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THIS MONTH'S FRONT COVER

In the final of the under 71 kg. division, Katsuki of Japan threw Landart of France with seoinage for ippon during the Paris Multi-National.

Photograph by David Finch

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PARIS MULTI-NATIONAL TOURNAMENT 1978

Report by Cyril A. Carter

Photographs by David Finch

This annual event is held in the Coubertin Stadium a few miles south of the centre of Paris. With competitors entering from all corners of the world, including Russia, Japan, East Germany and Brazil, it is regarded by most judoka as one of the hardest competitions on the Judo calendar, second only to the World or Olympic Championships. Its prime purpose appears to be to supply a severely testing competition for the French squad. In each weight category France enters eight competitors for every other country's one, which reflects the depth of talent and strength fostered by the efficiently organised French Judo Association.

Coubertin Stadium is a large, purpose-built sports hall with a floor area capable of containing three international size contest areas, much the same size as Crystal Palace. Unlike Crystal Palace, more attention is given to the spectator with individual seating for up to 5,000 people. Unlike Great Britain, the contest was viewed by enthusiastic, near-capacity crowds throughout most of the competition.

The competition took place over two days, the Under 65, 71 and 95 kilos fighting on the Saturday, and the Under 60, 78, 86, plus the Over 95 kilos fighting on the Sunday. This month we shall cover the first day of the competition, followed next month by the second day's contests. All weight categories were split into four pools of five contestants each, with a maximum of two French judoka in each pool and three players from other countries. Wins and points were calculated and the top

two players from each pool went forward to the quarter finals where the competition proceeded on a 'knock-out' basis.

SATURDAY, JANUARY 21ST

Under 65 kilos: S. Birch (G.B.)

Seth Birch fought extremely well in his pool, losing only to Katzig of West Germany by a Yuko, but dispensing with Rabalnic of France by a Yuko and Le Herbet of France, who was awarded Kei-Koku for stepping out, with Birch up by two Kokas. Despite the fact that the Austrian retired, Seth Birch won the pool with a total of two wins and ten points to proceed to the quarter finals. Rabalnic was second in the pool with two wins and eight points.

In the other pools, Y. Delvingt (France) did extremely well to contain the talented Imanishi (Japan) with a Yuko win to come first in his pool with Imanishi placed second to go through to the quarter finals. This was undoubtedly the most exciting pool with two full point wins from Imanishi (both on hold-downs), and two full point wins on throws from Delvingt against his fellow Frenchman Menassier, and Horimecki (Belgium).

The formidable Reissmann (East Germany) defeated everyone in his pool to go through with an impressive four wins and twenty-six points, the most notable being a perfectly executed Haraigoshi on Ciliberti (France). Second in this pool was Jarzyck (France) with three wins and eighteen points.

The final pool was, also impressively, won by G. Delvingt (France)



Seth Birch was the only member of the British team able to reach the quarter finals.

with four wins and nineteen points; Mounier (France) placing second with three wins and eighteen points. This meant that four Frenchmen had reached the quarter finals out of the eight that had started.

Seth Birch was faced with the difficult task of facing Imanishi in the quarter finals, where, despite a spirited contest, Imanishi knocked Birch to the ground for a Yuko and, at the second attempt, removed him from the competition with a strangle for a ten point win. In the quarter finals, Y. Delvingt de-

feated Jarzyck; Reissmann defeated Mounier; Rabalnic defeated G. Delvingt.

The first semi-final saw Y. Delvingt, defeated by Reissmann by two Yukos in an extremely hard fought contest, which meant that both of the talented Delvingt brothers were out of the contest with Yves Delvingt winning a bronze medal for France. The second semi-final between Rabalnic and Imanishi had the French crowd on its feet. Imanishi's superiority on the ground led Rabalnic to attempt to dictate the contest up-standing. After a hard fought eight minute contest with neither player able to execute a convincing technique, the score was drawn at one Koka each. Much to the dismay of the crowd, the decision was given to Imanishi. The final saw Reissmann, with his superior contest record and experience, dominating the ever defensive Imanishi to win comfortably by a yuko. Reissmann, the youngest ever to win a senior European Championship, with this win in Paris proves to be a formidable opponent in World Class judo. But all credit to Seth Birch for making the quarter-finals in such talented company.

Under 71 kgs: Neil Adams (G.B.)

In his first contest Neil suffered an unfortunate defeat by a koka to the extremely talented Talaj (Poland), and despite dispensing with Stemmer (France) the eventual winner of the pool, inside 20 seconds with a superbly executed kouchigari, and Decostero (France) with a koka, the retirement of Namgalalaouri (USSR) meant that Neil had no chance of gaining points to avoid a draw with Talaj for second place on two wins and thirteen points each. Because he had defeated Neil, Talaj won the second place to Stemmer to go through to the quarter finals. Such an unfortunate situation serves only to remind Neil of the need to defeat every opponent convincingly in order not to be defeated by the



system. Neil, with the true spirit of a future champion, accepted the situation in such a way that he has resolved to let this experience serve to spur him on to his final goal: Moscow 1980 — Olympic Champion.

It must be remembered that this tournament and this weight category proves to be one of the toughest tests in the world for even the best judo players and at 19 years of age no one can ignore the obvious talent and determination in potentially, one of our greatest judo players who, I am certain will uphold and possibly improve Great Britain's record in world class judo.

Three Frenchmen won their way through to the quarter finals: Landart, Stemmer, and Oukoloff, along with Talaj (Poland), Tambour (Belgium), Dorbandt (W. Germany) Van Gent (Holland) and Katsuki (Japan). Landart versus Oukoloff resulted in an easy win for Landart to go through to meet Dorbandt, who defeated Tambour, in the semi-finals. Stemmer defeated Van Gent to meet Katsuki, who defeated Talaj, in the second semi-final.

The first semi-final between Landart and Dorbandt started at a slow pace with each scoring a koka, until Landart brought Dorbandt to the ground where he held him with mune-gatame to go through to the final. The second semi-final produced one of the most exciting contests of the day with Stemmer meeting Katsuki. Stemmer launched a devastating series of attacks with seoinage which proved unsuccessful against a very defensive Katsuki. Katsuki was penalised with a shido

Opposite, Above: Van de Walle (Belgium) attempts to make up lost ground against Pacheco (Brazil) after receiving a keikoku. Pacheco won and fought Angelo Parisi in the final.

Opposite below: Seth Birch (G.B.) scores one of his two kokas against Leherbette of France.



