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JUDO

INCORPORATING BRITISH JUDO ASSOCIATION NEWSLETTER

Price 35p

January 1977



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Angelo Parisi, fighting for Great Britain, throws his Yugoslavian opponent for ippon with seoi-otoshi during the European Championships at Lyon France. Photo by David Finch

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DECEMBER ISSUE

It is much regretted that a December 1976 issue of the Magazine was not published.

We have a constant problem of copy arriving late and we must urgently ask the assistance of all contributors in making sure that copy is in our hands not later than the **10th of the month** for publication in the following month's issue.

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New Year*

JUDO

JANUARY 1977
VOL. XIX No.7

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

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Editorial:

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

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

Production: Roland Gross Telephone: 01-253 4565

Subscription Rates £4.20 per annum post free

BRITAIN'S YOUNG LIONS

by Tony Reay

Unfortunately the roar was absent when young men representing Scotland and England met at Crystal Palace during the occasion of the 1976 Women's Open Championships on the 23rd October.

Perhaps it was because this international match was slotted in between the preliminaries and the finals of the Women's Open and because the day was essentially a day for women that the young men lacked fire and sparkle — I am not sure. Certainly there was plenty of scoring but there really was no atmosphere. The audience, mainly women, respectfully remained in their seats but one could not really blame them for not exactly being with it—women's affairs being uppermost in their minds. Personally I would like to have seen this young men's match staged one week earlier with the Schoolboys' championships.

The essential thing was that this match was staged in order to give the young men a valuable run-out. In the year of the Olympics they have suffered by not having sufficient competition experience. The fact that this match was possible is due to Debenhams, the department stores people, who provided the valuable resources for staging this event. We are indebted to them for helping us to begin to build up our future Olympians. Contests of this calibre are vitally important for putting the edge on these young men if we are going to maintain the prestige already set by the Starbrook, Remfrey and Jacks group now that they have retired.

Certainly both team managers, Colin McIver for Scotland and Brian Jacks for England were grateful for this opportunity. An international match designed for the best young

Colin McIver, Manager of the Scottish team receives a set of wine goblets from John Seth, Merchandising & Marketing Director of Debenhams. Miss Julie Archer the 1976 Miss Swan and Edgar assisted with the presentations.



Chris Bowles is thrown for a yuko by James Rae in the England versus Scotland Young Men's home international.

men of both countries up to the age of 21, nobody was too much bothered if three of the Scots were over that age and indeed if one of them would never celebrate his 25th birthday again. England had problems with Neil Adams unable to

compete and a team constantly changing up to five minutes before the first "hajime". In fact, in the actual line-up three of the English team were fighting outside of their weight and were conceding the extra kilos.

The match was very close at this stage just before the last contest, England with two wins each, were ahead on points. It was Hugh McGuinness, however, who secured the overall match win for Scotland in that final contest. The results were as follows: (English players in bold type)

LIGHTWEIGHTS:

Jack Nixon—10

Hugh Syme—0

LIGHT MIDDLEWEIGHTS:

Michael Foster—0

Ronnie Smith—3

MIDDLEWEIGHTS:

Christopher Bowles—0

James Rae—5

LIGHT HEAVYWEIGHTS:

Mark Chittenden—5

Douglas Borthwick—0

HEAVYWEIGHTS:

Frank Deeming—0

Hugh McGuinness—5

Just two weeks later Team Manager (temporary acting) Roy Inman

took the British team to Lodz, Poland, for the Junior European Championships. Ken Kingsbury the British Judo Association Team Doctor accompanied them along with EJU referee Ernie Wilkin. The team was as follows:

JUNIORS: T. Wyntor, LIGHTWEIGHT; N. Adams, LIGHT MIDDLEWEIGHT; C. Bowles, LIGHT MIDDLEWEIGHT; M. Chittenden, MIDDLEWEIGHT and G. Whyte, LIGHT HEAVYWEIGHT. **ESPOIRS:** S. Smith, LIGHT MIDDLEWEIGHT and R. Armstrong, also LIGHT MIDDLEWEIGHT.

On the Saturday, 13th November, the Espoir events took place. Smith lost his first contest which was mainly due to lack of experience. Armstrong, however, had a very good day battling his way through, losing in the final to a *shime-waza*. He did very well to win a silver having dealt with some tough opposition.

Neil Adams attacking Kresnov (USSR) on his way to a European Junior bronze.



Richard Armstrong (left) keeps the flag flying as he shares the rostrum with other European teenage 'greats'.

On the Sunday it was the turn of the Juniors. Bowles, Wynter and Chittenden all lost their first contests but Whyte won two excellent contests against heavier opponents with greater reach. However he was not so lucky in his third contest and was knocked out of the competition.

Neil Adams had an extremely tough draw but did very well to get to the medals winning a bronze. A *taiotoshi* in one of his contests was generally agreed to have been the best throw of the competition.

With two medals Britain can still be seen to make an impression upon international Judo but a lot of hard work and training will be needed to improve on this showing. Within the next few months the Executive Committee will be appointing the Team Managers to serve for another term of office. They will be acutely aware of the importance of these posts

most important of which will be the Olympic Team Manager.

The new managers will need every assistance and we must start NOW with preparations for the next Olympics to be held in Moscow.

As I have reported previously the British Judo Association Squads Fund was of tremendous help especially during the last year in the final build-up to Montreal. In addressing the Executive Committee, Ray Ross—Olympic Team Manager at the time—said that the help that the Squads Fund gave him and the Olympic team was "fantastic". After Montreal there is not much left in the kitty and next year's squads will need new track-suits to start with. It had been felt that the women's squads should receive the lion's share next year but now that the women themselves are running their own fund to help their teams



Richard Armstrong holding his Russian opponent for Ippon on his way to a European silver medal.

the Squads Fund can continue to concentrate on support for the Olympic possibles and probables. Your donations are once again asked for to help the lads. ANY help will be appreciated. Please send your donation to "The BJA Squads

Fund", British Judo Association, 70 Brompton Road, London, SW3 1DR. Accounts are published in the Newsletter Supplement of this magazine and also in the Association Annual Report where it can be seen exactly how the donations are spent.

AREA NEWS

WALES

The Welsh Junior Open Championships will take place at the Cardiff National Sports Centre on the 12th February, 1977, and the Welsh Senior Open Championships will take place at the same venue on the 12th March.

Promotion examinations (gradings) will take place every month throughout the year of 1977 for Mon, Kyu

and Dan grades of both sexes at the Cardiff National Sports Centre on the following dates: 23rd January; 19th February; 20th March; 16th April; 22nd May; 18 June; 17th July; 13th August; 18th September; 22nd October; 20th November and the 19th December.

EASTERN AREA

by R. I. Matthews

Since my last report, activity in the East has been busy, particularly in the junior section.

A team of 30 players and reserves travelled to the National Individual Junior Championships, and were unlucky not to return with at least three medals. The three players who nearly succeeded when they reached

the final rounds of the repechage were: Ian Halliday (Thetford) in the U30kg section, Kevin Dundas (Bury St. Edmunds) in the U50kg category and Paul Hookham (Peterborough) in the U70kg section. Other players who gave an excellent account of themselves against tough opposition were Martin Lumley (Thetford) in the U30s, and Andy Wood (Bury St. Edmunds) in the U55s.

Results do not mean everything however, and it was good to see players from the East taking the fight to the opposition. Not one player flinched, all gave of their best. If the Eastern Area Schoolboy Squad continue to fight with such determination the East is surely going to have some Espoir, Junior and even Senior Champions emerging in the next few years.

Prior to the National event, the Area held its Championships and Trials at Bury St. Edmunds Sports Centre on 3rd October. A list of the East's Junior Championships for 1976 is given elsewhere in this issue.

It was good to see so many members of the Area Junior Squad attending the multi-sports training session held at Bury St Edmunds on 11th September. The session was once again taken by George Glass, 4th Dan. Half the Area Squad journeyed to Bedford recently for a most enjoyable day's training conducted by Brian Jacks, 5th Dan.

Meanwhile, the Area's Senior Squad has also been in action. Peter Parkinson, 3rd Dan, The Senior Team Manager, has been holding regular Squad Training sessions at Norwich YMCA Judo Club, but in future they are to be held at a more central venue, RAF Barnham, near Thetford. For further information telephone: 05086 3630.

The Area Team journeyed to Huddersfield for the National Team Championships, where they put on a good show against the mighty Scottish team. Against the North, the East nearly came away with a win: the final score being 2 wins each, but losing on points 11 to 20.

The team was: Roy Fuller (Lightweight), Mick Sweeney (Light Middleweight), Keith Watts and Graham Thacker (Middleweights), Paul Brown and Len Hilsum (Light Heavyweights) and John Benson (Heavyweight).

A BJA Referee's Course is to be held at Norwich YMCA JC on 8th and 9th January. The course instructor is Ray Topple, 3rd Dan, EJU Referee. There will be a theory and practical examination on the second day. For further information contact: Miss Z. Denmark, 77 Wycliffe Road, Norwich.

Three more BJA Referees were added to the Area list recently following the success of Lynda Watts, Zita Denmark and Val Broomhead in an examination held in the Yorkshire and Humberside Area. Well done girls!

Area Events:

9th January: Senior Promotion Examination, Norwich YMCA JC.
16th January: Junior Promotion Examination, Bury St. Edmunds SC.
30th January: BJA Eastern Area AGM, Thetford Youth Centre.

17th April: Senior Promotion Examination, Cambridge JC.
24th April: Junior Promotion Examination, Beccles JC.

22nd May: BJA Eastern Area Senior Kyu Grade Championships, Bury St. Edmunds SC.

KATA? WHY BOTHER?

The publishers would like to state that the above article which appeared in the July issue of *Judo* was a personal opinion of the contributor, and did not reflect the opinion of the Magazine, the B.J.A. or any other body whatsoever.

