by six Austrian judoka, then the teams all marched off. There then followed a brief display by juniors of ukemi, uchi-komi and randori.

The first Final was between Martine Rottier (France) and Angelovic (Yugoslavia). Rottier had beaten Ljungbergh (Sweden), Mil (Belgium) and Rothacker (Switzerland) to get to the Final, while Angelovic had come through by way of Hermann (Switzerland), Hilger (Germany), and Tomasetig (Italy). Rottier eventually won by virtue of a keikoku being given to Angelovic for passivity. The bronze medals went to Mil and Hilger.

The Under 66 kgs Final was an all French affair, a repeat of last year's final with the result the same as well. Paulette Fouillet fought her way to the Final by beating Lynn Tilley, Kofmehl (Switzerland), and Czerwinsky (Germany). Her opponent, Jocelyn Triadou, had beaten Di Toma (Italy), and Vondrásková (Czechoslovakia) to be in the Final. Both these girls knew each other's styles inside out and it was very close until Triadou earned a keikoku for stepping out. This altered the situation entirely and Triadou was obliged to take chances, eventually going further behind by a yuko and this was how it ended. The bronze medallists were Di Toma and Czerwinsky.

The Under 72 kgs Final was between Catherine Pierre (France) and Jirkal (Austria). Pierre had beaten Bartulovic (Yugoslavia), and

Salzmann (Switzerland), while Jirkal had come through at the expense of Kaspers (Spain) and Jodogne (Belgium). Pierre was never in any trouble and won in 1 minute 46 seconds with *juji-gatame* to become European Champion for the second year. The bronze medals went to Salzmann and Jodogne.

In the Over 72 kgs Final Ellen Cobb was up against Christiane Kieburg of Germany. Kieburg's route to the Final had been by way of Olsson (Sweden), and Decal (Italy). Kieburg was much improved since we saw her last, in Munich where she had taken two bronze medals.

Ellen wasted no time and took the fight to the big German girl. A *taiotoshi* unsettled Kieburg, a second stumbled her to the ground where Ellen quickly followed her down for a hold, but they rolled out of the area and *matte* was called.

When they resumed *tachiwaza* Kieburg used her greater height and tried to control Ellen with a high grip. At one and a half minutes the German scored *yuko* with *ouchigari* and continued into *newaza*. Maintaining her lapel grip she applied *tsukkomi-jime* from between Ellen's legs, while Ellen tried to force her away and use *jujigatame*, and this battle of strength was won by Kieburg who was in the superior position and scored *ippon*. At this juncture the referee, for some reason known only to himself, began to administer *kogan katsu* (or *kin katsu* as it is more popularly called) — a technique rarely seen at women's events!

Kieburg thus took the gold with Ellen opening the score for Britain with a well-deserved silver. The bronze medals went to Parenti and Decal of Italy.

After the medal presentation the winner of the gold and one other medallist have to undergo a dope test. Ellen was picked to take the test on this occasion. Phyllis Elliott

had listed beforehand all the substances to avoid and had scrupulously examined any tablets (for colds, etc.) that the girls were using so as to avoid any unfortunate positive result.

Then it was back to the *Tourotel* for dinner, jubilant at Ellen's success. 'Archie' Mortimer joined us at our table. It was just as well we were in no hurry because we must have had the only sleepwalking waiter in the country, being obliged to wait an hour for dessert. Every time one of us tried to hurry him up he nodded affably and said "Five minutes".

Once again we were pleased to see Margaret Burgess and Dave Farr at the Championships to support the Team. We talked of tomorrow when again Ellen Cobb and Lynn Tilley would be fighting, this time in the Open category. Also the day would see Jane Bridge entering the arena to do battle in the Under 48s.

Saturday 11th December

After the extremely windy night the day brought with it an almost cloudless pale blue sky, and at 8 o'clock it was already quite sunny. Jane weighed in without any difficulty, and after breakfast we went shopping around the adjacent precinct — buying such extravagancies as Coke and paying a visit to the pastry shop for some *gateaux*.

The second day's fighting began with the Under 48 kgs category on mat 1, and the Under 52 kgs on mat 2. The British Team had no entry in the latter category but Jane Bridge was our hope in the Under 48s.

Her first fight was against *Tripet* of France, a very experienced player. Jane seemed very diminutive as she stepped onto the mat and was considerably smaller than her opponent. The first two minutes of the contest were taken up in fighting for grips, and while Jane attacked with *seoinage* *Tripet* did her familiar tactic of pulling her opponent all round the

mat with vague attempts at *hizaguruma*. *Newaza* was attempted, but Jane chose to avoid this, preferring to score on *tachiwaza* attacks. In the last minute of the contest *Tripet* changed her technique and tried *seoinage*, but Jane hopped round these attacks trying to counter with *ashi-waza* and in the dying seconds launched an excellent *seoinage* attack which rolled *Tripet* to the mat, but without score. *Hantei* was called and we all felt confident that Jane would win as she led on the quality and number of attacks, but the judges signalled a split vote. A moment's pause and the referee's hand swept down in favour of Jane, we let out our pent up breath and cheered. Later Jane was to remark that *Tripet* had been the toughest competitor she met in this event.

Catoric from Yugoslavia was Jane's next opponent. The Yugoslav adopted a defensive posture right from the beginning and Jane hammered away at her with *seoinage*. After a minute Catoric was given a warning for passivity and a few seconds later Jane got through to score *koka* with *seoinage*. This score made Catoric attack with *kouchigari*, but this had no effect on Jane who replied with the same technique. Once again *newaza* was avoided by mutual consent, both players seeming to prefer *tachiwaza*. With 1 minute 20 seconds remaining of the contest the referee gave the Yugoslav girl a *shido* for passivity and 10 seconds later Jane increased her lead with a *yuko* from *seoinage*. In the closing minute Catoric used *seoinage* without success while Jane notched another *koka* with *seoinage*. An attack at 22 seconds from time landed Jane on her knees causing her some discomfort, but the remaining seconds slipped away uneventfully giving the contest to the British girl by 1 *yuko* and 3 *kokas*.

In the other half of the Under 48s table, Davico (Italy) had beaten *Jankovic* of Yugoslavia, *Eicher* of Austria, and *Hillesheim* of Germany

to earn a place in the Final with Jane.

The next categories were the Under 56 kgs on mat 2, and the Open category on mat 1. There was no British player in the Under 56s, but Lynn Tilley and Ellen Cobb were in the Open.

Ellen had her first fight against *Winkelbauer* (Austria), who held rather high and tried to pull Ellen down while Ellen attacked with *uchimata*. About half-way into the contest the Austrian attempted *tomoenage*, but in doing so went out of the area and was given *keikoku*. The next two minutes were taken up with attacks of *tomoenage*, *ouchi*, and *ogoshi* from *Winkelbauer*, and *ogashi/ouchigari* from Ellen. There were also some good *newaza* moves from both players but without score. In the last minute Ellen collected a *shido* for passivity and the rest of the contest saw some spirited attacks from both fighters. No further score was made and so the contest went to Ellen.

Jodogne of Belgium, Heather's opponent from the previous day, was Ellen's next opponent. Once again Jodogne dwarfed her opponent and Ellen's *uchimata* attacks met a lot of resistance. At 3 minutes Jodogne almost secured a holddown but Ellen deftly turned out of it. Ellen was finding it difficult to break through the tall Belgian's defence as she was able to keep Ellen out at arms length. Ellen received a *shido* for illegally taking hold of Jodogne's trousers at the knee, then with 50 seconds left to go Ellen's *kouchi/ogoshi* combination knocked the Belgian girl over and some hard *newaza* ensued.

Both the British and the Belgian supporters were yelling as Ellen and Jodogne fought for supremacy, all the while the seconds fled from the clock. Just as the four seconds appeared the referee called *osaekomi* — Ellen was holding. We watched fascinated as the seconds seemed to

plod by and Jodogne struggled frantically to escape, but Ellen skilfully contained her, changing her holds to kamishihogata until ippon was called. A real cliff-hanger.

In the other half of the Open table Lynn had a bye in the first round then drew Marie France Mil of Belgium, who had won a bronze on the previous day. Mil went straight into the attack with kouchi into tateshihogatame, but Lynn turned out of the hold without difficulty. Mil attacked again, with ogoshi, Lynn using ouchi in reply. With two and a half minutes to go Lynn took the lead with a koka from kouchigari. The attacks then came fast and furious, both in tachiwaza and newaza until an uchimata/kouchi combination from Mil evened up the score at a koka each. Lynn forced the pace and took the lead on attacks and with 30 seconds of the contest left to go Lynn countered Mil's uchimata with a side sacrifice throw. Much to everyone's surprise the referee awarded yuko to Mil and even she looked a bit surprised at this, as did her coach at the mat side. The crowd didn't think much of it either. Lynn put everything into the last ditch attack but time ran out and Mil took the contest.

In her next fight Mil fought Parenti (Italy) who was twice her size and was leading by one koka until 7 seconds from the end when the Italian threw her for yuko to win, which also put Lynn out of further participation.