Ecstatic Neil Adams after throwing Stemmer of France with kouchi gari for ippon.

for holding one side of the jacket and not initiating an attack. With five minutes to go the French crowd were willing Stemmer to keep up his attacks. Shido was then awarded against Stemmer for passivity, immediately followed by chui against Katsuki also for passivity. Katsuki then stepped outside the contest area, much to the delight of the crowd and after a lengthy discussion by the referees was awarded Kei Koku. Stemmer, with three minutes to go was awarded a chui for holding one side of the jacket. Katsuki immediately followed with a massive Ippon Seoi Nage, which was called outside the contest area, but would undoubtedly have been an ippon. With one minute fifty seconds to go, and the Frenchman leading, Katsuki



Imanishi of Japan tumbles Seth Birch with seionage for a yuko and then strangled him to win the contest.

launched a series of attacks which resulted in a Wazari from O Soto Gari, but this was still not enough to beat the Kei Koku awarded earlier. With under one minute left on the clock the French crowd were ecstatic in their expectation of a Japanese defeat at the hands of Stemmer. But, with fifty seven seconds remaining, Katsuki managed to knock Stemmer to the ground and secure him with Kesa Gatame, which he held only for a Yuko. Stemmer was then awarded a penalty for passivity, which brought him up to Kei Koku.

At the end of the contest the referee awarded the decision to Stemmer, but this decision was reversed to give Katsuki the win by

having a superior score on counting back.

Katsuki (Japan) went forward to meet Landart (France) in the final contest. This contest was won convincingly by Katsuki who devastated the Frenchman with a superbly executed Ippon Seoi Nage. Katsuki must prove to be a formidable opponent with his all round ability, both on the ground as well as standing, but his contest with Landart also shows that he might not be unbeatable. Dortbandt (E. Germany) and Stemmer (France) took the Bronze medals.

Under 95 Kilos: P. Donnelly (G.B.)

With only four people in Peter Donnelly's Pool, and despite a ten

point win against Jacques (France), Peter was defeated by Van Groeben (W. Germany) by Yuko and Donzel (France) by Wazari. This meant that Donzel and Van Groeben went through to the quarter finals. This was a dispiriting performance for Peter, a seasoned international who on his day, has shown that he can live with and beat some of the best in the world. Great Britain had

another interest in this category, in the form of Angelo Parisi, now competing as the European open weight champion for France. Despite losing to Ishikowa (Japan) by one point in the pool, Parisi established two ten point and one seven point win to go through to the quarter finals with Shourov (USSR). Also through were Van de Walle (Belgium), Vachon (France), Pacheco (Brazil), Delvingt



Angelo Parisi attacks fellow Frenchman Donzel in their quarter final contest. Parisi won by hansoku maki against Donzel.

(France) Groeben (W. Germany) and Donzel (France). Once again four Frenchmen were through to the quarter finals.

Many of the contests in this category proved unexciting with Van de Walle beaten by Pacheco in the semi finals by Kei Koku. Parisi defeated an extremely defensive Donzel by a decision, with one Yuko each on the board. Throughout all of Angelo's contest his 'hop forward' Osoto Gari was much in evidence but in the final against Pacheco it did not produce the high scores that it had done earlier. In the end Parisi resorted to ground work by switching from left Osoto Gari to right Tai Toshi for a Koka score and won the contest with a powerful strangle that left Pacheco wondering why he had bothered to don a judogi.

Although Parisi's win was a delight to all the British team, and especially to his former coach and training partner Brian Jacks, it must be remembered that this was a win for France, which can only serve to underline France's power in World class judo. Nevertheless, Angelo

brought back the proud memories of Munich 1972 when he proudly wore the Union Jack and won for Britain the Olympic Bronze medal, for that alone we should wish him luck in 1980.

RESULTS:

Under 65 kg

1st REISSMANN (E. Germany)
2nd IMANISHI (Japan)
3rd DELVINGT (France)
RABALNIC (France)

Under 71 kg

1st KATSUKI (Japan)
2nd LANDART (France)
3rd DORTBRANDT (W. Germany)
STEMMER (France)

Under 95 kg

1st PARISI (France)
2nd PACHECCO (Brazil)
3rd VAN de WALLE (Holland)
DONZEL (France)

NEXT MONTH: Read how Limerick attempts to defeat Ultsch with his teeth and how Japan's "man mountain" gained a submission by lying down.



CORRESPONDENCE

The Editor invites letters on any topic whatsoever for publication. Anonymous communication cannot be printed but, if requested names and addresses will not be disclosed.

Sir, — Thank you for creating such a stimulating and exciting magazine to read. The photos of action and techniques are really of great value. Since discovering your magazine in London last summer I always await my copy's arrival with glee.

My club is in Welwyn Garden City where I work as a cab driver. The club is at the Sports and Leisure Centre at Gosling Stadium and is called the NIWASHI. I know for a fact that Garry Webster our instructor reads your Mag and enjoys Mr. Tony Reay's excellent discourses on techniques!! May they continue in every issue.

Recently I was graded from 8 kyu to 5 kyu at Bedford where a lot of guys from Hertfordshire and Home Counties were participants in a very well organized grading with evenly matched good contestants from Bedfordshire. Only one thing though, I'm not quite sure who's signed my grading card though; when I got my "high green" I was too pleased to find out. My wife saw the three fights that I won and usually she thinks Judo to be second best to wrestling. I was really pleased to get the chance to change that with my first Haraigoshi. The second fight went to the ground, with her cheering me on, I got ude kake hiza gatame as my opponent struggled out of my previous hold. When I won the third with Kesagatame I'm sure she was counting I.T.V. style.

The way your magazine shows achievement and successes in National and International level encourages all my club mates on to a really good practise of our sport. Your articles in Club Forum are more interesting than you may realise, as the provincial clubs in and around London would like to know

more about the mystery men that pop into our dojo's and throw us around. Perhaps if we were to read up on their techniques we could give them more of a run for their mat fee!! Also could you give more emphasis on Club practise nights, and their dojo's addresses (often different from the Sec's address) so that we could revisit them for their kindness in seeing our dojo.

Our dojo at the Sports & Leisure Centre is a very good one by all accounts. It has a permanent mat area 50ft. square with contest area marked out. Also the walls are lined with a flat wooden layer that is sprung, so that hitting the wall with a foot just stings for a while. Dave Starbrook remarked that he liked our club's dojo. We have good changing and shower facilities with a good bar to analyse and chat in afterwards. We practise on Tuesday and Friday nights from 8.30 to 10.30. As our club is just twenty four miles up the A1 from London we get many visitors. Please remember that a lot of the London clubs' top names live in Hertfordshire and Essex so how about more info' on our two counties club's and people.

