

# MATSURU JUDO-GI

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KARATE - AIKIDO - KENDO

# JUDO

INCORPORATING BRITISH JUDO ASSOCIATION NEWSLETTER

Price 25p

July 1975





run, Mick (he looks so soft) swept the running Debelius down with kosoto for yuko, and it was almost immediately time. A win to Scotland.

#### Inman v Rae

These two "set-to" for real, the less experienced Rae not in the least overawed by Inman. To prove it he dumped Roy for waza-ari, with Uchimata.

Inman came back fiercely, which provoked Rae into a careless counter, he was picked up strongly and downed for Ippon. A win to England.

#### Maidstone v Mullen

The unfortunate Maidstone now had to face Mullen. He tried real

hard, but Eddie was all over him. It is however to Maidstone's credit that he only lost by yuko.

#### Neenan v McAree

This was youth v experience. A fierce, ding-dong battle, but experience won. Veteran McAree did a repeat of his effort in last year's Inter-areas, by winning this decisive match for Scotland by yuko, giving a final result of **Scotland 3, England 2.**

The team refused to leave the rostrum until their coach, Colin McIver, joined them on it for congratulations.

The event was followed by a civic reception, buffet, and late night dance in honour of the visitors.

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#### DAVID WHITE WRITES — Continued from page 24

1974—you know, where two or three are gathered together they form a new association!

John Cornish says that the U.K.A.A. is a friendly, unambitious organisation making no effort to convert B.A.A. people, and perhaps the most hopeful sign is that he believes the two groups can one day get back together again.

It's interesting that Mike Smith, 3rd Dan, has become the Ueshiba coach with the B.A.A., so clearly

they are concerned about an over-emphasis on Tomiki teaching that has worried me a little in recent years. However, if the finances can be sorted out and Ueshiba clubs and coaches can get a fair crackle of the pound then there is hope. I look forward to hearing from hard-working Jim Elkin what arrangements have been made to encourage Ueshiba aiki within the B.A.A. and I don't doubt that if satisfactory the U.K.A.A. will be very interested to hear from him.

## World Judo Championships — Vienna 1975

CANTERBURY TRAVEL in association with JUDO LTD., offer readers of "Judo" and their friends—2 Inclusive Tours—using scheduled Airline Services from London Heathrow Airport to attend the World Championships in Vienna on the 23rd, 24th and 25th October 1975.

The tours are for 4 or 5 night with accommodation in a selection of hotels on a bed and Continental breakfast basis—with transfers from airport to hotel and vice versa.

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TICKETS—Season tickets covering the 3 days of the championships are available — Row 5-10 £15.80; Row 11+ £10.55. Youth tickets (18 years and under) £6.60. Tickets are very limited — Early booking is urged.

#### BOOKING FORM - WORLD JUDO CHAMPIONSHIPS VIENNA

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SIGNED: ..... DATED .....



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## THE BRITISH KARATE CONTROL COMMISSION

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### Official Notes

#### Brochure to Local Authorities

On 15th May, 1975, a Press Conference was called by the B.K.C.C. in conjunction with several other governing bodies for the Martial Arts to announce the publication of a publicity brochure. This brochure contained the following foreword from Mr. Denis Howell, M.P., Minister of State for Sport and Recreation.

"The Martial Arts of the Far East have long been popular in this country but there has recently been an enormous upsurge of interest. At the present time, participants exceed 100,000 and this figure continues to rise rapidly. This growth, however, carries with it many risks of which all responsible Authorities are fully aware.

"Recognising this problem, the Government and the Sports Council have assisted in the formation of both the British Karate Control Commission and the British Kung Fu Council. The B.K.C.C. is fully established and can provide ready advice to Local Authorities on karate matters and it is hoped that the recently formed B.K.F.C. will be able to provide a similar service in due course. In the meantime, enquiries concerning Kung Fu, and allied martial arts can be made via the B.K.C.C. offices. It is hoped that this arrangement will lead to the eventual formation of a British Federation of Martial Arts capable of dealing with all matters of common interest regarding Local Authorities and others. Local Authorities

may also be interested to know that the B.K.C.C. is making attractive insurance cover available to both members and instructors and is inquiring into the desirability of cover against third party claims. They are also considering a system of supervision and control to deal with complaints received from the public or Local Authorities.

It is, therefore, important that all organisations, both public and private, responsible for the hiring of training halls, seriously consider confining their co-operation in this sphere to approved clubs. In this way, control and discipline can be retained and exploitation prevented in what are fundamentally worthwhile but potentially dangerous recreative pursuits".

In line with this recommendation the B.K.C.C. through the national and regional Sports Councils are circulating 30,000 copies of this brochure to Local Authorities and Local Educational Authorities throughout the country. It is hoped that their co-operation and that of other facility hirers will bring about a more orderly and more unified structure for the martial arts than has existed to date.

Representatives of the organisations concerned have also since been invited to attend a meeting with officers and members of the Sports Council, the Home Office, the Department of the Environment, the Department of Employment to discuss means of forming a British Federation of Martial Arts as suggested by the Minister. This meeting is due to be held on Thursday, 19th June.

#### Insurance for Karateka

Because it has a membership of some 50,000, the B.K.C.C. has been able to arrange extremely attractive insurance cover for both its instructors and students. For £1 per year a B.K.C.C. licence holder can receive a Temporary Total Disablement

benefit of £50 per week for up to a two-year period. In the event of a more permanent total disablement he can receive a capital payment of £5,000. For amounts ranging up to £15 p.a. instructors can also be covered for benefits up to £100 per week for up to a two-year period and £10,000 for permanent total disablement. Comprehensive club insurance can also be arranged if required.

Further details and application forms for the above schemes can be obtained by writing to the General Secretary, B.K.C.C., 4/16 Deptford Bridge, London, SE8 4JS.

#### 1975 World Karate Championships, Long Beach, California

The B.K.C.C. still hope to arrange a charter flight to the above Championships which will take place between the 1st and 5th October, 1975. The total cost of the flight plus accommodation on the luxury liner/hotel *Queen Mary* from Friday, 26th September to Friday, 10th October, 1975 will cost £275. Reductions are available for those who wish to book for the flight only. As the total cost

of this holiday would under normal circumstances be approximately £1,000, it is an extremely attractive opportunity. Anyone requiring further details should telephone Mrs. L. Wood (01-579 7294).

#### Britannia Cup

On Saturday, 14th June, the B.K.C.C. staged the Britannia Cup Tournament for individuals at the Michael Sobell Sports Centre, Islington, London. This tournament, intended for 3rd Kyus and above who have not yet achieved international status, was extremely successful. There were over 200 entries and in an exciting final Vic Charles beat Tyrone Whyte by waza-ari.

Despite the absence of most of the senior B.K.C.C. referees and judges at the England/Scotland/Wales International Match that was held in Glasgow on the same day, the refereeing was of a very creditable standard. This proved conclusively that the B.K.C.C.'s efforts in staging referees' and judges' courses has been most successful in producing quantity as well as quality of officiating performance.

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## CLUB FORUM

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BEDFORD JUDO CLUB from Peter Thornton. We are entering our 25th year as a judo club, which must be as good a time as any to send greetings to our many friends all over the place via Club Forum.

Our calendar is always full, we are no sooner out of one scheme than we are into the next; judo not being a seasonal sport, it's an all the year round thing. Currently there is a club coach award scheme under way.

Quarterly gradings are held for Kyu, Dan and Mon grades, each very well attended, and it is most exciting to witness the growing number of Dan grades in the club.

With four club nights a week, the junior and senior championships and various events at club, county and area level our now enormous mat area with two beautiful new red matted contest areas, gets very well used.



We have some very sad news to record. Brian Young, one of our Dan grades, was killed in an accident on the motorway. Brian was a most charming and personable young man and a very popular and valuable club member. His noisy and terrifying harai-goshi and his agreeable personality are sadly missed.

Our junior section is growing to near bursting point, even with our mat area, and it is encouraging to see several moving up into the senior section.

During a changing-room discussion, one of our senior Dan grades, a thoughtful and knowledgeable fellow, suggested a solution to the question of distinguishing non-contest Dan grades. He thought that perhaps they could wear braces, worn outside the jacket.

GLASGOW JUDO CLUB from *Walter Littlejohn*. One of our overseas friends (from Saudi-Arabia, this one)

recently wrote to me that when over on holiday last he couldn't find the new premises. He had enjoyed himself so much on a previous visit to the old club, he was dismayed that perhaps we had folded our tents.