Ellen entered the arena again, her opponent this time being Van Bonn of Holland. The Dutch girl used koshiwaza a lot while Ellen countered with her well-known pick-ups. Van Bonn opened the scoring at just over half-way with a yuko from uchimata/ouchi attack and nearly succeeded in getting a holddown as well, but once again Ellen's experience enabled her to escape.

A minute later Ellen scored waza-ari with left koshiwaza to take the

lead, and Van Bonn found herself having to work hard to get back into the fight. The attacking for the remainder of the contest was fairly even, Ellen putting in her koshiwaza and counters, Van Bonn using seoinage and uchimata. The contest ended without a further score so Ellen won and went into the next round.

Di Toma of Italy was next, she was very much on form in this event and had picked up a bronze medal on the previous day. The winner of this contest went through to the Final. Di Toma moved quickly about the mat, trying to force the pace and using uchimata and ouchigari. Ellen knocked the Italian down with uchimata but Di Toma was reluctant to engage in newaza. Just over half-way Di Toma scored yuko with uchimata, Ellen pressed hard to even the score but with a minute and a half to go the Italian added to her score with an ouchi earning koka. Ellen knocked her opponent down a few times with haraigoshi but without score, and in newaza she was unable to pierce Di Toma's stubborn defence. So at time Di Toma went into the Final and Ellen went into the repechage.

In the repechage Ellen's opponent was Catherine Pierre (France), double gold medal winner in Munich in 1975, and already one gold medal up in this year's event. Pierre had been surprisingly beaten by Di Toma in the first round.

This was an evenly matched contest. Both players worked steadily and Pierre was obviously very cautious of Ellen's pick-ups as she was in and out like a flash when her uchimatas failed. They both had similar styles of fighting, using uchimata, ogoshi, and a variety of ashiwaza interspersed with newaza. Pierre came the closest to scoring with a pick-up counter which unfortunately landed Ellen on her head. After a brief rest Ellen resumed combat and at the end hantei was called and both flags went up in Pierre's favour. She looked relieved to get

the decision and also totally exhausted.

The Final of the Open category was between Laura Di Toma (Italy) and Carina Thomas (Holland). The Dutch girl had arrived in the Final through beating Tasic (Yugoslavia), Kieburg (Germany), and Parenti (Italy). Di Toma won this very closely fought contest by 1 yuko and 1 koka to 1 koka. Bronze medals went to Pierre and Kieburg.

The Under 52 kgs Final was fought by two Austrians, Edith Hrovat and Gerda Winkelbauer. Hrovat had beaten Mattemann (Holland), and Fontana (Italy), while Winkelbauer had beaten Nurmi (Finland), Dayez (France), and Solana (Spain). This contest was very exciting and as the girls train together they know each other very well. Hrovat eventually won by yuko, the bronzes going to Mattemann and Dayez.

The Under 56 kgs Final was between Sigrid Happ (Germany) and Moyano (Spain). Happ's passage to the Final had been over Luzzi (Italy), Meulemans (Belgium), Manès (Spain), while Moyano had defeated Van der Meulen (Holland), Trucios (France) and Ruth Steiner (Switzerland). Happ won this with ippon from jugatame, the bronze medals going to Luzzi and Trucios.

Now came the fight that we had all been waiting for, the Final of the Under 48 kgs between Jane Bridge and Davico (Italy). We were all on tenterhooks but young Jane seemed to be quite calm, certainly calmer than any of us. Just before they were due to step on the mat Davico presented Jane with a commemorative pennant in the green, white and red of Italy.

Hajime, and Davico tried a deko 'pon attack with uchimata immediately, Jane rode this easily and a few seconds later Davico attacked again with uchimata but Jane was ready and turned with the attack to knock the Italian down for a koka. The

Team cheered, but kept their fingers crossed just to be safe.

Jane maintained a good posture and shrugged off several kosoto and taiotoshi attacks. Almost on the one minute mark Jane attacked with taiotoshi and added another koka to her tally. The next minute and a half was taken up with various ashiwaza attacks from Davico and seoinage and taiotoshi attacks from Jane. We were thankful to see that her injured knee seemed to be giving no trouble. Four seconds short of the 4 minute mark Jane whipped in for seoinage and as Davico tried to step round it she was plucked clean off the mat and thrown for waza-ari. One judge signalled ippon but the waza-ari stood.

Davico looked a bit shaken by this but continued to persevere with ashiwaza attacks, but Jane increased her lead with a seiotoshi for koka with two and a half minutes to go. Davico tried to move Jane with a variety of attacks but these had little or no effect, and with 1.25 remaining on the clock Jane knocked the Italian over again, this time with no score. They went into newaza where Davico just avoided being held down. With only 30 seconds left to go Davico launched an osotogari attack, Jane resisted and countered with osotogaeshi to score a good yuko. The Italian girl tried an arm-lock from the ground but Jane extricated herself and moved away. The final seconds dribbled away and as Soremade was called the British contingent erupted into loud cheers, practically going hoarse in the process. Jane had won by a waza-ari, a yuko and 3 kokas with no score against her. Not only wasn't she scored against in this contest but all through the competition.

Davico accepted defeat gracefully and hugged Jane before leaving the contest area. The crowd really appreciated the judo and spirit shown by both these girls.

After the medal presentation the Team swooped on Jane and gave her

the bumps, flinging her high into the air — the only time she was thrown!

We left the Kurhalls for the last time and hurried back through the wintry wind to the warmth of the Tourotel. Dinner was a much more relaxed occasion for everyone, and we all tucked in with gusto. A sing-song ensued with a duet of "Viva España" (with Spain) then a round of "Frère Jacques" (with France and Switzerland). France also joined us in "She'll be coming round the mountain when she comes".

Sunday 12th December

By the morning the surrounding countryside was white with a first layer of snow and the sky was grey with more yet to come. We breakfasted at 9 o'clock and packed our bags ready to depart at just after midday.

Going through the departure lounge Jane was puzzled by the looks she was getting, until it transpired that some of the airport officials had seen the European Judo Championships on television the evening before and recognised her. Just like being a film star!

Marie Fourt again made arrangements for us all to sit together on the plane and we were joined by Charles Palmer and Gordan Mortimer. We boarded the Trident at 2.20 p.m. local time and later in the flight the pilot spoke over the loudspeaker

congratulating the Team on their successes, naming Jane Bridge and Ellen Cobb and citing their specific achievements. The other passengers applauded the announcement and it was in this euphoric state of mind that we put down on British soil once more.

At Heathrow Charles Palmer thoughtfully lent a hand in retrieving the girls' bags from the carousel delivery point, and was heard to remark that he had always fancied himself as a porter. Meanwhile Tony Johnson had been working behind the scenes and we found that the Daily Mirror had despatched a couple of photographers to meet the Team. They took about a dozen pictures and Marie provided some information about the girls and about the Vienna Championships.

Finally it was time to split up our happy band of warriors and we parted company amongst the bustle of the airport throng to go our separate ways. The Second European Judo Championships for Women was over.

Postscript. It was gratifying to have the support of so many people who were not directly connected with the Team, who put in a lot of time, effort and money to help. Like the anonymous donor of the BJA Team Supporters' badges, and all those who bought them — not to mention the various judo club

MEDAL TABLE

	Gold	Silver	Bronze	Total
France	3	1	4	8
Germany	2	—	4	6
Austria	1	2	—	3
Italy	1	1	4	6
Great Britain	1	1	—	2
Holland	—	1	1	2
Yugoslavia	—	1	—	1
Spain	—	1	—	1
Belgium	—	—	2	2
Switzerland	—	—	1	1
Czechoslovakia	—	—	—	—
Sweden	—	—	—	—
Finland	—	—	—	—

instructors throughout the country who were pressed, not unwillingly, into selling them. Also the girls who underwent yet another sponsored-throw ordeal and produced very good results. Sincere thanks must also go to Beechams Ltd. for their most welcome and useful donation of Dynamo for the Team. Finally we

must not forget the small band of supporters who turn up time and time again to encourage and applaud.

Lack of money prevented a larger team from being sent, but those who did go were giants on the day and once again made us proud of them — as always.



OFFICIAL NOTES

Vic Davis

Two Clapham tomiki players, Paul Ledingham and Miss Bannister, obtained their first-kyu grades.

Brian Eustace, in addition to his Stratford club commitments, is travelling to many parts of the country giving special courses. He recently visited the London Judo Society for a course on tanto randori competition work, in which he is an acknowledged expert, and also judging and refereeing.

The latest of his monthly courses was at Renzukai Sidcup, where he concentrated on coaching kata, ninin dori (a branch of the sport which, on the evidence of the national championships, has declined somewhat in standard), including judging.

On the administrative side of the sport, Brian tells me that there is a move to restore full area status to the North, which for some time has been part of the Midland area.

The North, of course, is far too important from a BAA point of view, to be neglected, and there are obvious problems in running the show from the Midlands because of the distance involved, which put extra pressure on already hard-worked officials.

