

MATSURU BUDO

champions choice



Official outfitters of many National Teams

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

KARATE - AIKIDO - KENDO

JUDO

INCORPORATING BRITISH JUDO ASSOCIATION NEWSLETTER

Price 35p

July / August 1977



RECOMMENDED PUBLICATIONS

Prices subject to alteration without notice and subject to being unsold

Title	Author	Price: Packing & Post Paid U.K. Only
ALL ABOUT JUDO	G. R. Gleason	3.34
JUDO — BEGINNER TO BLACK BELT	E. Dominy	2.06
MANUAL OF JUDO	E. J. Harrison	1.61
JAPANESE JUDO CHAMPIONS	C. Thibault	1.90
JUDO — HOW TO BECOME A CHAMPION	J. Goodbody	3.30
KNOW THE GAME — KARATE	B.K.C.C.	.55
KARATE TEST TECHNIQUES	C. J. Mack	2.38
AIKIDO — A DIALOGUE OF MOVEMENT	J. Wilkinson	2.08
BASIC KARATE	I. Morris	.93
MANUAL OF KARATE	E. J. Harrison	2.26
KARATE — BEGINNER TO BLACK BELT	Plee	3.36
MODERN KARATE	S. Arneil & B. Dowler	3.80
TEACH YOURSELF JUDO	E. Dominy	.69
ENCYCLOPAEDIA OF SPORT (To 1959 only)		1.36
FAMOUS JUDO THROWS, Haraigoshi,	Ross & Sweeney	1.23
FAMOUS JUDO THROWS, Seoinage,	Sweeney & Goodger	1.23
MAGNIFICENT SAMURAI	Abelard	1.27
KUNG FU, revised,	Jakabs	2.20
THE WISDOM OF KUNG FU (soft back)	M. Minick	2.24
Ditto Ditto (hard back)	M. Minick	3.74
MOVING ZEN	C. W. Nicol	2.53
BODY BUILDING & SELF DEFENCE	M. Callum	2.03
THE COMPLETE BOOK OF KARATE & SELF DEFENCE	R. V. Masters	3.39
KARATE-DO	T. Suzuki	4.78
KUNG FU: THEORY & PRACTICE	P. H. Crompton	2.82
KARATE POWERS — THE BASIC KATAS	Kozuki	2.12
NEW MANUAL OF KUNG FU	P. Tang	2.27
THE COMPLETE 7 KATAS OF JUDO	Kawaishi	4.34
BRIAN JACKS: JUDO	B. Jacks	3.26
FIGHTING SPIRIT OF JAPAN	E. J. Harrison	4.99

JAPANESE PUBLICATIONS

ADVANCED KARATE	Oyama	12.86
AIKIDO	Uyeshiba	8.34
AIKIDO AND THE DYNAMIC SPHERE	Westbrook/Rath	8.51
AIKIDO IN DAILY LIFE	Tohei	4.19
BASIC KARATE KATAS	Kanazawa/Rogers	4.15
BASIC KARATE KATAS Vol. 2	Smith	2.63
BLACK BELT KARATE	Roth	14.61
BOYS KARATE	Oyama	2.14
CHINA FOUR MINUTE EXERCISE	Howell	.89
CLASSICAL BUJUTSU Vol. 1	Draeger	4.65
CLASSICAL BUDO Vol. 2	Draeger	4.90
COMPETITION KARATE	Valera	1.20

THIS MONTH'S FRONT COVER

Paul Radburn scores Yuko from Ogoshi against his Yugoslavian opponent in The Team event.

Photograph by David Finch

Title	Author	Price: Packing & Post Paid U.K. Only
FUNDAMENTAL KENDO	Japan Kendo Federation	6.92
HAND IS MY SWORD	Trias	4.62
ILLUSTRATED KODOKAN JUDO	Kodansha	20.81
JUDO AND AIKIDO	Tomiki	4.49
JUDO AND SELF DEFENCE FOR THE YOUNG ADULT	LeBell	1.49
JUDO FOR THE GENTLE WOMAN	Gardner	2.06
JUDO IN ACTION, GRAPPLING TECHNIQUES	Kudo	2.59
JUDO IN ACTION, THROWING TECHNIQUES	Kudo	2.59
KANKUDAI KATA	Kanazawa	1.51
KARATE: ART OF EMPTY HAND FIGHTING	Nishiyama	7.91
KARATE DEFENCE & ATTACK	Enoeda/Chisholm	2.75
KARATE DOJO	Urban	2.93
KARATE HISTORY AND TRADITIONS	Haines	2.89
KOREAN KARATE	Cho	7.61
MASTERING KARATE	Oyama	3.90
MODERN BUJUTSU & BUDO, Vol. 3	Draeger	7.51
PAK-MEI KUNG FU	Un.	3.23
PRACTICAL KARATE 1. FUNDAMENTALS	Nakayama & Draeger	2.68
PRACTICAL KARATE 2. UNARMED ASSAILANT	Nakayama & Draeger	2.68
PRACTICAL KARATE 3. MULTIPLE ASSAILANTS	Nakayama & Draeger	2.68
PRACTICAL KARATE 4. ARMED ASSAILANT	Nakayama & Draeger	2.68
PRACTICAL KARATE 5. FOR WOMEN	Nakayama & Draeger	2.68
PRACTICAL KARATE 6. SPECIAL SITUATIONS	Nakayama & Draeger	2.68
PRAYING MANTIS KUNG FU	Un.	3.26
SAMURAI SWORD	Yumoto	4.89
SECRET FIGHTING ARTS OF THE WORLD	Gilbey	3.80
SECRETS OF JUDO	Watanabe	5.56
SECRETS OF THE SAMURAI	Ratti & Westbrook	14.61
SECRETS OF SHAOLIN TEMPLE BOXING	Smith	3.68
SELF DEFENCE SIMPLIFIED IN PICTURES	Hepler	1.70
SHORINJI KEMPO	So	10.61
SHOTOKAN KARATE	Ventresca	5.79
SPIKE & CHAIN	Gruzanski	2.86
SPORT OF JUDO	Kobayashi	3.45
SUMO: SPORT AND TRADITIONS	Sargeant	1.50
T'AI CHI	Cheng Man Ch'ing & Smith	6.04
TECHNIQUES OF JUDO	Takagaki/Sharp	3.99
THIS IS AIKIDO (Revised Edition)	Tohei	13.86
THIS IS KENDO	Sasamori	5.15
TRADITIONAL AIKIDO, Vol. 1 Basic Techniques	Saito	8.65
TRADITIONAL AIKIDO, Vol. 2 Advanced Techniques	Saito	8.65
TRADITIONAL AIKIDO, Vol. 3 Applied Techniques	Saito	8.65
TRADITIONAL AIKIDO, Vol. 4 Vital Techniques	Saito	8.65
VITAL KARATE	Oyama	2.61
VITAL JUDO	Okano	8.94
WAY OF KARATE	Mattson	5.62
WEAPONS AND FIGHTING ARTS OF THE INDONESIAN ARCHIPELAGO	Draeger	7.11
WHAT IS AIKIDO?	Tohei	2.61
WHAT IS SHORINJI KEMPO?	So	2.07
WING CHUN KUNG FU	Wong/Clausnitzer	2.61
WHAT IS KARATE?	Oyama	10.51

JUDO
LIMITED

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

Callers by appointment only — phone 01 - 672 6545

SMALL ADVERTISEMENTS

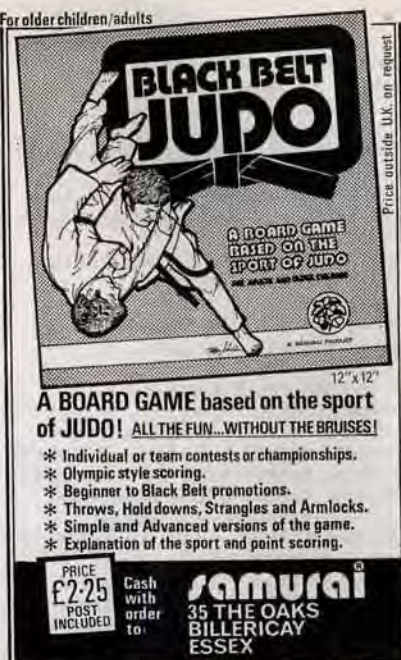
Private advertisements, 5p. per word, Minimum 50p. Commercial rates double. Add 5p. extra for box number. Address: JUDO Ltd., 28 High Street, Tooting, London, S.W.17.

SECONDHAND Judo Mat required. Size 24' x 24'. Please ring Mrs. Russell 01-554 5967.

FOR SALE Miloms Judo Mat with frame & canvas 30' x 21' also canvas 18' x 27' £175 phone Mrs. BYRON Wakefield. 0924-274798.

JUDOKAN CLUB Vacancies for beginners and advanced, all Associations. Annual Sub £10.50 plus 70p Dojo fee. Judo classes Monday to Friday 7 p.m. sharp Instructor: Percy Sekine 6th Dan Kodokan Tokyo. KARATE Classes Monday to Friday 8 p.m. sharp. Instructor: Terry Lawrence 3rd Dan. Judokan. Latymer Court, W.6. 748 6787/1282 (Estd. 1954).

For older children/adults



BLACK BELT JUDO

A BOARD GAME BASED ON THE SPORT OF JUDO

THE JAPANESE AND THEIR CULTURE

12" x 12"

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

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

PRICE £2.25 POST INCLUDED

Cash with order to:

samurai

35 THE OAKS BILLERICAY ESSEX

THE ALL ENGLAND MENS CHAMPIONSHIPS 1977 SATURDAY 1st OCTOBER

The National Sport for All Week in 1976 saw our first All England Championships. Like all simple things it is a wonder that it had not been thought of before. The English areas met at South Ruislip Leisure Centre and in a fiercely fought battle, the new England Champions emerged — Messrs. Neenan, Adams, Diebelus, Radburn and Bradley, all well-known names, but being closely followed by a host of talented newcomers.

This year B.B.C. television will be with us again with the Grand Stand team from the Harrow Leisure Centre which is managed by Keith Remfry. This will allow us to accept a larger entry and avoiding the disappointments of last year when many competitors had to be turned away.

Write enclosing stamped addressed envelope for entry forms c/o The Organiser, All England Championships, Mr. John Higgins, 40, Leaholme Way, Ruislip, Middx. Business telephone number 01-841-4488.

JUDO

JULY/AUGUST 1977
VOL. XIX No. 12

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

CONTENTS

1977 SENIOR MEN'S EUROPEAN CHAMPIONSHIPS	2
CLUB FORUM	6
ARMY JUNIORS	8
BRITISH AIKIDO ASSOCIATION	9
KENDO FORUM	10
DAVID WHITE WRITES	11
B.J.A. NEWSLETTER SUPPLEMENT	15
IN AND AROUND THE DOJO	23
AIKIDO COURSE	27
BUCKS FREE PRESS TOURNAMENT FOR BOYS	29
RUGBY CHAMPIONSHIPS FOR WOMEN	30
THE MARTIAL ARTS SCENE	32
UNIVERSITY JUDO	33
JUDO EQUIPMENT	36

Editorial:

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

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

Production: Roland Gross Telephone: 01-253 4565

Subscription Rates £4.20 per annum post free

1977 Senior Men's European Championships

By our Special Correspondent

Photographs by David Finch

These championships held in Ludwigshafen, West Germany, from the 10th to the 16th May demonstrated once again the tremendous pressure and fierce competition that is building up in European judo particularly.

Britain was in with a chance in the team event having been seeded because of their success in winning a bronze medal in the previous year but the disadvantage they held was due to the fact that it was virtually a new team. Experience counts for a lot in this type of event.

In the individual events Russia fared the best with four gold, one

silver and one bronze and France was a close second with three gold, two silver and one bronze. Britain shared eighth place with West Germany and Rumania each getting two bronze medals. Our bronze medals were won by Neil Adams in the Under 71 kgs and Paul Radburn in the Under 95 kgs. Readers will be interested to learn though that Angelo Parisi, now fighting for France as a French citizen, won the Open category event with a brilliant win in the final against Wolfgang Zuckschwerdt of East Germany.