Next thing: Why only Dan Grade Register promotions? How about my efforts! I know I only rose 8 kyu to 5 kyu but that's as big a jump as brown 1st to Dan 1st in my eyes and a lot of club members too! Surely promotion of any sort deserves notification. How about 8th kyu 6th kyu 4th kyu and 2nd kyu registers with lists of confirmed promotions for them! Surely the colour does make a difference.

Your article on refereeing by Mr. R. A. Reilly was very good; can you follow it up as it leads to many points at club level. Could we have a

detailed article on refereeing explaining it part by part as in a referee's course in episodes? This could stop a few inter club misunderstandings. Now I come to Mr. T. Reay again as his thought provoking 'Improving One's Judo Part 1' was really club news. More of his written enthusiasm is exactly what this sport needs, nationally, in the press. If we can make people see the skilful abilities that judo gives as a spinoff we would have more "Twice-a-Weekers" who fill the local clubs. More good clubs full of judoka, more enthusiasm. More people, more need for Instructors, and so on, until we have more national squad members. From what I read, the olympic squad could be severely depleted by just a few injuries, a couple of colds, and a few train cancellations.

My view of the Aikido 'Official Notes' is limited by its limited space in your magazine. Forgive the pun but Aikido and Judo go wristlock in armlock together. Each is as good as the other though one is more obviously competitive and the other is self defensive. In other words more space, more news more articles.

Now your last article by Mr. R. Williams was as annoying as the cure to the common cold. No. 1 I don't credit physiology as a science, and No. 2 Psychologists are people who analyse peoples' actions after it happens and not before! Give me a set of results and I run off some theories of my own.

Judo is competitive because it's one against one. It gives mental relaxation because it uses all of your nerves and all of your strength and all of your cleverness of mind to beat the other man and prove dominance over an equal. No other sport gives you all this in the fair confines of man to man combat without weaponry, either fist, knee, foot, sword or club. The extreme example of the seventeen stone gangster being thrown by a girl of nine stone can be achieved, but only

by regular Judo instruction, practise, randori then more instructions, practise and randori.

Mr. Reay's explanation of hanegoshi mentioned the Japanese Student at the Kodokan that fell in love with the throw and wrote treatise after treatise on one throw to the neglect of all others; I bet all his Randoris with other colleagues are interesting with them trying to keep their knees together to stop him. My point is, why not get a list of top grades, and make them write three variations of their favourite throw and publish it for their next Dan grade. And can I do the same for my blue?

Back to Mr. R. Williams's Factors, I list myself as 10/10 for A,B,C,D,E, F,G,H,I,L,M,N, Q1, Q2, Q3; zero for O and definitely Q4 100% and I'm only a taxi-cab driver. Most of my friends on seeing his article had a big laugh as they had the same Figures (Q4 Frustrated at not being a 1st Dan). Could Mr. D. White whose comments I wait for every month, and I really enjoy his remarks, make a more digestible summary of his thoughts of Mr. Williams's article.

Sorry my letter is so long. It got longer in the writing as all I wanted to say was how about another year of action packed goodies in each edition and can you get some Kendo men to wake up and keep their contributions more than triennially. A prosperous new year to all your readers and writers.

P.S. How about some more colour grades as the same old question 'hi or low' is getting on many members nerves.

Suggest red tags on belts for higher, none on lower grade, or more colour, purple, pink, puce, scarlet, lime, primrose, ALSO green belts generally are either olive or brilliant deep green but mine is a cheaper synthetic sea green.

FRANK BASSILL
5th Kyu Green (Higher)



DAVID WHITE WRITES...

I mentioned recently that the BJA should be looking forward, money and personnel permitting, to the eventual "policing" of Judo clubs to ensure adequate facilities and standards.

Until the last few years and the building of regional community sports centres I seem to have spent half my life practising in scruffy, draughty, badly lit Judo clubs in nissen huts and Victorian ex-work-houses, not to mention cellars and dojos above night-clubs.

I've practised on mats like concrete, mats like feather beds, mats with gaps and holes, mats with dye that came off on my judogi, and even on no mats at all. Frankly it's been pretty awful.

Apart from soliciting your sympathy (fat chance) my point is that we have not, until recently, paid much attention to the conditions under which we have practised Judo. In fact a considerable disservice has been done to our sport by the organisers of the past who made Judo a cheap sport (which it still is) with the best of motives.

If only Judo had been made a more expensive sport — I'm not suggesting it rival polo or grouse shooting — we would have both superior facilities and the money to do an awful lot of things better! We would be able to offer somewhat more aesthetically satisfying surroundings. I'm amazed at the lack of interest and awareness of the importance of the dojo's facilities and appearance.

Most people perform better when

wearing a good quality, clean, judogi (preferably unstarched). The amazing difference I found recently using a top quality Badminton racket and shuttlecock brought all this home to me with considerable force.

Exactly the same thing applies in the Judo world as regards equipment and surroundings. In other words Judo must cost a little more and the image must be raised.

I might just add that the distinctly "high class" image of Kendo is in danger of being eroded in precisely the way I have described. You may feel that this is a good thing or a bad thing, but at least the Kendo authorities should be sure they are going in the direction they intend. Karate has a "low-class" image (and lots of money) so perhaps I'm talking through my woggle after all?

I have been asked several times to recommend books on Judo and the Martial Arts and the related field of meditation.

I am rather loath to do this because what interests one person will bore another, and experienced Budoka clearly requires very different "feeding" to beginners.

Books are no substitute for actual mat practice, however it seems to me that they have a useful purpose in that they can stimulate one to greater efforts, can remind one of things forgotten and can pass on tips and practical information.

I should be avoiding the "challenge" if I did not make a few recommendations but I would except coaches and instructors to make their own list.

In my opinion books to avoid include some of the very old ones still regrettably being published like

In the basic meditation field, Philip Kapleau's *Three Pillars of Zen*, Leggett's *First Zen Reader* and Irmgaard Schloegl's *Zen Way* are excellent and Alan Watt's *The Way of Zen* is stimulating and cheap. The Buddhist Society at 58 Eccleston Square, London SW1 produce a regular book list well worth getting.

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JUDO

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THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By TONY REAY

In the last issue of *Judo* we published the newly formed squad resulting from the Senior National Trials held just before Christmas. On the 4th February, 1978 were held the National Young Men's Trials and the next day were held the National Senior Trials for Women and the National Young Women's Trials, all being held at Crystal Palace National Sports Centre. As a result of these trials the newly formed squads are published below and I thought readers might like to know from which part of the United Kingdom these squad members come from.

NATIONAL YOUNG MEN'S SQUAD (ESPOIR)

Under 53 Kgs

1. Andrew Giddings, Devizes, Wilts.
2. Robert Ingles, Midlothian, Scot.
3. Dean Fletcher, Wokingham, Brks.
4. Antony Williams, Clayhall, Ilfd.