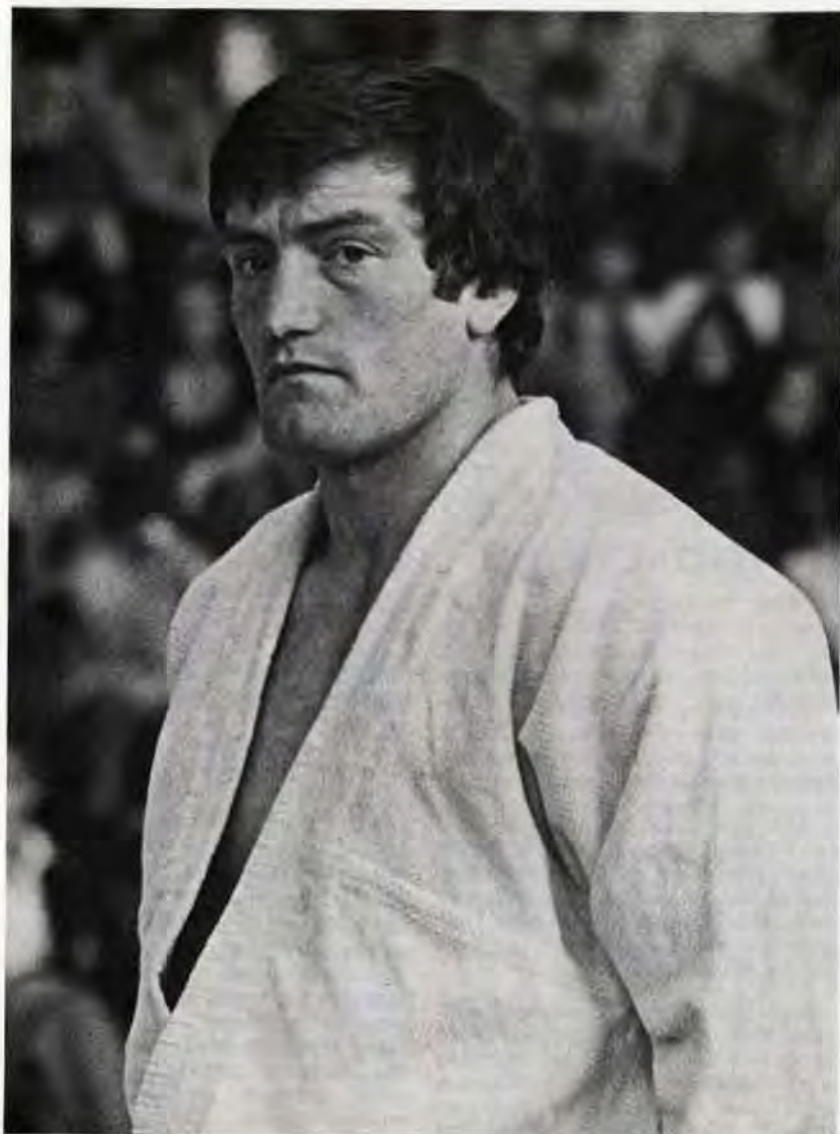
So, as from April 1st next, it is proposed that clubs in Leeds, Liverpool, Scarborough, Sheffield and Middlesbrough should again be an autonomous unit, and it is hoped that this will prove to be for the benefit of members in those areas as well as add strength to the association.

It is pleasing, this month, to report another crop of new dan grades, as well as a sprinkling of black-belt holders promoted to second dan.

The promotion session was held at Newport Pagnell, where tomiki candidates came under the searching eye of national coach Brian Eustace and Mick Tracey, and ueshiba-style players were examined by a panel led by Mike Smith.

Ray Ziel, national tomiki champion, 1976, from Stratford, advanced to second dan, and the new ueshiba second dans are Anthony McGuinness and John Goodship, of Newport Pagnell, and Roger Collins, of Towcester.

Paul Clee and Bill Watson, of Stratford, gained their first dan grades in tomiki-style, and ueshiba players Robin Brown (Towcester), Janice Dale (Aylesbury), David Collins (Towcester) and A. Blackwell (Towcester) also proceeded to first dan.



Photograph by David Finch

DAVID STARBROOK M.B.E.

Judo was again honoured in the Queen's New Year Honours List when David Starbrook, twice winner of an Olympic medal, was awarded the M.B.E. (Member of the British Empire). Our congratulations to David on his award, a fitting end indeed to a long and distinguished contest career. Dave is one of the candidates being considered by the special sub-committee set up by the EC to make recommendations for all the posts of Team Manager to each of the three male squads.



THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By **TONY REAY**

What a tremendous achievement by young Jane Bridge when just a few weeks after winning the British Open title in her weight, she won the European title in Vienna on the 11th December. Readers will have read of her great success at the British Open in the last issue of this magazine. In this issue we have an excellent report from Marion Woodard of the Second European Championships for Women when it was 'gold again' for our Jane from Bolton. Ellen Cobb also, in possibly her last major international event, brought back yet another medal — a silver — for Britain.

Marion Woodard's original report contained 8,250 words which would have been far too much for us to be able to print in one issue and deal with all the other information so vital to our readers. However, in view of the success of both Jane and Ellen, it does take pride of place as the leading report this month and I hope Marion does not mind the small amount of trimming we have had to do.

THEORY DELAYED FOR SIX MONTHS

The new theory requirements for senior men and women which were published in the last two issues of this magazine will not now come into effect until the 1st July, 1977. This decision, taken at a recent Executive Committee meeting, is to allow members a reasonable time to study the theory and practice the katas. I don't think the powers that be realised just how lacking we had become in the knowledge and application of theory. I must admit myself that at a recent course I took when the candidates had specifically requested theory and kata, that because I have not had to practice kata particularly for some years, I found myself to be very rusty.

I must apologise most sincerely to those readers who have sent their 30p's for the 'package deal' documents on theory and had to wait some time. However, the decision to defer implementation of the theory for six months has given us time to

prepare a properly printed document which is much better than the duplicated documents we had at first envisaged. All those readers who have applied for this document should have received their copy by the time this magazine appears on the news stands. Further copies are available from Head Office at 30p.

On the subject of the re-introduction of theory Bryan Perriman has written a letter for publication in the magazine on his views of the matter. A letter having such strongly held views we like to balance with a letter of reply, and we try to do this wherever possible and in the same issue. It would be ridiculous to ask every member of the EC who voted for the re-introduction of theory to reply to Bryan's letter. Roy Inman who represents his Area on the EC and who was a strong advocate for theory has however furnished his own reply to Bryan's letter and both are published in the 'Correspondence' column.

MEN'S SENIOR SQUAD FOR 1977

Senior Trials for Men were held on 11/12th December 1976 at Crystal Palace and though such famous names as Starbrook, Jacks and Remfry were sadly missing, the new senior manager whoever he may be will have some fine potential to work on and build up for the next Olympics. Those who fought their way to the top four positions in their weight are to be congratulated and the results were as follows:

Under 60 kgs

1. Andrew Hough, 1st Dan
N.H.C.
2. Hal Ogden, 1st Dan
Wales
3. Jack Nixon, 1st Dan
Yorks & Humber
4. Richard Kenny, 2nd Dan
Scotland

Under 65 kgs

1. Raymond Neenan, 3rd Dan
London

2. Seth Birch, 2nd Dan
Yorks & Humber
3. Hugh Syme, 1st Dan
Scotland
4. Keith Cannaby, 3rd Dan
Midlands

Under 71 kgs

1. Neil Adams, 2nd Dan
London
2. Bruce Newcombe, 2nd Dan
Midlands
3. John Cole, 2nd Dan
Midlands
4. Christopher Bowles, 2nd Dan
South

Under 78 kgs

1. Vacinuff Morrison, 3rd Dan
London
2. Michael McLaughlin, 3rd Dan
Scotland
3. James Rae, 2nd Dan
Scotland
4. Christopher Adams, 1st Dan
Midlands

Under 86 kgs

1. Robert Diebelius, 3rd Dan
London
2. John Lee, 3rd Dan
North-West
3. James Newland, 2nd Dan
N.H.C.
4. Mark Chittenden, 2nd Dan
South

Under 95 kgs

1. Paul Radburn, 2nd Dan
N.H.C.
2. Peter Donnelly, 3rd Dan
Midlands
3. Glenn Waters, 3rd Dan
South
4. Arthur Mapp, 2nd Dan
N.H.C.

Over 95 kgs

1. Errol Carnegie, 2nd Dan
London
2. Alex Ives, 3rd Dan
N.H.C.
3. Robert Bradley, 3rd Dan
South
4. Ian Thompson, 2nd Dan
Midlands

HOPEFUL SIGNS

The Association, reeling from one crisis to another in 74 and further battered by inflation in 75 seems to have made a miraculous recovery from the financial trough it found itself in. Certainly the signs look very hopeful and we can only thank the sterling efforts of the Finance Subcommittee over the past year. A surprise Christmas box to Areas was the 1975 rebates which I'm sure many of them had given up hope of ever seeing. I understand also that 76 rebates might well be paid out shortly from Head Office to Areas. There is more staff at Head Office now and better equipment although the work-load there has increased over the last year. Some people had fears that individual membership could not be handled from central office but this was taken on board smoothly and fairly efficiently and is now dealt with by the staff effectively. There is no doubt that membership can be streamlined more so and there are plans for this. Even so it is the General Secretary's proud boast that every application for individual membership that comes into head office is dealt with on the same day. Members are now getting the service they are entitled to and membership certificates are going out by return of post.

