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JUDO

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David Starbrook picks up his USJA opponent John Saylor before throwing him to the ground and finishing the contest with a hold down. Photograph by David Finch

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1st JUNIOR EUROPEAN KARATE CHAMPIONSHIPS

Report and Photo's by **Brian Hammond**

The first Junior European Championships were held at the Carl-Diem Stadium on the 7th December, 1974, in the City of Mannheim in West Germany.

The Tournament for Individuals under the age of Twenty-one attracted competitors from ten Countries including England and Wales. Scotland however, although invited, did not send a team. England fielded a team of eight and Wales six. Unfortunately England was virtually cheated out of a Gold Medal owing to a discrepancy in the rules regarding extra time and had to be satisfied

with a Silver Medal — Wales took home a Bronze.

Lightweight

The Lightweight Category under 68 Kilos attracted some good fast Karateka. England's entrants were S. Jones and S. Ives. Ives beat Soderberg of Sweden after a drawn match by two Waza-ari to one Waza-ari scoring with Mae-geri both times. He unfortunately went out on a disqualification when he met Becker of Germany. In one encounter Ives made face contact during a flurry of punches. S. Jones, our other compe-



The English Team and Officials.



Openweight Medalists: *Left to Right* Wellington, Luconi, Cichos, Chiapolini.

ditor, went out to Gauze of France when he attempted Ushiro-geri and was counter attacked although it did look as though the kick scored.

Harris of Wales was eliminated by Komplita of Switzerland with Ashi-barai followed by a punch to the face for Ippon. Taylor of Wales fared a little better when he beat Calo of Switzerland. Calo, I may add, had the most unbelievable warm up session I have ever seen, with legs flying in every direction although when his match started he completely froze up. Taylor went out when the Judges gave his next opponent, Gedda of Germany, the decision. In the Lightweight Semi Finals, Gauze of France beat Becker of Germany with a stamping kick when Becker slipped. The other Semi Finalists Komplita of Switzerland was beaten by Gedda of France when he was disqualified for face contact.

The Final saw Gauze beat Gedda by two Waza-ari with two very fast

punching techniques. First Gauze, France, Second Gedda, France. Joint Third Becker, Germany, Komplita, Switzerland.

Middleweight (68 — 78 Kilos)

In the Middleweight category England's R. Kane was beaten by Lindeberg of Sweden and our other competitor in this category, B. Robinson, was beaten by Theler of Switzerland by Waza-ari after extra time. The two Welsh entrants, George's and Luther, also went out in the First round.

The Finalists of the Middleweight were Messmer of Germany, who had beaten Ullgren of Sweden in the Semi Final and Lion-Cerf of France, who had beaten Lindberg of Sweden in the other Semi Final. The Final was very closely fought. After a no score draw Messmer scored with Gyaku Tsuki for Waza-ari. Lion-Cerf just failed to score with Jodan Mawashi Geri. At time Messmer

was given the decision. First Messmer, Germany, Second Lion-Cerf, France, Joint Third Ullgren and Lindeberg both from Sweden.

Heavyweight (over 78 kilos)

It was in this category that a bad decision robbed England's George Latore of a Gold Medal. Vic Charles unfortunately went out in the first round to Biron of France by two Waza-ari's to one. Biron was beaten in the next round by Friedack of Germany which therefore knocked Charles out of the repechage. In the other pool George Latore swept all before him. His first opponent was Scheveweg from Belgium whom he beat with two Gyaku-tsuki's. He then met Nygren of Sweden and completely dominated the match scoring with Chudan Gyaku-tsuki to get the decision. His next opponent was Carbila of France; this was a very even match, at time with both opponents having scored Waza-ari, the

result was a draw. In the first extension Latore attacked consistently and scored with Chudan Gyaku-tsuki, at time he was given the decision which put him in the semi-finals against Biron who had come back in the repechage.

The other semi-finalists were Friedack and Carbila. In the first of the semi-finals Friedack beat Carbila by Waza-ari with Gyaku-tsuki, and Latore beat Biron by waza-ari also with Gyaku-tsuki. The heavyweight final was a pretty nail biting affair. Latore soon scored Waza-ari with Chudan Gyaku-tsuki but about fifteen seconds from time the Referee gave Waza-ari to Friedack for a rather dubious Gyaku-tsuki. At time, a draw. The first extension, although with plenty of action, also resulted in a draw. In the second extension again plenty of action with good attacks from both contestants, but no score. Unfortunately, Latore made contact with his opponent and was given



George Latore against Biron of France in the Heavyweight Semi-final.

Hansoku-chui. He completely dominated the rest of the match and at time Judges gave a draw. It was at this stage, whilst awaiting the third and final extension that one of the Judges said a decision should have been made after the second extension (which was contrary to the announcement previously made on the microphone). After about five minutes of discussions the Referee called Hantai, unbelievably two Judges gave white and two gave red. The Referee looked completely bewildered and raised both hands as if to say 'What do I do now' — pondered for a few seconds and then gave the decision to Friedack which delighted the German crowd but angered everyone else as George Latore had definitely dominated his match. When the medals were being awarded the Gold medallist Friedack insisted that Latore stand on the winners rostrum with him. Joint third Carbila and Biron both from France.

Openweight

England's two competitors J. Kane and E. Smith unfortunately went out in the first round, Smith going out to Steve Wellington of Wales. Wellington did quite well and although going out to Luconi of France, came back in the repechage to meet Cichos

and managed to score with Gyaku-tsuki to win the match. In the other semi-final Luconi of France, beat Chiapolini also from France. Luconi beat Cichos to take the Openweight title. Result—First Luconi, Second Cichos, Joint third Wellington and Chiapolini.

Unfortunately some countries are now starting to bend the rules. Protective clothing and bandages should not be worn without a Doctors Certificate, but it was noticed that the French team was heavily clad with bandages, pads and shin-guards, all of which were accompanied by the necessary Doctors Certificate. O.K. perhaps protective pads for the fists and chin guards are a must for the future but lets have every competitor protected the same. There was no Arbitrator during the Tournament which was contrary to the F.A.J.K.O. rules and the mix up in the Heavyweight finals would not have occurred had an Arbitrator been presiding.

Accompanying the England squad were Steve Arneil, the team Manager, R. Stanhope and B. Hammond who officiated as Referees throughout the Tournament.

Special mention must be given to Cliff Hepburn, for his help in co-ordinating the details for this report.

BASIC KARATE

Judo Ltd., are pleased to advise readers that after waiting many months BASIC KARATE by Iain Morris has at last arrived from the publishers. The price is now 85p including postage.

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A JUDOMAN'S DEVELOPMENT

by Syd Hoare 5th Dan,

Youth Squad Manager

I was asked recently to give a lesson to a young up and coming brown belt. The first stage in the lesson was to have a practice to try to get some idea of his strengths and weaknesses. At this point I realized that I could pitch the instruction at three levels. The problem then was to work on something which would be of long term value. Anyhow, I pitched it at what I thought was a suitable level and the lesson progressed with visible results. The fact that my pupil was a brown belt and had therefore a fair amount of judo experience posed the problem of what instruction would be right for his level and got me on to thoughts about judo development in general.

There are, I think, three levels of judo development in the individual which I call (1) physical, (2) situational, and (3) mental. They represent perhaps the amount of awareness and thought one has to progressively put into one's judo. The levels are the answers to the problems of "how to do it", "when to do it" and "the stalemate".

The *physical* level is straightforward enough and is the one which most judo people are concerned with. Judo movements are physically difficult to do. Learning to move the body in the right way takes time. This is a point I think which must be stressed. Think of a throw like Tai-otoshi for example. There is fairly complicated footwork which must be co-ordinated with correct body position and armwork. It may seem easy to make the movements consciously, i.e., by looking at one-

self when doing, say, uchi-komi very slowly, but look at the same beginner actually trying to do it in randori and it becomes obvious that he is not able to make the movement properly.

Learning to make the correct movements in a competitive situation takes time. How long of course depends on the individual but I would say about the green belt-blue belt stage one starts to see *consistent* attack moves which do or should work. Two milestones have to be passed to reach this stage. The first is belief in one's movement. Beginners tend to make tentative attacks which to an outsider look as if the attacker doesn't really believe they are going to work. He half goes in and then if it feels good to him he carries on but by then of course the opportunity is often lost. The beginner must believe that his attack will work and do it with one hundred per cent commitment. This once again takes time to learn. The next milestone is learning what part of a throwing action needs to be stressed. With a throw like Osotogari, for example, power is needed in the action of the left arm, right arm and the right sweeping leg. If resistance is offered at any of these points it often happens that the beginner will not attempt to sweep that resistance aside but will alter his own throwing position and lose the throw. Of course resistance at any one point may be too much, but often it isn't and one must explore that resistance and overcome it. I hope I make myself clear. With the Osotogari, for example against a sweeping

right leg often leads to the thrower abandoning the leg action and falling down with a sort of Makikomi end to the throw. However, a determined heave to overcome that particular piece of localized resistance will often finish the throw off with a good ippon. This is one of the reasons that high grade judomen don't fall down so much when attacking. As they enter for a throw they meet resistance, try to overcome it, often fail to do so and move back out—all in a split second. Having failed at any particular point they do not carry on any further since they know it will not succeed. One has to learn the anatomy of one's throw.

Perhaps it takes a year or more of steady work, say three times a week, to begin to master the handling of one's own body in the particular judo moves.

Assuming that one is by now fairly competent at making the various moves in one's repertoire, the next *situational level* involves making them fit the situation. This would seem obvious, yet it is amazing how many judo attacks are fired off willy-nilly. Judo moves bearing no relation to the opponent's movements and stance are by no means uncommon. This stage involves looking at your opponent's foot movements, his body position, his attacks and any idiosyncrasies and trying to fit your judo moves to his weaknesses. Of course it is not usually as conscious as this. One gradually learns by trial and error when to make an attack with a particular throw. However, for progress to the higher echelons a definite short-cut is to learn to look at your opponent. Weaknesses in movement or posture are usually not very obvious and are split-second affairs. Assuming that one has developed one's body as a throwing instrument, it should by now be able to take advantage of these momentary opportunities.

Weakness in movement and posture is a large subject in itself. Some of the things I try to look for are straight runs in a single direction and, next, what direction the man comes off the run. Another thing is to watch his foot movements in relation to your own. Is he making parallel movements or not?