AREA AND CLUB RESULTS

EASTERN AREA CHAMPIONSHIPS AND TRIALS Junior Champions for 1976

U30kg	Gold	M. Lumley	Thetford
	Silver	I. Halliday	Thetford
	Bronze	M. Ellicott	St. Neots
	Bronze	B. Hyde	St. Neots
U35kg	Gold	G. Butcher	Thetford
	Silver	C. Halliday	Thetford
	Bronze	A. Trout	Bury St. Edmunds
	Bronze	I. Mitchell	St. Neots
U40kg	Gold	T. Harbour	Peterborough
	Silver	M. Athow	St. Neots
	Bronze	K. Bartlett	Bury St. Edmunds
	Bronze	N. Porter	Lowestoft KSK
U45kg	Gold	M. Dudderidge	Thetford
	Silver	G. Butcher	Thetford
	Bronze	P. Clark	Thetford
	Bronze	C. Allen	Lowestoft KSK
U50kg	Gold	J. Barrett	Bury St. Edmunds
	Silver	K. Dundas	Bury St. Edmunds
	Bronze	P. Clarke	Bury St. Edmunds
	Bronze	A. Hirst	Cambridge
U55kg	Gold	A. Wood	Bury St. Edmunds
	Silver	C. Swann	Lowestoft SMA
	Bronze	A. Ledbury	Cambridge
	Bronze	D. Harbour	Peterborough
U60kg	Gold	S. Buckenham	Lowestoft YMCA
	Silver	S. Stroud	Mildenhall
	Bronze	S. Allcock	Norwich YMCA
	Bronze	M. Foulds	Bury St. Edmunds
Open	Gold	N. Achew	Beccles
	Silver	P. Hookham	Peterborough
	Bronze	S. Buckenham	Lowestoft YMCA
	Bronze	R. Trimble	Herringswell Manor

Medal Distribution:

	Gold	Silver	Bronze	Total
Thetford	3	3	1	7
Bury St. Edmunds	2	1	4	7
Peterborough	1	1	1	3
Lowestoft YMCA	1	—	1	2
Beccles	1	—	—	1
St. Neots	—	1	3	4
Lowestoft SMA	—	1	—	1
Mildenhall	—	1	—	1
Cambridge	—	—	2	2
Lowestoft KSK	—	—	2	2
Herringswell Manor	—	—	1	1
Norwich YMCA	—	—	1	1

NORTHERN HOME COUNTIES

Herfordshire County Trials for Girls was held at V. & E. (Cheshunt) Judokwai on Sunday, 31st October.

U25kg	Gold	S. Croft	E. Barnet
	Silver	K. Birch	Cuffley
	Bronze	S. Enticknap	Hoddesdon
U30kg	Gold	L. Parsons	V. & E.
	Silver	S. Wright	Hoddesdon
	Bronze	K. Curtis	V. & E.
	Bronze	T. Evans	Hoddesdon
U35kg	Gold	J. Toomey	St. Michael's
	Silver	D. Rendall	Hemel Hempstead
	Bronze	W. Wilkinson	Wakai
	Bronze	J. Garwood	H.O.Y.
U40kg	Gold	M. Bloomfield	V. & E.
	Silver	L. King	V. & E.
	Bronze	M. Skinner	V. & E.
	Bronze	J. Wright	Hoddesdon
U45kg	Gold	D. Rennie	V. & E.
	Silver	K. Rensten	Cuffley
	Bronze	M. Waldron	St. Bernadette's
	Bronze	K. Golds	H.O.Y.
U50kg	Gold	M. Brace	Hoddesdon
	Silver	S. Blundell	Cuffley
	Bronze	F. Cassidy	Wheatthampstead
	Bronze	J. Chapman	H.O.Y.
U55kg	Gold	L. Adams	Hodokwai
	Silver	K. Jackson	V. & E.
	Bronze	M. Maynard	Hodokwai
	Bronze	S. Creps	Cuffley
Open	Gold	S. Allin	V. & E.
	Silver	R. Dellar	V. & E.
	Bronze	T. Martindale	St. Bernadette's
	Bronze	A. Humbles	H.O.Y.

POINTS CARDS LEFT AT WOMEN'S BRITISH OPEN

The following competitors failed to collect their points cards after the British Open Championships for Women on 23rd October, 1976. Any who wish to retrieve their cards should send stamped self-addressed envelopes to the National Points Recording Officer, Mrs. K. Ling, Firey Fields Cottage, Bridgnorth Road, Broseley, Shropshire.

Bridge, J.	Johnson, K.
Brocklesby, S. K.	McAleenan, G.
Butler, A.	McManus, C.
Cooney, B.	Maxwell, S.
Ford, H.	Parr, P.
Fowley, E.	Pickworth, L.
Gough, S.	Routledge, L.
Kennedy, L.	



DAVID WHITE

Looks For The Champions

Some years ago I got interested in research being carried out at Salford University into maximum athletic performance.

I remember having an illuminating discussion about "optimum" performance during the course of which I ventured the view that it was about time the experts were able to test any man or woman and be able to tell them at which sport they were likely to be best.

The experts hummed and hawed but eventually agreed that it should be possible. They produced all the obvious arguments as to why it was difficult to test — you can probably think of them yourself. But the fact remains that it should be possible now to test people and at least put them into categories.

My earlier thoughts were brought vividly to my attention watching Dave Starbrook on TV a few weeks ago competing in that banal, but curiously compulsive, Superstars programme where top sportsmen from different spheres compete in a variety of different sports. Dave showed up rather badly except in the gymnastic exercise where he had to do dips on the parallel bars, utilising arm and chest strength to lift his body up and down. His performance was quite remarkable as he easily did twice as many dips as anyone else.

This made me think about the strength utilised in Judo—specialised strength—and the possibility of picking potential champions. Of course, there is no substitute for determination and sheer guts. It might well be true that anyone can become a champion if they really want to and

are one-pointed enough. But surely we could pick a few Geesinks, Fujis, Okanos and Starbrooks of the future!

I know that I, at the age of 15 or 16, would have given a great deal to have been told that I was likely to achieve my "optimum" performance in such and such a sport or group of sports—probably dominoes in my case.

A great tall thin chap would obviously consider basketball and a man mountain, weightlifting or Sumo! But most people do not fall into such easily recognisable categories.

If such a system of sport screening were available (my ears pricked up when I heard world champion gymnast Nadia Comaneci's coach tell how he chose her at a tender age because she was the toughest kid in the adventure playground) what an enormous encouragement it could be to counter weaknesses. If you, for instance, knew that apart from weak legs you were the perfect build for canoeing or cycling or Judo then you could at least consider doing something about the weakness.

One of these days we will have such a system, evaluating the mental, emotional and physical capabilities, and updating them as we grow older, but alas such checks for the first two categories seem far away and even the physical screening seems some way off.

A Woman's World

I'm beginning to change my mind about the importance of women in Judo. I have never made it a secret

that I thought women would be better employed doing Aikido—can you wonder why I'm not the most popular fellow in the nation?

But I'm really beginning to believe that it is a woman's world. In the not too distant future I expect we're going to see Shirley Williams challenging Margaret Thatcher for the Premiership. Britain is leading the world in the emancipation programme, and Britain is likely to be saved by women—make no mistake about this—and I for one am ready to give two cheers for it anyway.

I don't think I can yet go as far as to say that the future of Judo lies with the women, but I'm beginning to wonder about it. We all stopped pretending years ago—I hope—that Judo was the "Gentle Art", but I must admit to being surprised at the way female membership of the BJA has grown. Some women do in fact like a rough and tumble (no sir, I'm not thinking about that) and they have extraordinary tenacity. Have you ever known a woman give up on something she really wanted?

Perhaps it is time for a full-scale reconsideration of women on the Judo mat (as opposed to organising) a serious look at how Judo should be changed—if indeed it should be—to suit female physique and requirements.

This lead is not going to come from Japan. They are still in the Judo "Middle Ages" over there as regards female judoka (although women have surprising freedom in some areas such as looking after the entire family finances) and Britain is quite clearly the world's number one country for women's Judo. I rather think IJF President Charles Palmer saw this a long while ago—I rarely hand out bouquets—but I think he deserves one for his foresight over this.

George Kerr

I have had several communications supporting George Kerr following

recent comment, including a letter from Italy. The general consensus of opinion is that "George may be a bit of a bastard at times, but he loves and lives for Judo". Not a bad epitaph in my opinion...

Teach Yourself

I had a good old moan at the Editor of the "Teach Yourself..." series, about the Judo book, and it looks as though they will bring out a new edition—not by me I hasten to add. I was critical of the book, not least because I tried to learn Judo from it when I was at school and suffered considerably in the process!

I do not mean to be critical of the author, Eric Dominy. Twenty-five years ago the book served a very valuable purpose removing some of the mystery surrounding that exotic activity Judo. Indeed there can be few judoka who have not at least glanced at the book or similar ones like "Beginner to Black Belt".

Can you really learn Judo yourself? You'd better answer that from your own experience, but I rather think TYJ has been used as a reference book by most beginners.

This leads me to my main point—the problem of old Judo books. There are an awful lot of out-of-date manuals still about. Have a look at the dates of a few at your nearest bookshop. There are a few classics but it is a bit depressing to see Kaiwashi's "Seven Katas of Judo" trotted out again in its original form. My old and battered copy, with the rather unclear drawings, has served its purpose but surely it is time we had a new book on Kata. The current re-awakening of interest in Kata (and as I'm feeling in a kindly mood I must give Tony Reay a pat on the back for his part in this) for both men and women surely implies that such a book could at least make a small profit.

All England

The recent All England Judo Championship was just the sort of

tournament we need. Never mind the Jingoistic stuff about "All England", the tournament was staged relatively cheaply, well supported and was obviously a success. This was exactly the sort of thing I was talking about a few months ago when the problem of BJA finances came up. Certainly we need our share of "top tournaments" but they do come very expensive. Let's see more of the "All England" type of tournament.