CLUB BUILD-UP

At the time of writing over 400 clubs have registered with the Association for 1977; this is an increase by 100 over the same time last year. Another good sign and what is more important, many more clubs are actual clubs and not just evening institute classes or sports centre classes. There was a time during the sports centre boom, when because of the problems of managing a club and the economic worries, it was considered more of an advantage to move into one of the new sports centres. Quite a few became successful and still retained their 'judo club' image. But there were also many disappointments. Many of the

centres were not in the best location and people were not prepared to travel out to them. At a recent conference I attended where most sports were represented a national coach of the swimming association bemoaned the fact that many of these centres were not situated in what he described as the 'gritty' areas. That is to say the districts where there were large working class populations and where the greater potential lay. Also he said they were too costly for youngsters from such areas to be able to attend regularly. Worse still, many centres now run and financed by local authorities are threatened with closure because of the stringent economic curbs that have been necessary. Some in fact have closed because the local authority responsible just cannot afford to run them. Quite a number of secretaries of clubs which were coerced into moving into one of these centres have expressed their disappointment to me and regret the move. They complain they have lost their identity and are constantly subject to the whim of the sports centre management and have to accept the hours and times allocated to them. "Our former premises may have been a tatty-looking old nissen hut, but it was ours to use as we wished and it was home", is one comment from such a club secretary.

In every successful case where a club is situated in a sports centre there seems to me to be one vital ingredient, complete co-operation and a happy working relationship between centre management and club officials. Bracknell Judo Club is to me a classic example, they even have a Supporters Association. Mrs. M. Patterson who writes in this issue on the first schoolboy's home international is a member of that group. Crystal Palace to me is now another very good example of a big centre which has been able to induct a club atmosphere. But it took quite a number of years before they were able to do this, in fact I would say

that for the first six years of its existence I felt when I visited it that it was more like an empty warehouse rather than a place where young people were able to work and strive at their particular activity.

My advice therefore to clubs contemplating such a move is be careful and in the present economic mood, sit tight where you are. There are many ways where a club experiencing difficulties or wishing to improve their lot can obtain assistance. This is where the local Sports Council region can help and if such a club can present a good deserving case there can be considerable financial help. Despite the curbs, local authorities are still keenly aware of their responsibilities to the local populace and to young people in particular. If it can be seen that your club can contain and provide for a large group and provide activities every evening of the week, then they would sooner give your club the cash than have to build what could be a large and expensive 'white elephant'.

Most judo clubs do not cater for just judo, traditionally many of them are what is described as martial arts centres. Such a club would get even greater consideration as it would be seen to be catering for a greater proportion of the community.

Another good method for a club to obtain financial assistance is through sponsorship. Here clubs can take a leaf out of the Association's successes in recent years. The Association has been able to gather several sponsors and though the amounts available has not been as great as other sports have been able to obtain—the Association has been able to maintain its independence and sponsors have not been allowed to interfere with the organisation and progress of a competition which may have been sponsored. If you do go into sponsorship you must be careful with regards this aspect. Many of the big sponsors seem to feel that it is their right to take over the sport practically and in your case may try

to take over the club. A very good understanding exists between the Association and its sponsors. The resultant help obtained may not be large, but collectively has helped the Association with a great part of its annual expenditure and saved a number of events from being cancelled during difficult times. The simple maxim for your club is to offer a prospective sponsor as much publicity as possible without there being any strings attached. If your club is lucky in this direction — always remember to say "Thank you", and make as much fuss of them that you can. A prestigious event can be very good for a club but if the club has to support it entirely it can be a great drain on its finances. If your club is situated in a district where there are not many large companies then another good way of obtaining funds is to offer individuals the opportunity to become patrons. Local businessmen usually like the idea of being linked with a local sports club and like to feel they are doing their small bit to promote local activities. Once again, all that is needed from the club is some kind of appreciation, a club badge, news of club activities, a list of patrons in the main hall or on the club noticeboard, a list of patrons on the club notepaper, etc.

JUBILEE YEAR

With the success of the first All England Judo Championships I hear that London have applied to the EC to stage another one this year and that a special trophy to honour the Queen's Silver Jubilee will be awarded. The EC have approved such an event which will also be a "point-scoring" competition. If your club or area is preparing similar Jubilee events let us know in good time and we can publish the details.

1977 NATIONAL TEAM CHAMPIONSHIPS FOR MEN

These championships are being organised this year by North-West Area and they will be held on the 26th March at Kirby.

1977 commences with great promise for judo. There seems to be a revival of judo interest after a few years of uncertainty. The re-introduction of theory should bring about a revival of kata interest. There are many things a club can organise to publicise their activities if it wants to increase its membership. It is really surprising the number of people who

telephone Head Office having no idea how to go about studying judo and many are surprised to find that a club exists in their immediate district. So let us all work together to make this year a great year, remembering the mood of the last Association AGM — let's all look ahead and work as a team for the future.

B.J.A. NATIONAL DAN GRADE REGISTER

Appendix Nineteen

Promotions confirmed by the Executive Committee 15/9/76 to 26/11/76

MEN TO 1ST DAN	CLUB	AREA & DATE OF PROMOTION
Azadi, M. A.	?	L 29/8/76
Bryan, H.	?	We 19/9/76
Bull, T.	IPM Gravesend	S 24/10/76
Carlyon, R. P.	Portland	We 7/11/76
Carson, G.	Dumfries	SJF 7/11/76
Clemper, M. S.	Walkden	NW 22/11/76
Crowley, C.	Apollo	We 12/9/76
Cuomo, M.	?	S 7/11/76
Davies, C. S.	Sanshirokwai Llanelli	WJA 2/10/76
Davis, A. R.	Matsu Machi	S 7/11/76
Elrington, F.	?	M 2/2/75
Fagan, T.	Caldervale	SJF 5/9/76
Forrester, A.	Abraham Moss	NW 7/11/76
Foster, T. J.	Kodokwai	N 5/9/76
Fuller, R. E.	Bedford	E 24/10/76
Haley, J.	Evening Standard	L 29/8/76
Hamilton, N.	Liverpool YMCA	NW 19/9/76
Hanlon, F. C.	?	L 25/10/76
Hill, W. W.	Jarrow Cummunity Centre	N 31/10/76
Hodges, G. J.	Steer	M 11/11/76
Holliday, M. W.	?	NHC 24/10/76
Horton-Jones, D. M.	?	SJF 7/11/76
Matthews, J.	Newton Abbot	We 7/11/76
Megson, W.	Prince Philip Centre	Y&H 6/11/76
Moore, C.	Samurai Swansea	WJA 2/10/76
Moore, J. W.	Vauxhall Motors	NHC 7/11/76
Murphy, T.	Токеи Judo Kwai	L 7/11/76
McCullough, P. J.	Kano Yeovil	We 7/11/76
McNamara, P.	Sheffield University	BUJA 7/11/76
Neilson, J.	Fauldhouse Miners	SJF 7/11/76
Nicholson, G.	Kobayashi Kwai	N 31/10/76
Popple, R. G.	Jukuren	M 7/11/76
Porter, S.	?	L 16/11/76
Rawson, I.	Sheffield	Y&H 7/11/76
Reed, P. L. H.	Henleys	We 9/10/76
Roberts, G.	?	NW 31/10/76

	CLUB		AREA & DATE OF PROMOTION
MEN TO 1ST DAN			
Robertson, B.	Dumfries	SJF	7/11/76
Russell, B.	Bridgnorth	M	28/1/76
Russell, J. R.	Renzokwai	L	24/10/76
Sauntry, K. P.	Stoke Judokwai	M	7/11/76
Smith, F. J.	Hastings	S	7/11/76
Sparks, K. L.	?	L	29/8/76
Stannard, N. D.	Hendon Cadet Corp	NHC	24/10/76
Sumpter, G. C.	Gloucester YMCA	We	9/10/76
Swain, A. A.	Stevenage	NHC	7/11/76
Syme, H.	Hamilton	SJF	5/9/76
Taylor, J. F.	Ryu Setsu Kwan	NW	6/11/76
Tilston, L.	?	We	9/10/76
Vassallo, A. G.	Durning Hall	L	25/10/76
Walker, D. P.	Weymouth	We	12/9/76
Walsh, A. G.	Sheppey	S	24/10/76
Whatmore, K. J.	Romford & Hornchurch	NHC	24/10/76
Wood, D.	Heriot-Watt	SJF	7/11/76
Wragg, D. E.	Redbridge S. C.	NHC	7/11/76
MEN TO 2ND DAN			
Board, G. E.	Old Clee	Y&H	31/10/76
Borrow, B.	Vauxhall Motors	NHC	12/5/74
Bowles, C. J.	Tonbridge	S	18/9/76
Boxall, T. G. F.	Polytechnic	S	6/11/76
Murdock, T. A.	Belfast YMCA	NI	11/9/76
Tittle, A.	Michelin	M	30/1/76
MEN TO 3RD DAN			
Muircroft, C.	E. Kilbride	SJF	5/9/76
Vale, D. M.	Judokwai Bristol	We	24/10/76
Waters, G. B.	Crawley	S	7/11/76
White, D. L.	Bradford YMCA	Y&H	31/10/76
MEN TO 4TH DAN			
Strettle, J. J. B.	Preston	NW	7/11/76
MEN TO 5TH DAN			
Remfry, K. J.	Ealing Youth Judokwai	NHC	31/7/76
WOMEN TO 1ST DAN			
Brennan, C.	Katho Ryu	Y&H	7/11/76
Clarke, J. M.	Judokwai Leicester	M	4/9/76
Davies, L-A.	Ealing Youth Judokwai	NHC	7/11/76
Green, L. M.	York R. I.	Y&H	28/11/76
McCallum, J.	Paisley Samurai	SJF	23/10/76
Sanders, R.	Shine Wa Kwai	Y&H	19/9/76
Shepley, K. M.	Keidokwai	NW	19/9/76
WOMEN TO 2ND DAN			
Simpson, E.	Yoshin Ryu	N	17/6/76
WOMEN TO 3RD DAN			
Ling, K. M.	Bridgnorth	M	11/1/76
Nicol, K.	Weirs	SJF	25/11/76