Let me assure all our friends we are still in existence. Present quarters are in Garnetbank School, Renfrew Street, which is near the Glasgow Art School, Charing Cross. Our players are well represented in the National squads, with champions Jim Rae, 2nd Dan and Kathy Nichol, 2nd Dan, well to the fore.

For the past two years, I have been Western Area Organiser for the S.J.F., and this important work detracted (a little) from my club effort. My members have however, been very understanding, for which I thank them.

I wish my successor all best wishes in the post, and pledge them the continued support of Glasgow Judo Club for the work of the S.J.F.

## BRITON WINS SAMBO TITLE

By MICK LEIGH

Phil Knight of the Mid-Sussex Judo Club and of the Mid-Sussex Amateur Wrestling Club travelled to Baku in Russia with Bob Bradley, also of the Mid Sussex and Joe Gilligan of the Manchester YMCA Amateur Wrestling Club earlier this year. Their purpose was to represent Great Britain in a multi nation Sambo (Russian self-defence wrestling) tournament. Richard Barraclough travelled as the Team Manager.

Nine nations competed, they were Russia, Mongolia, Persia, Japan, Bulgaria, France, Spain, Great Britain and Yugoslavia.

The British team flew to Moscow, stayed overnight and then on to Baku on the Caspian Sea, arriving on Wednesday, 26th March. The

tournament was held on Saturday 29th and Sunday, 30th March.

The hospitality was first class and the wrestling was very keen. Phil Knight took the gold beating Russians and Bulgarians on the way and caused considerable sensation. Bob Bradley won a bronze medal after wrestling, amongst others, a nineteen year-old Bulgarian weighing 28 stone.

I believe this to be the first time a British wrestler has ever taken a winners medal in Russia at their own form of the sport and the achievement is quite commendable.

The final gold medal results were as follows: Russia 6, Mongolia 2, Great Britain 1 and Japan 1.

# Psychology and Judo

This month we start an occasional series of articles examining the implications of psychological principles for the sport of judo. The series is written by Richard Williams who is, in his professional life, a qualified psychologist.

## WHAT IS PSYCHOLOGY?

If one looks back at the 100 or so years' history of psychology a number of theoretical traditions about the nature of psychology become apparent. Out of the many there are two viewpoints which deserve particular mention. One early popular view held that psychology was the science of mental life, i.e. the activity of our minds was the subject matter of psychology. But we cannot directly observe what goes on in our minds — we can only infer this activity from what people do, from their behaviour.

In time, therefore, there was a reaction against the mentalist viewpoint and psychology became known as the science of behaviour. In this view, what people actually do — activity that can be directly observed — became the subject matter of psychology.

The behaviourist view still prevails in present day psychology but in a less extreme form. There is a place in today's psychology for mental activity. Thus, contemporary psychology encompasses both observable behaviour, like walking, driving a car, playing judo, and behaviour which cannot be observed (mental activity), like thinking, remembering, and so on.

To get a fuller idea of the nature of psychology any one of the several introductory books which exists is worth examining. I have suggested some of these at the end of this article. Typically, these books tend to compartmentalise psychological concepts and the list of chapters or sections might read something like this:

- The Nature of Psychology.
- Biological Bases of Psychology (Physiological Psychology)
- Growth and Maturation (Developmental Psychology)
- Motivation and Emotion
- Sensation and Perception
- Learning, Memory and Thinking } (Cognitive Psychology)
- Individual differences: (Differential Psychology)
  - Intelligence
  - Personality
  - Psychological Testing
- Group Processes } (Social Psychology)
- Attitudes
- Normality and Abnormality (Abnormal Psychology)

Other topics might be included but these will vary from author to author. Some might mention experimentation and measurement, others might discuss social issues, still others might add a chapter or chapters on applications of psychology, in industry or education, for example.



### SOME INTRODUCTORY BOOKS ON PSYCHOLOGY

D S Wright, A. Taylor, and others (1970) *INTRODUCING PSYCHOLOGY: AN EXPERIMENTAL APPROACH* Penguin Books.

C T Morgan & R A King (1971) *INTRODUCTION TO PSYCHOLOGY* 4th edn. McGraw-Hill.

E R Hilgard, R C Atkinson & R L Atkinson (1971) *INTRODUCTION TO PSYCHOLOGY* 5th edn. Harcourt Brace Jovanovich Inc.

F L Ruch & P G Zimbardo (1971) *PSYCHOLOGY AND LIFE* 8th edn. Scott, Foresman & Co.

Despite the impression of fragmentation which one might receive, there is a great deal of interrelation between these various aspects of psychology. For example, one contemporary approach in psychology — the information processing approach — is concerned with investigating the relationships between cognitive activities (perceiving, learning, remembering, thinking) by tracing the path taken by sensory information. As well as providing a theoretical description of these and others behaviours this approach has had practical applications, particularly, in industry. The cognitive activities influence our other activities and vice versa, for example our motivational state can affect the way in which we perceive our surroundings. So any one piece of behaviour is a complex act for which there are many determinants.

### SPORT PSYCHOLOGY

In an earlier paragraph I mentioned two fields of applied psychology — educational and industrial. There are others, one of which is sport psychology and in the next article I shall review the scope of this area of study.

### PSYCHOLOGY AND OTHER DISCIPLINES

To put psychology fully in perspective it is necessary to examine its relationship with other disciplines, like sociology and physiology for example.

Psychology has its origins in *philosophy* and many debates of a philosophical nature still rage in psychology. Philosophy can help psychology by clarifying many issues but philosophical arguments are often involved and can confuse as much as they clarify.

Physiology is of considerable relevance to psychology and there is now a substantial body of evidence implicating nervous system activity, especially in the brain, in the execution of human behaviour. From time to time in this series I shall try and elucidate some of the relationships which have been found.

Psychology is often regarded as one of the social sciences, others being sociology, economics, and politics. Of these social sciences it is sociology which stands in closest relation to psychology and one aspect of psychology mentioned earlier — social psychology — can be looked on as a kind of link between these two disciplines. In simple terms psychology can be looked on as the study of individual behaviour while sociology can be regarded as the study of society. Social psychology acts as a link because it is the study of the interrelationships of individual behaviour in the group, the group being the basic sociological unit of analysis. As well as psychological analysis, sport tends itself to social psychological and sociological

analysis. In social psychology we would be concerned with sports activities as a form of social behaviour and we would examine its functions in these terms for the individual while a sociology of sport might examine the functions of sport for society as a whole.

Readers may well think of relationships between psychology and disciplines other than those which have been described here — medicine might be an example. However, I think I have said sufficient in this article to give at least an outline of the science of psychology. I have not attempted in this article to point to any specific implications for sport in general or judo in particular. In the series which is to follow I shall commence by describing the psychology and social psychology of sport. Subsequent articles will then take up the topics raised so that a more in depth analysis of their applications to the sport of judo can be made.

## THE 'BACHELORS' OF JUDO

by BRENDA DICK

### COMMENT FROM THE B.J.A. GENERAL SECRETARY

*We are often critical of ourselves and of each other within Judo but I often find that it is most refreshing to hear comments from outside our organisation. Other sports look upon us favourably and we have a fairly good name among the journalists.*

*Eddie Ainsworth, himself a national official and who puts many hours voluntary work into the sport, sent me a cutting from his local newspaper. I think it is a very good commentary on the work that he and his fellow Auchenharvie Judo Club members do for the community. Indeed, the same can be said of the local groups and clubs up and down the country who are quietly and patiently, getting on with Judo and with what it is really all about.*

*This article is re-produced by kind permission of The Ardrossan & Salicots Herald.*

If ever a group of people deserve honorary degrees in child psychology it is judo instructors. In no other sport do children appear to be summed up quite so accurately and yet with such sympathy.

Judo is tough and telling and yet with these instructors there is also understanding and toleration of tears, as was evident at last weekend's Scottish Judo Federation championships at Auchenharvie Academy.

Over 100 youngsters from all over the western area took part in Saturday's activities, and a strong Japanese atmosphere prevailed. The clothes worn were the traditional judogis, the commands of those in charge were all in Japanese, and the unmistakable discipline and politeness of that most disciplined of nations ruled the whole proceedings.

Tiny tots in tunics that well nigh drowned them appeared no less knowledgeable of the foreign language and rules of their chosen sport than the sturdy teenagers who



fought in the heavier classes. Weight is an important factor in the matching of competitors, so that no matter their age they fight others within their own pounds and ounces — or kilos, as judo goes metric.