Britain's first match in the team event was against Yugoslavia. Not

Left to right: Bob Bradley Paul Radburn, Bob Diebellus, Vas Morrison, Neil Adams, Ray Neenan and Keith Cannaby.



Ray Neenan scores with wazari against Kristor of Bulgaria with Okuri Ashi Barai in their team contest.

an easy draw as the Yugoslavs have a very good record and a tremendous reputation for sheer fighting determination and this year they did have a very strong team. This match in fact proved to be a cliffhanger with Britain just winning by the odd contest. This was of course the first Senior Europeans using the seven new weights which enhances the exciting prospect of fortunes swinging back and forth. We had a bad start for example with Keith Cannaby losing by a koka under the passivity ruling. Ray Neenan brought the score level with a brilliantly executed strangle technique but then Neil Adams lost surprisingly from a shido decision for passivity. Vass Morrison evened the score again with a yuko win and Bob Diebellus put us ahead by a koka win. Paul Radburn pulled off a first-class throw in his contest to put Britain well ahead now and certain of the match and Bob Bradley lost his contest from a strangle.

The next match with Bulgaria was less difficult with Britain winning five matches with one draw. Bulgaria had previously beaten Belgium. With France already heading their pool it was Russia against Britain next and this was to be one of our best matches despite Russia winning. Cannaby had very bad luck having thrown his opponent twice before himself being held down in osaekomiwaza. Ray Neenan next performed brilliantly scoring with a strangle that put his opponent right out in more ways than one. Neil Adams then lost by a koka and a shido to Vladimir Nevzorov the World and Olympic Champion in his weight. In the individual events Neil had already had a fantastic battle with Nevzorov where a rather unfair koka was awarded against him. In his battle with Khaboulani Vass Morrison tried hard but was unable to match the speed of the Russian who piled up a score of a yuko and a koka. Diebellus was next and



facing the new Under 86 kgs champion, Alexai Volossov. For four minutes there was no score but then Volossov crashed in with his seoinage which had made him very famous at these championships and Bob was thrown cleanly for ippon. With two more fights to go Britain had by now lost the match and both Radburn and Bradley were no doubt told to reserve their energy for the repechage because they conceded their contests easily.

In the repechage Britain met Rumania who had already given Russia a hard time. Cannaby lost to the bronze medallist in the individual event of the Under 60 kgs category by a yuko and two kokas. It was the result of Neenan's contest however which really crushed Britain's chances of winning a bronze medal. He was in fact dominating the contest when he suffered a very bad knee injury. Although he fought on after treatment it was clear the injury was taking its toll despite the fact that he only conceded a koka. Adams having faced Nevzorov twice in two days with very good results now seemed to crack under the pressure in this crucial match. Vass also lost by a yuko and a koka being unable to get going and despite our last three fighters winning by maximum points Rumania won by the overall match result of 4 to 3.

And so having been so close to winning another team bronze, Britain had to be satisfied with two individual bronze medals which at least kept Britain in the medals tally. Not too bad a result when you consider that we are starting out afresh but then we cannot rest on that result, there will have to be much hard work, harsh decisions and strict discipline if we are to improve our position in international judo over the next few years.

Opposite: Shoto Chochosuii throws his Finnish opponent for ippon with uranage.



Above: Vass Morrison scores a koka from seoinage against Noviea Todorovic of Yugoslavia in the team event. Below: Paul Radburn scores ippon against Dezo Udrari of Rumania with Ogoshi.



CLUB FORUM

GLASGOW JUDO CLUB—W. Littlejohn writes:—The Annual boys Championships of Region 6 of The Scottish Judo Federation "miraculously" took place on June 26th due to the sterling efforts of the "ad-hoc" organizing committee headed by John Adams and John Crawford of Centar and Milton Clubs respectively. I say "miraculously" because due to the appalling apathy in Region 6 there is presently no regional committee. This means that apart from the region not being represented on the executive, there is no clear chain of command, or indeed any clear responsibility for events such as this championship.

However, the championships went very well despite the problem. This was, I think, due to the absence of barrack-room lawyers, as all entries were conditional on each club supplying an official to work at the event.

Talant spotting National youth manager, Richard Kenny presented the trophies, and during the course of the day he found lots to write in his little black book.

SOUTHAMPTON BUSHIDOKAN B.J.A. JUDO CLUB—From Tony Burns:—This is a well established club and has been in existence since the early 1960's but over the last few years it has become one of the strongest clubs in this area for juniors.

Recently we entered the Hants Junior Championships and won some gold and other medals. At the Guildford Junior Championships for orange belts and below we entered 25 children and won 12 medals of which 5 were gold. Two years ago a Hants Junior League was formed and we have won it both years, and with our training and coaching we

hope to be able to win it again for the third time.

The club secretary, Ron Crowder besides running the admin side of the club is a Referee and Club Coach, Tony Burns who also teaches is a Club Coach, and to round off our Coaches we have Janice Crowder who is a National Recorder.

The juniors, and we have almost 200 of them on our books, can be seen hard at work under the three coaches on Tuesday and Friday nights from 7.00 p.m. to 9.00 p.m. and on most Saturday afternoons from 2.30 p.m. to 4.30 p.m. Their ages range from 7 years old to 15½ and grades from beginners right up to and including 18 Mon.

The senior section is comprised of about 30 to 40 men and women and all are keen fighters, the Kyu grades go through the colour range with a very strong brown belt group. The seniors training nights are on Monday and on Wednesday from 7.30 p.m. to 9.30 p.m.

Ron Crowder our club secretary says that he would welcome visitors to the club. If there is any club interested in a friendly contest, seniors, juniors or a combination of both would they contact Ron at Southampton 442581 or write to him at 5 Jerome Court, Thornhill Estate, Southampton. The club address is Southampton Bushidokan, Rear Basement, Mount Pleasant School, Mount Pleasant Road, Bevois Valley, Southampton.

LONDON JUDO SOCIETY—Bill Barritt writes:—The L.J.S. Queen Elizabeth II Silver Jubilee Trophy Event, which took place on Saturday 4th June was a tremendous success. Out of the original entry of 16 teams

only 13 took part but despite the last minute alterations to the Pools everything went as smooth as clockwork. The Trophy and gold medals went to the Tokei Judo Kwai, the silver to Medkwai Judo kwai, and the bronze medals to Guildford and L.J.S. "B" team. Presentations were made by the Mayor of Lambeth. May we take this opportunity to thank all those Officials who gave their time and skills freely and willingly to make the Event a success. In particular we would like to express our profound gratitude to Jean McNaughton of Croydon Judo Club who did most of the paper-work and organising.

The L.J.S. Kata Championship, previously mentioned in Judo Mag will take place on Saturday, 19th November, at 10.00 a.m. Taking into account the shortcomings of other Kata Events, it has been decided that this Event will not be divided up into individual Kata Sections. This will, it is felt, help the Event to run more smoothly, and will alleviate the need to cancel a section because insufficient entries have been received or turned up. Competitors may enter any, some or all of the 7 recognised Katas, and may render their own interpretations. Details from L.J.S., s.a.e. please.

The next Examinations at L.J.S. are as follows:—

SUNDAY 21st AUGUST:—10.00 a.m. Junior Boys and Girls, 2.00 p.m. 1st Kyus trying 1st Dan. 1st Dans trying 2nd Dan. As always this Exam is for Men and Women. Fees: Juniors—L.J.S. 25p. Visitors 50p. Seniors—L.J.S. 50p. Visitors £1.00.

18th SEPTEMBER—2.00 p.m. Men & Women Kyu grades up to and including 2nd Kyu. Fee: 75p.

There will be no Black Belt Examination in September because of Holidays, but we will start again on Sunday 30th October at 2.00, and

thereafter, the first Sunday in every month.

Candidates for Examinations are reminded that they must produce current B.J.A. Licences.

Festival of Martial Arts:

On Saturday 22nd October we shall be holding a Festival of Martial Arts performed by all Sections of L.J.S. This will last approx. three hours, including a half hour break for refreshments. Tickets are available from L.J.S. and the cost is £1.00. Once again s.a.e. please.

TOKEI JUDO KWAI: *Doug Marks writes:*—On the first Saturday in May the club graded 70 juniors and on the following Sunday 20 or so seniors. Thanks to the fair response to our first kyu grading for nearly a year we shall probably hold another in September.

We were happy to entertain a visit from the Medkwai on the 9th. of May, the girls especially impressed us with some fine judo which certainly helped to liven up the evening. Our offer to any club wishing to pay a visit still holds good, a phone call is all that's required.

Gordon Mortimer's referees course went very well with 19 students attending and according to Gordon has brought to light some good potential.

May has been an outstanding month for our juniors in competition, Paul Paice known as the bionic hairpin added the national wrestling crown to his recently acquired Kent judo title and fought successfully for Kent in the inter-county team championships. Representing Surrey Pat Griffin, Grant Thompson, Toby Prescott, and Martin Walsh all fought well to help Surrey take the silver. While Stephne Madge helped Surrey win the gold in the girls team event.

A good weekends competition at South Ruislip Leisure Centre for the London School boys/girls Champion-

ships brought forth more medals. Grant Thompson gold, Stephne Madge, Sonny (the mouse) Lighten, and Dave Marks silver, Dave Warman, Richard Walsh, Toby Prescott, Trevor King, and Roger Shepherd bronze.

The club welcomes the setting up of the Schoolboy National Squad under Dave Starbrook and Tony McConnel. To compete successfully

at international level in the future it is essential to prepare now and do all we can to help the youngsters in their development. The use of our club with its 200 Sq. yard mat area is at the squads disposal. Club secretary John Prescott has designed a badge for the squad and will be presenting on behalf of the Tokei a number of them to Dave Starbrook for distribution.

ARMY JUNIORS

G. M. SIDDAL (BDR.)

(Army Juniors Coach)

With a good start to the season for Army Juniors Judo, I think the year has still more to offer us. I find it difficult to add to what Major R. Gent, R.A.E.C., has already said in Tatami News about the events of Individual and Team Championships now past, but the very high standard of Judo displayed at IJLB and Arborfield shows that although these are still Juniors — and therefore the Seniors of tomorrow — today's Senior players should be warned that these young up and coming lads are soon to take some of the places in our top class Judo.

I spent a good training weekend at Shorncliffe just prior to the Army Juniors Individual Championships, a visit to Guards Depot Juniors at Pirbright, regular trips to Jnr Ldrs Regt. R.A.C. at Bovington Camp, and two good weekends at my own Club Spartakwai Larkhill Garrison — one with Keith Remfry when Army Juniors met the B.I.A. London Youth Squad. One Unit let us down on the Friday saying that they could not make it after all. However we still had a good weekend.

The second training weekend was in preparation for the Newton Abbot Judo Championships and we had a strong squad. When we arrived we

found we had been given the wrong information and instead of weight categories as we had expected it was an Open event and one weight under 21 years old. There were a few long faces from our lighter players but with a little encouragement from me they did enter. It was a very good day's Judo but it was hard for me to have to watch my Juniors facing one another in the preliminaries. With good Judo all round the final came at 2100 hours ARMY v. ARMY. Young Richard Armstrong from Arborfield (my old Club) versus Taff Thomas RCT (my present Club). Richard didn't get it all his own way, Taff made him work for the Gold, so the final was Army Gold and Silver and 5th, 6th and 7th places. Well done yet again lads.

On the 4th June I shall be taking 14 Juniors under 18 to the Wiltshire Open Junior Jubilee Championship where there will be two weight categories — under 65 kilos and over 65 kilos.

Preparations are in hand for a match in Scotland in October which I hope the Army Juniors will be able to attend.

Well done Army Juniors, keep your training up and you won't go far wrong.



OFFICIAL NOTES

Vic Davis

The fifth Midland and Northern Area Aikido Championships, at the Rothwell Sports Centre, Oulton, Leeds, on June 5th, have been hailed as an organising triumph for Patricia and Rob Jones and Rickie Dalton, of Leeds Athletic Institute.

They attracted 35 competitors, who were delighted with the venue and the arrangements made for them. So take a bow Leeds for managing it all so well on the first occasion the championships have been held in the city.