Top Sport

Judo IS a top people's sport—I always knew it. The gentlemen of Eton College have deserted the boxing ring and are doing Judo instead. It's good to know that our future political, business (and a few Arab) leaders are to be taught the "sheer low cunning" so necessary to a mastery of our art. How can Britain fail to be great again if everyone does Judo?

APPEAL BRITISH WOMENS TEAMS

Those of you who came to the Womens Open Championships at Crystal Palace on 23rd October will have seen the British Teams Appeal stall run by Liz Viney— you probably weren't able to get past her without buying a supporters badge! I am delighted to say that the total amount collected, including the sale of programmes, was £153.06, and this will be used for the Senior Womens European Championships in Vienna on 11/12 December. The Team Manager and Women's Sub-Committee would like to thank all those who contributed to this appeal. We did not have enough money to send our doctor, Phyllis Elliot, with the team and now we are able to. I am sure you will agree that the doctor is an essential part of any team going abroad and thanks to everyone's generosity this is now possible.

Our thanks are due in particular to: - Marion and Graham Woodard for arranging for the supporters badge to be made and for the idea in the first place. the anonymous donor who paid

for the 2,000 badges — we would love to know who you are.

Kathy Ling, Gill Shelton, Arthur Tomkinson, Win Taylor, Liz Viney and one of the St. John's Ambulance ladies, for donating the gifts for selling on the stall.

Webb Offset Ltd who printed the programmes free of charge — and the various willing dogsbodies who helped staff the stall and ran errands.

Liz Viney would like to say she is also grateful for the opportunity of meeting members of the Association in her capacity as Honorary National Coach which enabled her to sort out problems and make new contacts.

We still have quite a lot of supporters badges left over so if you were not able to go to the Womens Open and would like to help the Womens Europeans trip, please contact Liz Viney at Stockbridge (Hants) 761 who would be only too willing to help.

Gill Shelton, Chairman,
Womens Sub-Committee

CLUB FORUM

THE BUDOKWAI. The club committee has recently appointed Mike Piggott, 1st Dan and Julian Burrige, 2nd Dan as competitions secretaries. Any club wishing to organise a match with the Budokwai should write to the club care of one of these two gentlemen.

The junior section of the club has increased to double the number this year over last year. In a recent survey run by the club it was found that parents are concerned about the increasing aggravation their children are subjected to in schools and in the streets. The greatest percentage felt that there was very little discipline both in schools and youth centres and found that Judo had provided this.

The Aikido section has also increased tremendously and many young ladies have recently joined. Their reasons given in the survey shows the majority have joined for physical fitness, self-defence and the psychological aspect. John Cornish, 5th Dan Judo and 3rd Dan Aikido uses further studies of kenjutsu in his training which has brought quite a number of Dan grades from other clubs in order to study and take back to their regions.

Aikido classes are held at The Budokwai as follows: Mondays - 8.00 to 9.30 pm; Thursday - 7.30 to 9.30 pm. and Saturdays - 3.00 to 6.30 pm.

Forthcoming grading dates for Judo: 1st Kyus and Dan grades - 9th January commencing at 2.30 pm; Kyu grades up to 2nd Kyu - 16th January commencing at 2.30 pm.

For further details please write or telephone (after 5.00) to The Manager, Reg Oliver, The Budokwai,

'G.K.' House, South Kensington, London, S.W.10. Tele: 01-370 1000.

WEM JUDO CLUB. The Club staged its second championships on Sunday the 31st October, with all thirteen clubs from the County, together with guest club Walsall, sending a total of 173 competitors.

The event which was held in the Wem Town Hall, started at 10.00 a.m. with six closed competitions for the Wem Club, and was followed by open junior and senior events. A knowledgeable crowd of over 300 spectators soon got into the spirit of the sport and were rewarded by fine judo from both sexes.

Pre arrangements for the day were made by Mr. and Mrs. Rowland Lee. The success of the day was due to Mrs. Cathy Ling who, assisted by John Embrey, kept the Mat operational throughout the day. Also in need of thanks were the two referees, John Ling and Glynn Ashton, together with the ladies at the refreshment bar who never ran out of tea.

BRACKNELL JUDO CLUB—Dave Butler writes:—Sunday December 5th will see the 16th monthly mass training session at the Bracknell Sports Centre. These sessions have been very successful and well attended, with a high percentage of regular visitors.

We would like to take this opportunity to say that these sessions will continue to be held and to remind all judoka that they are open sessions regardless of the grade or sex. With 3,240 sq. ft. of mat we have no difficulty in accommodating large numbers.

If you are a caravanner and would like to travel to us on a Saturday

arrangements can be made for overnight parking facilities. If at any time you wish to take advantage of this please contact Don Werner on Bracknell 20730, or Dave Butler on Bracknell 22226 (after 5.30 p.m.) as far in advance as possible.

The session times are: —
Juniors 9.30 a.m. Seniors 11.15 a.m.

LONDON JUDO SOCIETY.—From Bill Barritt: The next Kyu Grading at the LJS will take place on Sunday, 9th January, 1977, and will run as follows: **10.30 a.m.** Novices, 9th, 8th and 7th Kyu Holders. **2.30 p.m.** 6th, 5th, 4th, 3rd and 2nd Kyu Holders.

Once again this is for men and women. Current BJA Licences must be produced. The Fee is 50p for LJS members and 75p for visitors.

With the introduction of the new promotion syllabus it is now proposed to run Shodan Gradings every third month, with a theory examination in the intervening month. Therefore the next examination for 1st Kyu's (Men and Women) trying for first Dan will be on Sunday, 23rd January at 2.30 p.m. Once again there will be an opportunity for promotion from 1st to 2nd Dan. Candidates to forward the fee and their BJA Licence to reach LJS not later than one week before the Examination. The Fee for both the above is 50p for LJS members and £1.00 for visitors. Current BJA licences are required. The Theory Examination will take place on Sunday, 27th February, at 2.30 p.m. The Fee for this is 50p.

Juniors

The special Training Sessions on Saturday afternoons are gaining momentum, and we are happy to report that other Clubs have taken advantage of our offer to visit. These are mixed Training Sessions and any

Coach with Boys or Girls is welcome to come along. Please contact our Team Manager, Mr. Malcolm Wright at the LJS.

May we take this opportunity to wish all readers of Judo a happy and prosperous New Year.

KOBAYASHI-KWAI JUDO CLUB

S. Rogerson writes: — THE 1976 CARLISLE OPEN CHAMPIONSHIP once again attracted a good crowd of judo men with nearly all of the support coming from the North West Area and they went home with all the medals except one.

The Kobayashi-Kwai Club of Carlisle would like to thank everybody for their support and especially the referees and timekeepers who were overworked because of the non-appearance of "at least four or five referees" despite the fact that the Northern Area Secretary had told us they were coming only one week before.

To continue on the subject of the Northern Area, we were very disappointed with the number of Clubs represented and can only assume the opposition is TOO MUCH FOR THEM. If you disagree — COME ALONG NEXT YEAR, the last weekend in November.

The results were as follows:

Kyu Championship: Winner — G. Davies, Kendal; Runner-up — E. Sandwith, Workington.

Open Championship: Winner — J. Lee, Blackpool; Runner-up — J. Livingstone, Ashington.

Team Event: Winner—Kendal 'A'; Runner-up, Blackpool.

The results of the OPEN category is the same as last year and we will be interested to see if John Lee can make it three in a row, or if Jim can make it third time lucky.



THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By TONY REAY

The new theory section of the syllabus to come into effect on the 1st January, 1977 was published in the last issue of this Newsletter Supplement and the complete syllabus including the contest conditions are now available from Head Office, the order code number being BJA/1/JAN/76(a). As I pointed out in the last issue the contest conditions have not altered but serious enthusiasts might like to have at hand the complete syllabus contained within the one document.

Also available from Head Office will be the Appendix (BJA/1/JAN/76(b) to the theory and for further assistance, the glossary (BJA/1/JAN/76(c)). The entire package deal is available at 30p which includes the cost of postage.

For those who want to get going on their studies straight away however, this issue is devoted to both the Appendix and the glossary as follows.

APPENDIX TO THE THEORY REQUIREMENTS OF THE SENIOR SYLLABUS

Nagenokata

1st set (tewaza): Ukiotoshi; Ippon-seoinage; Kataguruma.

2nd set (koshiwaza): Ukigoshi; Haraigoshi; Tsurikomigoshi.

3rd set (ashiwaza): Okuriashibarai (or Okuriashiharai); Sasaetsurikomi-ashi; Uchimata.

4th set (masutemiwaza): Tomoe-nage; Urage; Sumigaeshi.

5th set (yokosutemiwaza): Yoko-gake; Yokoguruma; Ukiwaza.

Katamenokata

1st set (osaewaza): Kesagatame; Katagatame; Kamishihogatame; Yokoshihogatame; Kuzurekamishihogatame.

2nd set (shimewaza): Katajijime; Hadakajime; Okurierijime; Katahajime; Gyakujijime.

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3rd set (*kansetsuwaza*): Udegarami; Jujigatame; Udegatame; Hizagatame; Ashigarami.

Junokata

1st set (*dai-ikkyo*): Tsukidashi; Kataoshi; Ryotedori; Katamawashi; Agooshi.

2nd set (*dainikyo*): Kirioroshi; Ryokataoshi; Nanameuchi; Katatedori; Katata-age.

3rd set (*daisankyo*): Obitori; Muneoshi; Tsukiage; Uchioroshi; Ryogantsuki.

Gonosennokata

1st set: Taiotoshi countered by Kosotogake; Moroteseoinage c. by Ukiwaza; Ipponseoinage c. by Sukuinage; Tsurikomigoshi c. by Yokoguruma.

2nd set: Osotogari c. by Haraigoshi; Ouchigari c. by Kosotogari; Kouchigari c. by Sasaetsurikomiashi; Kosotogari c. by Uchimata.