At this point one should be able to do two things: firstly, to make the actual moves themselves and secondly, fit them to the man and the situation. At a very rough guess I would say this is about the first Dan stage, assuming that the person concerned did not just get there by virtue of being 18 stone and nasty.

The next level is the *mental level*. At about this stage a stalemate begins to appear. Your opponent, assuming that the level of opposition has risen with you, can match you move for move. He can handle his body as well as you, knows when he is vulnerable. At this point one can do two things—increase one's physical attributes by working on stamina, speed or strength, or start to think. The usual route and perhaps the easier of the two is to increase the physical side. Most people at this stage go in for weight-training and running, etc., or more rarely work on new techniques. However, assuming that we are now talking about competitors in the big events, the problem is that everybody else is doing the same thing. We reach a stalemate again. The judo-man at this point is forced to think—how can he break through the stalemate? Hence the mental-level as I call it. This level involves both your thinking and his.

A simple example is the combination attack. The attacker thinks: "I will do a number of strong Harai attacks, then switch to Ko-soto", hoping that the defender will have exchanged his posture for a Harai defence. Another example might be the man who deliberately adopts a

bad posture in order to invite a particular attack, thus giving him an opportunity for his counter. The attacker is simply *thinking* of ways to set his man up. Tony Sweeney has coined the phrase "reaction judo". This is what it is all about—trying to create a reaction for your own use. We are now at a pretty high level of judo, beyond which few progress.

There is another area at the mental level which can be explored and which is perhaps really an extension of the situational level. This involves your opponent's thought processes. When a man physically blocks all your attacks, the next thing is to look for the mental chinks in the armour. The Japanese swordsmen have thoroughly explored this area though I am not convinced that it fully applies to judo where one's movements are so much more restricted. Traditionally it was believed that when a man starts to think about a particular trick or course of action his mind locks briefly on those thoughts. Indeed, recent research has shown that if you ask somebody to think of doing a particular action there is increased electrical activity in the muscles concerned. So there is body movement as well. The idea is to catch your man at those moments. At a simple level he might get distracted by something off the mat, a loud bang for example. In randori the moments to look for are the very start of an attack or the moment when, even if you see no movement, you *feel* that he is going to do something. I have worked a bit on this recently and have come to the conclusion that you have to first get some idea of what you think he is going to do and have a particular move ready for it. Sutemi-waza seems particularly suitable.

Another opportunity is at the tail-end of an attack when the attacker relaxes his concentration. There are one or two other moments.

A good example of the above occurred during this year's European Championships when Dave Starbrook lost to Zuvela. The two men were well matched physically with Dave perhaps a little over-confident. The Yugoslav early on in the contest unleashed a couple of slashing ankle sweeps that clearly hurt Dave. At this point Dave began to think about the pain in his leg and the idiot referee perhaps. Shortly after, Dave was knocked down for a Koka and lost the match on it. All our top boys have 100% concentration but when they do go it is on those split second lapses.

Finally, there is another mental area applicable at only the very highest levels. Once again we have to turn to the Japanese swordsmen for information on it, although Western science is catching up fast.

Judo on the thinking level can be counter-thought (excuse my English) it's a bit like the comedy skit—"he knows that I know that he knows that I know", and so on. The American military men have come up with the same problem and their conclusion is to work on the basis that whatever plan or strategy you have will be found out by the enemy. Since they are working with machines the answer is simple—to introduce the random element in their plans.

The Japanese answer is to take the "thinking" out. Since the thought "Ototogari" locks one mentally for a split second, the idea is to train oneself to do Ototogari in response to the situation and not the thought. The Ototogari and the situation should meet with not a hairbreadth's gap between them. There are perhaps two ways to do this. The first is to immerse oneself so deeply in judo that it seeps into one's very bones, so that one's judo becomes as instinctive as walking. After all, we just walk and never

think about putting the right leg in front of the left leg. The other way is to meditate and learn to still the thought processes, letting the instinctive body movement come through without the brain getting in the way. Here we have the Zen connection with judo, though I think it has to be stressed that it is not an either-or method. A Zen master who had done no judo would soon get thumped. Immersion in judo and meditation proceed together. (The mysterious nature of Zen writings occurs when the writer tries to explain how one *consciously* stills the

thought processes. In other words how to *try* to not do something.)

Even at this stage, presumably, a stalemate could occur between two 10th Dan judo Zen masters, so the only solution is to do nothing—which brings us back to the beginning again, i.e., the stage before we took up judo.

I hope I have managed to make sense in this limited exploration of judo development. There are even other factors which I have not mentioned which could make another article.

BRITISH KENDO ASSOCIATION

OFFICIAL NOTES

1974 was a year packed with activity with our usual National Taikais and the First European Championship with ten countries represented and in which we gained all six gold medals. We lost however, by seven points to six, a friendly match against Germany in London on 12th October — whereon we were instantly invited to try again in Germany next Autumn. John King of the Hagakure dojo beat John Howell of the Nenriki in the final of the Japan Air Lines Yudansha Tournament. This is the umpteenth time John Howell has been runner up, and it is always a surprise to see his strong two-sword style defeated.

We are privileged in that His Excellency the Japanese Ambassador has kindly agreed to be our patron.

K. Kikuchi sensei (7 dan) O. Fujii sensei (5 dan) continue their regular instruction at the Nenriki dojo on Fridays, and the Michael Sobell Centre on Sunday Mornings.

Jock Hopson (4 dan) and his wife Deborah should be back from Japan by time this is in print, leaving Mike

Davies (3rd dan) and Don Cameron (2nd dan) training hard in Tokyo.

Fixtures for 1975

23rd March

B.K.A. open taikai
Crystal Palace or Sobell Centre.

10th May

Lidestone taikai
Nenriki dojo, London.

5th July

Sir Frank Bowden Taikai
Shudokan Cheltenham

27th September

Japan Air Lines Taikai
Bletchley Leisure Centre.

Membership

Please send enquiries for membership to Mr. J. Howell, 31 Woodstock Rise, Sutton, Surrey.

Clubs

The number of member clubs is steadily increasing, but we are still looking for a dojo in Birmingham to cope with large number of would be Kendomen in the area.

BOOK REVIEW

JUDO — HOW TO BECOME A CHAMPION, *by John Goodbody*
published by William Luscombe Ltd., at £2.50.

Reviewed by **Michael Hughes**

John Goodbody, former top contest man and Fleet Street sports writer now improving his mind at Cambridge University, has used this rare combination of qualifications to produce a valuable and engrossing book.

It is a publication which could improve the judo of all grades but the ideas for variations on basic moves given will be of special interest to higher grades and contest men. The most interesting thing about the book is that as well as outlining the standard method of performing throws, hold-downs, strangles or arm locks Goodbody has included the variations used with such success by the stars.

Thus we learn the difference between the uchi-mata of Syd Hoare, Tony Macconnell and Roy Inman as against the type employed by Brian Jacks and Angelo Parisi. We read of Dave Lawrence's special o-soto-gari, Tony Sweeney's hiza-guruma, Roy Inman's ko-soto and the sode-tsuri-komi-goshi with which Ian Guthrie twice defeated Dave Starbrook. The sections on groundwork and throwing are demonstrated by Jacks and Angelo Parisi while Goodbody himself demonstrates the weight training exercises he regards as most useful to the judoka.

Goodbody has called upon his elephantine memory and his friendship with the top men at the Budokwai and Renshuden to write a unique book containing myriad nuggets of fascinating information. I have practised with Brian Jacks many times, admittedly each was very brief, but I had to read this book to find out that he advocates gripping without using the first finger and thumb and thus preventing the forearms seizing-up.

Neither did I realise quite how hard our top contest men work to stay at the top. Some of the weight training and circuit training programmes used by Starbrook, Lawrence, Goodbody and others are most impressive. When one realises that Starbrook has done repetition presses with 240 lbs., dead lifted 450 lbs and curled 190 lbs. one realises why he is such a formidable man. The news that Keith Remfrey did weight-training work-outs lasting up to five hours before the 1971 World Championships also makes one aware that success does not come lightly.

But before lower grades go rushing for the weights I should point out that both Jacks and Lawrence advocate that a judoka should not start weight-training until at least 1st dan standard. Jacks advises: "Get the skill and agility first. Then add the strength and stamina later."

Perhaps the book's strongest point is that it will make young judoka aware of the possibilities which lie behind each basic technique, will make them think on the mat, formulate their own styles and become better judoka.

MIRACLES TAKE LONGER

A short story by Tony Reay based on fact.

In those days we had the most unique judo club in the country. Before some of you disagree with this statement let me tell you that the club premises were, in fact, an old Dutch Barge, which in the days of sail carried a special fine sand, quarried in our district, across to the Continent. The particulars surrounding the acquiring of these premises is the subject of another story.

We had for some years struggled along with our own inventiveness and our Judo knowledge had, up to that time, been gleaned from books and magazines and from the odd visits to the big clubs in the city.

The peculiar organisation of our club stemmed from the committee, the meetings of which were called at almost a moment's notice and often in the oddest circumstances. The meeting that led up to the events of this story was called one Saturday evening when, having spent two hours drowning our sorrows and attempting to heal our wounds from the afternoon's excursion to the city club, we decided something should be done. We had, in the previous year, embarked on a number of competitions throughout the county and our success had been dramatic to say the least. We were beginning to think that we were, indeed, the greatest until that fateful day when in the late morning our convoy of assorted cars, builders' vans and motorbikes left the village to, in the words of Bill Thatcher our highest grade, "give those city slickers some stick!" The experiences of that afternoon are too horrible to go into detail, suffice to say that all sixteen of us were bounced from wall to wall of the city Dojo. At about 10.30 that evening

the Chairman of the club (another hat worn by Bill Thatcher) called a meeting in our customary fashion. His pewter pint pot engraved "County Kyu Grade Champion" for the previous year served as a gavel on the Victorian mahogany bar. I recovered the minutes book from mine-host the publican and turned the beer-stained sheets to a clean page for yet another extraordinary meeting; thus you will have gathered that I was the club Secretary, a post which I had not been particularly keen on, but as I was a junior clerk in the local bank, it was deemed that I could write sufficiently well to maintain club records.

Bill never minced his words and his opening address was harsh and to the point.

"It's time," said Bill "we had our own resident instructor, and I move we find one."

There followed much discussion and debate, and eventually it was agreed that a delegation should go to BJA Head Office to find out the cost and the possibility of getting a high grade to travel to our little out-of-the-way club in the 'sticks'.