## RESPECT

But in an age when temper and tantrums and lack of discipline are common in sport, it was the complete respect with which referees and contestants treated each other that was so refreshing. Two boys could be locked in what seemed like mortal combat, only to roll apart immediately on the word of command. No arguments, no sulks, no appealing to the crowd. Just calm acceptance. And before resuming, the quick, polite bow to each other that is typical of judo.

There was no fouling — now so much a part of every other contact sport — and since the judo mat was completely surrounded with kneeling fellow competitors who watched every move with keen interest no one would have wanted to break the rules anyway. And there too, shouting encouragement and instruction to their youngsters, were the judo instructors from all the clubs represented. Not for them any mild and non-participant interest. Not for them the dug-out or the stand — their charges visible to them but unable to communicate. These judo men were right down there on the edge of the mat more or less at the fighters' ears, their enthusiastic and plainly helpful advice getting through as no other voice did. If the fighting youngsters had momentarily flagged and lost heart, the encouraging commands rallied them.

There were, inevitably, the few awkward falls. But no one thought

of mocking the occasional tears that accompanied these. There was obviously sympathy from all round the mat, and in particular from the referee. Down beside the fallen fighter he went immediately, arm around the small shoulders. The boy was quite consoled, his sore spot examined, given time for composure, and then the opportunity to resume his match. I did not see one that did not do this. But even so, judo being this kind of caring sport, the resident doctor followed up those injured after the bout, just to check.

## COMMENTS

Amid the chatter of the crowd and commands from the mat, I overheard several comments from various instructors that confirmed my opinions on their ability as psychologists. "If Jimmy wins this one, he'll win the next two. He can't take defeat at the beginning." I watched young Jim's progress. The instructor was quite right. "There's David lost that," said another. "Now just watch him go for the next guy." Again that was exactly what happened.

Judo would appear to be a sport that involves not only skill and physical fitness, but discipline, determination, temperament, patience and manners all at the same time. As one club leader told me: "Judo is not for those who only want to play around. It's hard work, takes lot's of practise, and ultimately it gives it's exponents lots of enjoyment."

Judging by last weekend's talent, lots of Ayrshire children have discovered just that. Many went home with medals. But the real winners — the instructors with the instinctive grasp of child psychology — didn't get anything except satisfaction. And that's just the way they want it.

# AN ELEMENT OF TRUST

by Tim Richings

In March 1974 Camborne became gifted with the opening of a brand new near million pound Sports Centre. This caters for a wide range of sports, of course, being well equipped for Judo.

Since August I have been teaching there, and it is about my results so far, which I would like to write.

My work for the centre started almost by accident, when one evening I went to visit the place and got talking to some of the staff, telling them of my involvement with Judo. Some weeks following this first visit, I started helping a friend to run junior classes on Saturday mornings. On one occasion a young man, unknown to me at the time to be deputy manager, came up and expressed the desire to take up Judo. Not expecting him for one moment to believe that one who had never got out of a wheel chair, let alone done Judo could teach. I said that I would try and get him an instructor for private lessons. In short, this provided problems as at the time there was no senior instruction. After having spent about two weeks considering the problem I telephoned him and quite expecting to be laughed at said "I am having difficulties in finding you private instruc-

tion" to which there was in my case a remarkable reply, as I went on to explain that I was willing to take him. He just said "thats great when can I start"?

Since that evening the kind of rewards that I have worked for over twelve years of studying Judo have come in abundance. He took Fifth Kyu after only five lessons and passed well. He now hopes to take fourth in a matter of only a few weeks. I said only moments ago that rewards for me have now come in abundance and in more ways than one, as since his first grading the sports centre staff have made me instructor of their own private club, and I would like to make known their obvious enthusiasm for the sport, and not just the desire to please me the disabled instructor. We have been going now only just over a month, and already four other seniors and several juniors are ready for a grading.

Since my joining the Leisure Centre staff as a purely voluntary member I have enjoyed taking part in the general work in which I can be made use of, as well as my specialised subjects. In this, I include physical and weight training instruction.

In twelve years of my involvement with sport I have had to almost fight, if only due to my physical disability for recognition and respect, and now even though he will give me a lecture, I would just like to say thank you to Ashley, and all other staff for AN ELEMENT OF TRUST.

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## THIS MONTH'S FRONT COVER

Reissman of East Germany wins the European Lightweight gold medal with a superbly executed uchi-mata against Pitskelauri of Russia. Photo by David Finch

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# JUDO

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## CONTENTS

THE RED THREAT BECOMES REALITY	2
POWER JUDO v 'PURE' JUDO	8
LETTERS TO THE EDITOR	9
OLYMPIC & NATIONAL SQUAD TRAINING	11
CLUBS HERE & THERE	13
B.J.A. NEWSLETTER SUPPLEMENT	15
DAVID WHITE WRITES	23
SCOTLAND v ENGLAND	25
B.K.C.C. OFFICIAL NOTES	28
CLUB FORUM	29
PSYCHOLOGY AND JUDO	31
BACHELORS OF JUDO	33
AN ELEMENT OF TRUST	35
JUDO EQUIPMENT	36

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# THE RED THREAT BECOMES A REALITY

The judoka of East Europe and Russia in particular dominated this year's European Championships, showing a depth of talent and new-found skill which must have chilled Western coaches. In the 13 years since they first appeared in the Europeans the Russians have outstripped their European rivals and must be causing some concern in Tokyo as the Japanese squad prepares for this year's World Championships in Vienna.

Western coaches chatting in the bar of their hotel, disconsolately agreed that the flair and enthusiasm which are their fighters' main assets, were, this year at least, no match for the Eastern fighters full-time squad training. In only two of the seven finals were Western Europe represented. France's mercurial Jean-Luc Rouge won a silver medal in the light-heavyweight final, where his brilliant attacking judo made little impression on the stolid East German, Dietmar Lorenz; France also got to the final of the team event, which was won by Russia for the fourth successive year.

As was written after last year's Championships in London, the Russians have obviously decided to concentrate on judo rather than their native sambo wrestling as the former

*Report by*  
**MICHAEL HUGHES**

*Photographs by*  
**DAVID FINCH**



Danny DaCosta is thrown for wazari by Reissman of East Germany. Reissman won the gold medal in the lightweight category but DaCosta was unable to recapture his medal winning form of last year and was beaten in his second contest of the repechage.

is now an Olympic sport. There is less and less trace of the constant mauling, arm-locking and belt-grabbing which were once the hallmarks of the Soviet fighters. The gold medal tally this year was four to Russia, two to East Germany and one to Poland. In the six individual events only four out of 24 medals went to the West. Compare this with the Europeans of only three years



David Starbrook threw Coran Zuvella of Yugoslavia with left tai-otoshi before holding him down with kesa gatami for ippon. In 1974 Zuvella had won the Light-heavyweight gold medal and pushed Starbrook into 3rd place.

ago where East Europe could take only two golds with Holland's immortal Ruska taking two and a brilliant teenager called Parisi, taking one.

As well as Britain's disappointing performance, their worst in terms of medals for five years, West Germany and Holland also fared badly. The fact that Ruska resigned as coach shortly before the championships can't have helped the Dutch fighters very much. They were further weakened by the fact that their best heavyweight, Chris Dolman, who took a silver last year, has decided

to concentrate on wrestling and was not fighting at Lyons. The French fighters, deafeningly urged on by their home crowd, showed some attractive and determined judo as did the Yugoslavs who, against all odds, defeated East Germany to take a bronze in the team event. This sent their colourful middleweight, Obadov, into a joyful series of back somersaults.

## The Individual Fighters

The lightweight category was sensationally won by the 18-year-old East German, Reissman, who threw





Russian prospects preparing for the 1976 Olympics. *Left to Right:* Nidzeratze (heavyweight gold medallist). Chochoshvili (Openweight silver medallist and 1972 Olympic gold medallist). Onashvili (Openweight gold medallist).

Russia's Picketlauri with uchi-mata within seconds of the start of the final. He had earlier defeated Britain's Danny Da Costa, some 15 years his senior, with a shoulder throw for ippon. Another very impressive youngster, Russia's Nevzorov, took the light-middleweight gold medal from his countryman, Dvonikov. France's Jean-Jacques Mounier, three times European lightweight champion and now an elegant observer at these events, rated

Nevzorov the most complete judo-man at the championships. Poland's Antoni Reiter, who, off the mat looks like a bespectacled schoolboy, won the middleweights, convincingly defeating Russia's Barkalev.