Administrative cares did not stop Pat and Rob from taking part, and they were good enough to get second place in the open kata, behind Paul Clee and Chris Lloyd of Stratford.

Stratford, with some interesting new faces in their squad, came out as top team with an overwhelming 24 points. Leeds were runners up with Scarborough third and Redditch fourth.

First place in all five events went to Stratford players. Gary Thurman, one of the club's newest young 1st kyus, took the randori kyoghi, and Stretton Honor was the winner of the tanto randori, with Thurman runner up.

BASIC KATA: 1. Reynold and Scruby (Stratford); 2. Borland and Thurman (Stratford); 3. Miller and Rhodes (Scarborough). OPEN KATA: 1. Clee and Lloyd (Stratford); 2. P. Jones and R. Jones (Leeds); 3. Reynolds and Scruby (Stratford). NININ DORI: 1. Reynolds, Clee and Scruby (Stratford); 2. Bates, Honor

and Lloyd (Stratford); 3. P. Jones, R. Jones and Panesar (Leeds). RANDORI KYOGHI: 1. Thurman (Stratford); 2. Pudney (Scarborough); 3. Honor (Stratford). TANTO RANDORI: 1. Honor (Stratford); 2. Thurman (Stratford); 3. Reynolds (Stratford).

Spectators also saw a demonstration of Chinese Wushu, similar to karate, the basic movements of which are extremely graceful.

Officials for the championships were Pete Smith (Scarborough), Mick Tracey (Redditch), Ray Taylor (Stratford), and Brian Eustace (National Coach of the BAA).



PAT MCGILLY

Pat McGilly, first dan, of the Aikidokan, Clapham, is one of the busiest aikido coaches in the country as well as being a formidable championship competitor.

A physical education teacher at Clapham College — a 1,000 pupil comprehensive school — 21-year old Pat began his aikido training nearly seven years ago, and almost all his spare time goes into teaching or practising.

Continued on page 28

KENDŌ forum

by Roald Knutsen

PART THREE Imagination in Kata

There are two passages in the Chinese classical military treatise "The Art of War" which sum up the whole principle of Budo kata. They state the truth for all to see and make the effort to understand. They are: "The doctrine of war is to follow the enemy situation in order to decide on battle"; and "Therefore when those experienced in war move they make no mistakes, when they act, their resources are limitless". In my last article in this series I pointed out that the opening postures in *kata* need the closest study for the initial *kamae* contains possibly the only warning of an opponent's intentions and incorrect evaluation can spell defeat.

You do not need to be a military philosopher to realise this. In Kendo, for example, the opening *kamae* in most *kata* are made at about 18 feet interval. Maybe inexperienced men would overlook the vital necessity to interpret the opponent's *kamae* at this long distance. But move in towards the opponent to normal fighting or contact distance and the same postures become much more in need of correct interpretation. If you haven't done your homework death metaphorically stares you straight in the face! In Iai-jutsu and Iai-do, *kamae* is at an even closer *maai* to your opponent. There is absolutely no room for error in Iai if you are to survive a real fight. Remove *zanshin* from the opening move of proper Iai and you are truly left with an empty form — the "posturing of dolls" with as little purpose.

In most of the greater *ryu kata* provides the framework that demonstrates the theory; the effectiveness of the style depends on the dynamism of the higher masters in interpreting and explaining the forms. Each and every form should suggest to the trained creative mind of the student a variety of further possibilities. Bokuden *sensei* is reputed to have said that once the theory of a weapon, especially the sword, is grasped then that theory can easily be applied to every other possible sort of weapon and even unarmed when facing weapons; it is all the same basic theory. Again, I don't think this was meant in only the narrow physical sense but with the widest possible application to *heiho*, or tactics. The point is that in the weaponed arts it is necessary to become a superb technician and above all an artist. There is no room in classical *Bujutsu* for sham and bombast. To understand these arts requires a deep insight into oneself and the realisation that in the mass of difficulties that beset the path to understanding, the apparent chaos, there is a strong thread of the rule of law. Sham and bombast are *satsujin-ken*; the proper way towards self-realisation is *katsujin-ken*. These are the classical Budo terms. The study in depth *kata*, carefully and honestly done, must lead towards understanding and eventually to *katsujin-ken*.

We look at *kata* as demonstrating the main principles of practical fighting, but we must also view it, especially the role of *Shidachi*, as highlighting the principles of the rightful and proper use of strength to oppose the wrongful or indiscriminate use of power. This is the very core of *kata* in all the mature *Bujutsu* and Budo systems and, in my opinion, all the modern Budo systems have, to a greater or lesser extent, lost sight of the truth. The headlong rush into competition and sport rivalry seen over the past 20

Continued on page 35



DAVID WHITE interviews

RAY ROSS

RAY ROSS, BRITAIN'S MOST SUCCESSFUL EVER JUDO COACH, TALKS TO DAVID WHITE.

White: You were the 'overlord' of our contest Judo from 1971-6. Is the squad training system you built up still the best one?

Ross: I don't think the set up will change very much with the new team managers because of finance. What will make the biggest difference is that Starbrook and MacConnell as full-timers will be thinking Judo full-time and able to put more effort into it. I think we had the training schedule just about right for amateurs with one weekend training every month, a week prior to a world championship and even greater demands in Olympic year. But the last year before the recent Olympics I didn't want to have to earn my living and then switch off at 5 pm and start thinking Judo for just the weekend. That is really not way to organise at Olympic level, but I don't want Britain turning out like the Communist countries. Perhaps the important thing was that we got the three squads training together at the same venue and time.

Q. Do you feel disappointed that you never had the chance to be professional manager?

A. No, not really. Probably blew an OBE by criticising the athletics people for their results in comparison to those of Judo—and I did this to ensure someone somewhere saw money put into Judo was well worth putting in. My hope was that we

would have more money to get a full-time man — and clearly it has worked.

Q. You didn't want the job?

A. I have not been paid for doing Judo since I became senior team manager. I read once about Kennedy not accepting a salary as President of the US so people couldn't influence him. I didn't want to be beholden to anyone or take money elsewhere for teaching at clubs and perhaps be accused of letting this influence me in some way. I love the sport so much that I think it would kill the sport for me if I had to depend on it for money. Every moment I have spent in Judo has been because I enjoyed and wanted to. I started to lose this enjoyment a couple of years ago because the demands on time to stay at the top became too great.

Q. Was it a natural progression for you from being a top contest man to top coach/manager?

A. I stopped competing and switched to refereeing at European level and then I dropped out of this and started to work for a company instead of teaching Judo. I got so involved in commercial life that in a way I think it helped prepare me for being a manager. I was able to bring management by objectives and some of the sales techniques I taught into the Judo world. You have to sell yourself to the competitors as a leader if you are going to produce medals. People like Starbrook, Jacks and Remfry are such individualists that no-one is going to get up and tell them what to do.

You couldn't just tell them to be there at 2pm. You had to sell them the idea that it would be a good idea to be there at 2pm.

Q. And after your rest you'll be back—you are still only 37?

A. I want a long rest and then I would like to get involved again teaching a 14-18 year age group—and really work with them. I have never really taught youngsters except for Grant Erskine, who lived near me. He did very well but a little while ago he had to move away because of his father's illness. I very much enjoyed seeing someone improving using my methods. I think youngsters in particular need strong regimentation on the mat and I think they love it too.

Q. Would you change the teaching methods you helped to evolve?

A. For the young, training should be less hard. For mature people you cannot change them much, just put a sharp edge on them. For instance it would not have been possible for me to change Starbrook's ways much because they were formed—although of course I helped to form them. In general terms I think we have got too far away from discipline, we have become slap-dash, we have lost some of the mystery and the Japanese "respect" for teachers. However, I've never allowed our people to be intimidated by the reputation of the Japanese. We can still learn combination and link techniques from them which they do very well.

Q. Should Judo be accepted as a small specialist sport in which amateurs can flourish?

A. Some people think you are always going to be second best if you are an amateur but I don't necessarily accept this. But I do think Judo will remain a specialist activity. I don't think it will suddenly explode into being the sport every child does.

Q. Should it be changed to make it more popular?

A. If it can be made more popular Judo should be changed. Whether we know what will make it more popular is another thing.

Q. We are talking in terms of a maximum of 25,000 people doing Judo in the U.K. So there are far more people playing Chess. Am I doing Judo a disservice by looking at it in this way?

A. I think it is sensible.

Q. So you have been enormously successful with a relatively few people?

A. Yes.

Q. Can this continue with the professional approach of the Russians, Japanese and even people like the Swiss?

A. We can still beat the Western countries. The only reason they have come better is because they have more money for training and teaching sessions. There are two methods, a squad held in full time training and paid to compete as in Russia, Cuba, East Germany, Poland. Or you have people who train every day because they want to train. There is no reason why this latter group should not receive financial help.

Q. But these people are just not getting financial help in the U.K. The Starbrooks and Jacks are quite exceptional people to have stuck at Judo and come through to the top. Are the young going to be prepared to do what they have done?

A. Are the young people of West Germany or Belgium or Japan?

Q. They will if there is a little more money for them.

A. Where does the Western concept end then? Let's get sponsorship and government support—that's much better.

Q. Was your teaching career worth all the family sacrifice you must have made?

A. I took my holidays to do Judo because I didn't want to abuse my employers' support. This resulted in my family having no holidays and

this was a factor in my relinquishing the job as manager.

Q. And yet you have brought back more prestige for Britain at the last two Olympics than any other sport.

A. For people who have reached the top I want all the rewards they can get. What we need is a really dynamic group of people in charge of the sport to achieve this.

Q. I'm not convinced Judo is going in that direction. It seems to me that the Japanese are still stuck on the "Judo is good for you" line at organisation level but are pretty two-faced when it comes to wanting to win at all costs.

A. I don't think what happens in Japan has any influence here. I heard a fact that six years ago 9,000 people played Tennis in the U.S.A., today there are 245,000. I don't need to spell out the reasons. But can it be done for Judo? Do we have the people who could do it? I have doubts about both.

Q. Your figures for Tennis sound highly dubious. But Judo certainly is not a growing sport at the moment.

A. Judo has to make a giant stride soon or it could die. At the Olympics I got the distinct impression that if the Japanese had been thrashed they could have lost interest in Judo.

Q. What then can we do to revolutionise Judo—to make it a more exciting, dynamic sport?

A. One thing could be the free-scoring contest with points given for the full length of the contest. That would make for more action. I think it is worth trying—why not have some market research on it—let's try an international contest this way. The draw at the Olympics was ridiculous too. How could you have Endo, the second best man in the contest, not getting a silver medal? An Endo versus Novikov final could have been a real showpiece for the sport. I would favour a wrestling scoring system where people get minus points and the best men do seem to get the medals.

Q. Have we overstressed the contest side of Judo?

A. I don't think so. If there is to be a boom in Judo it will come from contests. Where I think we missed an opportunity was in not really getting over our skills as sportsmen as the gymnasts did. The U.K. didn't get anyone in the top 50 in the Olympics but now there are 20 times the people doing gymnastics. We in Judo have not been geared to exploit success. Perhaps we shouldn't have grandiose ideas, let's accept Judo as a specialist activity.

Q. Do you aim for the "jackpot"—millions of people doing Judo, the professionals getting big rewards etc.?

A. Yes, of course, but how many people want to be battered when they can play squash or golf—both of which I have time for now. I don't want to be battered any more. I stepped onto the mat last week and broke my toe, and frankly that's it for the time being.

Q. You have mellowed haven't you.

A. Put it another way, Judo is an excellent set of skills for physical development. Judo to me is an excellent way of getting physical development, stamina, strength, mobility. But the variable factors are unending compared to boxing or weight-lifting. Judo is a much more stimulating set of skills. What means something to me are the memories of taking part and doing things, working hard and seeing a result at the end. I get satisfaction from this, and you know I think I have had more pride and satisfaction from seeing one of my lads winning than I got myself when I won.

A couple of points for the new team managers. They should not get uptight about the successes others want. I wanted Olympic medals but I didn't give a damn if we didn't get them in every international match. You cannot overwork the team and you have to try new people. Think

long term. And Judo has to be seasonal. They must organise their programme so that there are no competitions for at least three months of the year. But they are as professionals going to have to budget much more closely than I ever did. I just went to Palmer and he did the trick. I never knew how much money there really was in the kitty. Sometimes I think the B.J.A. missed out on grants. Perhaps Starbrook should turn up at the Sports Council and use his considerable physical presence to check up on what Judo is getting financially.