3rd set: Haraigoshi c. by Ukiwashi; Uchimata c. by Taiotoshi; Hane-goshi c. by Utsurigoshi; Hizaguruma c. by Kouchigari.

Gokyononagewaza

Section one (*Daiikkyo*): Deashibara (or Deashihara); Hizaguruma; Sasaetsurikomiashi; Uki-goshi; Osotogari; Ogoshi; Ouchigari; Seoinage.

Section two (*Dainikyo*): Kosotogari; Kouchigari; Koshiguruma; Tsurikomigoshi; Okuriashihara; Taiotoshi; Haraigoshi; Uchimata.

Section three (*Daisankyo*): Kosotogake; Tsurigoshi; Yokootoshi; Ashiguruma; Hanegoshi; Haraitsurikomiashi; Tomoenage; Kataguruma.

Section four (*Daiyonkyo*): Sumigaeshi; Taniotoshi; Hanemakikomi; Sukuinage; Utsurigoshi; Oguruma; Sotomakikomi; Ukiotoshi.

Section five (*Daigokyo*): Osotoguruma; Ukiwaza; Yokowakare; Yokoguruma; Ushirogoshi; Uranage; Sumiotoshi; Yokogake.

Gokyonokatamewaza

Section one (*Daiikkyo*): Makura-kesagatame; Honkamishihogatame; Kuzurekamishihogatame (i); Kuzurekamishihogatame (ii); Kuzurekamishihogatame (iii).

Section two (*Dainikyo*): Honkesagatame; Kuzurekesagatame; Katagatame; Honyokoshihogatame; Kuzure-yokoshihogatame.

Section three (*Daisankyo*): Uki-gatame; Hontateshihogatame; Kuzuretateshihogatame (i); Kuzuretateshihogatame (ii); Kuzuretateshihogatame (iii).

Section four (*Daiyonkyo*): Udegarami; Udegatame; Jujigatame; Ashigatame; Hizagatame; Wakigatame; Sangyakugatame.

Section five (*Daigokyo*): Hadakajime; Okurierijime; Katajijime; Gyakujiijime; Namijijime; Sodegurumajime; Tsukikomijime; Katatateshiijime.

The following glossary includes most of the Japanese terminology which is in common use in Judo. It is not intended to be a fully comprehensive dictionary of Japanese terms but only as a guide to cover most Judo circumstances. Generally the names of techniques are derived from verbs, which when changed into a noun undergo certain superficial changes. In the glossary therefore the noun form is given, and then in brackets, the verb form (which can be looked up in a dictionary), for example — harai (v. harau) — to sweep.

Where a noun is shown to have several numbered sub-divisions (e.g. kata) it means that each sub-division has its own different Japanese ideograph. Reading it in Japanese would present no confusion but when the sound only is represented in English script (phonetic) confusion can arise. The Judo enthusiast would be advised therefore to remember at all times that the English translation can only be, and is, PHONETIC.

Some of the words included in this glossary are used solely in contests. Japanese is fairly easy to pronounce. There is hardly any flexion and the voice pitch can be kept constant. Here are some grammatical rules to assist with pronunciation, but like all grammatical rules they are often broken. However they should prove sufficient for the Judo enthusiasts purpose.

1. All consonants are hard, e.g. 'k' as in king.
2. Vowels must be pure, e.g. 'a' as in bat; 'e' as in set; 'i' as in bit; 'o' as in got and 'u' as in put.
3. Syllables for ease of pronunciation can be considered to consist of two letters generally, e.g. ka-ta-me-wa-za; tsu-ri-ko-mi-go-shi. The exceptions to this general rule are the five vowels and 'shi', 'tsu' and 'chi'. Each syllable should have equal stress.

Practise slowly and emphatically for some time, this way the terms will soon become easier, quicker and begin to sound more natural.

Selected common peculiarities

- (a) If there are two consonants together each must be clearly pronounced, e.g. ippon — each 'p' clearly pronounced as in 'top pot'.
- (b) It is common in Japanese for the consonants 'k', 't', 's' and 'h' to become hard when they appear in the middle of a word or combination of words. This is referred to by the Japanese as 'nigori'. Therefore 'k' becomes 'g', 't' becomes 'd', 'sh' becomes 'j' and 'h' becomes 'b', e.g. 'koshi' in koshiwaza becomes 'goshi' in haraigoshi. 'H' can be hardened a second time to become 'p', e.g. hon = a point, becomes ippon = one point.
- (c) 'N' is the only consonant in Japanese not accompanied by a vowel. It should however be pronounced just as distinctly as if it were a couplet, e.g. ip-po-n-se-oi-na-ge.

One might ask why Judo retains its terminology in the language of its origin — Japanese. As with music and fencing, it is found more convenient to maintain the original. It can be used as a *lingua franca* throughout the world which makes for convenience and efficiency in international relations. On the other hand there is the danger that attempts to translate the various names can, if one is not careful, lead to clumsiness and sometimes even to the ridiculous.

GLOSSARY

- AIKI—A form of self-defence, based on special principles (*lit.* harmony of spirit).
- AIKIDO—The 'way' of Aiki.
- AITE—Opponent, partner.
- ARASHI—Storm (e.g. yamaarashi = mountain storm).
- ASHI—leg, foot.
- ASHIWAZA—leg/foot technique.
- ATAMA—head.
- ATE—Strike, hit.
- ATEMIWAZA—Hitting or punching technique.
- BUDO—Military arts/concepts.
- BUJITSU—Martial arts (all inclusive).
- BUSHI—A knight of feudal Japan (a social class).
- BUSHIDO—The moral ethical code of the Bushi, formulated originally c. 14th century.
- BUTSUKARI—See UCHIKOMI.
- CHISAI—Small.
- CHIKARA—Strength.
- CHUI—A caution (penalty; equivalent to 5 points).
- DAN—'leader' grade, generally black belt.
- DE (v. DERU)—To come out, to advance (e.g. deashihara).
- DO—(a) Way, path, etc. This word was used frequently in Chinese and Japanese philosophy in the sense of the way of doing an act in the moral and ethical sphere as well as the simple physical. Professor Kano (the founder of Judo) 'borrowed' it from these sources.
- (b) Trunk of the body.

DOJO—Hall or room in which Judo is practised.

ERI—Collar, of a jacket.

FUSEGIKATA—Method, form, of defending.

FUSEGU—To defend.

GAKE (v. KAKERU)—To hang, hook, block.

GARAMI (v. GARAMU)—To entangle, wrap, bend.

GENKI—Energetic, lively, active.

GONOKATA—Forms of strength.

GOSHINJITSU—The art of self-protection (in all its forms).

GYAKU—Reverse, upside down.

HA—Wing.

HADAKA—Naked.

HAIRIKATA—The way of entering for a (technique).

HAJIME—Start, referee's call to commence a contest.

HANE—Spring (e.g. HANEGOSHI = spring hip).

HANSOKU—Disqualification (penalty: equivalent to ten points).

HANTAI—To oppose.

HANTEI—Judgement, the referee's call at the end of a drawn contest calling on the corner judges to indicate who in their opinion was the better of the two contestants.

HARA—Stomach.

HARAI (BARAI) (v. HARU)—Sweep, reap.

HIDARI—Left.

HII—Elbow.

HIKI (v. HIKU)—Pull.

HISHIGE (v. HISHIGU)—To crush, squash, smash.

HIZA—Knee.

HON—(a) Point (see IPPON) ultimate score awarded in a contest.

(b) Basic.

(c) Number suffix for counting long cylindrical objects, therefore IPPON SEOI-NAGE = one arm shoulder throw.

IPPON—One point (score value of 10 points).

ITSUTSUNOKATA—Forms of five.

JI—A Japanese ideograph.

JIGOTAI—Defensive posture.

JIKAN—Time out (the referee's instruction to the timekeeper when a break or pause in the contest is necessary).

JITSU (JIJITSU or JUTSU)—Art.

JOSEKI—The place in a dojo or hall where the seniors or V.I.P.s sit.

JU—(a) Soft, gentle. This word is a word taken from Taoist philosophy and embodies the opposite of hard, extreme, unreasonable. Hence the use of ju in Judo does not imply soft (as a synonym of easy), but rather reasonable, efficient. Physical action in Judo is not meant to be easy (weak) so much as economic, by using the body to its best advantage and taking active advantage of any and all weaknesses the opponent may offer, so that maximum effect can be attained with maximum efficiency.

(b) Ten.

JUDO—A form of wrestling in which clothes are worn by the contestants. The clothes and belt (encircling the waist twice) allow for greater range of technique. The depth of Judo in the use of tachiwaza (techniques done in the standing position) and newaza (techniques done in groundwork positions) requires skill plus physical and mental fitness being increasingly raised to an extremely high standard. In promotion examinations (grading contests) no allowance is conceded to size or weight; success depends solely on the individual's attributes — skills, physical and mental training standards.

JUDOGI—The clothes worn when practising or competing at Judo.

JUDOKA—A person who practises Judo. A very senior player (at least 4th Dan).

JUJITSU (JIJITSU)—A name covering all forms of fighting without weapons with very drastic methods.

JUNOKATA—The forms of 'gentleness'. Showing the principles of 'giving way'.

JUSHIN—Centre of gravity.

KAESHI (GAESHI)—To counter (e.g. OSOTOGAESHI = major outer counter).

KAESHIWAZA—Counter techniques.

KAKE—The point of the throw, the point of maximum power.

KAI (KWAI)—Society, club.

KAKU (GAKU)—An angle.

KAMI—(a) Upper, top.

(b) Paper.

(c) God(s).

KANSETSU—A joint, articulation.

KANSETSUWAZA—Technique of locking limb joints.

KAO—Face.

KARATE—(Literally empty-handed) a system of fighting without weapons, striking with the hand, feet, elbows, etc.

KARATEDO—The 'way' of karate.

KARUI—Light.

KATA—(a) Form. A stylised set of techniques used to develop the performer's posture, balance and appreciation of the various Judo techniques.

(b) One side.