As I wrote earlier, East Germany's Lorenz won the light-heavyweights. He is not a spectacular judo-man but seems almost impossible to throw and is very adept at counters. In the individuals the best efforts of Dave Starbrook and Rouge failed to budge him but in the team event, when he was troubled by hand and arm injuries he was twice turned over.

*Opposite :- Above,* In the European Team Event Final, Rouge of France throws Muzaev of Russia for wazari in the Light heavyweight division. The Russian Team won the gold medal for the 9th time since 1963.

*Below,* Michel Algisi of France throws Lightweight gold medallist Reissman of East Germany with ko-soto-gari in the team contest. France beat East Germany and won the silver medal after being beaten by Russia.

Most awe-inspiring of the fighters from 25 nations present were the four giant Russians who provided the finalists in the heavyweight and open classes. Neither of them suffered a single defeat and they seldom looked in any difficulty as they cleaved their way through the pools. It is these four, Nijardaze, Novikov, Chochoschvili and Onachvili, who will provide the most potent threat





Angelo Parisi attacks Remi Berthet of France with ko-uchi-gari in their Team heavyweight contest. This contest was drawn but France won the match and went on to take the silver medal.

to the Japanese at Vienna and at next year's Montreal Olympics.

Two of them, Onachvili and Nijaradze, are maulers, but my, it's very effective mauling. Onachvili gave a fearsome demonstration of his power in the open semi-final when he heaved Holland's 7 ft.-tall Adelaar from the mat and smashed him down for ippon. Nijaradze's talents were demonstrated in the team final when, with the match in the balance, he strangled France's Berthet for ippon and another Russian gold. Novikov and Chochoschvili are more stylish and I think the latter is the best of the four. He won a gold medal at Munich, defeating Dave Starbrook in the light-heavyweight final, and since then has put on three or four stone of muscle. He cruised through his bouts looking slightly bored, not even breaking into a sweat and using a variety of techniques from ankle-sweeps to pick-ups.

He used one of these counters on the 1973 heavyweight champion, Spain's massively muscled Ojeda who

is obviously not too used to having to breakfall and was injured when the 25-year-old Russian slammed him down. With typical Soviet disregard for a crowd paying up to £5 per seat, Chochoschvili was withdrawn from the final of the open with the gold going to Onachvili. The Russian coaches obviously saw no point in risking unnecessary injury when the gold and silver medals were bound to go to Russia anyway. The heavyweight final was a sad spectacle with both Nijaradze and Novikov receiving kei-kokus for lack of aggression, before Nijaradze took the gold.

I hope that gives some idea of the wealth of brawn and youthful talent which Britain and the rest of the world will have to face on the tatami in the years to come. My greatest hope now is that the gloomy predictions in this article are proved wrong and the tremendous dedication of the top British fighters reaps new crops of medals at Vienna and Montreal.

Give them stick, lads!

## JUDO JIM

*Sir, On flicking through my back issues of 'JUDO' I came across an article entitled "Commonwealth Games — our big chance" by David Gauntlett, in the January 1974 issue. In it he said that judo would be recommended to the British Commonwealth Games Federation for inclusion in future Commonwealth Games.*

*Was the recommendation accepted, and can we expect to see our sport featured in the Edmonton Games in 1978?*

G. Worton, 1st Kyu,  
Goole J.C.

I'm sorry to say the recommendation was not accepted. Judo was offered as a display feature but the Judo authorities argue that it is very much a sport and an Olympic sport at that and deserves its rightful place as such. Further, it would not be desirable to have Judo accepted to the exclusion of any other sport which has also been another suggestion. It is possible that Judo will be included in the 1982 British Commonwealth Games but this will depend upon which of the four candidates wins the application. The representative for the British Judo Association on the English Commonwealth Games committee is the Chairman of the B.J.A., Mr. C. S. Palmer, O.B.E.



# POWER JUDO v 'PURE' JUDO

By Syd Hoare, 5th Dan

One of the major hang-ups still met with in judo clubs up and down the country is the idea that there is something called power judo (which is bad) and that there is something called pure judo (which is good). One could say that this idea perpetuates the different judo organisations in this country. Obviously if we all did the same thing we wouldn't need different organisations.

Pure judo is said to require no strength, however a moment's reflection quickly demolishes this idea. If this were so a young child or a woman would be able to win the World Championships. There are obviously two ways of doing any technique. Either we look for the opponent's weak points in his position or movement or we crash in regardless. The first approach is easier (if we succeed) in terms of effort but it is not completely effortless. It is not a choice between using no strength and a lot of strength. There is a minimum requirement of strength to make any throw. Just simply standing up alone requires strength let alone whirling a 15 stone man over your shoulder.

Obviously if pure judo was better than power judo we would see a succession of slight graceful men taking the gold medal in the Olympic Open category. The fact is they don't and so the pure-judoist is forced to argue that they are not doing proper judo. What this argument usually means is please dance around like a ballerina without using the strength of your body so as to give me a chance to throw you, i.e.

play judo according to my rules, and to my advantage.

Jigoro Kano said that judo had three objectives or functions. They were: (1) combat training; (2) physical training; and (3) character training. Now obviously how can you say in a combat situation "give me a chance". Perhaps in training one could fight in such a way as to give the other man a chance but not in a contest or fight where the object is to win or survive.

According to the old Kodokan rules which still more or less form the basis of the I.J.F. rules one tries to do four things to the opponent (throw, strangle, etc.) and within these four objectives one is mainly governed by rules concerning the safety factor. Jigoro Kano said nothing about turning judo into a sort of dance, in fact early Japanese judo was a good deal more of a punch-up than it is now.

If one wants to go into the really esoteric side of judo one can argue that from a Zen point of view the great virtue of judo is that there is no room for the vice of self-delusion. You either beat the big strong man or you don't. Whether he played by your rules has nothing to do with it.

All a really good teacher can say about strength v. technique is that there are weaknesses of posture and movement which if exploited require much less effort and strength but that there are limits to this requirement. The heavier a man becomes in relation to yourself the less likely you will be able to throw him since you will begin to sink below the minimum strength and effort require-

ments at some point. Note that I say "less likely" and not "impossible". As the Japanese say, "Even monkeys fall from the trees".

A teacher can say there is an easier way to win but he cannot say to the strong man do not use your

strength. The onus is on the skillful man to prove he is right.

Incidentally, it takes a long time to become skillful and not surprisingly those who tread the path become strong as well. I don't know a skillful weak judoman.

## Letters to the Editor

several years ago by the L.J.S. 'A' team. If anyone has any information as to it's whereabouts please write and let me know.

B. James, S.A. Secretary,  
7, Cheshunt Close,  
Meopham, GRAVESEND, Kent.

Sir,—On April 13th the Ju-Jutsukan Martial Arts Club and clubs from Northern Budo Rennie held a martial arts display in Leeds in aid of handicapped children in conjunction with a local paper — the Evening Post. Martial arts displayed were judo (senior and junior), karate, aikido, ju-jitsu, and other atemi-jutso.

At the end of the display a blue holdall containing a ladies judo suit, four belts, various papers and a text book in long hand on judo techniques (which someone has gone to a lot of trouble making out) was handed in to the Leeds Prison Officers Judo Club. I have been unable to trace the owner — there is a reference in the papers to womens judo and the Leeds Athletic Institute. If the owner can be traced I have these articles.

C. Whitaker,  
52, Armley Grange Drive,  
LEEDS 12.  
Tel: Leeds 632361.

Sir,—Regarding your article in Sept. issue about "1974 National Kata Championships", it was mentioned you do not know of another country off-hand that runs a National Kata championship regularly. I just felt I should write and mention that we in Ireland have been running a National Kata Championship every year since I first entered one back in 1969, and as far as I know before that.

I would like to congratulate you on your articles — I look forward to each issue.

Robert Kearney, 2nd Dan.  
Chairman Limerick Judo Society.

Sir,—The Southern Area would very much like to recover the John Capes Trophy which has gone from view. It is suggested that it was last won

### FINAL DATE FOR COPY

The Publishers ask contributors to kindly note that the 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.





## OLYMPIC and NATIONAL SQUAD TRAINING

Earlier this year the British Judo Association roving camera visited a Squad Training Camp which are held one weekend each month at Crystal Palace National Sports Centre. Our photographs show: number one, top left corner, some of the senior Squad members in as serious a photograph as you will be able to get them in. They are left to right, Alex Ives; Junior World Bronze medalist and currently lying in second place in the heavy-weight category of the Senior Squad; Arthur Mapp, third in the light-heavy-weight category; Dave Starbrook, Olympic Silver medalist, current British Open Champion and member of the Squad; Bob Diebelius, 1974 European Bronze medalist and placed second in the Squad; Eddie Mullen, British Open welterweight Champion and currently lying at second place in the Squad; Constantine Alexander, third in the welterweight category and last of all John Lawrenson Assistant to the Olympic Team Manager. In 1972 John won a place in the Squad lying fourth and in the 1973 trials won the star spot. However, he could not quite make the Squad in 1974. With a special recommendation and a plea from the Olympic Team Manager the E.C. allowed him to be involved with the Squad this year in view of his tremendous drive and effect and in particular his morale boosting example.