Q. Let me ask you about a few top judoka. What about Dave Starbrook?

A. Starbrook, the most consistent of the top U.K. judo boys. Always in the medals. The best model for youngsters — dedicated trainer who is a dream for any coach, pushed himself in a remarkable way and never really performed at his best when he had not trained to his high standards. He didn't need to be conned or cajoled in the same way as some of the others.

Jacks, in a way the greatest. He is fantastic. Never a close friend, a different sort of relationship but I knew what could spur him on and get him going. Of all of them he has my greatest admiration for the years he has been going on and getting superb results.

Remfry, an enigma. I always felt he was looking at the percentages—thinking to himself "if I put myself out here I'll get in the medals" but a little too calculating at times instead of grafting. He could beat the best in the world or lose to a real second-rater and there was no way of knowing what would happen. Frustrating for a manager. He got better as he got older, I think he has retired too early.

Morrison, could be great — the most talented of the youngsters although of course he has plenty of experience. Full of techniques, worried about getting tired in a contest so

may not give 100 per cent work rate. His contest with Jacks at the Individuals recently could do a lot for Vass—it should get rid of some of his hang-ups.

Parisi, without doubt the best judoman we have ever had. A better stylist and mover than any of the others—but far too natural with no application whatever for the job. He found things so easy he didn't understand why he had to train. There was one occasion when he hadn't been near the mat for three months and threw Starbrook for Ippon. Oh Jesus, I thought, he won't train for six months before the next match. He could have won everything if he had been able to apply himself. But unlike you I think we'll see a lot more of him. I think he could win a medal at the next Olympics. He is more motivated now he is settled and the French set-up is very efficient. He cannot avoid the training.

Adams, along with **Radburn** is a great hope for the future. I was very sorry for **Lawrence** and **Neenan** who were so near Olympic selection and might have done well. I really thought every member of the team could win medals.

Around the world, **Geesink** was without doubt miles ahead of everyone. He was so big and skilful as I know from fighting him. **Ruska** was a close friend of mine and we were in Japan together, but **Geesink** was just that bit stronger. Of the Japanese, **Inokuma** was sensational, **Okano** and his battles with the Korean **Kim** were formidable—judo like on LSD, both with about 16 major techniques which they used. **Trevor Leggett** was the greatest influence on me as a young man. He had this influence on my whole generation. **Charles Palmer** was absolutely first class for me. Whatever as manager I wanted he somehow managed to obtain. If I said we must get a man to Japan or have an international match, somehow he came up with the money. He has his faults but he backed me 100 per cent.



THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By TONY REAY

With regard to the organisation of the British Judo Association the 1977 Annual General Meeting will go down in history as the most momentous for the changes that were made on that day. On the face of it it would have seemed impossible to dislodge or to dismiss the Executive Committee, but that is what the delegates actually did at this meeting held on the 19th June at the Great Western Royal Hotel, Paddington.

But this dramatic change was brought about not by alarmist frenzy of possible extremists nor through a countrywide political "witch-hunt" campaign, it was brought about by the production months earlier of a well-prepared and well thought out document which was the "Report on a Review of the Organisation of the British Judo Association by its Organisation Sub-committee". The meeting was very orderly and delegates one after the other spoke with logic and understanding. The fact that only 89 Member Clubs were represented attests to the fact that there was no great lobbying campaign,

1976 had after all—been a fairly successful year and in my experience I have found that when members are fairly content with things—they stay away.

The meeting was opened by the Chairman of the Association, who although he was suffering from a mixture of jet-lag and influenza, continued to conduct the meeting throughout in his most superb manner. In his address he spoke of 1976 as being the most successful year we have had, two more Olympic medals, more clubs, more financial aid. "Our standing has never been better", he said. Mr. Palmer then referred to the continued success and development so far this year and he suggested that we tend to criticise ourselves too much and that now and again it might be a good idea to take a leaf out of Muhammad Ali's book and occasionally shout that "We are the greatest!" He quoted a comment made by a Chairman of another governing body during a C.C.P.R. meeting, "I see you already have three of your ex-competitors working

for the firm—how do you do it?” “There are those who still criticise work done at Head Office,” the Chairman went on, “. . . but they just have to come in and see the volume of output that is really being carried out each day.” Mr. Palmer then pointed to the success also of the women in the Association. He informed the meeting that his comment at last year’s A.G.M. had been justified and he had been elected Vice-Chairman of the B.O.A. and a member of the C.C.P.R. Executive Committee.

Moving to the business of the day the Chairman pointed out the successful negotiations so far with the B.S.J.A. but said that the present Constitution presented an obstacle. He hoped that the meeting would be able to rectify this.

As the meeting got down to the serious business it was evident that the Executive Committee would be taking the brunt of the attacks this year. Representatives from London were furious and, to put it in their words, “astonished and dismayed” that a resolution passed at last year’s A.G.M. had not been acted upon. “Who is the governing body? Is the A.G.M. so or not? The E.C. were honour bound to state if they approved or did not approve of this motion—why has this not been brought into action?” were some of the many questions asked by Bob Trimble of Aiken J.C. The resolution referred to was that presented by London Area which reads: “. . . all persons, senior or junior, practising in the British Judo Association Member Clubs MUST be holders of a current Individual Membership . . .”. There was an exception written in to this resolution which considered school clubs.

Joe Ekins then took up the cudgel and pointed out other and earlier directions the EC had been given by General Meetings and there followed many speakers on the same theme.

There will of course be recorded Minutes of this meeting which will

be available for members to read and possibly someone might write in length a full report for this magazine. In the meantime I think I should get to you, the members, the gist of the most important decisions made — for there is much that is going to happen in the next few months and events seem to be coming about so fast, they are in danger of outstripping our present communications.

John Bricknell, Chairman of the Organisation Sub-Committee, introduced the new proposals to the floor. They were presented as a “package” and it was on this point that many had thought the whole proposal would fail. Somewhere in the “package” covering the organisation of the entire Association there was something that someone would disagree with as became evident with the discussion that ensued. Indeed, so many people had something to say that it had to be agreed to limit the discussion to one hour’s duration. There were many question marks about the proposed new formation of the hierarchy structure so called. Mr. Gleeson questioned the function of the proposed new Council, “. . . in reading in depth this report I wonder how a reconciliation can be arrived at if there are differences between the Management Committee and the proposed Council . . . (of Area representatives)”. Mr. Bricknell replied that the Organisation sub-committee wish to ensure at the time that a regional voice should be aligned with a small managing body. They had decided that a council of regional and national associations be formed to provide formal regional representation. The Council would meet once a year and decide whether they liked or disliked a management report. Questioned further Mr. Bricknell pointed out that if a General Meeting so desired it, the Chairman of the Management Committee could be also the President of the Association, “. . . if they (Member Clubs) want the same person for both posts then we must accept that decision . . .”. Mr.

Hoare (recently elected member of the EC for London) said that perhaps it was a sign of the times but that he held to the same reservations as those of Mr. Gleeson, “. . . I am reluctant to agree to these proposals, there are too many ‘ifs’ and ‘buts’ —better the devil you do know than the devil you don’t know . . .”.

There is no doubt that this long discussion helped to resolve the issue one way or the other in the minds of what is known as the “floating vote”. That is the delegates who have arrived at a General Meeting wanting to hear first-hand comments before they finally decide. Many people I spoke to just before the meeting felt that it was a 50/50 situation. However the discussion and the replies to the many questions by Mr. Bricknell must have swayed the “floaters” in favour of the package proposals.

A slight, but very important correction was made to the previously circulated proposal and new Constitution. The correction referred to above was made to Clause 13 headed “Regional and National Association” in item “(a)” of the first line. For those who have their copy of the new Constitution at hand and wish to keep bang up to date the new wording reads now as follows: “The Management Committee may accept into membership or authorise the formation of:”. Anyone analysing this change will see that this is to facilitate and assist the final negotiations with the B.S.J.A. The vote was then taken and the result was 61 for the new proposals and 22 against with 2 abstentions.

The voting on the report of the organisation sub-committee, the biggest and most important issue on the Agenda, left the meeting in that strange euphoria which I have seen on rare occasions in the past. It was some time before the meeting was restored to order and it was only then that the full realisation of the situation seemed to dawn on many

people. The paramount decision had left a void in the management of the Association’s affairs until such time as a postal vote had been dealt with or an Extraordinary General Meeting had been called. There was the suggestion that the E.C. carry on in the interim period but it was quickly pointed out that an E.C. whose days were numbered might not tackle the job with the same enthusiasm as another group might do. I suggested that we set up, at that meeting, a kind of “caretaker government” to manage the affairs of the Association during the next very important few months until such time as a proper Management Committee was constitutionally and democratically elected. Mr. Hicks supported this proposal and the eventual outcome was that the Organisation Sub-Committee which had already done solid and valuable work on the formation of the new proposals should act as a “Caretaker Management Committee”. And so this team, headed by John Bricknell as Chairman will be conducting our affairs at national level until we can all decide on the Management Committee we want.

The next few months will be very interesting for all of us. There will be the nominations for the new Management Committee and as I pointed out in an earlier issue of this magazine—there will be much campaigning by individuals and their supporters. It will be quite something to be a member of that new six-man committee, members of that committee will be the most influential people in British judo. But they will have all earned their place, and they will all be aware of their responsibilities and they will all, each and every one of them know that they have to prove themselves by the time of the next A.G.M. A very interesting and exciting period indeed. It is up to us to see that the right people are at the helm of this very important era of British judo.

One last concern in the minds of most representatives at the meeting

was the question of theory in the syllabus. It would seem that this had been delayed yet again but the Management Committee were given a clear indication that the membership wish to continue with the principle of including theory in the syllabus.

For once the Association Accounts had a comfortable passage and who could argue with them when from a considerable amount in the red they had been pulled well into the black within the space of twelve months. It was Jerry Hicks who had the last word, "... as a knocker of the finances in previous years we should congratulate the Finance Sub-Committee now for pulling the Association back onto its feet ...".

It was not all dogged A.G.M. procedure. The meeting had its lighter moments, and this is a sense of humour I personally welcome back to the Association. We are after all—all of us—supposed to be enjoying our judo. There would not be an A.G.M. worthy of recording without a battle of words at some stage between those two old and gnarled warriors; Spud Murphy and Charles Palmer. They can teach the youngsters a thing or two about getting along with each other despite the fact that they rarely agree. Just for a moment Spud was able to penetrate the thick armour of our Chairman who it might be a surprise to know is really a very sensitive person; "Spud, would you shut up and listen for once ...", roared the Chairman, the finished sentence of which was never completed as the supporters of each—and I suspect the in-betweens—roared their approval.

Such was the happy note that the 1977 A.G.M. finished upon. Not before the Management Committee had been told that they would: "... Consider past policies of the Association binding upon them and shall act accordingly on the guidance and instructions issued at this, and past meetings".

1976 ANNUAL REPORT

Amazingly, the 1976 Annual Report went through without comment. With the growth of the Association this document becomes larger each year. It fell to me to compile the 1976 Report and each year we try to improve on the last. This report commenced with a message from Mary Glen Haig, Chairman of the Central Council of Physical Recreation and as it is directed to all our members it reads as follows:

"What's good for British Judo is good for British sport", (to misuse someone else's phrase) is an accurate description. The success and the development of judo at international and grass roots level has been a feature of the British sports scene over the last few years, and in 1976 in particular.

Success lies in the goodwill and hard work of all involved, and this is true for the administrator and competitor alike, so those of us who have watched the growth of judo into a leading sport have taken great pleasure in seeing that at the highest level of sport British judo is enjoying such success.

Within the family of sport (119 sports are members of the C.C.P.R.) the British Judo Association is a full and active member. Tony Johnson and Charles Palmer (newly elected to the C.C.P.R. Executive Committee) are active members of the C.C.P.R. Messrs. Starbrook, Jacks and Remfry have also given time and assistance to us in designing a British track suit, lobbying 10 Downing Street and launching an employment for athletes scheme.