The eventual outcome was a stroke of good fortune. There was, we learned, a man who had just returned from training in Japan and was a Kodokan 3rd Dan, not the highest grade, but certainly, as we gathered, someone with a tremendous reputation. In no time at all a deal was struck and it was arranged that he would teach at our club two evenings a week for a trial period of three months. We found in these early negotiations that his

hard reputation on the mat extended to his financial dealings and it took another extraordinary meeting to double membership fees in order to meet his terms.

I shall never forget that first evening. We had bitter experience of the high grades in the big city clubs. They were a breed apart and because of their superior Judo, were looked upon with trepidation by us lesser mortals. Our man from the first moment stamped his personality on the club and we were never the same again. He was small and mean-looking. We rarely saw him smile and from the beginning he treated our efforts with utter contempt. Hither-to the club atmosphere had always been congenial and to a great extent happy-go-lucky. This new atmosphere was rather strange and foreign to us. The pattern of each evening's training as the weeks went on was always the same: tough and relentless and at the end of each session he would ram home to us not only our lack of Judo technique, but time and again the inferiority of the physical power and stamina of even the best in the club. In the third week, having demolished a complete line-up of everyone in the Dojo three times over, he delivered his first short sweet lecture. He told us in no uncertain terms that we were useless, but worse, picked out the faults and failings of each one of us in turn. Those of us who had been in Judo for some time accepted this, or at least were prepared to, but when criticism was levelled right down to our beginners, we felt this was just too much. The crunch came in the summary of his lecture when he referred to us as "broken old men", "spastic misfits" and "cripples", this last was a nasty and pointed criticism of one of our new members, Tim Watkins.

Tim Watkins had been brought to us some months earlier by a doctor who worked at a local Army hospital and who's main responsibility was rehabilitation. We are talking

of the days of National Service and Tim had been unfortunate enough to be posted to Malaya. His patrols through the Malayan jungle had been stopped abruptly by a terrorist hand-grenade which had left him completely paralysed all down the left side. The doctor had been a friend of ours at our various competitions, he had offered his services and in return we used to accept the odd recuperating serviceman in his charge to help in the process of rehabilitation. Tim was a very quiet lad and it became obvious to us that his physical disabilities had affected him very deeply and psychologically. The doctor explained that he seemed to lack the will to recover. In our limited way, each and every one of us had entered into the experiment with enthusiasm and tried to encourage Tim. Late that evening we must have presented a very bitter and morose group in the 'local', as we considered the latest affront. As the weeks went by membership gradually dropped, although the elder members felt determined to see it through. Every session was the same and in time culminated with the more determined being worn out and literally smashed with every conceivable throw. At one point Bill, who had always been our tower of strength, lost his temper and started mixing it. However, this was his undoing for we found that our star instructor accepted the challenge with glee and we were to witness some lethal tricks never before seen in our Dojo. All this time Tim was badgered and harassed to such an extent that eventually we demanded closing the contract. However we found that in our earlier enthusiasm we had failed to read the small print and there was nothing left for it but to see out the three months.

The scene in the Dojo each evening repeated itself. All of us, including Tim, were pushed to the limit. Some of us wanted to throw in the towel, but felt that we had

to be present to ensure that things did not get completely out of hand. Tim himself became more withdrawn than ever, but he more than any of us seemed to be driven by a force which said that he would not be humiliated into giving up.

The atmosphere was such that the stage was set for a confrontation between the more hardier of our members and the instructor. Both Barry Wheeler, who was a Lighterman on the river and Phil Mortimer, a Smithfield porter, were not averse to settling a dispute in a manner common to the tough waterfront up-river and it was that which someone like them was likely to do that most of us feared.

The moment came one evening when Tim, having been thrown a number of times was attacked on his completely weak side. He was viciously stumbled where upon the instructor laughed and shouted for all to hear:

"Can't you even do a break-fall with that gammy arm?"

It was the Doc, who looked in occasionally, who placed restraining hands on the shoulders of Barry and Phil, who were sitting on either side of him. At that moment all eyes were on the two in the middle of the Dojo. Callously and with deliberation the instructor, coming in on Tim's paralysed side pushed him back towards the bulkhead (wall) of the Dojo, contemptuously challenging him to retaliate. It was then that the instructor attacked with right o-uchi-gari. It had been an understanding with all of us that leg attacks on Tim's stiff and paralysed leg were not attempted, but then — miracle of miracles — Tim's leg lifted out of the attack and it was then we witnessed for the first time his left arm go up into a boxer's left hook and catch the instructor on the side of the jaw.

The blow, in itself was ineffectual enough, for one so tough, but this

unexpected action caused both figures to freeze for what seemed an eternity. They looked at each other and those of us sitting around the mat edge were mesmerised by the sight of Tim's hitherto paralysed limbs working for the first time. The strange heavy atmosphere in that moment lifted and with the instructor and Tim hugging each other the entire Dojo broke into a roar of applause. Like a child Tim gleefully flexed his left arm almost in disbelief and bent his left leg which though stiff, could be clearly seen to show that the muscles were once again working, tears were streaming down his face and for the first time we had known, Bill the Chairman found his voice choking with emotion.

It was drinks on the club that night. We would leave the Treasurer to worry about that one in the cold light of the morning. Those of us who were showered and changed first charged over to the 'local' to spread the good news. However, word had already preceeded us and it was mine host who insisted on the first round.

In the short time he had been with us, the instructor had never joined us socially and we had eventually put this down to one of his strange quirks, and in the words of Bill, the Chairman.

"There's something wrong with a man who can't drink!"

We had dismissed the idea in the last few weeks of even inviting him.

Both he and Tim burst through the door and all the locals crowded round to see the miracle. For the next half-hour Tim had to prove to each and every one of them that he could indeed use effectively all his limbs. This he had to demonstrate time and time again as glass after glass was pushed into his left hand. It was only later when we were all becoming affected by the drink that somebody suggested that a toast should be given on the

instructor's behalf. The last anyone could remember was that he was sitting in the corner in deep conversation with the Doc. The doctor stood up and, commanding the respect we all had for him, complete silence fell on the entire gathering. The doctor explained that he owed everyone an apology, that he and the instructor had discussed Tim's case right at the beginning and that they had both agreed this was the only way to play it. He apologised for the fact that the instructor had had to leave the celebration for, in fact, he had been called back to duty, the nature of which the doctor stated he was unable to disclose. However,

he did say that the instructor had left an envelope which he wished should be presented to the Chairman of the club.

Bill opened the letter which the doctor had handed to him and the contents were a short note from the instructor and some money amounting to an overall figure of the fees that we had paid, with the express wish that this be put into club funds. The last sentence of the note just about summed up the man he was:

"... the impossible I can do, miracles take a bit longer, thank you for your support".

FAMOUS JUDO PERSONALITIES No. 1

Dr. Jigoro Kano, (1860-1938)

by John Goodbody

Dr. Jigoro Kano, (1860-1938) is the famous founder of Judo. He welded the outstanding principles of the different styles of Ju-jitsu, the ancient methods of self-defence, into a method which he called *Judo*.

Born in Mikage (Japan), he practised at the various *Ju-jitsu* schools whilst studying at the Imperial University, and in 1882 he founded the first *Kodokan* at a 12 mat Dojo at Shitaya.

Kano called his method *Judo* (literally gentle way) but something Kano himself described as "maximum efficiency". Adapting his methods the whole time Kano led the *Kodokan* in a match against the other *Ju-jitsu* schools in 1886. The *Kodokan* won and the Japanese Ministry of Education adopted *Judo* as a sport. *Ju-jitsu* had lacked the sporting aspect of *Judo* and Kano introduced something that was entirely revolutionary — *Tskuri-komi*

— taking a person off-balance in order to throw him.

Dr. Kano realised the need for the expansion of *Judo* overseas and made numerous visits abroad. *Judo* reached America at the turn of the century. When Kano visited Britain in 1920 he approved the work of Gunji Koizumi, who had founded the Budokwai in 1918.

Dr. Kano always considered *Judo* as a training for life. He encouraged his followers to balance the physical aspect of training with the mental side. He himself was the headmaster of two leading Japanese schools, spoke English fluently and was a prolific writer.

He also started the Japanese Olympic Committee and died on board ship whilst returning from the International Olympic Conference in Cairo in 1938.



THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By TONY REAY, General Secretary

The Olympic Squad is now well into the first phase of its training programme in preparation for the 1976 Olympic Games to be held in Montreal. The programme is in the capable hands of the famous Ross/Kingsbury partnership who surprised the sporting world and in particular, embarrassed British television, by helping their team to scoop up — man for man — more medals than any other sport for Britain in the 1972 Games.

This partnership is now backed up by individuals who are considered expert in their particular field and have been specially selected to help in the programme. They each offer a valuable contribution and go about their work quietly and confidently expecting and hoping for only the satisfaction of seeing Britain grasp even greater glory. 1974 has been a very expensive year for the British Judo Association and have had to curb spending drastically in recent months. However, Olympic training continues as planned, there will be no skimping on training facilities or

upon the events which funnel the best fighters into the squad.

Grant aid helps but the Association has to find the greater part of the money to provide training and events through the year. Other sports in Britain enjoy much more funds available for the training of their top stars but they are sports that do not have a great number of splinter organisations to compete with. At the last count I find that there are twenty-eight groups in Britain purporting to do or are linked in some peculiar way with Judo. When it comes to putting on something like 16 national events and five or six in each of the 12 geographical Areas when it comes to providing the funds for British teams to compete internationally it is the British Judo Association that has to bear the brunt.