In photograph number two, top right hand corner, Dave Starbrook is photographed in his usual familiar position in groundwork during a ne-waza training session.

Photograph number three shows one of the 'Doc's' experts attending to the knee of Richard Armstrong. Dr. Kingsbury's reputation in the medical field is so wide that he is able to call on some of the finest specialists in the country and it says something for his charm when such people attend these weekend training sessions completely voluntarily giving up so much of their valuable time.

In photograph number four, centre top right, members of the Squad are seen shuttle-running which is part of the outdoor training that the Olympic Team Manager Ray Ross has in his programme.

In photograph number five, centre bottom left, the 'Doc' is giving a lecture on diet and use of fluids in training and competition. During such a rest break in training, bottles of Dynamo which are supplied to the Squad by Beechams Products free, are much in evidence and greatly appreciated.

In photograph number six, centre bottom right, one of the Squad members is having his hand X-Rayed by the use of a special portable machine.

In photograph number seven, bottom left hand corner, the Dojo is reminiscent of the Kodokan when the Japanese Olympic Team is in training. Top members of the Squad stay out in the middle and at five minute intervals the change is called and other members of the Squad rush on to the mat to test their supremacy.

In the photograph at the bottom right hand corner, number eight, we see an example of the complete harmony and co-operation between BJA officials. Here for example Marie Fourt a National Referee, who at the beginning of the year was appointed Womens Senior Squad Manager upon



the retirement of Elizabeth Viney, helps out refereeing a mock contest where Brian Jacks can be seen in ne-waza. Marie looked in on this particular training session in order to pick-up any useful tips and so the co-operation is reciprocal.

In the centre piece number nine we see the famous 'Doc' in one of his rare light-hearted moments. Obviously, it is Sunday afternoon when the weekend is almost over.

At the last Squad Training session held on 6-8 June, Ray Ross reported that he was delighted with the gradual development of the Espoir and Junior players and confidently predicts that we have eight medal chances in the forthcoming European Junior Championships which are to be held in Turku, Finland, in November.

An example of a weekend programme is shown as follows:

#### SATURDAY

8.30	—	9.30	—	Shuttle running, exercises, etc.
10.00	—	11.00	—	Technique training.
11.00	—	12.30	—	Pressure training.
2.00	—	3.00	—	Groundwork.
3.00	—	4.00	—	Circuit training.
4.00	—	5.30	—	Contest.

#### SUNDAY

8.30	—	9.30	—	Shuttle running, exercises, etc.
10.00	—	11.00	—	Technique training.
11.00	—	12.30	—	Pressure training.
2.30	—	3.30	—	Lectures and dispersal of teams.

Member Area Squad Managers or even Club Instructors organising a weekend training might find such a programme useful.

In a magazine Judo Identikit (number eight) earlier this year, mention was made of training dummies. We now know that these are used to a great extent by the East European countries in their training programmes for their top competitors. The trouble is that most manufacturers do not make them heavy enough for such top class competitors. However, every effort is being made to obtain them for Ross and his lads.

Ray Ross further testifies the paramount importance of expert assistance for example, Dr. Kingsbury, S. R. Hoare, Youth Squad Manager, G. Glass, National Coach and John Lawrenson Assistant to the Olympic Team Manager, were much in evidence at the last weekend and were a tremendous help.

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## CLUBS HERE & THERE

The MID-SUSSEX JUDO CLUB was founded by Mick Leigh, 2nd Dan in 1965. It was run in a youth club at Haywards Heath, Sussex and had then an area 12' x 12', mattresses and the changing facilities consisted of just one toilet. The club boasted ten members who practiced one evening a week.

A few months later the club moved to a near-by school gymnasium and practice took place in a large hall with good shower-rooms and changing-rooms adjacent for both men and women. The membership reached forty members and practice was stepped up to twice a week.

Several terms later the club was to move again to a hall in Balcombe village in order that it could be independent and continue along the

lines of an established Judo club. It was now possible to open four nights a week and a junior section was started and the ladies had their own night. In time the building was to be purchased compulsorily for road improvements and the club was offered the building occupied originally by the Myodokan in Brighton.

The Mid-Sussex Judo Club now rents the four-storey building and the main dojo boasts an area of 1,200 square feet of tatami on the first floor. A second dojo is situated on the ground floor with a canvas mat area of 400 square feet. Hot and cold showers have been installed in the basement area in which there are also weight-training facilities. There is a canteen and storage space on the second floor. "Auntie Sue" runs the reception office in the evenings.

The club now operates full seven days a week and caters for all sections, beginners, men low grades, intermediates (14 to 18 years old), ladies, junior boys and junior girls. Jolly Wells, 1st Aikido runs a thriving Aikido section and Dave Willard, 1st Dan Karate runs an excellent Karate Section.

Besides being registered with the British Judo Association the club is one of the few remaining Budokwai affiliated clubs and is also affiliated to the British Amateur Wrestling Association and holds British championships of Free-Style Wrestling, Greco-Roman and Sambo.

The club has a good record in competition. In 1967 a seven-man team drove 1,000 miles in 25 hours to compete against Spartak Judo Club who were then the champions of Czechoslovakia. The club also participated in the Czech Open Championships — they drew with





Spartak and won two fourth places and one fifth place in the Open. A visit to Belgium resulted in a 8 to 3 win against La Louviere and another visit to France gave the club a 10 to 1 win against Smus Judo Club. At Sussex University the Mid-Sussex were triumphant against Krefeld of Germany by 11 wins to 3. The Australian World Championship team visited the club in 1971 and won 5 to 3. In a weight for weight competition against the Judo Club de Portugal which was at the time champion club of Portugal, Mid-Sussex won 5 to nil. Several club members have made the British Squad and Pam Scullard, 2nd Dan won a gold medal in the Dutch Open championships. Vicky Fletcher, 2nd Dan took a bronze in the Swedish Open.

The club is currently recorded in the Guinness Book of Records as holding the Judo marathon of 40 hours which raised money for the local children's hospital in the process.

A section for juniors only is run by members in the village of Cuckfield. This was started when the club moved to Brighton in order that the

The Mid Sussex Judo Club premises just five minutes from the sea.



Phil Knight

youngsters left behind could continue their Judo. They have an area of 720 square feet and presently practice on Wednesday evenings.

Besides being a holiday resort, Brighton figures in many conferences and seminars, if you want a work-out just look in. You will be made welcome. The club secretary is Mick Leigh and you can telephone him at Crawley 27991 or at the club address Brighton 683780 which is at Pelham Institute, Upper Bedford Street, Brighton. Mid Sussex Judo Club welcomes visitors of all grades and is interested in arranging club visits. Just telephone or write.

*If your club is a Member Club of the BJA and you feel you have something to say about it and you would welcome visitors, write to the General Secretary. Your article will be printed or if you feel you cannot build a story around it, just give him the facts like, club history, achievements of individuals, drama, comedy — he will build a story around it. Write to: General Secretary, British Judo Association, 70 Brompton Road, London, SW3 1DR.*



## THE BRITISH JUDO ASSOCIATION

### Newsletter Supplement

#### AS I WAS SAYING . . . . .

By TONY REAY, General Secretary

At the time of writing, the 1975 A.G.M. of the Association will take place in less than one week. Will the old battles still rage or will important new plans for the future of British judo be formulated?

#### Junior Scheme

Just recently the Executive Committee have been considering a scheme for Kyu grades similar to the Junior Badge and Certificate Scheme. Badges and certificates would be very popular also with older members judging by the requests and comments that have been made. Another indication are the Dan grade display certificates and the coaching and refereeing display certificates which I designed and introduced a few years ago. After so much hard work and effort to achieve something worthwhile, people do like something official and suitably attractive which they can frame or keep in the family album — and the official seal of the Association and officer's signatures attest to the validity of the qualification so hard won.