On behalf of your fellow sports people, thank you British Judo Association for being good sports and thank you for taking a positive and active role in the British sports scene. Congratulations on a good year and I am confident that the next year will bring not only more hard work but equal success."

"Teamwork" seems to be the vital thread running through the report, and indeed this is the theme I used in the introduction. This valuable aspect seems to be the main reason for success in 1976. But there is one worrying "stress factor" that is evident time and again in the report and that is the number of very valuable and experienced people who are resigning. I think we must watch this aspect both at national and Area

level. Such people will be difficult to replace.

There was one item that was overlooked in the refereeing section of this report and that is a list of the numbers of accredited referees in 1976. The number and distribution of qualified referees, I.J.F., E.J.U., National, Provisional National and B.J.A. within the Association as at 31st December, 1976, were as follows:

AREA	IJF M	EJU M	Nat M	Nat W	P/N M	P/N W	BJA M	BJA W	Total
East	—	—	—	—	—	—	8	—	8
London	1	5	5	—	3	1	31	—	46
Midlands	—	2	2	—	—	—	25	—	29
North	—	—	2	—	—	—	26	—	28
Northern Home Counties	—	2	10	1	3	—	55	—	71
Northern Ireland	—	—	1	1	—	—	4	—	6
North-West	—	—	2	—	—	—	16	—	18
Scotland	1	3	3	—	1	—	23	—	31
South	—	1	6	3	1	1	69	1	82
Wales	1	1	3	—	1	—	23	—	29
West	—	—	—	—	1	—	40	1	42
Yorkshire & Humberside	—	—	1	—	1	—	28	—	30
Army	—	—	—	—	—	—	2	—	2
Royal Air Force	—	—	—	—	—	—	3	—	3
Royal Navy	—	—	—	—	—	—	2	—	2
B.U.J.A.	—	—	—	—	—	—	—	—	—
P.A.A.	—	—	—	—	—	—	—	—	—
Totals	3	14	35	5	11	2	355	2	427

THE NATIONAL COURSE FOR CERTIFICATED REFEREES

The above course will be held on Saturday, 24th and Sunday, 25th September, 1977, at Crystal Palace National Sports Centre, Norwood, London, S.E.19.

The course fee will be:— Non-Residential £6.00; Residential Saturday night only £12.00; Residential Friday and Saturday night £18.00. 27 Residential places only.

Please send your name, address, grade, refereeing status and cheque, made payable to J. P. Bent and not the British Judo Association direct to Mr. J. P. Bent, 450 Eastcote Lane,

South Harrow, Middlesex, HA2 9AN with a S.A.E. for receipt and particulars of the course as soon as possible.

NATIONWIDE BALLOT

The first meeting of the Council comprising members of the old EC took place just two weeks after the AGM and was held on the 3rd July. At that meeting preparations were made for the ballot of Member Clubs from which will be decided the new Management Committee. The arrangements for this nationwide ballot will be as follows:

Profiles of each individual candidate will be forwarded to Regions by the 6th July, these must be

returned to Head Office by the 15th July. Ballot forms and profiles will then be sent to Member Clubs by recorded delivery to arrive not later than the 5th August.

Ballot papers when completed by an official of each Member Club must then be returned to Head Office to arrive not later than Friday 30th September. A count will be made by the Chief Scrutineer and three independent scrutineers on that day — the 30th September. Anyone wishing to attend as observers at the ballot count may do so at their own expense but must inform the Chief Scrutineer of the wish to attend and this notification should be made to Head Office by the 22nd September.

When the ballot has been counted a certificate of the ballot result will be made out and a copy sent to each Member Club during the week commencing the 3rd October. In the event of a tie in the ballot the Council will decide which member will be elected and if there is still a tie then the Chairman will use his casting vote. The Chairman of the

Management Committee will then call the first meeting of the newly elected Management Committee to take place some time in October, 1977.

INTERNATIONAL TOURNAMENT AT COVENTRY

Sponsored and supported by Debenhams there will be an international judo tournament involving seniors, juniors, espoirs and schoolboys on Saturday, 30th July, 1977 taking place at Coventry Sports Centre. In international matches against Sweden there will be a seven-man senior match, a seven a side junior match and a seven a side espoir match. There will be a ten a side international schoolboy match against Belgium. The BBC television programme 'Grandstand' will be there to record the highlights of this programme. Tickets are available from the British Judo Association Head Office, 70 Brompton Road, London SW3 1DR or from Coventry Sports Centre, Adults £1.50p and schoolchildren under the age of 16 75p.

BJA. NATIONAL DAN GRADE REGISTER

Promotions confirmed 1/3/77 to 31/3/77

Appendix 3/77

MEN TO 1ST DAN	CLUB	AREA	DATE
Anderson, J. D.	Toyakwai	L	27/3/77
Anderson, J. R.	Toyakwai	L	27/3/77
Anderson, W.	Allan	SJF	6/3/77
Armstrong, R. F.	Bracknell	NHC	10/12/76
Barrett, C. B.	?	L	27/3/77
Bennett, A.	Barnsley	Y&H	5/3/77
Brega, P. R.	Regent Polytechnic	S	7/3/77
Buil, P.	Lincoln YMCA	M	20/3/77
Cairns, G. R.	Basingstoke	S	6/3/77
Chant, R. C.	Kano Yeovil	We	19/3/77
Connor, W.	Milo	L	21/2/77
Creaney, W.	Wishaw YMCA	SJF	5/3/77
Davies, G. A.	LJS	S	27/3/77
Drogan, J.	Kita Nishi Kwan	NW	24/6/66
Elliott, N.	Royal British Legion	WJA	20/3/77
Ferguson, J.	Bellshill YMCA	SJF	6/3/77
Froud, R. E.	Haverhill	E	14/11/76
Gibbard, A. L.	Doncaster	Y&H	20/3/77

Hart, D. A.	Ealing Youth	NHC	27/3/77
Hellebrand, R. S.	Zodiac	S	27/2/77
Jackson, P.	Budokwai	S	6/3/77
Keech, D.	Bolton	NW	27/3/77
Korrison, B.	Brent	NHC	6/3/77
Lawrence, W. M.	Ford	WJA	19/2/77
Lucey, A. T.	Crystal Palace	L	5/3/77
Masoero, G. G.	Shin Chi Judokwai	NHC	20/3/77
Morris, R.	Fairholme Judokan	NHC	6/3/77
Patton, H.	Basingstoke	S	6/3/77
Peverley, M.	Kawamurakwai	N	13/3/77
Rankin, J. A. S.	Meadowbank	SJF	23/1/77
Reader, R. L.	?	WJA	23/1/77
Satterley, P.	?	WJA	18/12/76
Singh, D.	Bradford YMCA	Y&H	20/3/77
Sitlington, T.	Leeds Athletic Inst.	Y&H	12/2/77
Smith, A. W.	?	NHC	27/3/77
Smith, F. J.	Pretoria	L	5/3/77
Stoaling, M.	Heriot-Watt Univ	BUJA	12/3/77
Suzuki, T.	Kettering Premier	M	6/2/77
Ward, M. C.	Bedford	NHC	5/3/77
Willy, E. A.	Gillingham	S	27/2/77

MEN TO 2ND DAN			
Baldock, A. P.	Renrukan	NHC	5/3/77
Claridge, E. J.	Coventry	M	19/3/77
Gilbert, H.	Jukuren	M	30/7/75
Martin, G.	Itsutsu	S	5/3/77
Moore, J. S.	Wells	We	19/3/77
Morrissey, D. J.	Hemel Hempstead	NHC	13/3/77
McCall, D.	Budokwai	S	22/2/77
Page, J.	Winchester	S	6/3/77
Robinson, J.	Matsumachi	L	11/12/76
Scott, R. J.	Antrim Forum	NIJF	12/4/76
Trudgell, A. P.	LJS	S	27/2/77
Vickers, R. K.	Renshuden	NHC	27/3/77
MEN TO 3RD DAN			
Burkinshaw, R.	Sheffield Police	Y&H	20/3/77
Mortimer, R. G.	Tokei	L	5/3/77
Radburn, P. I.	Renshuden	L	26/3/77
Wood, J.	Furness	NW	25/8/74

WOMEN TO 1ST DAN			
Convery, C. F. S.	Seishin	NW	6/2/77
Moore, L.	Medkwai	S	5/12/76
Pickworth, L.	Shin Chi	NHC	23/10/76
Selling, S.	?	S	6/2/77
Slater, J. D. E.	Scunthorpe	Y&H	20/3/77

WOMEN TO 2ND DAN			
Djumic, M.	?	S	6/2/77

Promotions confirmed 1/5/77 to 31/5/77

Appendix 5/77

Cartwright, P. T.	?	NW	8/5/77
Chambers, M. W.	RAF	RAF	22/5/77
Dahlqvist, A.		Sweden	17/4/77
Daniels, M.	Shin-Chi	NHC	24/4/77

	CLUB	AREA	DATE
Dillon, J. P.	Keidokwai	NW	8/5/77
Greathurst, D.	Fairholme	NHC	9/5/77
Hillyer, R.	Polytechnic	S	24/4/77
Hughes, P. M.	Coleford	We	24/5/77
John, R.	Samurai Swansea	WJA	16/4/77
Leonard, S. A.	YMCA Liverpool	NW	22/5/77
Malkinson, T. J.	Rainham	S	24/4/77
Mann, J. R.	Gloucester YMCA	We	24/4/77
Mason, P. M.	Keidokwai	NW	8/5/77
Prow, H.	Budokan Camberley	Army	17/4/77
Rawlinson, R. D.	Southampton Univ.	BUJA	15/5/77
Reeves, W. L.	?	NHC	24/4/77
Robbins, P.	Porthcawl	WJA	22/5/77
Rogers, R. W.	BAI	M	8/5/77
Rossi, D. D.	Redbridge	NHC	24/4/77
Sciubba, R. D.	?	WJA	22/5/77
Sharp, J.	?	SJF	23/1/77
Shaw, D.	Saints	NW	30/4/77
Smith, L.	?	M	8/5/77
Tansey, C. J.	Darlington	N	8/5/77
Wakefield, A. J.	Portsmouth	S	15/5/77
Warwick, T.	Tidworth Garrison	S	6/3/77
Wilson, L.	Walthamstow	L	25/4/77
Young, B. J.	Royal Earlswood Hosp.	S	28/2/77

MEN TO 2ND DAN

Hall, C.		Sweden	17/4/77
Johnston, C. J.	Aldershot	Army	29/4/77
Knight, P. C. F.	Bracknell	NHC	22/1/77
Parker, S.	Cheltenham YMCA	We	22/5/77

MEN TO 3RD DAN

Higgins, J.	Ealing Youth	NHC	30/4/77
Tildesley, R. J.	Barnsley	Y&H	11/5/77

WOMEN TO 1ST DAN

Cohen, S.	?	NHC	15/5/77
-----------	---	-----	---------

WOMEN TO 2ND DAN

Harmon, G. M.	Bushido Holy Name	M	10/5/77
Tysall, D. A.	Budokwai	L	15/5/77

CORRECTION TO APPENDIX 2/77

Smith, C. A. P.	Barrow Island	should have been under heading "Women to 2nd Dan" (Not "Women to 1st Dan")	
-----------------	---------------	--	--

ABANDONED AT NATIONAL PROMOTION EXAM!

The following record books/membership certificates were abandoned by their owners at the National Promotion Examination at Crystal Palace on 17th April, 1977. Any owners wishing to retrieve their books should send stamped self-addressed envelope to the National Dan Grade Registrar, Dr. P. Elliott,

35 Fountside, Oakdale Road, Sheffield, S7 1SN. (Who also has a wide assortment of points cards left at various National events—again these may be retrieved by sending a stamped self-addressed envelope).

Anderson, W.	Allan J.C.
Bornowski, R.	Yoshin J.C.
Jackson, R. A.	Liverpool Y.M.C.A.
McCall, D.	Budokwai

IN AND AROUND THE DOJO

ARM-LOCKS AND STRANGLES — HOW YOUNG DO YOU START?

by TONY REAY

Photographs by DAVID FINCH

Official national governing bodies in membership with the International Judo Federation the world over keep a very strict control on the use of strangles (shimewaza) and arm-locks (kansetsuwaza) when dealing with young people.