(c) Shoulder (e.g. KATAGURUMA = shoulder wheel).

KATAI—Hard.

KATAME (GATAME) (v. KATEMERU)—To harden, tighten, hold (e.g. katagatame = shoulder hold).

KATSU (or KAPPO)—Methods of resuscitation.

KEIKO—Practise.

KEIKOKU—Warning (penalty; equivalent to 7 points).

KEMPO—A method of fighting, similar to boxing.

KEN—Sword.

KENDO—The 'way' of the sword (Japanese two-handed fencing).

KENDOGU—General equipment for practising Kendo.

KERU—To kick.

KESA—A Buddhist monk's surplice, worn diagonally across the body. Thus there is the technique known as kesagatame but which in free translation into English is referred to as scarf hold.

KIAI—A shout used to strengthen the body and harden the will when maximum effort is required.

KIME (v. KAKERU)—To decide.

KIMENOKATA—Forms of decision, which is the kata of self-protection.

KIRI (v. KIRU)—Cut, as with a knife.

KO—(a) Small, minor (e.g. kouchigari = minor inner reaping).

(b) Old, ancient.

(c) Lecture, study, think.

KODOKAN—The headquarters of Judo in Japan (Tokyo).

KOKA—A score, almost a yuko (value of score; 3 points).

KOSHI (GOSHI)—Hips, (e.g. koshiwaza = hip techniques).

KOSHIKINOKATA—The forms of the old style. All techniques are supposed to be performed in armour.

KUBI—Neck.

KUMIKATA—Method of holding the judogi.

KURUMA (GURUMA)—(a) Wheel (e.g. oguruma = major wheel).

(b) Vehicle.

KUZURE (v. KUZURERU)—To crumble, collapse, break-down. Thus a free translation of kuzurekesagatame would be broken scarf hold.

KUZUSHI—The balance broken.

KYU—A judo 'student' grade.

MA—Exact, just, absolutely.

MAE—Front.

MAKIKOMI—To wrap or roll up, to throw by rolling oneself so that the opponent is whipped off his feet.

MANAKA—Centre.

MASUTEMIWAZA—Technique whereby the performer (tori) falls straight on to his back.

MATA—The inside top of the thigh.

MATTE—Wait, break.

MAWARI (v. MAWARU)—To turn round.
 MEIJIN—Expert, master.
 MI—Body (human).
 MIGI—Right (as opposed to left).
 MIZU—Water.
 MOMO—Thigh.
 MON—Gate, junior grade.
 MOROTE—Both hands, two hands (e.g. moroteseoinage = both hands shoulder throw).
 MUNE—Chest.
 NAGE (v. NAGERU)—To throw (e.g. nage waza = throwing techniques).
 NAGENOKATA—The forms of throwing. 15 selected throws executed both left and right to train the participants in body control and appreciation of Judo technique.
 NAME—Wave (of water).
 NAMI (v. NARUBERU)—To place in a line, range in a row.
 NE (v. NERU)—To lie down.
 NEWAZA—Technique done in a lying down position.
 O—Big, large, major (e.g. ouchigari = major inner reaping).
 OBI—Belt.
 OKII—Big.
 OKURI (v. OKURU)—To send forward (e.g. okurierijime = sliding lapel neck-lock).
 OSAEKOMI—Holding (e.g. osaekomi-waza = holding technique(s)), referee's call signalling to the timekeeper that a hold is effective.
 OSHI (v. OSU)—To push.
 OTOSHI (v. OTOSU)—To drop (e.g. taiotoshi = body drop).
 OWARI—The end.
 RANDORI—Free practice.
 REI—Bow.
 RENRAKU—Connection, contact.
 RENRAKUWAZA—Combination technique.
 RENSU—To practise.
 RENZOKUWAZA — Comprehensive name for throws linked up in any way.
 RYOTE—Two hands.

RYU—School. Attached to most of the names of the old jujitsu systems (e.g. Kito Ryu).
 SAIKATANDEN—The lower abdomen.
 SAMURAI—A knight of feudal Japan (a social class). (See bushi).
 SASAI—To support, prop (e.g. sasait-surikomiashi = propping drawing ankle).
 SENAKA—The back (of a body).
 SENSEI—Teacher, senior.
 SENSU—A competitor, champion.
 SEOI (v. SEOU)—To carry on the back (e.g. seoinage).
 SEPPUKU—The bushi method of committing suicide. Normally erroneously called 'harakiri'.
 SHIAI—Contest.
 SHIAJO—Contest area.
 SHIDO—Note (penalty; equivalent to 3 points).
 SHIHAN — Master, past-master, founder.
 SHIKI—Style, ceremony.
 SHIHO—Four quarters, four directions.
 SHIME (JIME) (v. SHIMERU)—To tighten, strangle.
 SHIMEWAZA — Technique of neck-locking.
 SHISEI—Posture.
 SHITA—Below, underneath.
 SHIZEN—Nature.
 SHIZENTAI — Natural (upright) posture.
 SODE—Sleeve.
 SONOMAMA—Freeze, do not move.
 SOTO—Outside, outer (e.g. sotogari = major outer reap).
 SUKUI (v. SUKUKU)—To scoop up.
 SUMI—Corner.
 SUTEMI (v. SUTERU) — To throw away.
 SUTEMIWAZA — Technique whereby the attacker throws away his own body. Sacrifices his own posture.
 TACHI (v. TATSU)—To stand.
 TACHI-WAZA—Technique done in the standing position.

TAI—Body.
 TAI-SABAKI—Body movement.
 TAISO—Physical exercise.
 TANI—Valley (e.g. taniotoshi = valley drop).
 TATAME—Rice straw mats used in dojos and Japanese houses.
 TATE—Vertical.
 TE—Hand (e.g. tewaza = hand techniques).
 TEKUBI—Wrist.
 TOKETA—Hold broken. A command given by a referee to indicate to the timekeeper, the contestants and the onlookers generally that a contestant has effectively broken the hold that he was being secured by.
 TOKUI—Favourite, special (e.g. tokui-waza = favourite technique).
 TOMOE—Turning over, twisting over, whirling over. It is difficult to find the exact translation in English but tomoenage freely translated is commonly known in English as — stomach throw.
 TORI (v. TORU)—(a) The name used often in technical explanation for the person who throws.
 (b) To grasp, to hold in the hands.
 TSUKURI—The action of breaking the opponents balance.
 TSURI—To 'fish' up (e.g. tsurikomi = to 'fish', lift up and pull forward).
 TSUYOI—Strong.
 UCHIKOMI (v. UTSU)—To beat against. A repetitive exercise where the throwing technique is taken to the point of kake.
 UDE—Arm.
 UE—Above, on top of.
 UKE (v. UKERU)—To take. The name used often in technical explanations for the person who is thrown.
 UKEMI—The 'breakfall'.
 UKI (v. UKU)—To float. Buoyant.
 URA—Back, rear, reverse.
 USHIRO—Behind, back of (e.g. ushirogoshi = back of hip).
 UTSURI (v. UTSURU)—To change, move (e.g. utsurigoshi = changing hip).

WAKARE (v. WAKARU)—To divide, separate (e.g. yokowakare = side separation).
 WAZA—Technique.
 WAZA-ARI—A score, almost an ippon (score value of 7 points).
 YAMA—Mountain.
 YOKO—Side (e.g. yokosutemiwaza — a sacrifice throw with the attacker falling onto his side in order to execute the technique).
 YOSHI—Carry on. A referee's instruction to contestant to carry on with the contest.
 YOWAI—Weak.
 YUBI—Finger or toe.
 YUKO—A score, almost waza-ari (score value of 5 points).

ASSOCIATION NEWS AND VIEWS

Senior Examiners

Promotion Examination forms are now issued direct from the Area Recorder and NOT from Head Office — Senior Examiners please note. In the past Senior Examiners were able to apply to Head Office direct but now it is essential that Areas need to know what is going on within their Area. Area Recorders and their addresses are listed as follows:

Midlands: J. Ekins, 50 Headingley Road, Rushden, Northants.

North: Miss M. Burgess, 107 Fenby Avenue, Darlington, County Durham.

N.H.C.: R. Inman, 10 Bleriot Road, Hounslow, Middlesex.

Northern Ireland: C/o Area Secretary, Mrs. C. Castles, 39 Malone Road, Belfast, Northern Ireland, BT9 6RZ.

London: C/o Area Secretary, J. Higgins, South Ruislip Leisure Centre, Stonefield Way, Off Victoria Road, South Ruislip, Middlesex.

East: Miss V. Broomhead, 42 Wellington Green, St. Benedict's Street, Norwich.

South: A. Whitcomb, 323 Long Road, Canvey Island, Essex.

Wales: J. Butler, 20 The Dell, Prestatyn, Flintshire.

West: F. Leeworthy, 24 Garsdale Road, Western-Super-Mare, Somerset.

Yorkshire & Humberside: Mrs. B. Burkinshaw, 10 Don Avenue, Sheffield 6, Yorkshire.

North-West: C/o A. W. Blackburn, 54 Dalehead Road, Leyland, Preston, Lancashire.

Scotland: C/o Mrs. L. Fraser, Scottish Judo Federation, 8 Frederick Street, Edinburgh, Scotland, EH1 2AE.

Universities: C/o A. J. Sweeney, 17 Moore Park Road, London, SW6.

Royal Navy: Lt. Windley, RN., HMS Devonshire, BFPO Ships, London.

Army: C/o Army Judo Association Secretary, Major A. Greaves, D. Block, Clayton Barracks, Aldershot, Hants.

R.A.F.: Chief Tech. J. Mosley, C/o Hon. Gen Sec. R.A.F.J.A., R.A.F. Sealand, Deeside, Clwyd, CH5 2LS.

Police: C/o Chief Inspector W. F. Purser, 15 Cumby Road, Newton Aycliffe, County Durham, DL5 5JW.

Women's EJU Championships 1977

The Third Women's European Judo Championships are to be held in Arlon, Belgium on the 1st and 2nd October, 1977.