Money of course is not everything, it is sheer spirit and determination which has put British Judo where it is in the world today. It is however the little things that count and it is these little things that the Association will not be able to afford to

give to members of the squad. Things like extra judogi for the many hours of Judo practice (each squad member wears out on average six judogi per year); training track-suits (the heavy duty type gets saturated with sweat, rain and mud during a cross-country or road-work session) — a squad member needs ideally three of these if he's not to catch flu or pneumonia, and they like the judogi do not last long with the wear and tear whilst heaving logs, etc., during the average squad weekend. Running shoes and training boots; Dave Starbrook uses up four pairs of army boots in the year whilst Brian Jacks wears out six pairs of running shoes. At the Munich Olympic village running shoes were being distributed free by a well-known supplier and when members of the British Judo squad reported for their quota they were told they did not use them as much as the athletes do and were not a special part of their training equipment. This of course brought howls of laughter to the squad, it is a well-known fact that in training — mark my words 'in training' — the Judo squad members run more miles in the week than do top athletes other than actual long-distance runners. These mentioned are just some of the items needed by the individual for training, there are other items of equipment used by the squad as a whole. Two years ago sponsors bought weight-training equipment but now that the three male squads are amalgamated during most of their training, more weights are needed. Crash mats and training dummies as mentioned in the Identikit series of the last issue of this magazine are desirable. Perhaps highest on the list though and an absolute priority are the medical kits and equipment used. Dr. Ken Kingsbury uses large amounts of medicants, bandages, band-aids, etc., not only at events but during squad weekends. For a long time he was able to obtain free supplies of so called 'samp-

les' from manufacturers but recently such manufacturers, caught up in the spiraling costs, have been forced to announce that such 'free sample' supplies are now no longer available. Each of the four portable kits Dr. Kingsbury has made up for matches abroad and for squad training cost now in the region of £80.

We are especially proud of our star fighters because we know that it is mainly because of them that Judo has gained in popularity in this country in the last three years. Their training is perhaps the toughest and demands many more hours than other sports and compared to other sports the rewards in this country are still very little. We know that a top-class judoman in Japan need never want, that in the communist countries a champion becomes a Master of Sport and is assured of a good living for the rest of his life with a pension on the end of it. Anton Geesink I am told is a millionaire and if so why not when we see the fortunes that are being made in other sports. I know a lot of top-class judomen who have done well for themselves in this country but not through Judo, they had to leave Judo to do it and go into business which speaks well of Judo training perhaps. The fact is, Judo in this country is not in the big money league, seeing how it affects some people we read about in the sports pages of our national newspapers and also how it is affecting those sports, some of us might say that that is a good thing.

Display track-suits; these are what the competitor wears at the opening ceremony of a competition and also on the medal rostrum — if he is lucky. Lucky to win a medal that is. If he is a British competitor this year and next year he will be lucky to be wearing such a suit. The suits now in use are four years old and wear-and-tear has reduced the number to 7½ suits. With the present curbs on spending the Association

cannot afford these so called luxuries as I have mentioned so far.

They are extras, but many of us do know the true value that these little 'extras' afford to the competitor. Even with the display suits; he feels proud and somehow it is a kind of uplift when he is smartly turned out and he looks around at the competitors of other countries. It's all very well for us old hands saying "...these luxuries were not there when we were fighting..." In our day other countries did not have these so called 'luxuries' so it did not matter. A number of my friends have said they would like to do something about it, I certainly would — and so I am kicking off with a fiver (all I can afford on my salary) towards a special fund for the squads. I should emphasise that this is not a general appeal for the Association, just for those extras I have been writing about for the squads. If you feel you would like to help the fighters who are representing us and can do so no matter how little you can afford, please send your cheque or postal order payable to the "BJA squads fund". A list of subscribers and donations along with expenditure will be published in each issue of this Newsletter. I should further point out that this fund will be spread equally amongst all the national squads, male and female. Many thanks for your anticipated support.

1975 Annual General Meeting

This year's AGM will be held at the West Centre Hotel, Lillie Road, London SW6 on Sunday, 22nd June. Booking-in will commence at 1.00 p.m. and the meeting will commence at 2.30 p.m. Resolutions for the Agenda should now be presented to the Executive Committee from Member Clubs (such resolution should be supported by two Member Clubs) and Areas.

Associate Membership

Associate membership was introduced because it was found that a number of people involved with Judo these days were not actual judoka. Some of our officials at national events in fact do not practice Judo. They like the people, they like the atmosphere, more important they like to help out. Full membership offers mainly the opportunity to take part in promotion examinations, coaching and refereeing, etc. Also, at club level, parents do get involved and want to help in the club activities — properly managed they can be a tremendous asset to club life.

There has been some misunderstanding as to what governs associate membership and recently the E.C. has underlined the following: Associate Individual Membership shall be valid for administrative functions such as being a member of a Member Club's Executive Committee (to be a member of an Area committee or the National Executive Committee a full Individual Membership is necessary), and timekeeping and recording for all events up to and including national events.

Associate Individual Membership shall NOT be valid for representation of a Member Club at General Meetings nor for events of a technical nature such as taking any awards or certificates of the Association, (e.g., grades, referees awards, coaching awards) nor for examining at any such events.

Senior Women's Team Manager

Because of her family business commitments, Miss E. Viney recently resigned from the post of Senior Women's Team Manager. Not only was this a great surprise but at that time it was felt to be a serious setback. Elizabeth, the first Senior Women's Team Manager has done a tremendous job in establishing a Squad based on that of the men and the successes of her teams abroad

have been as impressive as those of the men. I sincerely hope that we have not lost her completely and that when she has settled her business problems, we can call upon her tremendous experience again. The Executive Committee considered a number of applications for a replacement and came down strongly in favour of Elizabeth's assistant at Winchester Judo Club, Miss Marie Fourt. The two have worked together in the past organising club, county and area events, and it is felt that Marie under the guidance of Elizabeth has served an excellent apprenticeship for the very difficult and time-consuming job of Senior Women's Team Manager. Marie, incidentally, has been elected the Sports Personality of the City of Winchester and is due to receive a presentation from the Mayor. This is quite an achievement for judo in a city where the more traditional sports are strongly supported.

Competitions Sub-Committee

Another resignation just recently has been that of Martin Lewis from the Competitions Sub-Committee. Martin is not leaving judo, he simply feels that it is time he made way for somebody else on this very important committee. Martin was a member of the organising committee for the 1974 European Championships and with his colleague Richard Williams bore the brunt of the many months of organising. Richard Williams has also expressed the desire to leave the Competitions Sub-Committee, but has agreed to stay on for the time being until a suitable person can be found to replace him.

1975 Conferences

Due to the present financial difficulties of the Association, it has been decided by the Executive Committee to defer the Fourth Senior Examiners' Conference which was scheduled to be held on the 4th March, and also the Coaches Staff Conference which was scheduled to be

held at Lilleshall Hall until a suitable time when finances will permit.

1975 Young Men's Championships and Trials

This event took place at Crystal Palace National Sports Centre on the 8th February and with more entries than last year of 77 Juniors and 94 Espoirs. The judo was as keen and exciting as we have come to expect of these young men. The previous trials were held just 3½ months ago but even then the final results showed quite a number of changes in the order of placing. However, we can still find the familiar names.

Unfortunately because the damaged mats at Crystal Palace have still not yet been replaced, this event was run on three mat areas. The result was a terribly long day, in fact, the last contest finished at 10.45 p.m.

Congratulations to the medal winners who are listed as follows: —

National Young Men's Trials & Championships — February 1975

JUNIOR (18-20-year-olds)

HEAVYWEIGHTS	
1. Ives, A.	N.C.H.
2. Davies, G.	Wales
3. Ferrie, E.	North
4. Hatcher, R.	South

LIGHT-HEAVYWEIGHTS	
1. Radburn, P.	N.H.C.
2. Chittendon, M.	South
3. Mitchell, J.	North-West
4. Brown, A.	Scotland

MIDDLEWEIGHTS	
1. Travis, S.	Army
2. Limerick, T.	Scotland
3. Bowles, C.	South
4. Adams, C.	Midlands

LIGHT-MIDDLEWEIGHTS	
1. Charles, G.	South
2. Blewett, P.	N.H.C.
3. Douglas, C.	Midlands
4. Murphy, K.	N.H.C.

LIGHTWEIGHTS

1. Birch, S.	North-West
2. Ryan, D.	London
3. Ogden, H.	Wales
4. Nixon, J.	North-East

ESPOIRS (16-17-year-olds)

HEAVYWEIGHT	
1. Finch, P.	London
2. Sparke, S.	N.H.C.
3. —	
4. —	

LIGHT-HEAVYWEIGHTS	
1. Potter, K.	West
2. Underwood, M.	South
3. Hughes J.	North-West
4. McAuley, J.	Scotland

MIDDLEWEIGHTS	
1. Fricker, M.	N.H.C.
2. Fitzsimmons, J.	Scotland
3. Jacks, S.	London
4. Haslam, D.	North-West

LIGHT-MIDDLEWEIGHTS	
1. Adams, N.	Midlands
2. Dearden, A.	North-East
3. Allan, W.	Scotland
4. Morgan, H.	Wales

LIGHTWEIGHTS	
1. Brooks, K.	Midlands
2. Smith, S.	South
3. Armstrong, R.	N.H.C.
4. Korrisson, B.	N.H.C.

JUDO MATS

In preparing for the 1974 Senior European Championships, the organising committee were in something of a dilemma in selecting mats for this event and their continued use at national events thereafter. The standard of mats has changed tremendously over the last four years. Four years ago the Association approved the Geemat after having seen it in use at two national events. At the time this was considered to be the best mat on the market though not the absolute ideal. The organising committee for the European Championships had very little time to look around and found that they would have to accept the only mat that was then approved by the Inter-

national Judo body. This was the Groh mat which was in use at the World Championships in 1973. As was found at the 1974 European Championships the Groh mats were a tremendous improvement on the old tatami but the manufacturers had still not completed all the conditions. Ask any competitor who has used these mats and he will tell you that they were a tremendous improvement both for lightness of footwork and for taking heavy falls. Injuries at events dropped considerably. However, there was still a question of deficiencies in their make-up. They were not cut to exact lengths as was required and the adhesive for attaching the special velcro hinges underneath was not of the correct substance. The British Judo Association, therefore, advised the Sports Council not to pay for them until all these deficiencies were remedied. As a result of the sub-standard adhesive two mat areas were damaged. The firm concerned had problems with their supplier of raw materials which went into liquidation and the replacement of the damaged mats is now in the hands of another manufacturer who has taken over all assets. Replacement mats were promised for early this year but they have still not yet arrived.

In the meantime in the last six or eight months we have been bombarded by mat manufacturers who have strongly come upon the scene. Considering that the composition of this type of mat relies heavily on oil, I find this most surprising in view of the present economic situation. The message simply is this, any club or Area embarking on the purchase of mats should shop around and look very carefully at what they are buying. The difficulty facing the 1974 E.J.U. Organising Committee was that there was just no British manufacturer at the time producing a mat of the standard required by the international bodies, but that now

there are five or six very good mats on the market in this country. Gee-mat, for example has now produced a mat of the standard which is now required and although not yet approved by the British Judo Association, it is a vast improvement on the types which have been manufactured hitherto.