CLUB FORUM

LONDON JUDO SOCIETY—*From Bill Barritt:* The next Examinations at LJS are as follows:—1st Kyus trying for 1st Dan—1st Dans trying for 2nd Dan:— Sunday, 27th February, at 2.00 p.m. Sunday, 27th March, at 2.00 p.m.

Both of these Examinations are for Men and Women. Current BJA Licences must be produced. Fee: LJS 50p, Visitors £1.00.

Juniors—Boys and Girls:— Sunday, 27th February, at 10.00 a.m. Fee: 25p.

With the introduction of Theory into the Promotion Syllabus we have noticed a revival of interest in Kata. To further encourage this interest it is proposed to run a LJS Kata Competition. Further details will be forthcoming.

Juniors:

This Section of LJS continues to increase and to cope with the anticipated expansion in 1977 we are planning further Classes to be run during the week. Also the Special Training Sessions, run by John Hart and Norman Saints, continue to receive enquiries from other Clubs wishing to visit them. We trust this trend, too, will continue throughout the New Year.

Special Training Sessions continue to flourish and we are happy to announce that many Clubs are now taking us up on our offer to visit. The offer still stands. These Sessions are on Saturday afternoons from 2.00 p.m. until 4.00 p.m.

The next Examination for Juniors is on Sunday, 27th February at 10.00 a.m. The Fee is 25p.

A special lightweight training class will be held Monday evenings from 7.30 to 9.30 p.m. at the London Judo Society commencing on the first Monday in March. This class will

have special emphasis on technique, speed and contest strategy for the lighter built competitor and is open to all grades men and women. Maximum weight to qualify for this special session is 71 kgs. This class will be conducted by Tony Reay, 4th Dan, Ex-International and former Schools Team Manager. The dojo fee for club members is 25p and visitors 60p. Members of the national squads who qualify are invited to attend free as guests of the club.

Aikido

Early in the new year it is planned to start regular Beginners Classes in Aikido. We expect to announce the date of the first of these in the next issue of "Judo".

THE BUDOKWAI—*Reg Oliver writes:* Classes have been packed since Christmas and despite extra classes being laid on for juniors we have now been forced to operate a waiting-list for new intake. We had many visitors during December which included the Puerto Rico national junior team who were on their way back from the Junior World Championships. The names of Jose Chandri (coach); Angel Ruiz; Jorge Roadrigues; Amamey Colon and Agustin Montalvo (congress delegate) now grace our visitor's book. Masayuki Tomita, 7th Dan, that famous Japanese ex-competitor is the Olympic Coach for the Puerto Rico team.

We were also pleased to see the London Area team training at the club under the direction of Barry Baldock the very active Chairman of London Area.

Last year's Summer course and this year's New Year course were very popular by all who attended and we have been asked by people from outside London when the next one will be. We have therefore

arranged for an Easter course of three days' duration, Good Friday, Easter Saturday and Easter Sunday —this course will be conducted by Tony Reay. Sessions will be from 11.00 a.m. to 1.00 p.m. and 2.00 p.m. to 4.00 p.m. each day. Applicants of all grades over the age of fifteen are welcome. The course fee is £8. A deposit of £3 is required with the application to: The Manager, The Budokwai, 4 Gilston Road, South Kensington, London SE10.

We hear that Angelo Parisi is looking very fit these days and doing very well in the French national squad. In the recent multi-nations tournament held in Paris he won every contest with ippon. All the Budokwai members wish him every success for the future and we look forward to seeing him when he next visits his old club.

MEADOWBANK JUDO CLUB, *Richard Kenny writes*—October 6th saw our 6th Meadowbank Open Championships taking place with almost 660 young players taking part. The standard of judo was higher than ever, but one or two familiar faces again

AREA NEWS

CHANNEL ISLANDS

Sponsorship by the Modern Hotels Group, one of the Channel Islands major hotel and entertainment combines, has meant the financial burdens of advertising, publicity and trophies being taken from the shoulders of the judo clubs in the Channel Islands.

For the 1976 Judo Championships, held at Springfield in St. Helier, Jersey, 132 entries were received. Although disappointment had been expressed at the low number from Guernsey, their entrants turned the tables on their critics by taking home

managed to find that elusive gold medal.

Without the help of all those officials who worked so hard throughout a long day, the competition would not have been possible, so the Club would like to sincerely thank all those involved. Already enquiries have come from Germany, Sweden and Yugoslavia about the 1977 "Open" which will be held on Saturday, October 8th.

The Club had a successful day at the recent Scottish Championships with the following members winning medals:

Under 16 years

Under 27 kg. M. Preston, Bronze.
Under 35 kg. O. O'Donnell, Bronze.
Under 40 kg. M. Lee, Silver.
Under 45 kg. R. Oliff, Silver.
Under 65 kg. C. Aitken, Silver.

Youths

Under 60 kg. R. Notman, Silver.
Under 71 kg. R. Smith, Silver.

Seniors

Under 60 kg. R. Kenney, Silver.
Under 86kg. D. Borthwick, Gold.
Under 95 kg. G. Wood, Silver.

to their island two of the five available junior titles.

Guest of honour at the event was British Olympic silver medallist Keith Remfrey who said that he had been amazed both at the number and the enthusiasm of the youngsters taking part.

Middleweight Jim Caulfield became the first double title winner when he took both the Modern Hotels Group Trophy for his own weight and also the Little Grove Hotel Trophy in the Open contest.

Mr. Maurice Segal, Chairman of the Modern Hotels Group said that the continuing success of the championships was very pleasing to him personally and he was glad that the keenness of the judo players had made the championships one of the highlights of the Channel Island sporting calendar.

CORRESPONDENCE

Sir.—Once more we have a theory syllabus for senior gradings! An enlightened syllabus geared to Judo as an Olympic Sport? Not at all! Apart from the questions on the competition rules, it is just a jumble of throws and holds with little logic.

Our object, surely, is to improve our Judo in competition. All other aspects of the Sport are secondary, although many are contributory. Therefore, if we must have a syllabus, it should be designed to help the aspiring Judoka to improve his contest ability, and not to bore him with a lot of unnecessary frills! For those who wish to study theory, there is a coaching scheme, and this is where the syllabus as drawn up belongs.

The only way in which a syllabus could be of benefit to contestants, is by improving their range of technique. The specific techniques required for each grade, however, cannot logically be specified, as each candidate will have quite different physical abilities and requirements.

If we must have a syllabus at gradings, let us require of each candidate, that at successive gradings he shows an ever widening range of technique. In this way he will be encouraged to improve his variety within the groups of throws for which he has the greatest aptitude, and not waste time practicing techniques for which he is not physically equipped. Also, it does not improve a contestant's throwing ability to know the names of the throws, although it is unlikely that he will not know those which he does most. Knowledge of the names should be a coaching requirement!

Can't we please get competition and coaching separated properly like other sports? The "mumbo-jumbo

magic" has been taken out of Judo — too quickly some may think — but it has gone, and nothing we do will bring it back, but we still have the best sport there is, so let's concentrate on being the best we can at it, and not waste time and effort trying to turn back the clock!

One last word regarding the origination of syllabus. It was necessary when Judo started in G.B. for all high grades to have a fair knowledge of theory, as there was no coaching scheme as such, and since they were expected to coach, the theory part of the grading ensured this knowledge. With an organised coaching scheme this is no longer necessary.

I would be interested in the views of those who actually are taking gradings now, rather than the administrators to whom our referendum was directed.

B. W. PERRIMAN

One time competitor

P.S.—Example of syllabus:

All techniques, including groundwork.

Theory for 9th kyu 2 techniques.

7th kyu 4 techniques.

5th kyu 6 techniques.

— and so on. Theory every second grade, till dan grades. Techniques to be equally divided between standing and ground techniques. It is not practicable generally — or necessary — for contestants to be effective in more techniques than this in competition. Knowledge of the contest rules to be included in the theory.