Arm-locks and strangles can be very dangerous when experimented with or practised without proper supervision or a qualified instructor or coach being present. In competition young people can get carried away in the flurry of activity and get over-excited, if they were allowed to do arm-locks and strangles it would be in such a situation that silly accidents would occur. That is why the British Judo Association, along with other national bodies, have strict age limits for when young people can start using them in competition. According to the European Judo Union's conditions of competition there are some events in which contestants can start using arm-locks and strangles at the age of fourteen. In Britain the minimum age is sixteen and so around the world the limitations are set at around the 14 to 16 age level.

The one big problem with having such conditions of age is that there is a tendency not to teach such techniques at all to anyone until they have reached the set age minimum at which young people can start using

strangles and arm-locks in contest. This tendency then creates a situation whereby the young competitor, used to and familiar with only a limited range of osaekomiwaza (holding techniques) one day, suddenly finds himself in a whole new world of very strange and complicated techniques the next day. This sudden transition is equally dangerous and coaches and instructors should keep themselves very much alive to this problem. Young people in their charge should be fully prepared for the day when they are expected to be able to use strangles and arm-locks and should have also had an equal amount of preparation and training in ways to avoid such techniques being attempted on them.

There is no reason at all why arm-locks and strangles should not be taught at a much earlier age than the age when young people will be allowed to use them in competition, but I must emphasise again—**Under Controlled and Properly Qualified Supervision and Tuition.**

At the Junior European Championships earlier this year our newly appointed Team Managers were horrified to find that our young men were being exploited because of their lack of experience when it came to arm-locks in particular. The Team Managers had for the first time been confronted with this total lack of

appreciation among our junior and espoir teams. They had after all been previously involved with senior judo only. Our lads were falling for the most ridiculous arm-lock and strangle situations. It was very obvious that coaches in other countries had given their young fighters much ground-work experience in arm-locks and strangles.

Instructors and coaches **should** start teaching arm-locks and strangles at a fairly early age even though their pupils will not be employing such techniques until they reach the age when they will be first allowed to use such techniques in competition. What coaches and instructors **must** make sure of however, is that whenever there is instruction on the use of arm-locks or strangles that such techniques are practised in junior classes under **Properly Qualified Supervision and Strict Control.**

Just as with seniors the introduction of arm-locks and strangles for the first time to juniors should be approached steadily step by step. In the case of arm-locks the average pupil is not really aware of the pres-

sure and resultant pain experienced by a correctly applied arm-lock. He should be encouraged at first to ease the arm-lock on slowly and not "snap" or "jerk" the action. No elbow joint, no matter how strong the arm, can withstand a correctly applied arm-lock. Similarly the beginner at such techniques must learn to submit at the right time and not when it is too late. Youngsters who have not experienced the pain may falsely convince themselves that they can withstand the pressure that is building up and some in their bravado may allow the technique to go too far. They must be taught the correct signals for submission. They should **always** be taught to tap (signal of submission) the opponent or partner who is applying the technique. In some cases this might be impossible depending on the type of arm-lock or strangle and one has no other option than to tap the floor or mat. But whenever possible one should tap sharply (twice at least) the opponent or partner to show that the technique is effective. There are times during a noisy practice or during a



competition when people all round are shouting and cheering—when the partner or opponent might not hear the signal given on the mat surface and so might continue exerting more pressure on the arm.

The same rules apply with strangles. The measure of the effect of a good strangle technique however can be misleading. With a strangle

there is sometimes no pain whatsoever and so there is no warning. The inexperienced could quite easily pass out before he has been aware of the degree of danger and this is very common with young people who have had no previous experience. The instructor/coach must watch out for this possibility and should be well schooled in the methods of



resuscitation. If a youngster has succumbed to a strangle and has had to be revived I would strongly advise that he should not be allowed to continue with the practice of strangles on the same day. The effects of one effective strangle can be harmless if the person strangled has had sufficient time to recover but there is medical evidence that two or more similar experiences on the same day can have lasting effects.

THE ELEMENT OF SURPRISE

The arm-lock depicted here is the result of one of those sudden and surprise moves of the very alert and experienced. The two combatants are locked in a very common groundwork situation where one is trying to roll or turn the other onto his back for a hold-down. Of the two crouched figures the one crouching over the other would appear to have the advantage and in fact with a skilful rolling technique could turn his opponent over on to his back.

At the precise moment when the person crouching over the other is exerting pressure to roll his opponent, the person underneath (in this case tori—that is the person effecting the technique) seizes his opponent's

right arm by raising his own left arm up and backwards in a big circular action and traps the right arm of uke (the person on whom the technique is being executed) high under his own arm-pit and locks on tight. Figure 2. In so doing tori tucks his head out to his left and swings his right leg through and under his own left leg. He uses the locking action of his arm-pit on the opponent's right arm to get more power and to haul himself through in a twisting action as in Figure 3 and slips into a very basic but very effective arm-lock as in Figure 4. With practice and experience this little arm-lock trick can in time be performed at lightning speed whenever the opportunity arises. One should practice it both sides as and when the situation arises.

This one is a classic case where uke just cannot tap tori on his body to give the signal of submission or to show that the arm-lock is effective—and therefore must tap or drum on the mat with his left hand loudly and clearly. But it is also the type of arm-lock where tori can exercise throughout a certain measure of control. There are other arm-lock techniques where tori does not have complete

and ultimate control and therefore must rely on a signal being given to tell him that the technique is effective and to tell him that he must immediately relax the pressure. A coach or instructor must severely discipline any person who persists in maintaining the pressure even after the signal of submission is given. The most effective way is to have the same technique practised on him a

few times by someone with the skill and experience of knowing what he is doing. The lesson is soon learned, but if such a miscreant is so stupid and stubborn that he does not learn he will find he will be disqualified very quickly in a competition. And that is why it is necessary for competitions to be properly organised and run with **qualified referees at all times.**

AIKIDO COURSE

GREEN PARK — MAY 1977

The attractive Green Park Youth Training Centre in Aston Clinton, near Aylesbury, Buckinghamshire, was the venue for a weekend course under the tuition of:— Mike Smith, 3rd dan Senior Coach, and George Bristow, 2nd dan County Coach, with Tony McGuinness, 2nd dan County Coach, and John Goodship, 2nd dan County Coach giving valuable assistance during both days.

The course attracted more applications than could be accommodated; a total of 44 Aikidoka took part, but unfortunately over a dozen had to be denied a place.

Those in attendance came from nine different clubs, Aylesbury, Bicester, Bletchley, Grimsby, Leeds, Newport Pagnell, Norwich, Olney and Romford, the latter being a new club who were especially welcome.

All grades from 2nd dans to novices practised basic techniques from Gyaku-hanmi-katate-dori where all were first made to realise the importance of good posture preservation in Tori and strong use of hip movement to take the posture of Uke.

The importance of the application of Atemi was explained and demonstrated, which the lower grades soon found an effective extension of the

techniques that had previously been practised in their clubs.

On the first day, training continued until tea time on the basic techniques with strong emphasis in the tuition being placed on correct use of Uke's limbs to control Uke throughout the technique and to emphasise again the importance of posture and movement.

This led to the hardest training session of the day when the students were divided into three skill groups; Group 1 were novices and 5th kyu, Group 2 were 4th and 3rd kyu and Group 3 were 2nd kyu up to and including 2nd dan.

The groups, each working on a separate mat and under direct control of the coaching staff, were put through a series of repeated Ninin-dori training, that is, one against two, and were made to continually change around within the skill groups so that all Aikidoka had a Ninin-dori session with all the others in their skill group. The senior group were also made to practise Kokyu-nage and Aiki-nage between sessions of Ninin-dori.

This session made people realise how they must develop a sense of tactics and use of the available mat

area. Those who tried to "defend a spot" on the mat were soon overwhelmed and began to move around with obvious improvement when they were next up as Tori.

This was a good hard session which let people realise their general fitness level could be improved and at the end of the session of one and a half hours all were tired and glad to break for the evening meal.

The Sunday morning training began with the nature and use of the Japanese sword, in this instance a katana, leading on to basic subri practise with bokken.

The use of bokken within Aikido technique was demonstrated and practised. This was followed by a session of bokken-tori.

Arms were visibly drooping about an hour before lunch so the change was made to self-defence techniques of Aikido from such attacks as frontal strangles and arm locks applied to Tori who had to escape and counter.

This short session was very much enjoyed and rounded off the prac-

tice up to lunch time of the second day.

The afternoon session saw a return to the basic techniques; this time from Ai-hanmi-katate-dori for all grades, who worked hard and paid attention to the details of the techniques and how to apply them. This continued until tea time on the second day, which brought the close of the course.

All those present agreed that the course had been a great success and expressed the wish that more "Green Park" type weekends could take place.

Special thanks must go to Tony McGuinness who gave valuable help in preparing and circulating the application forms, and to the Aylesbury Club who lent two of their mats. One was new and had never been used before that weekend.

We must also thank the staff at Green Park who did so much to make the weekend a success, and Mike Smith wishes to express his thanks to the excellent coaches who assisted him.

BRITISH AIKIDO ASSOCIATION — OFFICIAL NOTES

Continued from page 9

He coaches at two clubs — one at his school and the other at Brixton — and also gives instruction in the art at RAF Hendon. In fact, he reckons to spend four nights each week teaching aikido and another two practising. Not content with that, he crams a certain amount of aikido into his courses at school.

His competition successes include gold awards for kata and ninin dori

and a silver for randori kyoghi in last year's southern region championships, and silvers in the open kata and ninin dori at the 1975 nationals.

A perfectionist where physical fitness is concerned, Pat drives his pupils hard on the mat, and has a reputation for innovative techniques in randori. Off the mat, a very likeable young man who is an asset to the sport.

JUDO MAGAZINE

As and from the October issue the price of JUDO Magazine will be 45p. — our first increase in two years; but of course this will only come into operation on subscription renewals.

THE BUCKS FREE PRESS JUDO TOURNAMENT FOR BOYS

by John O'Brien

The Veraloy Judo Club in conjunction with the Bucks Free Press presented the 2nd annual tournament for boys judo teams under 16 years of age, at the Handy Cross Sports Centre, High Wycombe, on Saturday 4th June.

The thirty-two teams taking part started to arrive in High Wycombe on Friday afternoon. The Scottish teams from Glasgow stayed in the Bradenham Youth Hostel and the Wigan and Wolverhampton teams stayed in T. S. Jaguar by courtesy of the High Wycombe Sea Cadets. The Dutch team from Tilberg were held up by a rail dispute in Kent and eventually arrived in High Wycombe at 10.20 p.m. on Friday. The boys stayed until Sunday at the home of the competition organiser, John O'Brien.

The standard of Judo in the competition was good but local teams fared rather badly. Veraloy Club who had only one team got through the first round but had no answer to the very powerful Wolverhampton team who went on to win the event.

Certain local individual players were impressive, namely Jeffery Francis from Veraloy and Gordon Dale from Veraloy who didn't lose any of his four contests during the day. To be successful in this class of competition, players need the experience only gained by constant participation in events which attract top class opposition. One point which also emerged from talking to the coaches of the successful clubs was the tremendous number of players they had to choose from. The Dutch team came from a club with a

membership of 1000. This means that there is also more finance available to enable the teams to travel extensively.

The draw for the competition took place a week prior to the event and was displayed on the programme which was on sale at the Sports Centre. If any genius reading this report knows of a draw system to satisfy all team managers do let me and other organisers know, — you can even patent the idea first.

The Competition started on schedule and Wolverhampton "A" team on mat one demonstrated its superiority by beating Reading, Veraloy, Oome Sport from Holland and Bracknell "A" team to reach the finals.