A word of warning though to the juniors who have not been registering their grades correctly. Many have found that because they have not registered with the Coventry office they have been barred from competition or from taking further gradings. Such a situation is a great disappointment to a youngster when he has trained and then travelled to an event only to be told he or she cannot take part. Officials are sympathetic, but it would not be really fair on those who have taken the correct course. Instructors and club officials should help their juniors to understand and go by the system. Perhaps it is our job to tighten up more so, but one is loathe to apply too much legislation and too many regulations in a sport that one should be enjoying with as little restriction as possible.

#### Sponsors Support

Joseph Sanders of Joseph Sanders and Partners, Investment Advisers, has promised further support this year despite his own company having



had difficulties due to the raging inflation not only in Britain but in the world. Not so much as last year will be available but this is understandable and Mr. Sanders has expressed the wish that this money will be spent in the main on Olympic training. This much-needed help is greatly appreciated and we hope that next year our fighters will be able to justify this confidence.

### **Olympic Training**

The Olympic Team Manager has been able to convince the Executive Committee that the most worthwhile training for squad members who are able to get very little time off—are one to two week periods just a little time before a major event. The Executive Committee has approved in principle one such camp to take place at Largs next year some reasonable period of time before the Olympic Games. Ray Ross said in his report: "... I have not held a week's training course for the Olympic squad since before the 1972 Olympics. We also had a week together before the World Championships in 1973. We were successful after both of these camps, it is now more important than ever to have these sessions to improve fitness and morale to beat the full-time boys ...". Ray also went on to describe certain equipment he feels would be "extremely important items essential for our Olympic build-up". He appealed to the Executive Committee, "... I beg you please to find the cash for these extremely important items". Well! Thanks to the Squads Fund Appeal, Ray will have those items and the Executive Committee need not worry that they might be accused of spending money on just a certain select few top fighters. Readers might be surprised at this accusation but it has often been made in the past, despite the fact that the sport, the Association, clubs and members generally benefit when the top fighters do win medals and bring back all the publicity.

### **B.J.A. Squads Fund**

Thanks to members of the Tokei Judokwai of Albany Road, London, S.E.5—£45 was raised through donations and proceeds at a dance organised by the club. With the permission of the Manager of The Budokwai, Syd Hoare, Christine Child and Gordon Mortimer ran a Referees Course and the proceeds of £33 was donated to the Fund.

On a sour note, I have received a number of letters from people who say they have donated towards Olympic Appeals for the judo team in the past. I should point out that it is the British Judo Association, the official body for judo in the United Kingdom recognised by the British Olympic Association and the International Judo Association, which is responsible for Olympic training and sending teams to the Olympic Games. The British Judo Association has to cover all the costs, indeed, the costs for *all* international matches. The only fund which was set up to assist with the extras which the Association cannot usually afford after having had to pay out the lion's share, is the B.J.A. Squads Fund set up recently and announced through the pages of this magazine. The British Olympic Association has its own Appeal Fund, which this Association supports, but which is quite naturally for *all* the British sportsmen and women of the different Olympic sports. These are the only two funds from which the British Olympic Judo Team will derive any benefit. If any reader should be asked to contribute to any other kind of fund in the name of "Olympic" I would be grateful if you would inform either myself or the General Secretary of the British Olympic Association.

### **Home International**

The Scotland versus England match involving both senior and junior teams which took place in Edinburgh on 31st May was a great

success and was supported by a capacity crowd. In the senior match Scotland won 3-2 and in the junior's England won 5-0.

### **Examiners**

Areas generally have welcomed the new Examiner situation, it is they after all who know who the people are in their Area who are doing a good job of work. It should be pointed out however that the broad policy throughout the Association is that which is laid down in the Association's Conditions for Examiners. This document tells exactly what a Dan grade has to do to qualify for the authority of being an Association Examiner. Senior Examiners, now numbering 60, are controlled from Head Office and appointments of Full-Time and Provisional Senior Examiners are dealt with by the National Dan Grade Registrar who reports to the Executive Committee at each meeting those who have fulfilled all the conditions. Examiners are controlled and dealt with by the Area Director of Examiners through his or her own Area Committee. Most Areas have now appointed a Director of Examiners or have given this duty to their already existing Area Recorder.

On the 1st July, 1974, new conditions for Examiners came into effect. Prior to that the only conditions were that a Dan grade had to be over the age of 21 and to have been a Dan grade for at least two years. There had been up to the 1st July, 1974, many Examiners who for a long time had been doing a thoroughly good job conducting Mon and Kyu gradings. Included in the new conditions was one concerning refereeing. There had been many changes in the Contest Rules and it was felt that Examiners if they had not already, should bring themselves up to date. Examiners from 1st July, 1974, were required to have passed the theory part of the B.J.A. Referee Award examination. Existing Examiners had been given one year to get

these new qualifications, and that year was up on 1st July, 1974. Since then it has been found that we have lost many hitherto useful Examiners. With their heavy involvement at their particular club generally, they have just not had the time to take these new qualifications. Just recently the Executive Committee again looked into the matter and have decided that any of those Examiners who were conducting examinations satisfactorily and who did not at the time hold the qualifications to come into force on 1st July, 1974, may apply to their Area for authorisation to be able to continue examining. The new conditions brought into effect on 1st July, 1974, will still apply for any new candidates applying for Examiner authority.

### **Point Scoring Events**

Judo is increasing now at such a fast rate that the Executive Committee has had to consider increasing the number of point scoring events that a Kyu grade or Dan grade can enter during the year. Also, the entries for national events are now so high and continue to increase that they are being restricted now in many of them to 1st Dan and above. At their last meeting the Executive Committee have agreed that Areas, if they so desired, may hold two points-scoring events in a year—this decision is effective from 1st January this year. Areas can therefore go ahead now and organise two points-scoring events or if they have already held one—can organise another one this year. Individual members of 1st Kyu and above will also be interested to hear that they can enter any two such events per year and regardless of Area. But only two — and remember, they should ensure that points thus acquired should be entered correctly on their points cards. Points cards, white for males, yellow for females, are available from Head Office upon receipt of a simple request and an envelope addressed and stamped to such person making



the request. Points cards are also available from the National Points Recorder, Kathy Ling, at any national event where she can be found at the Points Recorders table. For further details about points-scoring events see the official notice from the Dan Grade Registrar.

### Junior/Schools Judo

At a Press Conference recently organised by the British Karate Control Commission (reported in the last issue of this magazine, page 27) judo came across loud and clear as the only activity with the martial arts, totally acceptable as an activity for young people under the age of 16. Increase in judo over the last four years has been encouraging, but the most dramatic has been in junior membership. By the way things are going, it looks as if we shall have a thousand clubs registered with us by the end of the year, and many of these are schools which have organised themselves into clubs. Even more impressive is the fact that many of those that have recently joined recognise that it is the British Judo Association that has everything to offer. They like our standards, they like our responsible safety measures and they like our professional organisation. These are not my words, this is what I have been told by responsible Education people. The Executive Committee, very much alive to the situation despite the thinking of some people, have made approaches to the British Schools Judo Association offering that organisation a place within the British Judo Association and as a national organisation such as the British Universities Judo Association and the Police Athletic Association.

### International Involvement

Apart from our annual fees to the European Judo Union and the International Judo Federation which are quite considerable, we now have to pay an extra £10 per fighter to enter

a European Senior and Junior event. Presumably we will now have to pay this fee for women entries also in the future.

The payment of fees was a big issue at this year's annual European Congress which takes place during the European Championships. It was pointed out that if the rules had been strictly applied, only three Federations would have been allowed to attend that Congress. The fees are supposed to be paid by 31st March each year and as I understand it our contribution is supposed to be 35,000 Belgian Francs. To be very frank, the cost of this year's Congress could have been saved and I for one could have been back at home doing more important work. This Congress was the worst I have attended with a very poor Agenda and with the translating facilities breaking down constantly throughout the day. There are a surprising number of delegates who depend upon English, quite a number of the Eastern Bloc countries and nearly all of the Scandinavian and the translating into English suffered the most. Even if one has a fair understanding of German or French, the other two official languages of the E.J.U., translating is still very important as important issues can very easily be missed. There were 28 European countries represented at this Congress and the Principality of Monaco was accepted provisionally. Simple issues which normally could have been solved speedily seemed to drag on at this Congress and much was made of the question whether or not to hold the first E.J.U. Championships for Women in 1975 or in 1976. There was, it seemed, much political manoeuvring on this point and it was eventually agreed by a marginal vote that such championships should commence in 1975. West Germany have offered to host this event which will take place early in December.

Dr. Ken Kingsbury, for his sins, had to suffer the E.J.U. Medical

Symposium which also lacked proper translating facilities. The session leader only spoke German and in Dr. Ken's view there was little point in most of the doctors being there.