Sir.—Many people in the Association have not been happy with the sudden and complete lack of theory in the promotion syllabus. In fact, if there is no theory how can we talk about a syllabus? Last year a massive response to a referendum showed that a greater proportion of people

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IN AND AROUND THE DOJO

WHEN THE RIGHT HOOK COUNTS

by TONY REAY

Photographs by DAVID FINCH

Osotogari (major outer reaping) is one of the more popular of the "big" throws. But, of all of the big throws it is perhaps the most vulnerable to a counter measure—and the counter technique generally is the opponent's own *osotogari* — or I should say *osotokaeshiwaza* (major outer counter technique).

Osotogake (major outer hook) is less prone to a counter move and in fact many people who think they are doing the *gari* variety, are actually doing the *gake* version. Because of the power needed to get

past the opponent's defence and into the close body contact and the massive reap back with the throwing leg, *osotogari* is generally more popular with the big strong men. I am never too happy with the translation into English of *gari*. "Reap" does not seem to me to describe too well a powerful sweep back with all of the throwing or working leg. However, without repeating that description every time "reap" will have to suffice.

Osotogari is the more impressive of the two techniques, no doubt it is

also the more skilful. But once committed into the technique there is usually no half measure—*osotogari* either succeeds or it is countered. *Osotogake*, though less dramatic, is more certain of getting results against an opponent who possesses strong-arm defence. At any point when the attempt at *osotogake* seems to be going wrong—*tori* (person attempting the throw) can nearly always recover and there is less chance of being countered. Once committed completely into the *gari* however, there is no chance of stepping back out of trouble.

In general, the weakest direction in any man's defence is the left or right-rear quarter. The photographs for *osotogake* depicted here have been so arranged so that the reader can follow the natural progression of the action from beginning to end. Figure 1 therefore is on the far right. In figure 1 *tori* has opened up the attack with the back foot well placed for the "drive-off". His right foot "snakes" across to lock in behind *uke's* (the defender's) right leg and

the heel should make contact behind and slightly above *uke's* knee. *Tori's* right heel immediately becomes an anchor by which he can haul himself in and at the same time pin *uke's* right leg. This is unlike *osotogari* where the object of *tori's* right leg is to sweep powerfully backwards making contact with the upper part of the leg at the back of the thigh.

In figure 2 *tori* "corkscrews" his right foot deeper behind *uke's* knee whilst at the same time driving *uke's* head over onto his right side and attempting to pin *uke's* right elbow down and into *uke's* own stomach (It must be remembered that *uke* will be desperately trying to fend off against *tori* stopping him from coming in close to him and the right arm will be fending off against *tori's* chest or trunk).

In figure 3 we can see the progress of the "drive" and how it is making effect by comparing the two figures against the background in each photograph. *Tori* by now has "tucked" his head in forward of his body in order to get the maximum



power. His right fist is also backed by a strong fore-arm drive under *uke's* chin and against the side of his neck. (Here it should be remembered that a bent wrist weakens the power of the arm.) This is the best "drive" if the opponent is taller but if he is shorter *tori* can reach higher and around the neck and hug his opponent's head to him as he comes in close.

In figure 4 *tori's* right leg is beginning to "hook" up *uke's* right leg. At this stage *uke* will start to hop back in an attempt to extricate his right leg. This is the crucial moment for both men. If *tori* has not successfully driven *uke's* weight over to the side of the leg he is attacking—*uke* can spin his left foot back and around in a wide arc and placing his weight onto that foot, can lift his right leg safely out of the trap. *Tori* however, must press home the attack by hopping forward on his support leg (in this case the left leg) and continue hooking up his right leg with each successive hop. To do this effectively a good tip is to imagine that you are trying to touch the back of your head with the sole of your right foot. It would be impossible to actually touch of course whilst doing this technique, but the intention will help to give you a powerful hook-up.

In figure 5 *tori*, still hopping on the left foot, is now hooking *uke's* leg up high. He is still pinning *uke's* right elbow into *uke's* own trunk and his right hand has now slipped over *uke's* shoulder and around his neck and the right arm drive (which should never relax throughout the action) is now taken up by the bicep punching forward and against *uke's* neck—thus reinforcing the constant drive.

Figure 6 shows us the completion of the throw. If *tori's* right leg hook has been sufficiently effective—*uke* will suddenly be up-ended. But if not, and *uke* is pretty lively, *tori* must be prepared to follow up with a succession of hops that could cause them both to travel the full width of a contest area before *uke* tumbles. Either way *tori* must score, but as with all throws to the rear—remember the golden rule which is—follow through as is shown in figure 6 and pin the opponent's shoulders firmly onto the mat in order to register a high score. A crafty opponent—realising that *tori* is about to achieve some measure of success—will deliberately sit down in an attempt to concede as little a score as possible. In any event, if *tori* has followed through and the referee has been less than kind—well then *tori* is in an ideal position to clinch

the whole thing with *osaekomiwaza* (holding technique), *kansetsuwaza* (arm-lock) or *shimewaza* (strangle technique) whatever the situation

will offer. Such follow-through attitude is always the mark of a good contestant who will leave nothing—absolutely nothing—to chance.

AREA AND CLUB RESULTS

CHANNEL ISLANDS JUDO CHAMPIONSHIPS

WINNERS — 1976

The Piazza Americana Trophy	Girls' Individual — Lightweight	Cindy de Mouilpied
The Modernline Travel Trophy	Girls' Individual — Heavyweight	Rosita Vatel
The Stardust Trophy	Girls' Team Award	South Hill Judo Club
The Aberfeldy Hotel Trophy	Boys' Lightweight	Stuart Janes—Guernsey
The Mayfair Hotel Trophy	Boys' Middleweight	Russ Hamon—Guernsey
The Metropole Hotel Trophy	Boys' Heavyweight	Paul Rondel
The Ritz Hotel Trophy	Boys' Team Award	South Hill Judo Club
The Flamingo Trophy	Women's Individual	Sharon de Mouilpied
The Caesar's Palace Trophy	Women's Team Award	South Hill Judo Club
The Modern Hotels Group Trophy	Men's Lightweight	Jim Caulfield
The Modern Hotels Group Trophy	Men's Heavyweight	Dave Rault
The Maurice Segal Cup	Men's Team	South Hill Judo Club
The Little Grove Hotel Trophy	Open Category	Jim Caulfield

6TH MEADOWBANK OPEN JUNIOR CHAMPIONSHIPS

Junior		
Under 30 Kilos	K. McDonald	(Wigan & District)
" 35	K. Persson	(Sweden)
" 40	S. Ravenscroft	(Irlam & Cadishead)
" 45	J. Swatman	(Wolverhampton)
" 50	G. Bell	(Centar)
" 55	K. Moriarty	(Northampton)
" 60	K. Harrison	(Droylesden)
" 65	F. McDonald	(Edinburgh Club)
" 70	J. Gold	(Edinburgh Club)
Espoir		
Under 58 Kilos	W. Buchanan	(Centar)
" 65	G. Rundquist	(Sweden)
" 75	A. Dearden	

Outstanding performance award — K. Harrison (Droylesden).

1st SCHOOLBOYS HOME INTERNATIONAL BRACKNELL

by **Mary Patterson**

Teams from England, Scotland and Northern Ireland took part in the first Home International Team Championships held at Bracknell on December 11th, from an idea conceived and initiated by Roy Inman. Unfortunately Wales was unable to select a team in the time allowed, and on the previous Sunday a 'B' team was selected for England to complete the quartet.

The boys for the England teams were chosen from the medal winners in the Individual National Championships at Crystal Palace in October. They have proved that they all

have the skill to win, although, on the day it was the "esprit de corps" which seemed to lift the England 'B' team above the others.

Ten man teams took part with one representative from each National weight group.

First contest was between Scotland and England 'B' with M. Merceica, a last minute substitution for H. Simpson who had been injured in practice. England 'B' won 6-2 with 2 draws but with only low scores.

The next contest was between Northern Ireland and England 'A'



The winning England 'B' team photographed with some of the England 'A' team and Manager, Don Werner.

Photograph by J. D. Fordham

with England winning 10-0. Excellent throws for ippon were scored by D. Hughes and K. Harrison with hold downs from the rest of the team apart from D. Russell who had a waza-ari.

The Scots lads then met the Irish for the minor placings with Scotland winning 9-1. Ippons here from P. McKenna and J. Kimberley.

The Northern Ireland team were hampered by their lack of competition experience, although they felt they had gained much from their visit.

England 'A' then met England 'B'. The previous week the 'A' team had proved slightly stronger but on the day the 'B' team worked as a team with heart and really battled through, winning 6-1 with 3 draws.

The only 'A' team win came from K. Harrison who was awarded a judogi presented by (Rucanor) for his performance on the day.

10 point wins from P. Middleton and N. Hudson 7 points for M. Bowditch, 3 points from T. Williams, G. Thompson and R. Bradley. Draws from D. Welch, K. Burns and D. Patterson.

The judogi for the Irish team went to G. Quinn who was unfortunately injured and for the Scottish team to P. McKenna.

The medals and a magnificent shield were generously donated by the Racal Electronics Group and were presented by Keith Remfry. Don Werner accepted the shield as England manager.