On mat 2 Wolverhampton "B" team made a repeat performance by defeating V. & E. Judokwai from Herts., Tubes Judo Club from Worcs, Bracknell "B" team and Bexley Judokwai to reach the finals with their "A" team. In the repechage Bracknell "B" defeated Bexley to get a bronze medal and on mat 1 Oome Sport defeated Bracknell "A" team to take a bronze medal back to the Continent. The real suspense from the final was lost because it only involved one club but nevertheless it produced the superb judo which we had come to expect from the club. The "A" team emerged as the very worthy Champions to take the coveted Bucks Free Press Challenge Trophy. To finish off their clean sweep, Densign White of their "A" team won the style award donated by Hard Alloys Ltd.

Guests at the Competition included Mr. Charles Palmer O. B. E. 7th Dan, Chairman of the British Judo Association and the International Judo Federation. Roy Innman 5th Dan former B.J.A. team and Olympic squad member and Mr and Mrs

Alan Goldsmith from the Bucks Free Press editorial staff.

Mr. Palmer delighted the young players by presenting the superb trophies to the winning teams, to conclude the event on schedule at 5.40 p.m.

RUGBY BOROUGH NATIONALLY OPEN INDIVIDUAL CHAMPIONSHIPS FOR WOMEN 1977

This, the third Nationally Open championships for Women staged by the Midland Area was put on in conjunction with the National Team Championships over the weekend of 14th and 15th May at Rugby Sports Centre and attracted a record number of entries from British girls for this event and, I believe, for any other.

There were fourteen Categories to fight including two new Sections for Kyu grades which were split into four divisions by weight and grade. With only two mat areas available, it was obviously going to be a long hard day for Competitors and Officials alike.

Kyu Grade, Event 1. Novice to 5th Kyu under 58kg. The day started with Sharon Keeble (NHC) beating Julie Walters (NHC) after previously losing to her on a 1 point decision in their First Round Pool, but in the final making sure with a strangle.

Event 1A was the over 58kg division for the same grades, and the Gold was won here by Jane Hilditch of the North West with a hold down on E. Gillen, Midlands. An exciting prospect in this section was Sharon Guest (M) a strong 7th Kyu who won four Ipons to top both her first and second round pools in 4 mins. 40 secs. In doing so she beat both the eventual Gold and silver medalists into second places but then in the cross over pool for the semi-final lost to E. Gillen by a yuko.

Event 2. 5th kyu to 2nd kyu under 58kg. This produced more impressive judo from young Debbie Clewes (M) who took the gold by a wazari from J. Thorpe (Y&H) who had previously beaten Debbie by a similar margin into 2nd place in their Pool. Marcia Banton (L) then beat Kath Silgrum (NW) in the over 58kg section of the Event which brought us to the first "Open" grade category.

Event 3. Under 48kg. K. Johnson (1st Dan) from the South beat K. B. Tyrer (NW) with Miss Tyrer reaching the final entirely on armlocks and strangles.

Event 4. The 48-52kg had a liberal sprinkling of talent with four British Squad players winning through to the knockout and Connie Armstrong (NHC) beating Della Tysall (L) with yoko-shio in the final. Nicole Coleman (L) predictably took the Gold in **Event 5**, the 52-56kg class although she had a somewhat of a struggle to beat D. Netherwood (Y&H) by a koka to secure a place in the final.

Event 6 showed what hard Competition there is for the National Squad places. In this weight category with all the last eight in the Trials getting into the knockout round but Julie Scattergood (M) produced the goods to beat a limping Sue Evans (NW) in the Final. Amongst the losers there were enough talented players to win any other Championship with ease which shows how

hard it was to win medals in this Section.

Event 7. The 61-66kg class was similarly equipped with all the last eight being Dan grades of note and Bernie Ring (M) did well to beat Marie Djumic (S) for the title.

Event 8. 66-72kg also read like a "Who's-who" of British women's Judo with nearly all the entrants being National Squad members and Carol Sturgess (M) being the lowest grade at 1st Kyu. Geraldine Harmon met Heather Ford in a hard final with Heather proving the stronger, winning by a hold-down in the last minute. From the way that Heather had been walking into and knocking over Officials all day, it was obvious that she was in a destructive mood!

The Heavyweights were in **Event 9** with Carol Sturgess taking advantage of there not being a requirement to weigh in to a bottom weight category and entering this section as well as the previous one only to be drawn into the same Pool as Ellen Cobb who had coasted through her Saturday fights without defeat. Then sensation! In 40 secs. including the count Carol had thrown Ellen and held her in kesagatame to really astound and please the audience. This really put the cat amongst the pigeons as it meant that Carol, Ellen and Loren Gunn (Sc) had two wins and twenty points each so they had to re-fight. This time Ellen made up for her first loss by armlocking Carol, but Carol went on to beat Loren with a strangle after being held in the first fight. So, amid great excitement Ellen and Carol went through into the next round with the prospect that they could meet again in the final. In the other Pool Moira Howard coasted through to top it in 1 min. 82 secs. of contest whilst L. Green (Y&H) was second. The loser in this pool was Sharon Guest 7th Kyu who was quite unconcerned with the Company she was in and really fighting above her grade. In the semi-final Carol's effort came to an end when

she was overwhelmed by Moira, and Ellen held Miss Green to become the other finalist to give us a repeat of the Trials final.

In a similar contest Ellen won with kesagatame after 2 mins. but if Moira can add some throwing skills to her considerable power she will be a fine prospect.

The Open had been somewhat depleted by this time with injuries and the withdrawal of some of the Scottish competitors who had to start off for home, but we still had some high grade action to come. In the quarter finals of a straight knockout we had Carol Sturgess and Jackie Snee battling to a three point win for Jackie whilst Geraldine Harmon won through to meet D. Power of the North West after Maureen Curran (Sc) had retired with an elbow dislocation. Geraldine, understandably upset by Maureen's injury beat Miss Power by a koka whilst Jackie Snee beat Miss Convery (1st Dan), who had travelled from the Isle of Man for the Competition. In the repechage, the retirement of Miss Curran meant that there was only one fight in Geraldine's side of the Table to decide the bronze and this was D. Power (NW) against that persistent 7th Kyu Sharon Guest who again pulled off the impossible by winning with a hold in 2 mins. 15 secs. Carol Sturgess ended her very exciting day by winning both her repechage fights to take the other bronze. In the final, Geraldine had recovered her composure and finally held Jackie in 2 mins. 10 secs. for the Gold.

Medal Table

	Gold	Slv.	Br.
Midlands	4	4	9
South	4	1	3
London	1	1	1
NHC	2	2	2
N.W.	1	3	2
Yorks./Humber	-	1	4
Scotland	-	-	2
North	-	-	1

THE MARTIAL ARTS SCENE

Alan T. Francis

Once again congratulations are due to the English Karate Team for a superb win in the European Karate Championships held in Paris on 21st/22nd May, 1977

In the final our team showed much confidence and control easily winning the match against Italy by 4 wins to 1 draw. The results and draw are as follows:

Country			
12*	Holland		
7	Wales	Wales	
8	Switzerland		Wales
8	Sweden	Sweden	
12	France		England
12	Spain	Spain	
11	Belgium		Italy
8	Italy	Italy	
12	Germany		
8	Scotland	Scotland	
7	Norway		England
11	England	England	
11	Finland		Italy
12	Austria	Finland	
	Bye		Luxembourg
5	Luxembourg	Luxembourg	

ENGLAND

* Number of entries in separate individual competition.

In the individual competition we also did well and special congratulations are due to Stan Knighton of Sheffield who won the Light Heavy-weight division. England also collected two silver and three bronze medals in the various weight categories and all concerned are to be complimented on this showing. Stan Knighton has been on the international scene for a number of years and was a member of the 1972 team which did so well in the Paris World championships.

There were 144 entries for the individual competitions.

At home we are delighted that Mr. Arthur Rees, C.B.E., Q.P.M., M.A., D.L., the Chief Constable of Stafford, and well known sportsman, has become the first president of the

Martial Arts Commission. Mr. Rees (who had a distinguished record in international rugby) has shown much interest in our "gentle arts" and we look forward to a very happy association.

Jim Elkin, Chairman of M.A.C., was delighted to be one of 30,000 people nationally to receive H.M. The Queen's Jubilee Medal.

Congratulations are due to Jim Elkin, but he has thanked all concerned in Martial Arts stating he is delighted to receive it on their behalf.

When England, Scotland and Wales combine as Great Britain for the 4th World Karate Championships in Tokyo from 1st-4th December, 1977, we can be confident of a very strong team.

News is just in of some interesting developments in Japan, namely the formation NIKON BUDO KYOGIKAI under the chairmanship of Jugi Matsumae. This body is an umbrella type organisation for co-operation between Judo, Kendo, Kyudo, Sumo, Karatedo, Aikido, Shoringji Kempo, Naginata, Jukendo and the Nihon Budokan.

At the opening ceremony in April 1977, the following gave congratulatory addresses at Kitanomaru Public

Park, Tokyo:
The Prime Minister of Japan.
The Education Minister.
Speaker of the Lower House.
Speaker of the Upper House.
Chairman, Japan Physical Education Association.

We will no doubt hear more of this organisation, meanwhile I am grateful to receive the transcript of the proceedings which makes significant moves to strength and unity in Japan.

UNIVERSITY JUDO

Jubilee Year for the Yukio Tani Vase

During the British Universities Judo Association Championships of 1977 the Yukio Tani Vase was presented to the Manchester University Judo Team, who thus became the 25th holder of this trophy, awarded annually to the British University Team Champions.

The trophy was originally presented by the Japan Society of London to the memory of Yukio Tani (1881-1950) who first brought Ju-Jitsu to Europe and was first Judo Instructor to the Budokwai, London. By coincidence the first club to win the championships was Manchester University.

The contests were fought at Crystal Palace with a record entry of eighteen universities and the winning team received the trophy from Mr. Takashi Onda, Consul General of the Japanese Embassy.

Runners-up were Oxford for the second consecutive time and London, last year's winners, shared third place with Heriot-Watt. The teams received their medals of the British Universities Sports Federation from Mr. Onda.

The number of student competitions this year, on Saturday, 12th and Sunday, 13th March was seven, the two colleges and polytechnics

championships being organised as combined events.

British Colleges/British Polytechnics Team Championships

In the colleges/polytechnics team championships some very close matches were fought and some of the less experienced team members did especially well. There was no shortage of advice and encouragement from the audience during these encounters, but what really impressed the supporters was the willingness to try big throws whilst under the pressure of intense competition. The results, in many of the contests seemed to exceed the expectations of the competitors and their supporters and this the audience found particularly amusing. Undoubtedly the less experienced fighters will derive considerable benefit from competing so successfully in the atmosphere of a big event and probably will be much improved by next year.

The scores illustrate the slender margins of superiority between the teams, Lanchester Polytechnic, Oxford Polytechnic and Borough Road College each won two matches. The championship was decided by contest wins as follows:

1. Lanchester P. 2 matches; 10 wins
2. Borough Rd. C. 2 matches; 9 wins
3. Oxford P. 2 matches; 8 wins

Women's Students Championships

The only non-team event held on Sunday, 13th was the Women's Student Championships, this year an official championships of the British Students Sports Federation and for which B.S.S.F. plaques were awarded. The entry was not large enough to cover the full range of weight categories but fortunately the competitors were mainly concentrated into two groups and a successful event resulted. Many favourable comments were made about the standard of the judo. Hilary Cox and Christine Plackowski were outstanding again this year.

Under 56 kgs.

1. C. Plackowski (Exeter U.)
2. C. Berry (Loughborough U.)

Over 56 kgs.

1. H. Cox (Manchester U.)

Open

1. H. Cox (Manchester U.)
2. C. Plackowski (Exeter U.)
3. C. Berry (Loughborough U.)
3. S. James (Sheffield U.)

B.U.S.F. Group Tournament

As in previous years the team competitions concluded with the B.U.S.F. Group Tournament, which is basically an inter regional championships comprising the main groups of university sport.

It provided a very worthwhile finishing note when in the final the Northern Region retained the Barnes Shield by a 5 wins (59 pts.) victory over London who had 5 wins (39 pts.) Mr. John Barnes (President of B.U.J.A.) presented his trophy and B.U.S.F. Medals to the winners.

Men's Students Championships

Saturday, 12th March was devoted to the men's individual championships in the new seven weights. All categories were numerically well supported except the heavier ones and some strong competitors emerged for the National Student Team.