Under 57 Kgs

1. David Rance, Bracknell, Berks.
2. Gavin Bell, Glasgow, Scotland.

3. Nickolas Chopping, Sheppey, Kt.
4. Gordon Dale.

Under 62 Kgs

1. Michael Mercieca, Brcknll, Brks.
2. Nick Smith, Camberley, Surrey.
3. Andrew Morton, Bexley, Kent.
4. Jeremy Bennett, S. Harrow, Mx.

Under 68Kgs

1. Densign White, Wolverhampton, West Midlands.
2. Wyndham Williams, Bexley, Knt.
3. Mark Lovell, H. Wycombe, Bks.
4. Philip Reed, Tanghall, Yorkshire.

Under 75 Kgs

1. Douglas Naismith, Belvedere, Kt.
2. David McCartney, Lnkshire, Sct.
3. Allen Hughes, London, NW9.
4. Elrich Granville, Peckham, Lndn.

Under 83 Kgs

1. Tony Coldstock, Warley, W. Mid.
2. Jamie Cook, Cleethorpes, S. Hum.
3. Tony Reed, Wideopen, Newcastle.
4. Steven Callender, Tooting, Lndn.

Over 83 Kgs

1. Mervyn Bowditch, Evershot, Dst.
2. Richard Rowe, Tooting, London.

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3. Wayne Jackson, Wickford, Essex.
4. Carlton McLatchie, Fkstone, Kt.

NATIONAL YOUNG MEN'S SQUAD (JUNIOR)

Under 60 Kgs

1. Kevin Brooks, W. Brom, W. Mid.
2. John Holliday, Harlow, Essex.
3. Paul Cassidy, Kilmarnock, Scot.
4. Stephen Chadwick, Liverpool 13.

Under 65 Kgs

1. Andrew Davies, Ystradgynlaid, Glam.
2. David Fazon, Bow, London.
3. Robert Reed, Tanghall, Yorks.
4. Christopher Moore, Brynhyfryd, Swansea.

Under 71 Kgs

1. Jeff Russell, Newton Abbot, Dev.
2. Stuart Smith, Eltham, London.
3. Peter Campbell, Lothians, Scot.
4. Anthony Dearden, Peterborough, Cambs.

Under 78 Kgs

1. Mark Fricker, Crowthorne, Brks.
2. Kevin Lynch, Liverpool 7.
3. Dale Wood, Warndon, Worcester.
4. Colin Neild, Sale, Cheshire.

Under 86 Kgs

1. Julian Hellebrand, Feltham, Mx.
2. Philip Elliott, Fochriw, S. Wales.
3. Craig Scott, Ashford, Kent.
4. Paul Jones, Stourport-on-S, Worc.

Under 95 Kgs

Insufficient entries.

Over 95 Kgs

1. Marvin McLatchie, Flkstone, Kt.
2. Bryan Pestell, Gillingham, Kent.
3. Dennis Stewart, Warley, W. Mid.
4. David Manning, London, E15.

NATIONAL YOUNG WOMEN'S SQUAD

Under 44 Kgs

1. Dianne Bell, Crawcrook, Tyne and Wear.
2. Anita O'Reilly, Colindale, Ldn.
3. Sandra Fry, Cleethorpes, S. Hum.
4. Elaine Brindley, Stanwell Moor, Middlesex.

Under 48 Kgs

1. Tina Patterson, Virginia Water, Surrey.
2. Andrea Trigg, Beeston, Notts.

3. Roberta Rowe, Castle Bromwich, Birmingham 36.

4. Joyce Gordon, Strathclyde, Scot.

Under 52 Kgs

1. Loretta Doyle, London, N16.
2. Susan Warren, Walthamstow, London.
3. Janet Cook, Castle Bromwich, Birmingham 38.
4. Caroline Cole, Llanelli, Dyfed, Wales.

Under 56 Kgs

1. Liza Forbes, Guildford, Surrey.
2. Maria Hawkins, High Wycombe, Bucks.
3. Karen Inwood, Castle Bromwich, Birmingham 37.
4. Bernadette McInerney, Worcester.

Under 60 Kgs

1. Susan Frith, Tadcaster, North Yorkshire.
2. Jane Hudson, Hurst, Berkshire.
3. Kerry Jackson, Cheshunt, Herts.
4. Jacqueline Erion, Acomb, Yorks.

Under 65 Kgs

1. Maxine Earle, Hickey, Leics.
2. Suzanne Allin, Cheshunt, Herts.
3. Joan O'Brien, Merseyside, L'pool.
4. Sarah Lund, Liphook, Hampshire.

Over 65 Kgs

1. Mary Hanvey, Ayrshire, Scotland.
2. Katherine Gallon, Whickham, Newcastle-upon-Tyne.
3. Amanda Robertson, Northfleet, Kent.

NATIONAL SENIOR WOMEN'S SQUAD

Under 48 Kgs

1. Jane Bridge, Bolton Lancashire.
2. Carol Brooks, Rhondda, Mid Glamorganshire.
3. Christine Pomfret, Fallowfield, Manchester.
4. Bernadette Tyrer, Preston, Lancs.

Under 52 Kgs

1. Connie Armstrong, Reading, Berks.
2. Kerry Johnson, Poole, Dorset.
3. Janet Thorpe, Honley, Yorkshire.
4. Margaret Hicks, Brixton, London SW2.

Under 56 Kgs

1. Dawn Netherwood, Huddersfield, Yorkshire.
2. Winn Bolton, Crawcrook, Tyne and Wear.
3. Linda Bradley, Letchworth, Herts.
4. Ann Hughes, Crosby, L'pool 23.

Under 61 Kgs

1. Julie Cross, Burton-on-Trent, Staffordshire.
2. Kay Greenhalgh, Radcliffe, Man.
3. Christine Brennan, Cleethorpes, South Humberside.
4. Jennifer Francis, Highbury Lnd.

Under 66 Kgs

1. Maureen Bennett, Leeds, Yorks.
2. Bernadette Ring, Kitts Green, Birmingham.
3. Lorna Lancaster, Middlesbrough, Cleveland.
4. Patricia Foster, Leigh-on-Sea, Essex.

Under 72 Kgs

1. Avril Malley, Dungannon, N.I.
2. Heather Ford, West Drayton, Middlesex.
3. Sandra Bradshaw, London, SE11.
4. Rose-Marie Reilly, Midlothian, Scotland.