All qualified referees

All referees whether BJA, Provisional National, National, EJU or IJF who have changed address in the last year are asked to notify Head Office of their change of address.

Coach's Conference

North-West Area Coach Len Stables has organised a conference for coaches to take place on the 23rd January, 1977 at Shadworth Centre, Blackburn. Among the speakers will be Dr. K. Kingsbury who will be giving a lecture about national squad training methods; Dr. P. Elliott who will be speaking about the Montreal Olympics and showing films of Judo contests there; P. Sutcliffe, Ex National Coach of Cricket will be talking on centres of excellence and M. Speak, Assistant Director of P.E. at Lancaster University will be speaking about his recent book on sport in the USSR. Application forms to attend this conference are available from Len Stables, 34 St. Owen Centre, Walkden, Manchester.

Get well soon

Harry Wakelin, that well-known referee and organiser of many Judo events in the North-West has been confined to a hospital bed somewhere in the Wirral, Cheshire, since his return in the late Summer from an EJU Referees Course. As one North-West squad member put it, "Refereeing has not been the same in recent months". From all of us in Judo the message is simple: "Get well soon Harry—we need you."

Missing Persons Bureau

Chris Moore of Samurai JC, Swansea is asked to inform the National Dan Grade Registrar of his or her new address in order that she/he can return the record book entered under that name.

FINAL DATE FOR COPY

The Publishers ask contributors to kindly note that copy for the JUDO Magazine must be received by them **not later than the 10th of the month** if intended for inclusion in the following month's issue.

WOMEN'S BRITISH OPEN CHAMPIONSHIPS 1976

Report by **TONY REAY**

Photographs by **DAVID FINCH**

For pure Judo content this was the best women's event I have seen so far at Crystal Palace. Being one of those men who has been fairly critical of women's Judo and still unable to understand why they want to do Judo anyway—I must say it came as a pleasant surprise to witness so much action and good technique—particularly in the finals. I have often in the past had cause to wonder about the standard of women's Judo but after seeing this event there is indeed much hope.

Two aspects that were disappointing for the organisers and the women officials was the low entry of British participants, and once again, the poor spectator attendance. Nevertheless, this event proved to be again very popular with leading overseas competitors and for the second year running they outnumbered the British. Eighty-three entered from overseas and seventy-one from home.

Retirement and the Stork were responsible for the absence of quite a few members of the British squad whose training has been interrupted by the arrival of, and in some cases the pending arrival of, babies. Two of the recent arrivals were in fact making their debut at this event and in between contests one could observe clusters of judogi-clad female admirers surrounding the proud mums and off-spring.

The countries taking part in this event were: Australia, Austria, Bel-

gium, Canada, Eire, Great Britain, Holland, New Zealand, Sweden, U.S.A. and West Germany.

Jane Bridge, champion in the lightest weight category, stands triumphant on the winner's rostrum with bronze medallists A. Loff of Sweden and B. Oosterling of Holland alongside her. The Pearly Queen of Chelsea presented the medals accompanied by Gill Shelton, Chairman of the Women's Sub-Committee on the left.





A fine throw during the preliminaries. Such throws were common throughout the day at these championships.

Holland and West Germany were once again very much in evidence with large numbers of entries and the Americans were present with the largest contingent to date comprising twenty competitors. An official delegation of eight travelled all the way from Australia being the first team, men or women, to have had financial backing from their country. With the standard of women's Judo improving around the world it was not surprising that Britain was faced with really tough opposition. With the Women's European Championships now firmly established it will not be long before even greater opposition is experienced. The Eastern Socialist countries have indicated that they are not interested in being involved before 1978 but they will soon realise how easy it will be to gather medals when their so-called 'sports machine' methods are directed towards Judo.

As can be seen by the medals table the U.S.A. led the field and they certainly deserved it although I suspect that they had hoped to improve on last year's total of two titles. Holland were a very close second and are also to be congratulated. For the first time in the six years of these championships the 'Open' title went out of the country and this was to the U.S.A. It was a pity that Australia could not go back with at least one medal to compensate for their efforts because three of them got through to the last round before the medal stage. I hope this will not put them off though—experience counts for such a lot in this type of competition. How often have we seen over the years in men's competition Judo fighters who can do very well at home but get nowhere when competing abroad.

The results of this competition were as follows:

MEDAL TABLE

Placing	Country	Gold	Silver	Bronze	Total
1.	U.S.A.	2	4	4	10
2.	Holland	2	1	5	8
3.	Great Britain	2	1	2	5
4.	Canada	1	1	2	4
5.	West Germany	1	1	—	2
6.	Belgium	—	—	2	2
7.	Sweden	—	—	1	1

RESULTS TABLE

Under 48 kgs

1. J. Bridge, 1st Dan	G.B.
2. T. Hostetler, 1st Dan	U.S.A.
3. A. Löff, 1st Kyu	Sweden
3. B. Oosterling, 1st Dan	Holland

Under 52 kgs

1. L. Richardson, 2nd Dan	U.S.A.
2. L. Lewis, 1st Dan	U.S.A.
3. V. Daniels, 1st Kyu	U.S.A.
3. I. Nanlony, 1st Kyu	Holland

Under 56 kgs

1. A. Staps, 1st Kyu	Holland
2. V. Vanermeulen, 1st Dan	Holland
3. H. Matteman, 2nd Dan	Holland
3. D. Pierce, 3rd Dan	U.S.A.

Under 61 kgs

1. C. Thomas, 2nd Dan	Holland
2. M. Boileau, 1st Dan	Canada
3. M. Milf, 1st Kyu	Belgium
3. Y. Vringer, 1st Dan	Holland

Under 66 kgs

1. G. Czerwinski, 1st Kyu	W.G.
2. B. Korte, 3rd Dan	U.S.A.
3. B. Ring, 1st Dan	G.B.
3. L. Bennett, 2nd Dan	G.B.

Under 72 kgs

1. S. Gribben, 1st Dan	Canada
2. B. Classen, 1st Kyu	W.G.
3. A. Vanbonn, 1st Dan	Holland
3. A. Kublin, 1st Dan	U.S.A.

Over 72 kgs

1. E. Cobb, 4th Dan	G.B.
2. M. Braziel, 2nd Dan	U.S.A.
3. Y. Lestrangle, 1st Dan	Canada
3. D. Jones, 1st Dan	U.S.A.

Open Category

1. M. Braziel, 2nd Dan	U.S.A.
2. H. Ford, 2nd Dan	G.B.
3. Y. Lestrangle, 1st Dan	Canada
3. M. Milf, 1st Kyu	Belgium

The finals commenced with the heaviest weights. Maureen Braziel of the U.S.A. and Ellen Cobb set the ball rolling with a very lively contest. At almost half way through the scheduled time of six minutes Maureen was leading with a koka and a yuko. Maureen proved a very strong opponent for the experienced Ellen but it was perhaps Ellen's experience which allowed her to let herself be taken to the ground, conceding in the process a wazi-ari, but knowing full well that she would be able to take the advantage in groundwork. Brinkmanship (or should I say brinkwomanship — or should it even be termed as brinkpersonship) of the experienced Ellen expertly rolled Maureen into a powerful kesagatame from which there was no escape. And so Ellen won the title. Popular with the spectators and competitors alike, she stood proudly on the winners rostrum sporting a tee-shirt emblazoned with a Union Jack and the words 'Britain is great'. Ellen was also presented with the new Geemat trophy, the previous one having been presented to Christine Child for all time by Trevor Williams. Chris successfully held the title for more than three consecutive years.

The next final (Under 72 kgs) between Sue Gribben of Canada and



Maureen Braziel, winner of the Open title, shares a joke with Charles Palmer presenting the medals and Heather Ford who was the silver medallist.

Barbara Classen of West Germany was very exciting indeed. Sue lifted her opponent up on a very smooth ogoshi with Barbara just flipping herself off the throw expertly at its zenith. However, Sue pressed home her attacks and one minute later scored a waza-ari with the same throw. She followed through to secure a firm hold for the ultimate ippon.

In the Under 66 kgs final Bonnie Korte of the U.S.A. was expected to hold on to this title which she won here last year. However this was not to be. At two and a half minutes into the contest the West German girl scored a knockdown and quickly followed through for a hold which Bonnie just could not break.

In the next final (Under 61 kgs) Carena Thomas had an amazing win

in the very short time of forty seconds when she scored a koka with taiotoshi, followed through to the ground and gained a submission from an expertly applied shimewaza.

The Under 56 kgs final between the two Dutch girls Staps and Vanermeulen was a real cliff-hanger with Staps finishing with a score of two yuko and one koka to her opponent, and so Staps stepped to the winners rostrum after a fine day of Judo.

In the Under 52 kgs the two American girls Richardson and Lewis served up some exciting Judo before Richardson finally clinched the title for herself with osaekomi-waza having already scored a waza-ari and a koka.

In the lightest category the Under 48 kgs, Jane Bridge of Britain who holds the West German Open title at this weight, pulled off a sensational

Another fine action shot taken in the finals.



win against last year's winner of this event, Tammy Hostetler of the U.S.A. Within the first half minute of the contest Jane attacked with moroteseoinage which Tammy was able to twist out of effectively. Undaunted however, Jane continued to attack with the same technique but on the left with which she scored a koka. Jane just would not let up on her attacks and with seoinage and taiotoshi eventually brought her opponent down into newaza. Jane secured a hold which was very quickly broken by Tammy and it was in the ensuing groundwork that Jane swung into a jujigatame. I was rather surprised at the time it took the referee to recognise the fact that a very effective kansetsuwaza was being applied. But then, and to be fair, Tammy does have a reputation in international competition for refusing to submit. In fact I suspect that the American girls are coached in such a manner as to encourage them not to submit. Fortunately in this instance it was only Jane's good sense which prevented a serious injury to Tammy's arm. It was ob-

vious by Tammy's screams that the armlock was truly effective and so Jane relaxed the technique sufficiently to avoid serious injury by which time it had become obvious to the Referee that the armlock was indeed effective. Even after the 'ippon' was called Tammy seemed to be in agony and had to be restrained from thrashing and thrashing about. Jane, the title firmly in her grasp, was clearly very concerned about Tammy's condition and even as she left the contest area to collect her medal showed signs of being upset. As it turned out, however, she need not have worried, despite Tammy having to leave the arena on a stretcher, there was no damage to her arm and ten minutes later in the dressing-room she had fully recovered.