Having qualified in the universities or the colleges/polytechnics cham-

pionships, competitors fought for places in the British Students Sports Federation Championships with the following results:

Under 60 kgs

1. K. Walkling (London U.)
2. G. Owens (Oxford U.)

Under 65 kgs

1. S. Birch (Manchester U.)
2. R. Lockyer (Edinburgh U.)
3. S. Kelly (Edinburgh U.)
3. R. Vidgen (Manchester U.)

Under 71 kgs

1. P. Blewett (Borough Road C.)
2. J. McQuade (Jordanhill C.)
3. S. Woods (Manchester P.)
3. M. Nicholas (Oxford U.)

Under 78 kgs

1. D. Burns (Hatfield P.)
2. S. Sparks (St. Mary's C.)
3. S. O'Connor (London U.)
3. C. Phillips (Manchester U.)

Under 86 kgs

1. N. Spry (London U.)
2. B. Rowe (Southampton U.)
3. R. Parnell (Bristol P.)
3. W. Pelton (Newcastle P.)

Under 95 kgs

1. M. Robbins (Lanchester P.)
2. M. Howarth (Nottingham U.)

A number of students who missed being placed in the students championships had won medals in the earlier events. The following results, which were achieved in the universities championships (B.U.S.F.) or the combined colleges/polytechnics championships (B.C.S.A./B.P.S.A.) concern those competitors whose placings were not repeated in the overall championships above, but who gained medals in the qualifying events:

Under 60 kgs

- B.U.S.F.
3. B. Kane (Glasgow U.)
 3. A. Cheah (Manchester U.)

Under 65 kgs

- B.C.S.A./B.P.S.A.
1. M. Gowland (Oxford P.)

Under 71 kgs

- B.U.S.F.
1. S. O'Connor (London U.)
 2. C. Phillips (Manchester U.)
 3. M. Stalling (Heriot-Watt U.)
 3. B. Gallagher (Manchester U.)

Under 86 kgs

- B.C.S.A./B.P.S.A.
1. R. Parnell (Bristol P.)

Under 71 kgs

- B.U.S.F.
1. C. Loughlan (Glasgow U.)
 2. M. Nicholas (Oxford U.)
 3. K. Pearson (Stirling U.)
 3. M. Gannon (London U.)
- B.C.S.A./B.P.S.A.
3. J. Tyler (Lanchester P.)

Conclusions

This year's championships results showed an improvement in the spread of student judo with eighteen clubs gaining a medal in the men's individual championships. It also demonstrated the continued strength of Manchester and London who accounted for eleven medals between them.

KENDO FORUM—Continued from page 10

years puts Kendo in the forefront of the offenders, especially in Japan, but nonetheless, if there is to be proper understanding of *kata* then there must be a return to the classical ways of study.

As I have constantly said, the use of imagination and sound interpretation of forms aims directly towards constructive and artistic *kata*. For example, if the initial form requires *Shidachi* to avoid a through cut from *Uchidachi*, then there should be as little delay as possible in returning the attack. If there is any delay or a pause then the person missing the initial strike will certainly not oblige by remaining transfixed in the end posture, he will already be recovering. This comes back to the feeling of a real fight and applies equally in all Budo systems. Maybe we are required to demonstrate the forms of *kata* precisely and some-

Fund for World University Judo — Championships at Rio

The B.U.J.A. are endeavouring to raise funds to prepare and send a full team to the World University Judo Championships being held in Rio de Janeiro, Brazil, from the 1st-5th November 1978.

To succeed we need your help.

Please try to raise money at your university, college or polytechnic Judo Club and send it to the fund officer.

Apart from donations and other funds raised, we are hoping to collect large quantities of trading stamps and cigarette coupons. If your friends and relatives can provide any of these, please collect them up and send them to the Fund Officer at address below.

The Target is £10,000.—We must start collecting now.

Enquiries to: World University Championships Fund Officers, Miss Anne Swinton, 20 Battersea High Street, London, S.W.11.

times relatively slowly, but in *dojo* training it is important to show the real meaning of the forms. Now in *Kata*, especially *Iai-do*, we tend to aim towards a flexible body, a softening of the muscles, and general physical efficiency. The objective is first to train the body. But in the reality of battle we may need to make cuts harder and with more force. So the actual aim of *kata* is to train the body to respond in a co-ordinated fashion and to train the mind to evaluate form and to select the correct tactics according to the situation.

The classical maxim is: "Therefore when those experienced in war move they make no mistakes; when they act, their resources are limitless". To practice *kata* properly one must first master the basic physical movement but then turn to the real

Continued on page 38

ALL PRICES INCLUDE V.A.T.

Prices subject to alteration without notice and subject to being unsold

Mats

Japanese Tatami 6' x 3' x 2½". Green Vinyl Surface.	each	£30.00
Contimat International 6' x 3' x 1½". Green or Red. B.J.A. approved.	"	£32.00
Rectical Rubber Sheets 6' x 4' x ½". Green Vinyl. (Other sizes available)	"	£22.75
Carriage extra		

Judo Outfits

STANDARD CLUB OUTFIT — Jacket, Trousers & White Belt. Cream: small, medium and large.	£6.50
HEAVY QUALITY OUTFIT — Jacket, Trousers & White Belt. Cream: small, medium Coloured Belts. Less 10% for 6 or more.	£10.00 .90
Carriage: 1 outfit .90; 2 outfits 1.40; 3 or more free.	

JAPANESE OUTFITS — Jackets, Trousers & Belt

Sizes	Complete Outfits	Sizes	Complete Outfits
130 4' 3"	£8.83	110 3' 10"	£6.85
140 4' 7"	£9.37	120 4' 0"	£7.34
150 4' 11"	£11.04	130 4' 4"	£7.90
160 5' 3"	£12.22	140 4' 8"	£8.68
170 5' 7"	£13.05		
180 5' 11"	£13.89		
190 6' 3"	£14.56		
200 6' 7"	£15.06		

Belts all colours £1.36

Carriage: complete outfit 1.05; belt only .20

Karate Outfits

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

JAPANESE OUTFITS

Sizes	
Heavy quality	160 5' 4" £11.13
	170 5' 8" £11.38
	180 6' 0" £12.22
Instructors	180 6' 0" £18.58

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

Fundoshi

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

Slippers

Japanese Straw Zori.	£3.46
With V-type thong: size 9½" 10½" 11½".	
" X " " " 9" 10" 11".	
Colours: red, green, blue or black.	
Black rubber with black velvet V-type thong.	£2.38
Sizes 9", 9½", 10", 10½", 11", 11½".	
Carriage .22	

ALL PRICES INCLUDE V.A.T.

Prices subject to alteration without notice and subject to being unsold

Medal Ribbons

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

Ties

Crimplene-Satin, in Navy-blue, Dark-red, Green and Black. With Judo characters silk-screened in Gold.	£1.62
Crimplene-Terylene, in Navy-blue, Dark-red, Green and Black. Carriage .10	£1.94

Holdall

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

Blazer Badges

Judo Blazer Badges embroidered new B.J.A. design, washable. Size 4" dia.	.97
" Blazer Badges embroidered new B.J.A. design, with Gold wire. Size 5" dia.	£3.00
" Tracksuit/Judogi, washable as item 1. Size 3" dia.	.39
" Key rings, with new B.J.A. design.	.30
Karate Badges. Wado Ryu or Shotokan style. Approx. 3" dia. Less 10% for 3 or more.	.35
Carriage free.	

Watch

Ladies Gold plated, 21 jewel .ncabloc sunrise dial 4 8 raised strikes (yellow with black), waterproof. Black strap — total length 7½".	£19.62
Carriage .26	

Jewellery

Cuff links with Judo motifs.	£2.19
Carriage .10	

Bound Volumes & Binders

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

JUDO
LIMITED

ORDERS TO:

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

Telephone: 01-672 6545

open the inner eye to the other shades of meaning. For this reason *kata* should always be taught properly. The developed techniques will always need deep and prolonged study but there is, to my mind, no reason at all to teach any form other than the strictly orthodox one or confusion will sooner or later occur.

In the *Nihon Kendo-kaata* the forms are far from complicated: they are not physically difficult to master when compared to many *kobudo* techniques. And yet only a tiny percentage of students really seem to understand. This being the case then realism is clearly needed to fire the imagination and to give life to the forms.

Kata is not the slavish repetition of techniques because such study is arid and devoid of meaning. If this is the only way that you can practice then you may as well give up because you are wasting your time. Practice in this way means that if you train all your life you will never understand and will only be able to repeat what you have studied like a machine. If you always approach *kata*, whatever your Budo discipline, in the spirit of enquiry then your practice will be fertile and productive. Gradually such training guided

and moulded by the discipline of each form and the full *kaia* series will develop and deepen until ultimately you may reach *gokui*, or intuitive understanding.

These three short articles have been offered because I feel there is a very real lack of understanding about the nature of *kata* to-day. Some Budo people have no wish to understand or perhaps no ability to do so; but there must be many who would like the chance to study properly. However, my feeling is that the longer the day when you do start proper *kata* training is deferred then the less your chance to find mature masters who can teach. By teaching I mean with true insight. Even in Kendo which is supposed to be based on *Kata* there are only a few excellent *kata* teachers left, far fewer than before the World War II. How many such masters are now left in judo in this country, for example? We live in days when sincerity is not valued, and professionalism is the only yardstick by which most Budo people measure their teachers. Very, very few professionals have the slightest idea of true *kata* and by definition have even less idea of the real meaning of the Budo tradition. If you want to study proper Budo then you have to be quite strong and positive on this point, the alternative is the decline and eventual end of the tradition and its replacement by —what?

To JUDO LTD., 28 High Street, Tooting, London, S.W.17
Please send me JUDO every month, for which I enclose remittance
for £4.20 for twelve issues post paid

Commence with _____ issue.

Name.....

Address

RENEWAL/NEW SUBSCRIPTION (Delete which not applicable)

World Judo Championships
Barcelona 1977

CANTERBURY TRAVEL, in association with JUDO Ltd. offer readers of "Judo" and their friends an inclusive tour arrangement using scheduled airline services from London Heathrow Airport to attend the World Championships in Barcelona from 21—25 September 1977.

The tour of 7 nights duration is based on the Apollo Hotel (one star) located in the Rambblas of Barcelona. This area has the main night life of Barcelona and is one of the nearest hotels to the venue for the championships. All rooms are with private bath or with shower.

Cost per person in a twin with bath or shower £97.50. Single room with bath or shower £109.50.

Tour departs 19 September 12.40 hrs, return landing 26 September 11.55 hrs. Accommodation in higher category Hotels is available on payment of a supplement (eg 3 star an additional £20 per person).

Should participants wish to be accommodated in a seaside resort, the nearest is Sitges (28 miles), we shall be pleased to try to arrange this.

Canterbury Travel hold a letter of confirmation from the Spanish Judo Federation for a large allotment of season tickets for the championships. Tickets are available in best category (Preferente) and normal categories.

(1) A booking deposit of £15.00. per person is required, this is non refundable after the booking has been accepted and confirmed.

(2) If season tickets for the Championships are required — please let us have full payment best category £16.40, or normal category £5.80 (this rate may be adjusted according to exchange rate at the time of booking).

(3) Balance of tour cost will be invoiced for payment 5 weeks prior to departure. The ABTA scale of cancellation charges will apply — details will be supplied on request.

BOOKING FORM—WORLD JUDO CHAMPIONSHIPS IN BARCELONA
Return to Canterbury Travel, 248 Stratfield Road, Harrow, Middx. or
Mr. G. A. Edwards, Judo Ltd., 28 High Street, Tooting, London SW17.

Please reserve.....places on our Tour.

Accommodation required in twin(s) single(s) at the Apollo

Hotel. If a higher category hotel is required please write YES

Accommodation at Sitges would be preferred state YES..... Approx. category required. * 2 star, 3 star, 4 star.

Payment for season tickets, * Best/Normal category is enclosed
 * Delete as applicable.

Surname	Initials	Title	Address	Tel. No.
---------	----------	-------	---------	----------

I enclose £ representing a deposit of £15 per person.

Signed _____ Date _____