Over 72 Kgs

1. Loren Gunn, Edinburgh, Scotland.
2. Sheila Croton, Reading, Berks.
3. Moria Howard, Erdington, B'ham.
4. Maxinne Field, Manchester, Yorkshire.

SECOND IN COMMAND

Although the diary of our Chairman and President becomes increasingly crammed with appointments both for home and abroad he has always been able to chair Management Committee meetings. However, it is obvious that Mr. C. S. Palmer's commitments as President of the International Judo Federation and General Secretary of the General Assembly of International Sports Federations also, not forgetting his duties on the Council of the British Olympic Association, are increasing enormously. There may become a time when he will be unable to attend a Management Committee

meeting due to a flight delay or whatever. It is because of this that a Vice Chairman has been elected for the Management Committee and this post goes to John Perrins who is also the Chairman of the Finance Sub-Committee. We wish him luck in this new post.

MIDLANDS TAKE ON 1978 AGM

Frank Smith and his hard working colleagues on the Midland Area have never been known to resist a challenge and they have undertaken to stage the 1978 Annual General Meeting of the British Judo Association. This most important meeting of the year will be held on Sunday, 18th June at the Rugby Post House (Albany) at Crick which is just off the M1. Not only will they be preparing for this meeting but they will also be holding a Dinner and Dance the previous evening. Member Clubs will be informed of all the details in good time.

If that is not enough Midlands are also hosting the first ever All-England Ladies Championships which will be held on Saturday, 17th June at Rugby Sports Centre. What a great Judo weekend this will be!

JUST LOOKING

Rumours do spread quickly and I am asked to point out that the Competitions Sub-Committee are at this stage only assessing changes in mat area size for the under 16 age group and also the matter relating to contest belts.

Nothing has been decided yet and to date there are no changes to the Contest Rules. Should there be any changes in the future members will be informed well in advance.

JUNIOR MEMBERSHIP

It is intended that as from 1st April, 1978 all children under the age of 16 years will be required to hold Association Junior Membership. From that date Junior Membership will be strictly controlled at all competitions and promotion examinations.

SENIOR MEMBERSHIP

With effect from the 1st June, 1978 there will be an increase in individual membership fees and the new rates are as follows: **Senior** — £3.30; **Senior Renewal** — £3.00; **Junior** — £1.80; **Junior Renewal** — £1.50. There will be no change in club membership this year which remains at £5 per annum.

ASSOCIATION MAGAZINE

In order to give members a greater service and to promote the development of Judo in Great Britain it has been decided that the British Judo Association will produce its own magazine. This magazine will be in the popular A4 size and will carry a colour front cover and inside spread and be named "British Judo". Three issues are proposed for the remainder of this year and the first issue will be available for circulation on 12th May: all provided **FREE OF CHARGE** to current Individual Members of the Association.

It is pointed out that the Association will continue to support **Judo** magazine as in the past and the production of an Association magazine is hoped will serve to enhance an independent magazine such as **Judo**. It is felt that in the coming years there will be room for both and that competition will give better standards all round for the Judo enthusiast.

1978 TECHNICAL CONFERENCE

The response both from Areas and individuals to the Technical Sub-Committees call for constructive ideas with regard to coaching and the junior syllabus has been so great that this is one of the reasons that the Technical Conference has been postponed to later in the year. Originally planned for March it has been decided that Autumn would be a better time for the conference. This will give everybody sufficient time to make plans for what should and could be the greatest conference of all time. Watch this column for further details.

IS THIS THE 'WAY'?

I am sure that you, like me, did not like what Mr. M. Myles of Alloa had to write in the Correspondence column of the last issue of **Judo** magazine. As a kind of co-ordinating Editor I would have preferred not to have published such a letter. But the fact is that if what Mr. Myles has written is true, and there has to date been no denial or even any kind of alternative comment received by us, then such things should be pointed out for the benefit of Judo and for the guidance of all our members. Fortunately this is a very isolated and rare case — but when such a matter is brought to our attention, we — Mr. Myles and Association officials must bring it out into the open.

We do receive many encouraging and glowing letters at Head Office about what our instructors and officials are doing around the country but when I was in there the other day the Chief Executive Officer showed me yet another of those odd ones that makes my blood boil. The letter was from a parent complaining about an instructor and his actions when the parent's ten-year-old son had lost a contest. In front of the assembled class of juniors the instructor ceremoniously proceeded to cut from the judogi jacket of the boy, the club badge. . . Really! Is this the 'way' that we all believe in. Did that instructor never lose a contest? Judging by his age and grade he didn't win many. Oh yes! We are checking him out — and any others that come to our attention who only serve to harm and discredit what is otherwise a great sport run by — in the main — responsible and fair people.

AREA EXAMINATION ORGANISERS CONTINUED

Readers particularly from the Western Area are asked to note that we were misinformed of the address of Peter Murphy, Western Area Organiser. Please note that the address printed in the last issue of

Judo is incorrect and is as follows: Mr. P. J. Murphy 1 Joslin Road, Honiton, Devon.

TECHNICAL ASSISTANCE ABROAD

The Secretary General of the International Judo Federation has written to the British Judo Association asking if we have any technically qualified Judoka who might be interested in travelling to countries where their services might be needed. Judo has developed so fast around the world generally that some countries have been left far behind and others in fact have not left the starting post. The idea is to help these countries as much as possible and the so-called 'technically developed' countries are being asked to help the so-called 'technically under-developed' countries. Accommodation expenses would be met by the

host country and the travelling expenses would be covered by the 'Olympic Solidarity Organisation'. Such people however would be expected to work free for a period of between two weeks and one month. For some people this could be a nice way of spending their holidays and anyone interested should contact me at Head Office.

Conditions for Examiners

The document "Conditions for Examiners" is most important for all Examiners to have in their possession and a copy is available upon request from Head Office. Area committees are also advised to take note of this document (BJA/14/MAY/77) as there has in the past been some mis-interpretation. It is important for the good of British Judo overall that the correct interpretation be followed in order that the same standards are met throughout the country.