The visiting teams were given overnight accommodation by members of the Bracknell Club.

This was a very worthwhile event which we trust will become an annual fixture.

Final placings: 1. England 'B'; 2. England 'A'; 3. Scotland; 4. Northern Ireland.

Montreal Olympic Games—Statistics

Reading through the Statistical Reports produced by Mr. John Wright from the mass of statistical information obtained by the COJO (Olympic Games Organising Committee) after the Games, I came across the following section which I have extracted and am repeating here for the interest of coaches and competitors alike.

**Charles Palmer,
Chairman,
British Judo Association.**

The three variations on seoi-nage combined to make the greatest number of attempts. These techniques have a good attempt-to-scoring ratio, 5 to 1. Uchi Mata is slightly poorer at 6 to 1, O-Uchi-Gari had a good 4 to 1 ratio. There is some distortion in these figures. We noticed that many attempts at Seoi-nage were made by Tori dropping to his knees, and that this was almost totally in-

effective as a throwing technique. We did not count the number of attempts made in this way, but we did note that in the last four days it was good for only two scores. Wooley (USA) scored yuko and Uemura (JPN) scored koka. In the latter case Rougé might have avoided the throw, but appeared to try to step over for a choke and sacrificed too much of his balance to do so. Three possible reasons why this ineffective attack is so common are:

1. No one has realised how ineffective it is.
2. It is a way of getting into ne-waza without contravening the rules.
3. Because it leads to a safe defensive posture it can be used to avoid a non-combativity penalty.

Coaches, competitors and referees will have to study this technique carefully and make their conclusions after more experience.



DAVID WHITE talks to MASTER LIU

It is three years since I last wrote anything about the Chinese martial arts. In that time, as Trevor Leggett predicted, there has been a burgeoning interest in them. There are however no books that can be unreservedly recommended and there are several slightly dubious organisations teaching a whole variety of curious arts. While doing an article for *The Middle Way*, the quarterly journal of the Buddhist Society I was able to talk to Master Liu Hsui Ch'i, perhaps the most important teacher in the UK at present.

I visited the Liu Academy in London with the expectation of meeting the venerable master. Thus I was more than a little surprised when a man who appeared to be in his late twenties greeted me. It was Master Liu who is in fact 46 years old—a rather impressive initial demonstration of the practical effectiveness of his methods!

All students—between 80 and 100 at the moment—learn basic T'ai Chi Ch'uan. Later they can specialise.

The aim of the exercises is the development of inner resources, forswearing brute strength. As Master Liu puts it: "We do T'ai Chi, Pa Kua Ch'uan and Wu Hsing Ch'uan—the only three 'Internal' (see later) major arts taught anywhere in the world based on Taoist and Ch'an Buddhist philosophy in its purest form.

"The student must attain to the state of total effortlessness. Then this effortlessness can be sustained in action, even in the most dire circumstances."

If this sounds a little like a commercial for the Liu Academy I apologise—the actual organisation still clearly falls short of Master Liu's aspirations but the thing I liked best is the fact that Liu practises what he preaches and is more than modest about his achievements.

I pressed him hard to learn why he is in the UK. His replies—in his own words—are illuminating, at least to me, because they are so different from those given by many martial arts masters: "I don't want to blow my own trumpet, I don't think there is any need for me to justify what I am doing by what I am or claim to be. People should look at my teaching and the results without believing they are good just because I am a knowledgeable man. See for yourself and judge by the results—here everything must be put to the test.

I have never set myself up as a guru. The term Master is a title of courtesy given to someone who is a practitioner and teacher of the arts. But you never tell someone to follow me—the teaching of Taoism and Buddhism is to make these people you are guiding—pointing the way to—totally self-reliant. You want them to be totally free from being reliant on another person, whether you call that person teacher or the Buddha himself. But in order to be free they must be shown how to shoulder more responsibility themselves. There is no such thing as freedom without responsibility.

"If you say you have learnt something from someone you are relying on the fame or glory of that other

person. This is the sort of guruship that has come over to the West—and is the worst aspect of it.

"If students come here simply because they think I come from a long line of teachers who have realised enlightenment or whatever then they would make the worst kind of students. All I have done is gather together under one roof the Taoist arts. There has been difficulty in finding someone able to teach the arts that have grown up from the roots of Taoism and Buddhism.

"For example, you know the Temple of Shao-Lin—the home of the fighting monks—is Ch'an Buddhist. This is the temple where Bodhidharma is reputed to have meditated for nine years facing a wall. That is the home of the martial arts. The Taoist roots come from Wu Tan mountain—another very strong source of the martial arts. The arts were introduced at Shao Lin to keep the monks healthy. The monks were a sickly lot when Bodhidharma arrived. They could not sit for too long in the Lotus position because they got too weak—some of them would faint. The exercises are a method of meditation in themselves but have the use of also strengthening the body so that it no longer becomes a source of distraction. You can never attain to enlightenment if your physical body is not healthy. That is a fact. So the first step for a person is to make himself physically healthy and then mentally and emotionally healthy so that his whole being is one harmonious unity with no conflict."

Master Liu came to the UK about five years ago and used premises at the Renshuden before moving to the present HQ at 13 Gunnersbury Avenue, Ealing Common. He stresses the importance of enthusiastic students with a full commitment of work, family and responsibilities. "They choose to come here and give up their leisure—this is no mean thing—it shows seriousness of intent."

The Liu Academy is self-supporting. The Clinic where I saw acupuncture and other healing methods being used is open weekdays and provides about half the money. The very modest fees charged to students for the evening and weekend classes cover the other expenses of the school. Besides those already mentioned, the classes include Taoist music, Ch'an painting and calligraphy, I Ching studies and Taoist therapeutics.

The 'Internal' arts are so called because they are not really defensive or offensive at all. They are designed to give a person increasing understanding of Chi (Ki in Japanese).

Where do I start to explain what Chi is? This subject needs several long articles to itself. Chi is both spirit and energy. It flows along the meridian and force lines of the body, it is the thing talked—or rather not talked about—in the Tao-Te-Ching. Suffice it to say that it is the most important aspect of the teachings, used in all self-defence schools and forms by the masters—sometimes it flows from the saki-tanden, the lower stomach. In Aikido, Ki is limitless power when used correctly.

The 'Internal' arts certainly can be used for defence and at speed but T'ai Chi-Ch'uan is usually done slowly and meditatively. Students at the Liu Academy will take between a year and two years just to learn the Short Form—a limited series of movements rather like a Judo Kata.

Pa Kua Ch'an is another School in which the movements are done in a more circular way and Wu Hsing is a School which teaches "tall" forms. It is not difficult to recognise the differences once seen. Shao Lin Ch'uan is one of the "harder" forms more akin to Karate which is only just being introduced at the School by the Master.

Most of the Schools—and there were many in China rather as there were many Jiu-Jitsu Schools in old Japan—taught both bodily and mental control to students. The exercises

were and are often done in conjunction with Zazen (sitting meditation). They are often described as "Moving meditation" although a Master will be in a state of meditation 24-hours a day.

The sick who come to the Liu Clinic are encouraged to do the T'AI Chi exercises at least, and to control their diet etc. This helps to give

greater control of their emotional, physical and mental bodies. There is no sudden way of getting total health as indeed there is no sudden way of attaining enlightenment, although the final realisation is instant. Perhaps it would be more apposite to describe the teachings of the Liu School as "Integral" rather than "Internal" and this is what Master Liu is presenting to his students.

CORRESPONDENCE — Continued from page 23

around the country desired the return of theory. True this was not a referendum to every individual which at the time would have been too costly, but surely a club official knows what is wanted in his own club.

Nobody can be more competitive minded than I am, I think my record speaks for itself on that score, but I like many other competitors realise that we would be nowhere without the rank and file, many of whom are not interested in medals but *are* interested in the "mumbo-jumbo magic" which Bryan refers to. The success of other martial arts in Britain over the last few years I think proves this. Just look in at the average Karate, Kung-fu and Aikido class if you want to see the so-called

"mumbo-jumbo" and note how many people enjoy doing it. Thanks to these activities and to Mr. Otani's organisation, Judo theory has been kept alive until we have been able to come to our senses.

I agree that the new syllabus is not the ideal one. There may have to be some changes, but let's get back to helping people to enjoy Judo and let the competitor continue to pursue the medals. But when the competitor does get those medals let him *also* be proud to have a bit more knowledge about the game rather than just be content to be remembered as one who was only able to smash them over.

ROY INMAN, 4th Dan,
Espoir Team Manager



KENDŌ forum

by Roald Knutsen

PART TWO

Imagination in Kata

Kata are the bones of all the true martial arts. They are the framework upon which skill and understanding are built up and filled out. It is quite erroneous to say that we should not regard *kata* as workable technique but only as a stylised vehicle by means of which we may come to understand the esoteric meanings or super-theory of Budo.