In the last contest of the evening (Open category) British hopes lay in a possible third gold medal, but this was not to be. It was perhaps too much to expect from Heather Ford who was conceding much weight and height.

The referee indicates ippon scored from a thirty-second hold which secured for Ellen Cobb the Over 72 kgs title.





Ellen Cobb receives the new Geemat trophy from Trevor Williams in a fitting end to a glorious contest career for Ellen has stated that she will be retiring from major competition at the end of the year.

Heather started out very well with almost constant attacks and with just over one minute gone Maureen Braziel was given a first warning for non-combativity. This spurred Maureen on to attack with uchimata but which had no effect. At one minute and seventy seconds Maureen received a second warning and just ten seconds later she swept in for a perfect left haraigoshi to score ippon. And so for the first time in the six years that this event has been held this title went out of the country.

As is the custom at these championships a number of trophies are presented with the medals to the best British girls in each event. Heather Ford was presented with the Pam Hogg trophy which was fitting recognition of her efforts.

Behind the scenes it seemed that this was one of those days when everything that could go wrong with the administration of the event did

go wrong. Fortunately the players and spectators were unaware of and unaffected by most of the problems.

Just two days earlier Chris Fraser of the Crystal Palace staff was taken ill for the second time this year and he was greatly missed. Even the national anthem was played at the wrong speed at the opening of the evening parade and it sounded like a funeral dirge.

For the second year running the Americans won two of the titles and did well amongst the medals. I was much more impressed with them this year. Last year their Judo looked crude and seemed very physical but not so this time, like most of the other competitors they played good entertaining Judo and some of the best techniques came from them.

Holland were in fine spirits and as usual they were accompanied by a number of fervent and helpful officials. It is interesting to observe

that most of the continental teams and the Americans have in the main male officials. Also that the continental men of international repute are often seen assisting, advising and accompanying their female counterparts. This must be a great advantage because the top-class men have a wealth of experience to pass on to relatively newly emerged female internationals. In Britain we do not seem to have this link with the two groups. Whether this is because the women officials do not encourage this or that the men are just not interested I don't know — possibly both. But I do feel that our women are at a distinct disadvantage because of this attitude. Note the success of the French last year at the first Women's European Championships when hitherto their women had not been evident. At that event many members of the men's French national team were present advising and encouraging every French female competitor—and didn't they do well?

As for the British squad we knew we would miss the favourites who had dominated the scene for so long. We were however expecting much more from the new and up-and-coming members of the two women's squads. The medal table reflects their poor showing. The one bright light of hope for the future that shone like a glittering star was eighteen year-old Jane Bridge who won the Under 48 kgs title. Jane is the finest prospect I have seen from any of this year's squads with the possible exception of Neil Adams. Although qualifying for the Young Women's Squad she is in fact a member of the Women's Senior

Squad managed by Marie Fourt. This pleasant, pretty and unassuming teenager possesses not only good over-the-top clean throws, but also has fighting spirit and determination. Added to this she has that unique and rare ability which I always admire in such a champion — it is the ability to plan and control her own contest. Too often we have seen players who cannot think for themselves and have to depend upon—or have been brought up to rely too much upon — a coach or someone shouting from the mat edge. Jane has been well schooled and is a credit to Ernest Singleton of the Otanikwai Bolton Judo Club. But then, every member of that club I have seen in the past have been a credit to the Singletons. Always they are well behaved with immaculately clean judogi and presenting good Judo technique.

A very nice touch which added a bit of local colour to these championships was the fact that the Pearly King and Queen of Chelsea, Bill and June West, and the Pearly King of Hornsey, John Hannon along with the Hornsey Pearly Prince and Princess were present throughout the day. In between promoting the Women's Teams Appeal stall they were in constant demand by the overseas competitors wanting them to pose with them for photographs. Many of the competitors were intrigued by this touch of good old London history and Cockney tradition.

Finally, I would like to take this opportunity to wish the British team success at the Women's European Championships in Vienna.

THE 10th MACCABIAH GAMES, ISRAEL, JULY 1977

This four yearly event will again include Judo in its programme, and applications from Jewish judo players are invited. In the three previous games, Great Britain has won four medals, and it is hoped that we might continue our record next time. Applications should be made direct to the Organising Committee, 1, Manchester Square, London, W.1.



OFFICIAL NOTES

Vic Davis

Back in the Midlands again for the second time in three years, the annual championships produced a remarkable "double" by Stratford-on-Avon, who took the team title for the fifth year and wrested the individual title from London.

Perhaps the big surprise of the championships, held at the Abbey Stadium, Redditch, was the achievement of Vic Long and Janice Dale (Aylesbury) in taking a well-deserved second place in the open kata event.

Competing in the tense atmosphere of a major final for the first time, the comparatively inexperienced uyeshiba pair performed a graceful kata of their own devising, which brought them a big "hand" from the audience.

Vic and Janice demonstrated 20 techniques, based on the teachings of Mike Smith, who was clearly delighted with their success.

First place, in the competition went to the individual champion, Ray Ziel, who teamed up only a few days before with his young partner, Chris Lloyd.

Ray, 27, took the title from Ken Broome (Clapham) with two gold awards and a silver. In addition to the open kata, he won the tanto randori contest and was second to Broome in randori kyoghi.

For the Stratford player it was his second major title. He was national champion in 1973, and he

has also been Midland area champion on two occasions.

He started to learn judo under Brian Eustace at Stratford 12 years ago, but was forced out of the sport by a leg injury received on the mat after reaching first kyu. A couple of years later he was back to learn Aikido at Brian's club, attaining his dan grade nearly four years ago. Off the mat, he works in the family motor business.

Clapham came through strongly to take second place in the team event, with Scarborough third and Leeds fourth.

Unluckiest man in the championships was Andrew Eustace (Stratford), knocked unconscious in his tanto contest with Bob Jones of Leeds—after taking a winning lead. Andrew, who has recently been awarded his dan grade, had to withdraw, although, with Ziel and Barry Bates, he gained some consolation with a fourth place in the ninin dori event.



Ray Ziel (Stratford-on-Avon), British aikido champion, 1976.

Midlanders concentrate more on defence against the knife than players in other parts of the country, and this brought about a clean sweep of the first four places in the tanto randori by Stratford.

Northerners came well to the fore in the kyu-grade kata, won by Bob Jones and Pat Jones (Leeds).

Brian Eustace, BAA National Coach, who refereed the events, said that the standard in the open kata was excellent, and either of five teams could have won the event. The kyu-grade kata was "only average" and there were no outstanding ninin dori teams this year.

Brian felt that Ken Broome (third dan) stood head and shoulders above competitors in the randori kyoghi, which he won with something to spare.

The awards were presented by BAA chairman Jim Elkins and Mrs

Paul Bridge, whose late husband was a member of the Bletchley Aikido Club. The open kata trophy is a permanent memorial to Paul.

Results: Kyu-grade kata: 1 R. Jones and P. Jones (Leeds); 2 D. Perry and P. Scruby (Stratford); 3 Miller and Rhodes (Scarborough); 4 M. Reynolds and P. Clee (Stratford).

Open kata: 1 R. Ziel and C. Lloyd (Stratford); 2 V. Long and J. Dale (Aylesbury); 3 R. Collins and A. Blackwell (Northampton); 4 H. Harris and L. Hall (Evesham).

Ninin dori: 1 Scarborough; 2 Clapham; 3 Stratford; 4 Stratford.

Randori kyoghi: 1 K. Broome (Clapham); 2 R. Ziel (Stratford); 3 B. Bates (Stratford); 4 B. Reed (Clapham).

Tanto randori: 1 R. Ziel (Stratford); 2 C. Lloyd (Stratford); 3 S. Honor (Stratford); 4 D. Perry (Stratford).

CORRESPONDENCE

Sir,—Extract from a typical Judo Club Constitution: "This Club aims to promote and foster the sport of Judo regardless of Race, Religion or Politics".

I have been a member and staunch supporter of the B.J.A. for a large number of years. I can hardly believe that the recently proposed Resolutions on Membership in Clubs have been passed, seemingly without the thought that the B.J.A. is now well on its way to cutting its own throat. Surely all the implications have not been fully realised? If they have, and I speak seriously though this might sound flippant, I suggest that the B.J.A. print several thousand Information Leaflets, to be issued to every Affiliated Club in the U.K., to be posted up outside their doors:

"This Judo Club is affiliated to the British Judo Association. Any person unable to produce a current B.J.A. Licence will not be permitted to practice the sport in our Dojo. For the benefit of visiting Japanese Third Dans, and Judoka from France, Belgium, Germany, The Netherlands, Italy, Spain, Yugoslavia, Greece, Turkey, Denmark, Sweden, Norway, America, Canada, Australia, etc. who are in our Area for a few weeks and wish to sample Judo in Britain, we publish below a list of other martial arts clubs where you will receive a very warm welcome".

Is this what the B.J.A. wants?

BETTY COHEN, (Mrs.),
Cambridge.

Dietmar Lorenz— German Democratic Republic

Photographs and Commentary

by DAVID FINCH

Ordinary looking, blond, 5'10" tall and weighing in at 89 kgs., Dietmar Lorenz has been doing Judo since 1968. He trains at the Dynamo Hoppegarten Club in East Berlin with two other past European Champions Gunther Krueger and Dietmar Hoetger.

At 26 years old he is a formidable light heavyweight judo fighter. He possesses an uncanny almost magical

ability to remain on his feet while under the utmost pressure.