BJA. NATIONAL DAN GRADE REGISTER Appendix 1/78 — Promotions confirmed 1/1/78 to 31/1/78

		AREA & DATE OF PROMOTION	
MEN TO 1ST DAN	CLUB		
Barber, D.	Coventry	M	15/1/78
Breach, D.	Dorchester	West	6/1/78
Brown, M. J.	Port Talbot	WJA	6/1/78
Buchanan, W.	Centar	SJF	22/1/78
Dearan, P. B.	John Innes	L	26/1/78
Hills, E.	Sedburgh Boys' Club	Y&H	6/1/78
Jones, F.	Spartan	SJF	22/1/78
Rose, J.	?	NHC	6/11/77
Rowlands, G. K.	Judokwai Leicester	M	
Scott, C. J.	Sittingbourne	S	2/10/77
Scurr, B. P.	?	NHC	16/1/78
Tutty, O.	Judokan	L	8/1/78
Volger, G.	SKK Newton-le-Willows	NW	27/11/77
Waite, P. E. D. A.	Samurai Judo Centre	M	18/1/78
MEN TO 2ND DAN			
Cox, B. J.	Sheppey	S	31/1/78
Holme, P.	Kendal	NW	29/1/78
WOMEN TO 1ST DAN			
Evans, J.	Erynglas	WJA	21/1/78
Wallington, G.	Spencer Boys	WJA	21/1/78

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BOOK REVIEWS

COMPETITIVE JUDO by George Glass (Faber Paperbacks £1.75)

JUDO GAMES by Toni Goffe (Corgi Carousel 50p.)

These are two very different but equally valuable books: primarily George Glass is aiming at the serious adult while Toni Goffe is concerned with the teaching of children. It is surely one of the attractions of judo that the sport is so versatile thus demanding such varied treatments — and such good ones — from people, who have been deeply involved in the sport for many years.

Glass has concentrated on throwing techniques, not because he regards groundwork as unimportant but because he feels that it needs a separate book to cover it adequately (I hope he is commissioned to do it). The sections in this book on kata-guruma, seionage and tomoenage are particularly illuminating. I noted with enthusiasm the way Glass emphasises that in tomoenage one should place one of one's own feet well between the legs of an opponent (partly to confuse him as to the direction of the attack and partly to get a more mechanically advantageous position) before using one's other leg and own pull to catapult him to the mat. There is also a detailed section on weight control which is becoming increasingly important with the addition of the new bodyweight categories. As Charles Palmer observes in the foreword, this is "unique in a judo textbook".

Glass is rare in both being a distinguished international and highly qualified in Education. There are no crackpot theories here. His ideas have been modified and developed by rigorous academic discipline and high-level competition. This book stresses how much he has to offer British judo.

Toni Goffe has been a popular instructor for many years. He has invariably succeeded in making the sport a delight rather than a drudgery and has nurtured many peoples' early enthusiasm (I know because he taught my own beginners' class 15 years ago, something for which many people have never forgiven him). Toni has drawn the illustrations himself — and quite well done they are too — with a zest which is refreshing. Although the book can form a handy guide for youngsters on the basics of the sport, the most original contribution is to describe games, which have been practised in many dojos over the years, but have never been comprehensively documented. Here are the descriptions of games like "rocking the dummy", "climb any mountain" or "jumping the river" which will assist teachers as they seek to convey the pleasure and purpose of practising our sport. This book indicates how games can be, simultaneously, of recreational and instructional value.

John Goodbody

EUROPEAN JUDO CHAMPIONSHIPS

HELSINKI 5th - 7th MAY

See advertisement page 35

IN AND AROUND THE DOJO

IMPROVING ONE'S JUDO — PART 2

by **TONY REAY**

In Part 1 of this series we looked at the very important role of the coach/instructor and the part he has to play in our Judo development. I did say though that the coaches contribution is not the major contribution, but that it is the will and the determination of the individual Judo player that is paramount and is the key to the eventual development of his Judo.

Continuing on from there I thought that it would be a good idea to see what others, who have been

"... Certainly it must be an advantage having someone in the family who is sufficiently versed in Judo ..."

very much involved in top-level Judo, have to say and what advice they have to give to the aspiring Judo enthusiast. Also, I thought we should look at the advantages to be gained from people other than the coach/instructor.

Looking back on my own early days in Judo I realise that I was very much a 'loner'. This was not by choice because I had already experienced yet earlier in my boxing days the advantages to be derived from having a good sparring-partner. Not just someone who worked out with you in the gym, but someone who joined with you in road-running, club visits, etc. The Judo set-up then was different. There were not many clubs and one had to travel

in order to practice at the best of them and of course Judo was then unknown as a sport. Consequently there was nobody outside of a Judo club one could speak to about techniques, styles, tactics, etc. If you tried they would have thought you were a bit queer in the head going for a sport that was then shrouded in oriental mystery. How I envied years later Brian Jacks whose father Albert Jacks, coached, coaxed and generally advised Brian in his early formative years. Certainly it must be an advantage having someone in the family who is sufficiently versed in Judo, who is not overbearing but who is always there for a word of encouragement, for the odd chat about tactics, styles and future opponents.

"... There are a number of clubs and dojos still, where practice is not organised and I think that organised practice is a 'must' ..."

Danny DaCosta, several times British Open Lightweight Champion and European Silver Medallist was himself a 'loner', but again not by choice. When I first met him he was already on his way to the top and the amazing thing was that although there was nobody in his club who was anywhere near his class, he could always train hard and often.

Danny has this to say about training: "There are a number of clubs

and dojos still, where practice is not organised and I think that organised practice is a 'must'. My training has been very much non-conformist and I have felt the lack of not having had organised practice. However, when you are faced with this situation you are compelled to be versatile and rely upon your own resources. I am a great believer in mental fitness being even more important than physical fitness. One can be 100% fit physically but still lose a contest. I personally have been 50 % fit physically and yet have won a silver medal in the European Championships (1974) — because mentally I felt prepared."

"... A personal trainer can be too much of a 'crutch' that the competitor relies upon ..."

Danny is not too sure whether he is in favour of a personal coach or not. He feels the advantages are 50/50 and sees possibilities either way. "A personal trainer can be too much of a 'crutch' that the competitor relies upon. If the competitor is too involved with such a person and that person happens to have gone to the cloakroom when the competitor has to go onto the contest mat, then the competitor has lost because he does not have the trainer to lean on psychologically."

Danny does suggest however that a partner can be a terrific advantage when one is trying to improve one's skill. "Such a person must be one with whom you can be completely honest, that means somebody who is not in your own weight category. Somebody you can work with and who is relatively near your own weight category, somebody who has the same goals and with whom you can work to your mutual benefit. Ideally that someone should be able

"... video tape and film are ideal for seeing exactly one's weaknesses and areas where one can improve ..."

to spur you on — you should be able to encourage each other ..."

"Books are nice to have but they don't have any great value," says Danny. "But video tape and film are ideal for seeing exactly one's weaknesses and areas where one can improve ...". Certainly Danny has something here, I know that when I first saw myself on films I could see all the weaknesses and flaws that instructors had been pointing out for years. On this point I found out by accident that when a group had seen a good piece of Judo film showing plenty of action, when they practised immediately after the showing they were much faster and they were doing technique I had never seen them do before.