Dr. Kingsbury reports that the medical reports concerned with rehabilitation exercises, wounded knees in judo and the training of children were very elementary and based on possible theory and supposition rather than on evidence and actual experience. The discussion on training children could have been interesting, but again it centred on possibilities rather than on observations and measurement. The general feeling was that children should not "over-do it" or do too much heavy weight-training. There was nothing new in this and no new evidence was offered. In this country we do have some evidence emerging of damage caused by over-training which I (Dr. Kingsbury) will report to the British Judo Association as soon as it is completed.

Dr. Kingsbury further states, "It was obvious on listening to the papers and discussions that the possibility of working with the squads in this country, of having running studies in them and of following certain injuries through, is giving us information and experience which other countries — including the Eastern Bloc—simply do not seem to have".

"In regard to the Minutes from the last meeting held in London, I objected to the exclusion of tomoe-nage as being too dangerous for women. In a lengthy and somewhat heated argument, it was possible to gain the admissions that first no evidence had been produced in London to substantiate the claim, second none of the proposers had seen a case of injury from tomoe-nage, third most of the doctors had no experience with national or international Women's Judo and finally one of those agreeing to exclude the techniques did not even know what

it was. He was taken to a training session of the British team for proper instruction! In view of these admissions, the recommendation that tomoe-nage should be excluded from competitive Women's Judo is to be qualified by adding that at the present, there is no evidence to suggest that it is dangerous".

### Odd Letters

From time to time, I attempt to brighten these pages with some of the amusing comments on the telephone or contained within correspondence received at Head Office. A letter from overseas reads as follows; "I am with much gratitude to write you this my humble letter. Before I proceed further, may I know your present condition and health which is very essential to me, likewise all members of the British Judo Association. By the grace of almighty God, I am sure you are feeling fine . . . I am a powerful boy with strength and aggression and a high standard of physical fitness . . . can you help me with a book on judo as here there is nowhere to go . . ." And how about this one for loyalty: "Sir, I would be proud to wear your judo badge at my wedding . . ." We get many like these: ". . . can you send me another grading card with my conversion to Kyu grade from 5th Mon, I was graded Mon grade in 1965 . . ." And I will not embarrass the two ladies of the Women's National Squad of whom a French gentleman wants to know if they are married or single and if we will send him "pin-ups" of these two ladies. Comment overhead the other day at Head Office in response to a question from a local employment agency: "No! We only employ slave labour . . ." Conversation at a recent National Promotion Examinations: Visiting observer—"Do you mean to say you go through all this to get your black-belt? You must be mad!" Reply by B.J.A. official—"Well that's not a qualification laid



down in the syllabus, but it does help".

### Women's National Team Championships

Twelve teams competed in the 1975 Women's National Team Championships held at Crystal Palace National Sports Centre on Saturday, 17th May. Four pools were made up as follows: **Pool 1:** London, Midlands 'A'; Wales. **Pool 2:** Scotland; Northern; N.H.C. 'B'. **Pool 3:** Southern 'A'; Midlands; Southern 'B'. **Pool 4:** N.H.C. 'A'; North-West; North-East. In the semi-finals Southern 'A' team beat London and Wales beat North-West. Southern 'A' were the eventual winners of this event.

### National Dan Grade Register— Please Note

The "Printer's Devil" has been at work it seems and for some strange reason we have not published Appendix Seven of the National Dan Grade Register. We apologise for any inconvenience that might have been caused.

### LATEST NEWS

At the time of going to press the 1975 Annual General Meeting has in fact been held. Exactly 90 Member Clubs were represented at this meeting which took place at the West Centre Hotel, London on 22nd June. As A.G.M.s go this was a fairly good representation, last year's

A.G.M. drew 54 delegates. However, observers had felt that with the big increase of Member Clubs and with a most eventful year that 1974 was, there might have been more clubs represented.

Mr. G. Hicks was, as is usually the case at these meetings, a foremost speaker. His attempts to raise issues not on the Agenda had little effect on the rest of the meeting. Clearly, the remainder of the delegates, whether sympathetic or not, were in no mood to go over old ground and wished to deal with the very important issues already listed. The biggest issue was that of the accounts. This had such a rough passage that there was the possibility at one point that the accounts for 1973 might be resuscitated as it was felt that in passing them last year a certain condition made at the last A.G.M. had not been carried out. It was only when members of the Finance Sub-Committee gave an undertaking to the meeting that certain points raised would be looked into and an explanation would be made by them to Member Clubs in due course, that the delegates hesitantly approved the accounts. The doubters were no doubt swayed by a recently appointed member of that committee, Major R. J. Bricknell, M.B.E., who pointed out that he himself was not satisfied with certain aspects and needed time to look into the whole situation.

## B.J.A. NATIONAL DAN GRADE REGISTER

### Appendix Seven

Promotions confirmed at EC Meeting on 5th March, 1975

MEN TO 1ST DAN	CLUB	AREA	DATE
Bertie, A.W.N.	Worth School	S	2/3/75
Enupa, Peter	Kanokwai	L	12/3/75
Holland, A.	Konakan	M	2/2/75
Matula, R. C.	Oxford City	NHC	7/3/75
Monks, H. E.	Cardiff Kyu-Shin-Do	Wa	2/3/75
More, J.	Kersewell College	SJF	2/3/75
Nettleship, D.	Mansfield	M	8/3/75
Ruane, M. J.	London Transport	L	19/2/75
Selby, J. D.	Romford	NHC	26/1/75
Spry, N. A.	Feltham	NHC	26/1/75
Walker, J. A.	Judokan	L	26/1/75
MEN TO 2ND DAN			
Davis, A. R.	Cheltenham YMCA	We	2/3/75
Gall, R. A.	Dundokwai	SJF	22/2/75
MEN TO 3RD DAN			
Goodger, B. C.	Croydon & District	S	16/3/75
MEN TO 4TH DAN			
Parisi, A.	Budokwai	L	3/1/75
WOMEN TO 1ST DAN			
Curran, M.	Auchenharvie	SJF	9/2/75
Littlejohn, V.	?	SJF	26/2/75
Scattergood, J. E.	Burton	M	9/2/75
WOMEN TO 2ND DAN			
Barwick, C.	Kawamurakwai	N	9/2/75
McKie, I.	Keidokwai, Blackpool	NW	9/2/75
WOMEN TO 3RD DAN			
Elliott, P. W. R.	Sheffield	NE	2/3/75

## B.J.A. NATIONAL DAN GRADE REGISTER

### Appendix Ten

Promotions confirmed May-June, 1975

MEN TO 1ST DAN	CLUB	AREA	DATE
Armstrong, D.	Bishop Auckland YMCA	N	18/5/75
Austins, C. J.	Hereford	M	27/4/75
Belhadj, M. K.	Renshuden	L	20/4/75
Blackwood, M. R.	Durham University	BUJA	8/6/75
Board, G. E.	Old Clee	NE	9/6/75
Chapman, R. A.	Olympic	NHC	13/4/75
Cheek, B. K.	Victoria & Elm Park	NHC	31/1/73
Cook, R. J.	Kidderminster	M	8/6/75
Hampson, R.	Bolton	NW	23/10/74

### Record Books abandoned by their owners at National Promotion Exams

Will the following please send stamped self-addressed envelopes to the National Dan Grade Registrar (Dr. P. Elliott, 35 Fountside, Oakdale Road, Sheffield, S7 1SN) for the return of their record books and/or points cards which they omitted to collect after attending National Promotion Examinations:—

Barclay, B.	?	Kita-nishi-Kwan	Left at Cheadle	23/6/74
Robinson, S. H.	1K	Leeds Athletic	Left at Cheadle	23/6/74
McCall, D.	1D	Budokwai	Left at C. Palace	24/4/75
Emery, B. J.	1K	Nandokwai	Left at C. Palace	24/4/75
Bryson, A.	1D	Stanwell	Left at C. Palace	24/4/75
Hewish, P.	1K	London University	Left at C. Palace	24/4/75
Hunt, A. S.	1D	?	Left at Cheadle	8/6/75