As you can see, there is now great competition in the judo mat business, so much so, that attempts have been made to colour the opinions of leading officials. It is more than their position is worth to get involved and their duty to the Association is to constantly advise. I can, for example recommend one mat which is on the market today and find another one appear on the market next week which is much improved. I would simply have to say therefore that the latter one is better than the one I recommended previously. Perhaps one good piece of advice I can offer is that where at all possible, deal with a British manufacturer or with a British Agent. If anything does go wrong, you can get to grips with the person or company concerned.

1975 Senior Women's Trials — 9th FEBRUARY

There was a total entry of 89 women taking part in this event. As we have said before, competitors from other organisations are welcome to join us and if they are of the standard we expect, then transition is quite simple and painless. For example, at this event three young ladies from a dissident organisation were allowed to take part and were assessed on the day. Two of them won a place in the Squad, and the other one came very close. As a result, the Senior Examiners recommended their acceptance at the grades they previously enjoyed in the other organisation.

Congratulations to the following who were successful in getting a place in the Squad:—

National Women's Trials — FEBRUARY 1975

OVER 72 KGS		
1. Child, C.	London	
2. McKenna, M.	Scotland	
3. —		
4. —		

UNDER 72 KGS		
1. Harmon, G.	Midlands	
2. Cobb, E.	South	
3. (Sweeney, F.	N.H.C.	
(Cobelli, G.	N.H.C.	

UNDER 66 KGS		
1. Wildman, C.	Midlands	
2. Kendall R.	N.H.C.	
3. Hutton, J.	Scotland	
4. Rees, K.	Wales	

UNDER 61 KGS		
1. Nichol, K.	Scotland	
2. Tilley, L.	N.H.C.	
3. Redmond, J.	South	
4. Bolton, W.	North	

UNDER 56 KGS		
1. Entwistle, C.	Wales	
2. Scattergood, J.	Midlands	
3. Plackowski, C.	West	
4. Barwick, C.	North	

UNDER 52 KGS		
1. Tysall, D.	London	
2. Fox, J.	North-East	
3. Entwistle G.	Wales	
4. Caldwell, M.	West	

UNDER 48 KGS		
1. Presswell, C.	N.H.C.	
2. Brooks, C.	Wales	
3. Scoular, A.	Scotland	
4. Wayman, M.	South	

Competitors Points Cards

Any competitor who for any reason fails to collect his/her points card at the end of any National event should send a stamped self-addressed envelope for the return of the card, stating the event at which it was left, to:— Mrs. K. M. Ling, National Points Recording Officer, Firey Fields Cottage, Bridgnorth Road, Broseley, Shropshire.

Winston Churchill Memorial Trust

You probably do not know Anthony Hamilton, you probably do not know Catherine Lessells — but you do know David Starbrook. What have they got in common? They are just three of the 109 successful applicants who have won a Churchill Travelling Fellowship. There were 3,837 applicants this year who had to offer a convincing case and undergo an extensive interview to qualify. David is the first Judoman to win such a place in the scheme which will give him an all expenses-paid trip to Japan to train with the Japanese Olympic squad for two months. The aim of the scheme is "to give men and women from all walks of life the chance to enlarge their experience by travel abroad and to use what they learn to enrich the whole community." Eighteen year-old Catherine is going to Iran to

investigate wading birds, Anthony is going to Turkey to study wild gladioli — and David is going to Japan to — well! Best of luck David. Just remember the old boy's words in his famous wartime speech "...all I can offer you is blood, sweat and tears..."!

Old Soldiers

Ask Leonard Hunt how old he is and he will tell you that he was born at a very early age — and that's about all you will get out of him. We do know however that he is an old age pensioner and that he has been practising Judo for fifty years. Last December he was still working out on the mat with the best of the hard-cases in his club, the L.J.S. Len is a 5th Dan and wants to know how many points he will need for his 6th. Good luck to you Len but we have had to return your entry form for the Young Men's Championships.

B.J.A. NATIONAL DAN GRADE REGISTER

Appendix Five

Promotions confirmed by Executive Committee on 4th/5th January 1975

		AREA & DATE OF PROMOTION	
MEN—1ST DAN			
Bagge, R. C.	Oakthorpe	L	15/12/74
Davies, R. G.	Kingspark	L	15/12/74
Dawes, H. V.	Jukuren	M	5/1/75
Ede, D. F.	Kingspark	L	15/12/74
Givelin, J. C.	Penlan	Wa	5/1/75
Lydon, M. J.	Pretoria	L	15/12/74
Rowland, L. W.	Hastings	S	5/1/75
Smith, A. R.	St. Paul Way	L	15/12/74
Thornton, P.	Bedford	NHC	11/12/74
MEN—2ND DAN			
Ogden, D. R.	Porthcawl	Wa	5/1/75
Woodhams, R. R.	Orpington	S	10/11/74
MEN—4TH DAN			
Baker-Brown, C.	Olympic	S	5/1/75
Macconnell, A.	Sweden	NW	1968
MEN—5TH DAN			
Macconnell, A.	Sweden	NW	1972

PROBLEMS AND EXPERIENCE IN JUDO CARE

By Dr. K. J. Kingsbury,

Doctor to the National Squads of The British Judo Association.

PART 1.

The article on judo injuries in a recent issue of *Judo* magazine raises some interesting points even though much of the advice was wrong, even dangerous. I am sure the author would not want to leave these points uncorrected if only because they might influence parents to wrongly care for their child. But in addition the article has reminded me that much of what has been learned about judo care with the men and women's National squads, teams and individual players over the last four to five years could now be brought to light, even though our studies are by no means complete.

These studies cover the aspects of judo care listed below; they could not have been undertaken without the invaluable advice, co-operation and help, of many players in the squads and teams, various physiotherapists (in particular, Margaret Jenkinson, Jane Goodger and Ann Jones), other doctors (including Dr. Phyllis Elliott) and osteopaths, and the support of many administrators in the judo world and Crystal Palace. It is hoped that the time and effort put aside by many players, including "Alex" Alexander, Roy Inman, Brian Jacks, Dave Lawrence, Vass Morrisson, Ray Neenan, Angelo Parisi, Keith Remfry, Dave Starbrook, George Glass, Sid Hoare, Ray Ross and Tony Sweeney; Chris Child, Ellen Cobb, Sue Evans and many others, will benefit all players. Perhaps, sadly, judo seems to be the only sport in which a comprehensive

study is being made (even though piecemeal and slowly) of the problems involved in the care of its players, together with the players themselves.

Some aspects of judo care under study:

A. Injuries

RELAXATION AND MOBILISATION METHODS.
PREVENTION OF INJURIES.
CARE OF INJURIES IMMEDIATELY THEY ARE CAUSED.
SUBSEQUENT CARE AND REHABILITATION OF INJURIES.
UNCONSCIOUSNESS PARTICULARLY AFTER "STRANGLES".

B. General Care

GENERAL AND PARTICULAR FITNESS.
DIET AND "ENERGY" DRINKS.
EVENT CARE.
STRESSES OF TOP-CLASS COMPETITIVE LIFE.

Relaxation and mobilisation

Methods of relaxation and mobilisation are inherent in the teachings of the monasteries and religious orders which contributed so much to the martial arts. In the 16th century the contribution of Kampo (the ancient Chinese medicine which flourished during the Han Dynasty, roughly B.C. 200 to A.D. 200) was also recognised. Kampo spread to Japan, probably via Korea, before the sixth century A.D. Kampo included methods to relax and stimulate the tissues perhaps by their effect

on nerve endings (for example, Acupuncture — pain, Moxa — heat, Amma — massage, and Shiatsu — spinal corrections, exercises and pressure) from which it seems that the nerve points in Atemi, Karate and the resuscitation methods of Kappo were developed. The suggested nerve centres in Acupuncture, Karate and Kappo are virtually identical. Although very little is known about how these methods work, there is no doubt that many of the nerve centres exist, e.g. the solar plexus.

From the very beginning therefore, relaxation and mobilising methods have been a part of judo.

Relaxation

Relaxation is important, not only because tension adversely affects the whole body and mind, but because when movements are made the body does not want the muscles which cause opposite movements to be tight and tense. It does not want a tug-of-war between opposing muscles, or mobile joints and tissues to be clamped into rigid bars — sprains and strains then result.

All judo players should be able to lose the tension from their bodies by total relaxation standing, sitting, or lying; it should be possible for the standing judoka to slide or collapse down (not fall) like a rag doll. Indeed when practised the state of relaxation simply takes over; it is not possible to keep standing.

Observation shows that judo practised with tight and contracted tissues is the first step to injuries, and often to incomplete techniques which feel and act wrong.

Mobilisation

Mobilisation of the joints (neck, shoulder, elbow, wrist and fingers; hip, knee, ankle and feet, and spine) by moving them round and about methodically one by one; and stretching the ligaments and muscles, say, of the groins and ankles, or the hamstrings, by stretching exercises are as

much a part of judo as of aikido and karate. In fact, they were all part of life at the early jujitsu schools in the 15th and 16th centuries.

It is instructive to watch the thorough mobilisation and relaxations of the Japanese judo team (often for hours), and of judo classes taken by instructors trained in Japan.

Our experience is that the importance of a thorough warm-up session, including both relaxation and mobilisation should never be under-estimated.

Tenseness

Many judoka "tense up" in localised parts of their body, particularly about the shoulders, often before contests, which they feel as stiffness and aching. The judo player should get a friend (not an enemy) to massage and loosen off the area (perhaps using a massage cream such as Radian), since if the part remains tense and tight, not only can it be torn itself, but it can transmit force directly through to other tissues, such as the spine (rather like a shock absorber which no longer works). From what we have learned so far, this mechanism seems responsible for some of the back lesions caused in both ground and standing judo. The effects are worse if the arm, shoulder and back is clamped into a rigid block in techniques which attempt to hurl the opponent into oblivion by force alone, instead of using body position and movement. As in the old saying, "something's got to go" — sooner or later it does.

Observation also shows that tenseness and tightness (lack of relaxation and mobilisation), and overtiredness, are potent causes of injuries. Prevention is to relax and mobilise the muscles, tendons, ligaments and joints, and as far as possible develop relaxed and supple techniques.

Relaxation and mobilising methods are shown in many judo charts and books. Some have been included in

the *Judo* magazine's "Identi-Kit" article—in addition, they can be learned from the Japan-trained high grades in this country.

It is interesting that many other sports are now interested in these methods: a thousand years behind!