Neil Adams, Junior European Champion, British Open Champion, etc, etc, favours what he calls "Personalised coaching". Perhaps this is because he was the youngest person I interviewed and he was the only one currently in the National and Olympic squads, therefore he is

"... right up to the moment a competitor retires he should always be looking for new avenues for improvement ..."

still searching, still looking for better ways to improve himself. And that is how it should be, right up to the moment a competitor retires he should always be looking for new avenues for improvement. I really do feel that far too many competitors in the past have rested on their laurels when they have got into the national squad — they have been satisfied with the technique they have got and which got them to the squad. They have not tried to improve their technique or build up their range of technique — this will no longer do in the present and future squads. Tony Sweeney, 5th Dan and a previous British International many times points out what is happening abroad — particularly

in the Russian camp. "It is noticeable that when they first arrive on the European scene they have won selection or fought their way through the Russian preliminaries with one basic, albeit crude, technique. But when we see them in subsequent years, they are much improved. Their technique is sharper, but more noticeable is the improved range of technique they have developed ...". This is certainly true these days, you never know what they are going to come out with once they have had a few years with the Russian national squad. Just recently I have been watching the British national squad at work and I am much impressed with the efforts of the Team Managers and the entourage of 'helpers' they are building up. But I look at the registers and suspect that there are a lot of absentees who are not there because they think that rather than learn new skills — they are going to give away all their secrets to their contemporaries on the squad. This is stupid and negative thinking if this is the case — and I hope I am wrong in this assumption. Of course we cannot order them to train as can be done in Russia and other countries, but those who do train regularly with the squad are bound to improve much faster these days. It all comes back to group training — at all levels.

"I think that it is very important in this country to adopt either the French, Russian or East German ways of training ...", says Neil Adams. "I think we should all have a personal coach. A person who knows completely our particular style of Judo, how we feel while we are training, how we react, when we've done too much, etc, etc, ...". In other words I think each and every one of us in the squad needs a coach who can be so close that he can turn the key, give us correct diet, advise on ways of training, produce a training programme — and that person should be such a person who

can keep us to that training programme. The quicker we adopt such a system I think the better. ..."

Neil does not believe that such a person need necessarily be a Judo player himself, but he does go on to say that such a person must know thoroughly the training methods needed for Judo. "What he does have to be specialised in is sport psychology ...", says Neil. "I personally have had a coach, a gymnast, who gave me my very first training programme. He knows about Judo and he knows how to train for Judo ... and this has helped me tremendously", says Neil.

"... anything can be done if the will is there ..."

Dave Starbrook, Olympic Silver and Bronze Medallist has always trained on his own. Basic Judo aids that he has used do not need much imagination — but they do show that anything can be done if the will is there. There is the famous post in the Renshuden dojo on which he used to practise his uchikomi and we have all heard about his marathon runs around Regents Park in army

"... You can advise a person on a technique but whether he'll be able to adapt it to his own particular body depends on the psychology, outlook and attitude of that particular person ..."

boots, etc. "You can advise a person on a technique but whether he'll be able to adapt it to his own particular body depends on the psychology, outlook and attitude of that particular person ... and it's just no good if it does not suit his make-up ...". Dave goes on to say that he does not like personal coaching. "Although Judo is very much an individual thing, training for Judo is very much a group thing ...". Dave is very critical of the coach who claims 'I trained that boy ...'. "This comment is made often, but really it is

a very selfish outlook. Such a comment is degrading to the pupil or boy whom that coach has been teaching and points out the inability of the pupil to think for himself ... Everybody helped to produce my Judo ...", says Dave.

"... From the highest grade in the club, from the instructor down to the white belts in my club — they all made some kind of contribution towards my Judo ..."

"From the highest grade in the club, from the instructor down to the white belts in my club — they all made some kind of contribution towards my Judo".

"The training of girls should not be any different from the training of boys", says Ellen Cobb. Women's British Open Champion several times and European Silver Medallist twice. "... as long as they do not have to train with people too much over their own weight", adds Ellen. "The current situation with women generally is that their Judo is very physical, they are very much fitter than the average women in other sports. But then, that was the situation with the men earlier on and just as they have returned to tech-

nique, so will the women in the next few years".

On junior Judo Ellen has this to say, "I'm not too keen on pushing youngsters into contest before they are ready. If they really want to have a go, well then give them the experience, but don't push them. It is noticeable to me that the medal winners from my club are those who for a long time were not interested in competition, but when they have advanced the idea themselves and wanted to go into contest — they have come back with medals".

"... Youngsters should not be pushed on too fast by anybody ..."

With regard to junior Judo and on the question of personalised coaching perhaps Dr. Ken Kingsbury, British Team Doctor, sums it up nicely. "Youngsters should not be pushed on too fast by anybody. But I do think that when people get older, especially adolescents, it is very useful for them to have someone from outside the family to whom they can talk over their problems. Such a person should be the type who could help them without developing into a person that the player cannot get rid of."

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"	second quality.	
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JUDO COMPETITIONS IN APRIL

Off course the biggest event, and probably the most attractive in the British calendar for men is the British Open Championships on the 15th April to be held at Crystal Palace National Sports Centre. A new innovation to be introduced this year will not be so apparent to the spectators, but will no doubt help to streamline the proceedings of booking-in and weighing-in of competitors. Most European countries have already tried the system and it works very well for them, this is to book-in and weigh-in the evening before the competition. In weighing-in the competitors will have to be within both ends of the scale of their weight category and not just within the top limit as has been the case before. This new procedure will allow the preliminaries to start promptly at 9.00 am on the Saturday.

There is therefore the promise to the spectator of a completely full day of non-stop Judo culminating with the finals. This spectacle should be a *must* for every Judo enthusiast who can get there, certainly it will be a good day of Judo action for Londoners to get to. The finals will commence at about 7.00 pm. It is impossible to put an exact time on the finals especially now that the clock is stopped in each contest at the referee's command of "matte" (break) as well as for "jikan" (time out).

At the time of writing there are no major injuries reported from the British Olympic and National squads, so we should be seeing all the British fighters competing. Entries are just beginning to come in from home and abroad so it is difficult to make any assessments just yet. How will the British boys fare however? Will Keith Cannaby be able to hold on to the title he won last year in the Under 60's? Andy Hough lost to Keith in the

final and slipped back even further later in the year when he just scrapped into the national squad at fourth place. Was this just a bad year for him and will he storm back to try and wrest the title from Keith?

Ray Neenan tops the Olympic squad in his category (Under 65's) and was British Open champion last year. He looks well set to hold the title but will Daniel Hardy of Canada who had to settle for a bronze last year try to repeat his 1975 performance and win a British title again? Seth Birch will also have some say in the matter having got silver last year.