MEN TO 1ST DAN	CLUB	AREA	DATE
Hayward, C. C.	Birmingham Ath. Inst.	M	11/5/75
Hazelton, R. A.	Budokan	NHC	4/5/75
Hendon, G.	Pretoria	L	1/6/75
Hicks, S.	Bristol Judokwai	We	31/5/75
Humphrey, A. H.	Buxton	NW	8/6/75
King, P.	Judokwai Leicester	M	11/5/75
Leach, A. J.	Morikwai	NHC	13/4/75
Leng, R. M.	York R.I.	NE	8/6/75
Mannering, D. P.	Budokwai	L	27/4/75
Middleton, A. D.	Budokwai	S	1/6/75
Pollard, R. D.	Aireboro & Wharfedale	NE	27/4/75
Saxon, K. C.	Reading	NHC	1/6/75
Scott, R.	Ashington	N	18/5/75
Taylor, R. E.	Stainforth	NE	11/5/75
Walker, J. A.	York R. I.	NHC	27/4/75
MEN TO 2ND DAN			
Bauers, C. F. W.	Brentwood	NHC	13/4/75
Clark, S. E.	?	N	18/5/75
Collie, I. H. S.	Worksop	M	8/6/75
Croton, D. G.	Reading	NHC	1/6/75
Gilbert, W. A. A.	Allied Breweries	NHC	2/3/75
Harban, R.	Steer	M	11/5/75
Harbord, W. L.	Regent St. Poly.	L	4/5/75
Moore, K. P. S.	Renshuden	L	25/6/75
Pucker, D.	Irlam Cadishead	NW	27/4/75
Rogers, S. F.	Coventry	M	27/4/75
Tildesley, R. J.	Barnsley	NE	11/5/75
Wahl, F. D.	Reading	NHC	27/4/75
MEN TO 3RD DAN			
Ashton, G. E. G.	Shrewsbury	M	7/12/74
Caldwell, F. L.	Porthcawl	Wa	1/6/75
Chapman, J.	Nottingham	M	27/4/75
Robinson, K. E.	Middlesbrough	N	8/6/75
WOMEN TO 1ST DAN			
Jarvis, K.	Yama Kazi	Wa	17/5/75
Petty, B.	Budokwai	S	17/5/75
WOMEN TO 2ND DAN			
Reilly, R-M.	Tora Kawa	SJF	17/5/75

#### FINAL DATE FOR COPY

The Publishers ask contributors to kindly note that the 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.



## DAVID WHITE

writes . . .

Dr. Ken Kingsbury's second article on judo injuries and care was useful even though at one stage I wondered if he had shares in Dynamo, the Beecham soft drink designed to give you energy. I hasten to add that I am sure the good doctor is guiltless in this respect but he did go on a bit extolling the virtues of the brew.

Far more important I felt he dismissed diet rather perfunctorily. Nearly all of us should take much greater care with our diet. In the last 18 months I have come down from 13 st. 8 lbs. to 11 st. 7 lbs. without dieting—simply by reforming my diet. I should add that I feel much better for it although of course it puts me in a different weight category and I actually have to use skill now instead of brute poundage.

I haven't given up eating meat but I find I prefer cheese, vegetables and even fish. I adore baked potatoes, apples and vegetables and I consume vast amounts of honey. Significantly I don't eat white bread or white sugar and I use wheatgerm and yoghurt. Fresh juices have replaced bottled fizzies and dried fruit instead of sweets and chocolate.

There's been no dramatic change but I have more energy and am almost completely free of colds, coughs, headaches, etc. I rather think the loss in weight is a significant factor in injury avoidance too. Quite simply I'm humping around less fat on my "fragile" knees and my fat

and muscle is more efficiently distributed around my body (i.e. my balance is better).

So I'm querying Dr. Ken's insistence on a high intake of meat. Let me give you the old vegetarian stuff about the animals we eat all eating vegetables or grass so that we are simply getting vegetables and grass at second hand! Well, it's not quite that simple but there's something in it. And if you're still with me you might remember that meat produces acid in the blood—most of us have too much acid—so a balanced diet containing plenty of salads and fresh fruits (bananas are particularly good as is a teaspoon of cider vinegar in a glass of water each day) is essential as Dr. Ken so rightly says for top performance in judo or any walk of life.

Even if you want to put on weight not take it off I believe the idea of balance is crucial, and rarely considered. Do you want strong thighs or strong wrists? Do you need your weight around the sake-tanden (lower abdomen) or on your chest and so on?

Finally, sun-bathing, if you can find any sun, and light exercise which might include a few of the simple Hatha Yoga exercises that can be read about in any Yoga book may not get you into the England judo squad (or Scottish, Lord you have to be careful not to upset people these days) but they'll help keep you healthy when you reach middle age and colleagues are dropping like flies around you.



## Karate

I didn't make myself quite clear when criticising the Kyokushinkai Karate Championships. What I meant is that anyone who goes around chopping up blocks of ice is just a showman. And anyone who—as Mas. Oyama is reported to have frequently done — kills bulls by punching them between the eyes or lops off their horns with karate blows is nothing but an uncivilised lout who knows nothing of the true spirit of Budo.

My apologies to Mr. Oyama if his "hobbies" have been incorrectly reported but I can only see ice-chopping, etc., as highly regressive and nowadays totally unnecessary just as karate is emerging as a responsible activity leaving Kung Fu for the nutters and sensation seekers. No one I know doubts the power that can be generated by karate blows.

I have to agree that imitation karate fights are pretty "wet" at times. I recently saw a nauseating display of professional karate in the U.S.A. on the TV. But I find even imitation fights superior to some of the more exoteric aspects of some of the less responsible karate schools.

## Advertising

Let me do a little advertising for the B.J.A. by encouraging you to buy their T-Shirts. They are no dearer than any other T-Shirts and although the B.J.A. will doubtless frown on the idea they make good presents—people like to wear them so their friends will say "Oooh, didn't know you were a judo expert".

And a suggestion. The Karate, Aiki and Judo Associations should be busy giving away or selling car stickers. They are a great way of cheaply advertising the martial arts and like the T-Shirts have good "operational" value.

I used a karate sticker in my car for years until it fell apart. On two occasions it saved me from serious bodily harm. Once I was about to be pounded by a driver with the physique of Geesink after I had cut him up at a road junction. He was all set to mince me—I should add that my knowledge of karate is limited, some suggest non-existent as you may have noticed—when his girl-friend nudged him and pointed out my car sticker.

"Are you a karate expert?", she asked. It's funny how everyone asks if you are an expert. My reply was suitably vague. "Oh. I've done a bit. Used to teach at the Kosh-a-ni-kan".

"I wondered why you were so calm", she said as the sweat dripped down the back of my shirt.

Her large friend decided discretion was the better part of valour so I didn't need to do my imitation of Peter Sellers preparing for battle. I think you've probably got the point. I haven't just been on an ego trip—I've been genuinely contributing to a more peaceful planet.

## Aikido

Several people have chided me for not mentioning in my review of 1974 that the British Aikido Association suffered a breakaway in mid-year.

Dissatisfied with the financial backing they were getting from the B.A.A. a number of Ueshiba aikido exponents formed their own organisation, the United Kingdom Aikido Association.

National Coach of this association is John Cornish, 3rd Dan, and frankly although I understand their grumbles about the B.A.A.'s support going to Tomiki aikido clubs and exponents I find it a dismal outlook that with such a small group of people (about 3,000 in the U.K. by all accounts) doing aiki they cannot at least stay together. It's just as depressing as what happened in the even smaller kendo world during

*Continued on page 26*

# SCOTLAND V ENGLAND

*By Walter Littlejohn*

The match was sponsored by "Lothians Fanfare", a celebration of the inauguration of the new District Council. The event was in three parts. First a Junior International to be followed by a Youth match (10 men teams) between Lothian District (Scotland, East) versus Strathclyde District (Scotland, West).

The junior match was predictably an easy win for England. The youth match following, was a real cliff-hanger, with the score climbing one-for-one, all the way to 4-4, with a drawn ninth match.

It fell to the last men out to decide the day, and Strathclyde's Begbie won the last hard-fought battle.

We had enjoyed great judo until now, and the audience was in recep-

tive mood for the big match. First to the mat were the heavies, **Parisi v. McGuinness**.

Angelo ambled aimably around doing nothing, but McGuinness is too experienced to get careless on such encouragement. Referee George Kerr even had to smile as he gave Angelo his "passivity". The big fellow must have reckoned we'd had a good enough look at him, for he scored quickly and easily with utsurigoshi. A win for England.

## Debelius v McLaughlin

Bob to the attack right away with Mick fighting back, and that was the general picture for some time.

Debelius began to *run* across the mat on the "hajime", with McLaughlin backing off. On one such

Scotlands winning team *Left to Right*: H. McAree, C. McIver (Coach) J. Rae, M. McLaughlin, H. McGuinness. *Photograph by E. Ainsworth.*