This gift allied with fine counter-ing techniques brought him the 1974 Pre-world Championships title at Vienna and the following year the European title at Lyon.

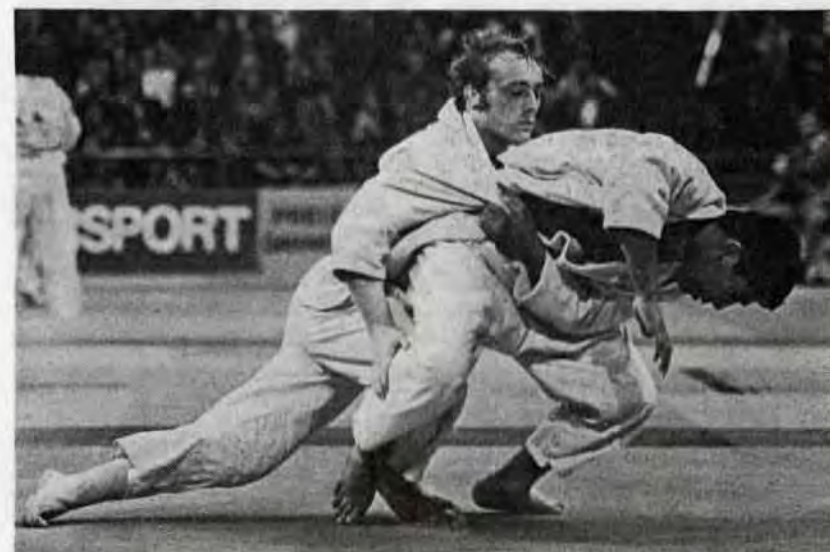
Lorenz, an automobile locksmith by trade and an ex Berlin policeman, made his initial mark internationally



Lorenz holds Peter Donnelly after a wazari throw with his favourite hold—down of kesa gatame.



Lorenz's almost magical ability to remain on his feet is primarily due to the sinking of his hips below his attackers centre of gravity. When really threatened he releases his grip so that his hands touch the ground first, thus avoiding a score if he is thrown. Here he is being attacked by Peter Donnelly of the Midlands at the 1975 World Championships.



Lorenz dominated his contest against Kazuhiro Ninomiya but was beaten by the poor refereeing standard.



Lorenz and Kazuhiro Ninomiya

light heavyweight and open categories. In the light heavy's he was eliminated in his second contest by David Starbrook but in the open two days later he gave a glittering display of judo that earned him a bronze medal against powerful opposition.

He commenced by eliminating our own Peter Donnelly but his most memorable contest was against Kazuhiro Ninomiya of Japan. Ninomiya attacked in tachi waza nine times while Lorenz constantly countered the Japanese World Champion and entered at least twenty one newaza attacks against his retreating opponent. Unfortunately for Lorenz the administration of the contest was very poor and Ninomiya won, progressing through to the silver medal.

At the Montreal Olympics Lorenz again fought in the light heavyweight and open categories but was unable to match his earlier successes. In the light heavyweight category he fought his way to the final repechage contest where he was beaten by Roethlisberger of Switzerland. Earlier this year Roethlisberger won the British Open at light heavyweight and notched up his first international victory.

In the Open division Lorenz's demise was even more ignominious when he was defeated in his first contest by Varga of Hungary who was later eliminated.

The East German's favourite techniques are left uchi-mata, tai-otoshi and kesa-gatame — his main method of countering his opponents efforts is by the speedy lowering of his hips past his opponents centre of gravity. He is also adept at slipping his arm between his opponents legs and he very often lets go completely when really pressurised so that his hands touch the ground first to avoid giving away a score.

at the Madrid Europeans in 1973 when he came third against strong opposition. He repeated the bronze medal position the same year in the World Championship at Lausanne but was beaten in the open category.

1974 saw him retain his European third place at London after being defeated by the young West German silver medallist Gunther Neureuther. The following day Lorenz fought in the open category but was eliminated by Angelo Parisi. Two days later he was committed in the team event.

This exhausting schedule of European Championship contests every year brought about by East Germany's lack of a good second string heavyweight has resulted in Lorenz consistently winning important medals every year.

At Vienna for the World Championships Lorenz was entered for the

PANCRATIUM: THE MARTIAL ART OF ANCIENT ROME

Martin A. Kelly

Five hundred years before the venerable Buddhist priest Bodhiharma went to China to teach ShaoLin Kempo, the ancient Romans used a system of unarmed attack and defence which must have compared quite favourably with those systems of self-defence practiced in the Orient.

Pancratium was the Graeco-Roman counterpart of the martial arts. The name meant in Greek, "all the powers of the fighter." It consisted of boxing and wrestling, and it eventually became an Olympic sport.

Pancratium was first mentioned as being used by the warlike Spartan Greeks. It is believed to have been an anything-goes commando type of combat which soldiers would use in hand-to-hand fighting. After an undetermined period spanning several centuries, pancratium was refined and rules of combat were formulated so that it could be considered a sport and to be included in the Olympic Games. The similarity in the development of pancratium from a military system of fighting to a sport and the formulation of Judo from

jiu-jitsu by Dr. Jigaro Kano is remarkable. History does not reveal the originator of the sport of pancratium however.

There are other comparisons between pancratium and the oriental martial arts that are interesting. For one thing, both jiu-jitsu and pancratium lay claim to mythical origins. Legend has it that the Japanese gods Kashima and Kadari used jiu-jitsu for the purpose of chastising the lawless inhabitants of the eastern provinces of the island. Theseus, the legendary Grecian hero, is said to have invented pancratium to fight the minotaur, a human-eating beast half-bull and half-man.

Pancratium, karate and judo employ techniques of striking and throwing. Karate throws such as *osoto-gaeshi* are few and simple. Judo's art of striking vital points, *atemi*, is not generally practiced on the mat.

The combatants in pancratium (*pancratiastae*) fought each other naked. Sand and oil were rubbed in

Continued on page 38

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their skin so that an opponent could have a fairly secure grip on their bodies. Facing each other, the pancratiastae would assume a crouching position with arms outstretched, feeling for an opening. They would attempt to manoeuvre the other into a disadvantageous position, such as where the sun could shine in his eyes, to deliver a blow or effect a throw.

The striking or hitting aspect of pancratium was done with the bare hand held in a curved fashion, similar to the hammer fist used in karate. What blows were used in pancratium must remain a matter of conjecture, but, probably they followed the lines of jabs, crosses, hooks, etc., as used by pugilists of the day.

History is more generous concerning the pancratium throws. Smith's dictionary of Greek and Roman antiquities tells us: "The usual mode of making a person fall was to put one's foot behind his and to push him backwards." Thus, we see the same technique used in judo, "Major outer reaping" or *osoto-otoshi*, "major outer throw" in Judo. It is not too much to expect that some inventive pancratiastae saw the advantage of striking the opponent's nearer leg and pushing backward in the motion of *o-uchi-gari*, "major inner reaping".

In another mode of throwing, the thrower seized his opponent beneath his centre of gravity. The attacker straightens his body and causes the defender's body to tilt and fall to the ground, heels up. This throw is almost the same as the Judo throw *ushiro-goshi*, "back throw". The similarity with this type of throw is also seen in *sukui nage*, "scoop throw", and *kata guruma*, "shoulder wheel".

The fact that pancratiastae wore clothes prevent the use of most

of the throws in the hip techniques section of Judo. Yet, one might expect to find a version of *uki-goshi*, "rising hip throw" and *koshi guruma*, "hip whirl" among the pancratiastae's tricks.

The take-down throws in which the standing attacker seizes his opponent's legs and pushes his upper body backward, undoubtedly, formed a part of pancratium attacks. These throws are exemplified by *morote-gari*, "two-arm clip", in Judo.

Evidently, there were those pancratiastae who preferred "mat work" as there are among Judoka today. Dr. William Smith, in his treatment of pancratium, says that some combatants fell down on purpose that they might ward off the attacks of their antagonists more easily.

There is no listing of pancratium wrestling techniques. A noted statue of pancratium grappling is in existence in the Uffizi Galleries in Florence, Italy. In the hold depicted, the loser is on his hands and knees, and the victor sits astride his back with the left leg locked inside the loser's left leg. The victor holds the loser's right arm with both his hands and pulls it straight back into an unnatural position.

The absence of clothes in pancratium also limited the variety of ground work techniques that could be used. Undoubtedly, most of the immobilisation holds of *osaekomi-waza* could have been used; and, the majority of the locks in *kansetsu-waza* employed.

Strangling is also mentioned as a part of pancratium by Dr. Smith. This form of attack would be limited, however, to those chokes in *shima-waza* in which clothing did not play a part in the strangulation. Most certainly, some type of rear choke around the opponent's neck similar to *hadakajime*, "naked

strangling", was used in pancratium. The unpopular playboy emperor, Commodus (180-192 A.D.), was strangled during a pancratium workout with one of his sparring partners who had been bribed by a group of conspirators headed by the Chief of Police and the emperor's favourite mistress, Marcia.

It has been said that the Romans robbed the best of Greek culture and used it as its own. The Greek imprint can be seen in Roman theology, literature, science and philosophy. The Romans did not strive for the aesthetic effect as the Greeks did, but for the practical results.

The Romans had a great need for a system of personal self-defence. Their society seethed with discontent and discrimination. The government

was in the hands of the wealthy. Most of the work was done by slaves. In between the wealthy and the slaves were the poor citizens and the freed slaves or freedmen. The poor citizens and freedmen could hardly compete with slaves for jobs and existed for the most part on public doles of grain. With such thorough-going economic poverty and idleness, crime was rampant. Muggings, hold-ups and other crimes against the person were common. The logical system of self-defence would be based on pancratium.

Any day, we can expect to hear of an archaeologist excavating an ancient city in central Italy and unearthing a Roman street on which there will be, in addition to a bread store, brothel, and blacksmith shop, a pancratium dojo.

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