Injuries

Our initial injury studies several years ago, showed that injuries of the knee and back, and unconsciousness, particularly from strangles, were especially difficult problems. In the last two years these have been specially studied in the squads, teams and individual players. These studies continue but our present opinions are summarised below. It is interesting that the studies have exposed the need for this work in many sports: the Sports Council have agreed to sponsor a special back study. Judo players and administrators can feel encouraged that their efforts may benefit not only judo but players in many different sports.

In this country—as in Japan—the parts most commonly injured at judo are the knees, shoulders, backs and elbows, wrists and ankles, hands and feet.

The most common injuries are overstretched or torn ligaments (sprains), overstretched or torn muscles and tendons (strains), then dislocations of joints (particularly the shoulder).

Knees

It is true that the knee muscles of many judoka are inadequate, bearing in mind that in many techniques, the player has to thrust-up and twist on one leg. One might suggest that as a test, players should be able to do a certain number of one-legged low squats (from a low chair, bench, or stool) on either leg (using only the body weight), say 15-25, perhaps using a hand to balance.

Almost any exercise will strengthen leg muscles. Running, particu-

larly up steps and hills, cycling, swimming, and so on. If the leg muscles are being strengthened by carrying someone on your back, make sure the person is carried along, and in contact with, the whole back, rather than putting all his weight in the middle of the back.

Observation showed, however, that it is important to strengthen them through movements, rather than by static exercises, because the muscle development is different, and the fibres do not slide over one another in static exercises as they do in a movement, and because judo itself, requires long, rapid movements. When exercising the knee it is also important to make sure that it is fully straightened at some time during the movement in order to train the muscles which stabilise the knee at this point. An important muscle can be seen and felt as a hard lump above and on the inside of the knee when the leg is thrust out hard, fully straight, with the toes up and heel down as in a karate kick.

The most common injury of the knee is a sprain (a minor to severe tear depending on the degree of the injury) of the ligament which borders the joint down the inside of the knee, and results usually from overstretching. The ligament may be stretched but not torn, or torn a little, or completely ruptured. But all of the rope-like tendons, or bulkier muscle bodies and ligaments which lie around the joint itself, can be torn slightly or severely. Pain and swelling then occurs over the affected part.

In all these acute injuries there is no doubt that the best immediate treatment is a cold compress, or ice if available, with support if necessary (bandage, with perhaps layers of wool if severe). The shock of any injury takes some time to abate so that providing inspection shows that nothing is out of place, for example, the knee-cap pushed to one side, or bones out of line, then it is usually best to apply cold treatment and

support the limb for 15 minutes or until the shock subsides. It can then be decided whether the injury is slight (the player will feel better and want to use his leg), or more moderate (he will not want to walk on and use his leg), or severe (the player will not want it moved or touched at all). The player can continue, or go home, or go straight to hospital, respectively. On the player's behalf—always "play safe"!

Players seem to fear a torn cartilage—in fact, quite wrongly. Brian Jacks has had three removed and performs better than most other people with all theirs in place.

It is totally misleading and dangerous to say that cartilages should not be removed.

The knee cartilages are semilunar shaped wedges of gristle which are sandwiched between the inner and outer bumps on the lower end of the upper leg bone (the femur), and the inner and outer flat, slightly hollowed upper areas on top of the lower main leg bone (the tibia). They convert the rather flat into a more cup-shaped joint.

When the knee is bent and rotated, particularly if it is bearing weight, a shearing force is pushed through the cartilage which may be split, resulting in a torn cartilage.

If it is torn enough to affect the function of the knee (for example, giving way and recurrent locking), then there is no question that if it is not removed, proper function will not be restored and further damage to the knee can result. If the cartilage is removed the player can be back at judo with strong knees in six to eight weeks.

The difficulty is that tears of the muscles, tendons and ligaments around the joint, even weakness of the muscles themselves, can cause "giving way" and mimic "locking". These symptoms, however, usually go when the injury is healed (by

continued treatment and as far as possible keeping the muscles in trim). If there still remains frequent episodes of "locking" or "giving way", then some problem inside the joint has to be considered. A torn cartilage is then the most common, but in our studies in the players, by no means the only type of injury.

Usually it is then time to consider looking into the joint and putting things right. In our experience with many judo players this is definitely preferable to a continually weak and inadequate joint, with progressive damage inside it. But it is right to emphasise that other types of injury—sprains, strains, bruises, etc., are by far the most common type of knee injury.

The shoulder

A common injury is a tear (partial or complete) of the ligaments which bind the outer end of the collar bone to the top wing of the shoulder blade (the acromio-clavicular joint). Often this results from being thrown on to the point of the shoulder.

In this injury, the swelling and tenderness is over the point of the shoulder. In minor sprains, the collar bone is hardly raised, in severe sprains it is; then the player will not want to use or move the arm at all. Again, the best first-aid treatment is cold, repeated hourly and if the player feels the arm would benefit from a support, a full arm sling can be applied. Make sure the point of the elbow is really well supported, and therefore the arm does not drag on the shoulder.

Except for very painful, severe sprains (which need cold treatment, other physiotherapy and support with rest until the acute pain has subsided), most sprains are best kept moving—gently, as far as possible without pain. A good procedure is to support the joint (shoulder, knee or ankle, etc.) when at work (to give some support and reduce the chance of further tearing), give cold treat-

ment several times a day, followed each time by a gentle movement around the limit of pain before re-bandaging. Cold treatment can be simply a towel wet with very cold water, or wrapped around ice cubes, or a cube of ice from the fridge moved around the tender area for about 15 minutes (or until your fingers freeze). Movements can then be increased steadily as the pain and swelling subsides, eventually progressing into the movements and resistances of favourite techniques; when these are painless, the sport itself can be tried.

Elbows, wrists, ankles, hands and feet

As with the knee, any of the tendons, muscles and ligaments around the joint can be stretched and torn, partially (sprain) or completely (ruptured). The symptoms are again, pain, tenderness and swelling over the affected part, accentuated by movements which stretch the part, or cause an affected muscle to contract.

Again, first-aid treatment consists of cold and support with progressive movement.

If, however, after any of these injuries, the pain is intense, the player is clearly very shaken, does not want to even move the affected part, or there is any deformity, the player should be sent to the Casualty Department at the nearest hospital if only because an X-ray may be needed.

Strains of the leg and elsewhere

As with the ligaments around a joint, the muscles and tendons away from joints can be overstretched and some or all fibres torn—or torn if the muscle violently contracts but the part cannot move freely. The symptoms and first-aid treatment are as given above for sprained or ruptured ligaments—but in addition, after the first few days, it seems that warmth and warming creams help, as des-

cribed under injuries of the back and neck.

Back and neck

Injuries of the back and neck are common in judo, usually minor. Most are caused not by orthodox falls, but by twisting, sharp and resisted movements, or by sudden stopping of flexing, extending or rotational back movements (particularly if the movement is carried on beyond the normal range by momentum and weight, or by landing awkwardly on the neck and shoulder). The affected part is painful and tender, and as in other areas of the body, may be a muscle and tendon or ligament, or bone and joint (in this case of the spine itself).

Most muscle tears or bruises hurt if the player attempts some movement in which that muscle is contracted, whereas the pain may not be made worse if the same movement is done passively (for example, if someone else very gently moves the head or neck without the player having to contract the muscles). On the other hand, injuries of the joints, for example, tears of the ligament around the joint, bruises or fractures, are usually made very much more painful by any movement of the joint, either passively or actively. Of course, all types of lesions may be present.

For minor injuries when the pain quickly subsides, the player finds it is not too painful to move the part; cold compresses are again the most useful first-aid treatment, with bandaging or strapping to support the injured part if it seems required. After a day or so, when the acute pain has gone, particularly when the injury is in fairly large deep muscle masses away from a joint, then warming creams, such as "Transvasin" or "Bayolin" usually ease the discomfort for an hour or so, and can be rubbed in every two or three hours as required. Any form of heat (a hot moist towel, hot water bottles,

hot baths, etc.) will then help to relax the muscle spasm around the lesion which itself contributes to the pain. As with the muscle and ligament injuries elsewhere, it is useful to gently move the affected part after the muscles have been relaxed (in the early stages by cold compresses or ice, and later by warmth and massage).

There may however be severe pain and inability to move the affected part, in which case the player should be kept still with some cold applied till the shock of the injury has had time to pass. If by then the pain is not much better and the player definitely does not want to move the spine, either the back or neck, then the player should be kept still, transferred carefully to a stretcher and sent to the nearest Casualty Department.

It cannot be over-emphasised that serious injuries of the spine and neck must go quickly to the nearest hospital (and not to a chiropractor or osteopath), and the parts held as still as possible, since not only might X-rays be required but so might plaster, accurate positioning and immobilisation to reduce the chance of damage to the spinal nerves.

Most injuries of the back and neck, however, whether to the muscles, ligaments, joints, or bones are of minor or moderate severity. The players may have limitation of movement and pain in one or more directions (whether he tries to move himself, or the movement is done gently by a friend), the part aches, and there may be tenderness along the spine, in the back or neck. In these cases there may well be a small or more pronounced (though not serious) displacement of the bone, or the joints may have been bruised, or the ligaments around them torn, or the discs of gristle between the bones bruised or pinched, perhaps slightly out of position. In this case, there is no doubt that the condition should be recognised and any dis-

placements repositioned either by a good osteopath, or a physiotherapist trained in manipulative techniques.

In addition, there is no doubt that osteopaths can recognise and correct minor displacements of the bone, or small loss of movements between the bones, which those without their continual experience might miss. On the other hand, many osteopaths do not use the techniques of physiotherapy which unquestionably reduce swelling, pain in the muscles, ligaments and joints of the back, as well as elsewhere. Also an orthopaedic opinion is often necessary for the complete evaluation and treatment of spinal lesion, or other bone-joint injury. The problem therefore is not simply whether an osteopath, or any other person, is a good or bad practitioner, but which can offer the most appropriate treatment for particular injuries.

It is never easy and usually unwise to generalise in medicine as each person's injury is a very individual matter. It seems safe and fair to say, however, that at present, and in general, my experiences over the last four to five years would lead me to go to an osteopath first if I had a stiff aching back, or some restricted joint or spinal movement and I felt quite normal otherwise, whereas I would go to a physiotherapist for a muscular-ligament injury of the back or elsewhere; and seek a medical opinion if I felt otherwise unwell. In any case, I would seek further medical opinion where the pain was severe, if the symptoms continued, or the treatment did not seem to completely cure the condition. These problems are under study in the squads and other players.