If we judge *kata* by the late forms of Budo, by those systems that developed after 1700 as an arbitrary date, then we may well find that the techniques have developed away from reality for the very reason that many *ryu-ha* of the classical Budo sought to bring out more in their studies than purely effective technique. We may even speculate on the precise evolutionary position that modern *kata* in, say, Karate-do or Aiki-do may have reached in relation to the fully developed *kata* of the classical systems with some centuries behind them? It must surely be very difficult to examine *kata* critically from the standpoint of solely modern disciplines since all three of the "popular" modern budo systems are not Budo at all and are heavily influenced or motivated by sport concepts.



An illustration from a licence *densho* of the *Taisha-ryu* dating from about 1680 although the *ryu* itself is much older. This shows the use of the draw to surprise the opponent by closing distance, a characteristic of several very old styles whose *Bujutsu* are based on *heiho*, or tactics. The overt movement causes surprise in an attacker and creates an excellent chance of gaining the initiative.

To understand *kata* at all we must metaphorically stand back and view it as a whole. This was the advice of the late Koshikawa Hidenosuke *Hanshi*, 9th *dan* Kendo. I don't think he merely meant to view the technique alone but to examine objectively the development of *kata* so far as we are able, from the classical *bujutsu* down to the general standardised forms of the present day. It is important to go back and look at original *Bujutsu* if one is able. In the *ryu-ha*, or styles, that originated in the 16th century or before we have the strongest forms that received almost wholly a baptism of fire. Quite simply, unless they were effective then these systems would not have survived the Age of War. I don't think it is a defective argument to maintain that if this is the case then the forms of the early *kata* were eminently practical fighting techniques. But I do see the early *kata* in at least three levels of meanings. Not only are they the physical forms to be used in combat but they illustrate the original theories of *hei-jutsu*, or war tactics, on the part of their creators, and they contain the deeper underlying meanings of Shinto. From the end of the 16th century onwards the Budo super-theory became deeply influenced by Buddhist, Zen-Buddhist, and especially Confucian concepts. Perhaps it is true to say that the super-theory of Budo is the product of the Edo period. We have an example of this in the proposition of *Bushido* by several late writers and chiefly Dr. Nitobe, when, in point of fact, *Bushido* was not even conceived by the warriors of the classical periods. It is wholly an artificial thesis that conforms to 19th century ideals of what the past should have been.

That *kata* of the very old schools are based entirely on realistic conditions is very easily demonstrated by reference to the illustrations in surviving *densho*, or licences, of those *ryu*. In the *Taisha-ryu* (c. 1550), for example, the drawings show the *kamae* and indicate the theory for

dealing with a wide variety of attacks from assorted weapons. Can we assert that the forms of *Batto-jutsu* are not practical when the very definition of *Batto* is contained in its name — "combattive drawing-sword"? The problem of understand *kata* lies in the correct interpretation of what you see. In the tradition of *kobudo* you may "see" many *kata* demonstrated at various Budo tournaments and meetings but unless you have actually practised within these *ryu* the forms that you watch, you cannot possibly grasp more than a superficial understanding of their real meanings. These really old *Bujutsu* forms may be



A very low crouching posture in a form called "*Shiba Kakure*". This form was suggested by fighting in the dense long coarse grass of Eastern Japan and here the swordsman crouches right down low then launches a devastating thrust right through his enemy who has little or no chance to evaluate relative distance. It is an inspired use of imagination in swordsmanship. The swordsman in this photo is Gunji Takeo *sensei*, one of the masters of the *Kashima Shinto-ryu*.

practical but they are also based very firmly on well-tryed principles and often the extremely original combination of tactical concepts. It would be quite wrong to say that these forms have lost their effectiveness by becoming too clever by half; they remain fully effective but they contain teachings matured by generations of keen thought tempered by constant re-appraisal in the dojo. It is impossible to view such techniques even a few times and dismiss them as an outmoded expression of old Budo mumbo-jumbo then go back to the dojo with little or no thought for *kata*. If you are trying to understand *kata* then first you must train the body to perform efficiently and next the mind. But the meaning of the *kata* form must first be clearly and simply explained so that the student sees something of his objective ahead. Simply to practice form for techniques' sake alone is not enough.

One of the keys to *kata* rests with the meaning of *kamae* and the vital need in actual combat to be able to "shape" the enemy by interpreting his posture, or in the larger sense, his order-of-battle. *Kamae* is the first contact one has with the enemy from

which one can have some advance information about his possible intentions. *Kamae* is also your posture or attitude towards your opponent and is closely linked with distance and awareness: *maai* and *zanshin*. No Budoka worth his salt can afford to overlook these matters. *Kamae* is, in broader terms, the deployment of forces, the appraisal of terrain, the study of weaknesses and strengths, the very essence of generalship. In the art of war there are no fixed rules; action can only be worked out according to circumstances, but *kamae* in *kata* represent in *kobudo* theory the actual disposition of men on the field of battle. *Kamae* are the only tangible facts to go on at the outset of combat; they are like the opening gambit in chess; everything depends on their correct evaluation.

In proper Budo, *kata* is the developed theory which the student must grasp and thoroughly understand; free practice, if it exists, should be aimed at making the body and mind flexible, sharpening reflexes, and generally improving the physical ability of the student. But *kata* is the framework without which the whole system collapses.

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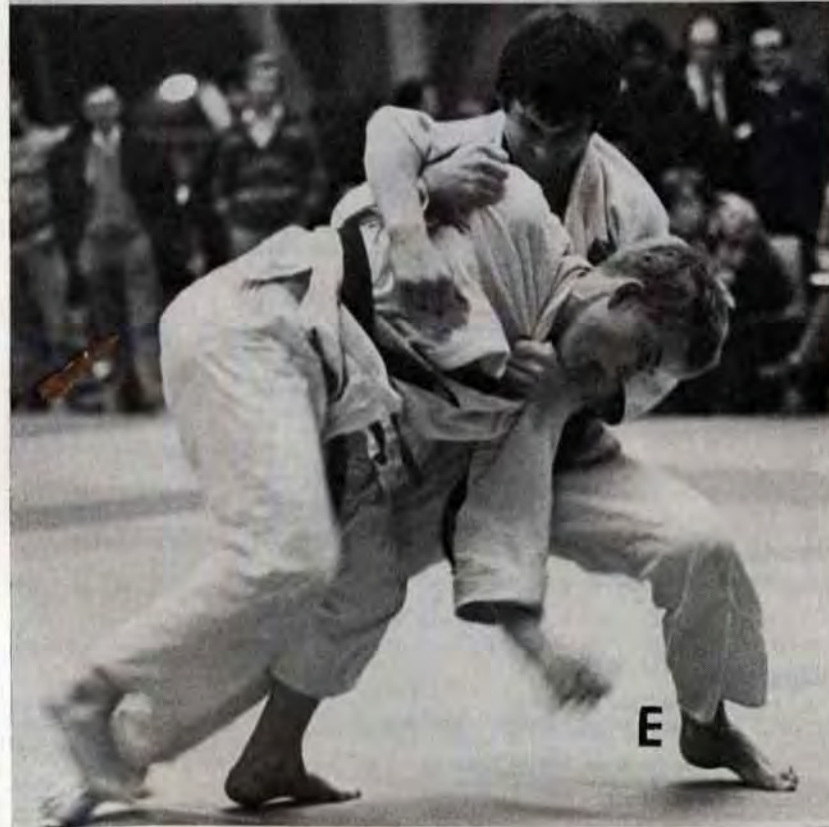
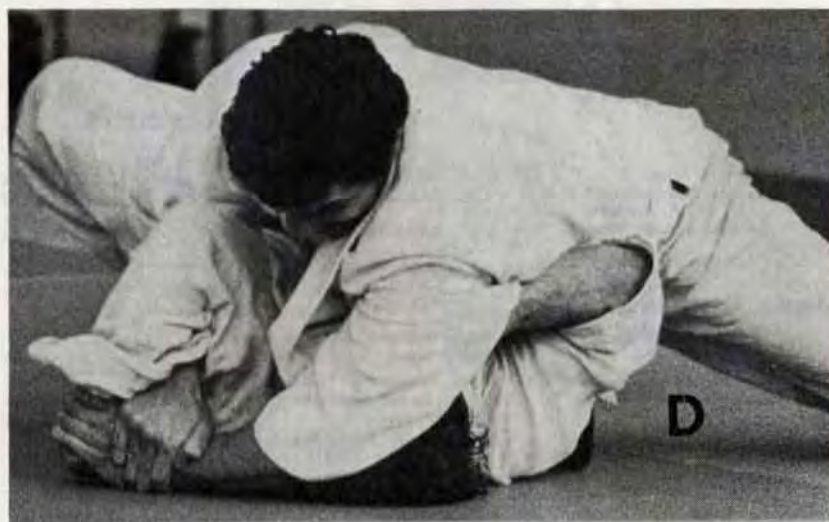
Photograph by David Finch

A/B Paul Radburn throws Phil Knight for ippon with a superb pick up within 10 seconds of their light heavyweight contest.

C Peter Donnelly of the Midlands area throws B. Drissall for waza-ari with uchimata in their light heavyweight contest.

D Paul Radburn scores ippon with ude-garami against Roy Harban in the light heavyweight category.

E Chris Bowles of the Southern area strangles Richard Armstrong of the N.H.C. into submission in the final pool of the under 78 kgs category.



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