Osteopaths have for a long time recognised a minor but very troublesome and incapacitating condition in which some of the spinal bones may be slightly out of line and/or their mobility reduced, perhaps trauma or bad posture from various causes. The part feels stiff, uncomfortable,

"It is instructive to watch the thorough mobilizations and relaxations of the Japanese Judo Team (often for hours), and of Judo classes taken by instructors trained in Japan." This photograph shows the Japanese Olympic team during such a session as described where they would work on a number of exercises. This particular exercise is that which is described in Judo Identikit No. 1 and is illustrated in items 6, 7 and 8. Photograph by T. Street-Porter.



may ache and the person may just wish to "crack" and free it. Osteopathic, or indeed, physiotherapeutic mobilisation of the bones can then restore their mobility and position. Osteopaths have the most experience with this condition though its precise nature has never been established.

Our studies over the last two to three years show that this condition occurs quite commonly in judo, particularly in the competitive players. It seems possible that it stems from many minor twists or sprains in the ligaments around the spinal joints which therefore gradually thicken and stiffen (just like an elbow or shoulder can stiffen after an injury). Fortunately, it is part of judo heritage, long before the beginnings of osteopathy and physiotherapy, to keep the spine mobilised, both by exercises, and mobilising techniques known by many of the Japan-trained judoka. It is educating to observe the Japanese team mobilise and relax their joints and spine in the periods before and between contests, and see how thoroughly many of those who have served a long apprenticeship in Japan mobilise and warm up their

own joints, etc., before even practising judo.

Finally, although only the first-aid treatment of injuries has been mentioned above, we have no doubt from the experience of many hundreds of injuries, that subsequent and intensive physiotherapeutic treatment, in particular ultrasonics, can enormously speed up the recovery from bruises, strains, sprains and dislocations. It can make the difference between a 100% return of function, and a chronic troublesome lesion.

Unconsciousness particularly from strangles and concussion

By observing judoka who have been "strangled out" and by some experiments*, we have learned something of the cause of the unconsciousness in strangles, its effects and treatment.

Whether the whole neck (*okurieri-jime*), the neck vessels (*katajuji-jime*), or the trachea is compressed (*hadaka-jime*), it is widely accepted that

* Particularly through the courageous experiment of Sue Evans which should be called "Sue's Saga".

unconsciousness results mostly, but not entirely, from a lack of oxygen in the brain cells. If the wind-pipe is compressed, obviously the air cannot get into the lungs and from there to the blood, whereas if the whole neck or neck vessels are obstructed it is the flow of the blood itself (which carries the oxygen) that is reduced.

We have found however that due to the pressure on the nerves of the neck there can be a very rapid and profound fall in the blood pressure—like a severe faint. This would seem one of the reasons for the rapid loss of consciousness. Furthermore, the pressure on the nerves of the neck can reduce the amplitude of breathing. These effects tend to prolong the unconsciousness.

Most important we have found that the sensitivity of the neck vessels to pressure and the effect of this pressure on breathing, blood pressure and heart rate, can be very much increased when the player is physically exhausted and the blood sugar is low. These factors tend to prolong the effects of the strangle, until the body's metabolism has had a chance to right itself. The loss of consciousness is in fact similar to a profound fainting attack and may explain why fainting is more common when over-fatigued, and if one has not eaten for some time.

In most cases of strangling, if the "choke" is released immediately, the victim seems to be unconscious for about 5 to 30 seconds. If the player is breathing normally, there are no "twitches" and the colour is normal, then nothing need be done in this time except perhaps to roll the player into the recovery position (see First Aid Manuals) which will prevent their tongue from slipping back and obstructing their breathing. It is preferable to rest after a "strangle" since even if it is released immediately, the player can be affected for half an hour or more. In fact, as after concussion, the player should not fight again until someone has

checked that they do not have a severe headache, are not coughing or feel sick, and are not confused; but can stand and move about, well balanced, alert, and can see, hear and understand perfectly well. It is probably better that a young person or someone over the age of 35, should not fight again that day after a strangle, accidental or otherwise, because studies in animals have shown that a slight swelling of the brain cells can remain for several hours. With these provisos, our tests and those done in Japan show that a strangle has no lasting effects and is far less dangerous than, say, a knock-out at boxing. Nevertheless, in my opinion, the British Judo Association is wise to exclude their use in children.

Sometimes the unconsciousness is deeper and may last longer even though the strangle was released immediately the person became unconscious (*which in every case it should be*). As stated before, physical exhaustion and a low blood sugar are two, though probably not the only factors which can prolong the effects of a strangle. Twitching may occur and the breathing may be much slower and shallower. From my experience, some form of artificial respiration can then be useful—until the person regains consciousness, or the breathing or colour are normal. If possible, a warm sweet drink should then be given and the person rested until completely recovered.

Sylvester's method of artificial respiration, as described in First Aid Manuals is a widely accepted safe method for increasing the air flow in and out of the lungs, and probably also stimulates the rhythm of respiration. It is similar to some of the traditional methods of judo resuscitation (*Kappo*). If the person is breathing (even slowly and weakly), then naturally the pressure on the chest in Sylvester's method (or in the *Sokatsu* method of *Kappo*)

should be applied as the person is breathing out and not when he is trying to breathe in! The aim of all methods is not only to provide a flow of air in and out of the lungs but also to cause a large breath in, or out, which stimulates the rhythm of breathing. Mouth to mouth artificial respiration is probably not so good a method in these cases, as it does not cause a large breath in or out, and therefore may not stimulate the respiration.

In all cases of unconsciousness, the need to keep the airway clear by tilting the head to the side or back, and by making sure the tongue is well forward and that there are no other obstructions in the mouth or throat, cannot be over-emphasised. The First Aid Manuals are well worth studying on these points.

It is worthwhile considering, however, that I have never seen or heard of a case of unconsciousness after strangle (even if prolonged) which did not recover naturally. It would be over-emphasising the importance and drama of the situation therefore if persons were to rush forward with any form of artificial respiration whenever a player fell unconscious from a "choke" or other cause. Observations show that when the unconsciousness is prolonged, the breathing is often very shallow and slow. There is no doubt that players usually take some time to recover, and feel sick, confused and sluggish for some time after.

I believe, therefore, than when unconsciousness is prolonged after a strangle, say, beyond half a minute to a minute, or if there are "twitches" or a bluish colour, the person in charge (instructor, referee, first aid worker, doctor) should ensure that the airway is clear, give artificial respiration (Sylvester's method or Sokatsu) and check the pulse. If after three or four minutes of artificial respiration, the person does not recover, an ambulance or doctor should be called. Even if the player

then recovers, a further opinion is still wise on whether he or she needs to be observed, or have further checks. As already stated, this applies to prolonged unconsciousness from any cause, and if the player's recovery does not seem to be complete. Fortunately, this appears to be a very rare occurrence.

Kappo

Kappo has to be mentioned since the mystique around its methods, and the fear of harm from their indiscriminate, inexpert use, necessitates some kind of perspective.

In the 1500's it was accepted that both Atemi (attacks on vital spots) and Kappo (method of resuscitation) came from China as part of their ancient medical arts. (It seems that in ancient China, if you could not find any patients, you created them!) By the 1800's there were apparently about 100 jujitsu schools, each with their own secret Atemi and Kappo (Katsu) methods passed on by word of mouth to chosen practitioners. They are still taught in Japan, though the number of methods seems to have been reduced. There are high grade judoka in this country who are practised in their use.

Broadly speaking, there are at least four groups of Kappo: (a) Kokyukatsu—respiratory Kappo of which the resuscitation of strangled persons concerns us here; (b) Noshin-tokatsu—cerebral concussion Kappo; (c) Shitsukatsu—Kappo to relieve pain; (d) Kakuseikatsu—Kappo to invigorate—swooning subjects, and finally there are many other minor remedial Kappos for a variety of ailments.

The use of many of these methods has diminished as knowledge has grown, for example, in cerebral concussion. But respiratory Katsu (to revive the person after a strangle) and Innokatsu (to reposition testicles forced up into the groin) are still widely described.

The illustrated Kodokan judo shows Innokatsu, and the three respiratory Kappos most widely used in the different jujitsu schools. These methods are Sasoikatsu, Erikatsu and Sokatsu. Each of these is simply a form of artificial respiration in which the chest is pressed or expanded to increase the flow of air and stimulate the rhythm of breathing. The methods are not unlike the Sylvester method of artificial respiration. Sokatsu, in which the lower chest and upper abdomen are pressed from the front, seems preferable to the other methods since the unconscious person is kept lying down, and it is easier to check there is no obstruction to breathing in the mouth or throat. Sylvester's method and Sokatsu can be repeated 10 to 15 times a minute until the person recovers consciousness, but may not be necessary since the stimulation of breathing may reset the normal pattern. All methods of artificial respiration need to be taught properly.

The Kodokan explanation however quite rightly, in a general publication, ignores the effect of stimulating the abdominal and other nerves by increasing the speed with which the abdominal pressure is applied, for this is where inexpert use could damage the chest, kidneys and liver.

In my opinion, therefore, based on tests and observations over the last three to four years, there is a place for the standard methods of artificial respiration or the Sokatsu method of Kappo in the prolonged unconsciousness after strangle, and of course, any time breathing has stopped, when "twitching" occurs, or the person is bluish.

No method of artificial respiration should be used without proper training.

Concussion

After a blow on, or a sudden movement of, the head the brain can be temporarily bruised. The person can become muddled and confused, may have a slow, slurred speech, double or out of focus vision, headache, feel sick and drowsy. This is called concussion. It may exist with or without unconsciousness, or last after unconsciousness for varying periods of time. There is no doubt that if the symptoms of concussion continue then the player should not continue fighting but should rest and seek medical advice. It has been found that after even mild and transient concussion, some loss in concentration, headaches and drowsiness may continue for a week or more. It seems important, particularly in a child, to give up judo until the player is perfectly well.

If the player is unconscious from any cause, the important points to ensure are that the airway is clear, breathing and pulse are normal, both immediately and until the person recovers. The player should be taken by stretcher to a quiet place to rest and be continuously watched for any sign of airway obstruction (including vomiting) or slowing of respiration (in which case artificial respiration may be required) until the ambulance arrives. Unconscious players should always receive the most careful and watchful handling. Again, the First Aid Manuals cover these points extremely well.

Next Month

Part B. General Care

GENERAL AND PARTICULAR FITNESS. DIET AND "ENERGY"
DRINKS. EVENT CARE. STRESSES OF TOP-CLASS COMPETITIVE LIFE.



OFFICIAL NOTES

Jim Elkin

Amendment to the Association's Coaching scheme will be brought into force shortly, its purpose is to bring under one heading the various awards available in the Coaching and Technical Scheme.

Firstly there will be an additional award called 'Leadership Award', this has been devised for those who are interested in teaching novice groups Aikido, mainly in the under 18 age range. Either members of the British Aikido Association or those outside it would be eligible to attend preparatory courses and take examinations to qualify for the award. Further details about this scheme are obtainable from the General Secretary British Aikido Association.

It will now be necessary for all coaches to hold other qualifications, as laid out below. Those at present holding any coach award will be expected to attain these qualifications within *one year* of the introduction of this scheme. All such awards will be on a yearly renewable basis.

AWARDS AND REQUIRED QUALIFICATIONS

CLUB COACH WARD: Provisional Examiner or Examiners Certificate. Grade 4 Ref. Cert.

COUNTY COACH: Examiners Certificate. Grade 3 Ref. Cert.

SENIOR COACH: Senior Examiners Cert. Grade 2 Ref. Cert.

REGIONAL COACH: Chief Examiners Cert. Grade 1 Ref. Cert.

All preparatory course for Coaches will contain instruction on Refereeing, Judging etc. All examinations for these awards will contain sections both Practical and Theory on the grade of Examiner and Referee appertaining to the award entered for.

Grade 4 and 3 referees are permitted to officiate at club level competition.

Grade 2 Referees up to Regional level competition.

Grade 1 Referees National and International competition.

Grade 3 and 2 referees will act as line judges at National and International competition.

Requirements for the various grades of referee can be obtained from the General Secretary.

Copies of the amended Examination Rules and procedures are also available from the General Secretary.

In the last issue I spoke of Mr. Ehara getting married and making a possible visit to us enroute for a honeymoon in Paris. Well he arrived together with his very charming wife on January 19th. We had a long and fruitful discussion, mainly dealing with the further growth and development of Aikido. Mr. Ehara also brought over a letter from Professor Tomiki, which told of Tomiki's hopes and ideas for the future of Aikido. Tomiki went on to say, that he fully realised the problems which we face in the promoting of Aikido, but he was most impressed with the work and efforts that had been made, and sent his thanks to those who had worked hard towards the growth of Aikido in this Country.

COACHING COURSES

The Southern Region has just completed a series of coaching

courses under their Regional Coach John Waite 4th Dan. The following were successful in attaining their Club Coach award. Tony Marwood 1st Dan, Colin Finch 1st Kyu, Peter Williams 1st Kyu. The next series of courses for both Southern and Western region members will be for those interested in entering for the County Coach award and Senior Coach award. Candidates for County Coach must hold the grade of 1st Kyu or above. For Senior Coach 1st Dan or above. Names should be sent to the Southern Region Secretary, Miss L. F. Hepden, 19, Wailing Street, Dartford, Kent. DA1 1RP. Tel. Dartford 26540

EASTER TRAINING COURSE

The Midland Region are holding an Easter Training Course lasting for Three Days commencing on 19th March 1975, at The Leys Sports Centre, Woodrow, Redditch, Worcs. The following Coaches will be in attendance, Mr. B. C. Eustace, 3rd Dan Regional Coach, Mr. W. Lawrence 3rd Dan, and Miss L. Hepden 3rd Dan. For course only £5.00. For course and accommodation £15.00. Applications to: - W. H. Harris Esq., 186 Birchfield Road, Headless Cross, Redditch, Worcs. B97 4NA.

In the Jan/Feb issue of Judo I read David White's comments (I am a most avid reader of your column, David) regarding Aikido, I'm not

sure that the heading 'The Rest' was really necessary. However he states, 'It seems to have been a poorish year for Aikido...'. Well David it was not poorish for the number of people taking up Aikido, the numbers practically doubled during the year. I whole heartedly agree about the controversy of Dan certificates the subject was certainly sterile.

At the later part of the year, there was a definite rise in the general standard of Aikido and it has kept rising at the beginning of this year — so there is hope for us yet. You may have something, when you 'dare to wonder aloud' if the emphasis on Tomiki rather than Ueshiba techniques is a reason. But basically both are the same. It is only in the application that a great number of Tomiki players shorten the movement. I consider such shortening a bad thing, and that coaches should, get any student with this habit, out of it as soon as possible. Students at times mistake speed as the efficient factor rather than movement. However thanks for your comments, David, it is nice to know you think about us from time to time.

By the way, I have discovered another way of extinguishing a candle. Take a deep breath, direct your mouth at the flame, and expel rapidly.

INTER CLUB CHAMPIONSHIPS

CHINESE KARATE INSTITUTE U.K. (*Tong-Shou Do*). Members C.K.I. and B.K.A. Annual Inter-Club Championships and demonstration at Harrogate Rooms, "The Yorkshire Grey", Eltham Road, Eltham, London, S.E.17. Monday 24th March 1975, at 8 p.m. Licensed Bar. Tickets available £1 per person. Send s.a.e. 16, Aird House, Rockingham Street, London, S.E.1.

Gary Gillot returns — with surprises

By MICHAEL HUGHES

Gary Gillot, one of the top judo men of the last decade, has made a come-back at 35 and has provided some surprises both in his contests and his instruction.

Second Dan Gary, who trains at the Evening Standard Club in London and with Danny Da Costa at Torquay, was a member of the West Team which came second in this year's Team Championships. Fighting at light-heavyweight he lost only one contest.

He was also in a West Country team which visited Hamburg and had nine matches. This time he won all his contests. Having proved to himself that he can still do it Gary has promised himself one last fling in a top level event.

In the instruction he has been giving at various clubs Gary preaches the classic judo so out of fashion in recent years. Strange words escape his lips like "Rhythm, movement and

style." But if anyone feels inclined to argue, the efficacy of Gary's own techniques usually keeps them silent.

Gary learned the sport at Staines and subsequently at the Renrukan and Renshuden. As a Brown Belt he did well in the 1964 Olympic Trials when competing against such mighty men as Petherbridge, McConnell and Sweeney. A distinguished career as an international followed before he retired six years ago after starting his own business.

He said: "It is good to see people I was practising with seven or eight years ago doing so well. The boys at the top are all very good with their own individual styles and there is no doubt judo has become very popular thanks to a handful of very dedicated people. But I still feel that the methods of teaching can be greatly improved.

"The emphasis with me has always been on rhythm movements. Some people have these naturally, like Brian Jacks, but I think there are ways of teaching them to others. If I were to take over an area or a club I would put the emphasis on this type of judo. Individual throws or counter techniques fall in and out of fashion basic judo movements will endure regardless. If anyone doubts the validity of this they have only to see some of the youngsters at the Islington club where I teach."

Asked the judoka he most admired Gary nominated Brian Jacks.

"At the European Championships 10 years ago he seemed already to be a veteran and always seemed to be thinking on the mat. I have always got the greatest pleasure from watching him".

GARY GILLOT



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AREA NEWS

NORTHERN HOME COUNTIES

T. H. W. Adams

ESSEX BOYS CHAMPIONSHIPS, 18th & 19th January, 1975. First of all I would like to thank all the Referees who turned up to officiate on both days. In charge of Referees was Ron Roberts (Nat. Ref.), backed up by Colin Gilbert (EJU Ref.), Terry Pumfry (Prov. Nat.), George Bolt (Prov. Nat.), Peter Johnson (BJA Ref.), John Julier (BJA Ref.), Dave Muckley (BJA Ref.), Arthur Mapps (BJA Ref.), Ron Makenzie (BJA Ref.).

The pools system which was applied throughout the day, Allan Cunningham being responsible for this, was carried out smoothly. Also I would like to thank all the parents and judo players who spent both days time-keeping, recording and scoring; some twenty people were involved in this very important task.

We had nineteen out of a possible twenty six clubs taking part with some three hundred boys, and considering that notice of competition was short, I think this was a good show. With four mat areas, things

moved fast and easily and one thing that was very pleasing was the fact that complaints were very few. Meals were laid on for all officials; a running buffet was also available at reduced prices which was served on both days by Mrs. S. Monk and Mrs. S. Jackson, who did a splendid job. The St. John's Ambulance was in attendance on both days, though injuries were rare with one badly broken arm.

The following boys won Gold Medals: K. Bradshaw, P. Raynor, T. Sutton, K. Burns, A. Sutton, K. Bessant, D. Whiteman, W. Taylor, R. Pearce, A. Clarke, E. Salib.

INTER COUNTY JUNIOR BOYS TEAM CHAMPIONSHIPS, January 25th, 1975. First of all I would like to say that the competition was well organised by the Bedford Judo Club, and that this type of competition is what we need to keep the Juniors interested.

There were six counties represented out of seven. Essex and Berks teams who never lost in earlier rounds finally met in the finals, with Essex winning the Gold over Berks. The Essex team was as follows: — Under 30 kgs. Paul Raynor, Acorns; Under 35 kgs. Ian Sutton, Redbridge; Under 40 kgs. Keith Burns, Waltham Abbey; Under 45 kgs. Allan Sutton, Redbridge; Under 50 kgs. Keith Bessant, Fords; Under 55 kgs. Dean Whiteman, Redbridge; Under 60 kgs. William Taylor, Redbridge; Under 65 kgs. Russel Pearce, Fords; Under 70 kgs. Allan Clark, Dagenham; Open. Emad Salib, Y.M.C.A. Romford.

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Thursdays 7.30 - 9.30.

● **Instructors :-** C. Palmer, B. Jacks, S. Hoare, A. Reay, M. Hopkinson, C. Child, J. Hindley, A. Sweeney, J. Anderson (Karate), J. Cornish (Aikido).

● **Champions :-** B. Jacks, A. Parisi, K. Remfrey, R. Inman, V. Morrison, J. Hindley, etc. etc.

Visitors fees :- 55p (dan grades & 15 - 17 yr olds 30p)

Next gradings :-

(start 2.30)	March	2nd.	1st Kyu & Dan Grades	—	Men
		9th.	All Kyu Grades up to 2nd Kyu trying for 1st	—	Men
		16th.	All grades up to 2nd Dan going for 3rd.	—	Ladies

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