Neil Adams surely must hold on to the Under 71 title but if the Swedish boys are here again, Nilsson will be pushing hard for gold, the Swedish boys never give up.

Brian Jacks has put aside competition abroad but he has entered for this — however not in the Under 78's. This should give Vass Morrison a clear run in this category, but then anything can happen and with Brian moved up a weight there could be a strong "unknown" contender for the title. Bertil Strom last year's Under 86 champion, Swedish champion and Nordic champion, could be meeting Brian which has all the possibilities of a real "thriller" of a battle. Bertil is not the type to give up the title easily — even if it is to the great Brian Jacks. Tommy Limerick of Scotland will be in there somewhere also and he might just decide that it's about time there was another tartan invasion in the British ranks again, it has been long overdue. Tommy heads the Olympic squad in his weight.

What about the Under 95's. Will Van De Walle of Belgium and last years' champion, defend his title? Is Peter Donnelly really finished? Will Alex Ives surprise them all? Will this

be Paul Radburn's great day? These questions will be answered in the main arena on the 15th April.

In the super heavyweights we have a really exciting prospect. Arthur Mapp has moved up in weight and is in the Olympic Squad and Martin Clarke, his squad-mate, has been making steady progress throughout last year — will either one of them be able to take the title from Brian Drew of the Midlands? And what about Ian Thomson also from the Midlands?

For the answers to all these questions — come along and see the finest Senior Men's Individual competition in British Judo.

JUDO MAN WINS ART AWARD

Jerry Hicks 4th Dan, was the first member of the Association in the Western Area to attain black belt status. He is a Senior Examiner and for many years was Area Coach. Over the years he has held various posts both in the British Judo Association and the British Schools Judo Association and he is at present Co-ordinator for the West of England Centre of Excellence.

As an artist and by profession an art teacher, Jerry has figured in many art exhibitions over the years also and from time to time we can find the odd painting on Judo. Just recently Jerry received possibly the highest art accolade of his career when from hundreds of artists all over the country he was selected and commissioned to produce a canvas to commemorate the Queen's Silver Jubilee Year. Six subjects were chosen for this Art's Sponsorship Awards which were in aid of the Jubilee Appeal Fund under the heading of "Great British Achievements". Earlier this year the awards were presented to the six successful artists at the historic

There is also some good action planned for north of the border in April. On the 8th April there is the Lothians and Borders Region Open Youth Tournament to be held at Meadowbank Sports Centre. This competition includes events for Under 61 kgs young women and Over 61 kgs for young women. In all a good day from noon onwards.

On Saturday 1st April Southern Area are holding their Open School-boy's championships back at Crystal Palace and on the next day at the same venue the Young Women's Open. Tickets are available on the door at £1 per adult and 50p for children.

Banqueting Hall in Whitehall and the presentations were recorded live by BBC2. Jerry was one of those successful artists. His choice was sport and his painting depicted Sir Roger Bannister in his famous and historic run when he broke the four-minute mile. All six artists were chosen to depict a great British achievement during the 25 years reign of Queen Elizabeth II and included with sport were, seafaring, architecture and design, achievement in the arts, science and technology and human endeavor. At the presentation Jerry was the first to receive his award from HRH The Duke of Kent.

The sequel to this achievement will be an exhibition of a selection of Jerry's works which will be on show in London and hopefully we will see some of his canvases on Judo. A painting by Jerry of David Starbrook MBE, Olympic Silver and Bronze medallist has been offered by Jerry to promote the 1978 National Team Championships to be held at Bath on the 25th March. Copies will be on sale at the event.

CLUB FORUM

BEXLEY JUDOKWAI — *Alan Roberts writes:* — 1978 has started tremendously for club members. Several Espoirs travelled to Edinburgh in January for the Scottish Open Championships. Douglas Naismith returned as a gold medallist, with Stewart Williams contentedly holding two silver medals won at the event. Mark Woolcombe completed the club medal tally with a bronze.

As a warm up to the National Espoir and Junior Trials, the Scottish Open proved to be extremely successful. The 1978 National Trials were by far the most successful for the club, with Douglas Naismith again coming home in first position, Stewart Williams and Stuart Smith earning second places and Andrew Morton winning a third place. Congratulations also to Stuart Milburn on his sixth place Under 53kg. A great performance for all club Espoirs.

The Under 16 squad will be in action at several events soon, anxious to continue their successes of last year.

REDBRIDGE JUDO CLUB: We would like to draw the attention of Clubs to the new Club Fixture Secretary. He is Mr. David Wallis of 111 St. Albans Road, Seven Kings, Ilford, Essex. Telephone 01-590 4402. Please contact him for championships and other information.

THE YOUTH JUDO CENTRE (DULWICH AND STREATHAM): *from Bob Ash:* — Last year came to a grand climax for our members with the Youth Judo Championships held in Dulwich on 11th December. With 30 medals to be won, as well as over £300 worth of challenge trophies, the whole day was taken up by contests which displayed some avid combat and skill. Besides winning a gold medal, the

winner of each of the ten categories was presented with a challenge trophy to keep for one year. Trophies included solid silver cups, shields, a Celtic brooch, a pair of sai mounted in a log base and a steel replica of a 16th Century knight's helmet as the premier prize.

The winter has been a time for careful planning of events for the oncoming year. The first was a visit to Bracknell Sports Centre, to take part in the Olympic Tour, where juniors and seniors benefited from training with members of the British Squad. At the end of May, 30 juniors and 2 instructors will be spending a week on an Adventure Holiday by the River Medway, where they will have the chance to try a number of other sports, such as canoeing, sailing, skin-diving and archery. They will be taking a set of mats down with them to keep up their judo, and so with an assault and initiative course too, they should have a vigorous time.

Judo Summer School. Following the success of last year's school, we are organising a five-day, non-residential course for juniors in and around London. It will be held at Dulwich J.C. in the first week of the school summer holidays, i.e. Monday, 24th July to Friday, 28th July, 10 a.m. to 4 p.m. each day.

Chief instructor will be John Waite, 3rd Dan Judo, 5th Dan Aikido. The course fee is £8.50, which should be sent with details of age, grade and stamped s.a.e. to Dulwich Judo Club, Bessemer Grange School, Dylways, London, S.E.5. Book early as places are limited.

TOKEI JUDO KWAI — *From Doug Marks:* — Club activities were a little slow getting off the mark after

the Xmas break but appear to be picking up nicely now.

Joe Wynne has been appointed team manager for the men and is tackling the job with considerable enthusiasm. Joe is a Dan grade with a great deal of competition experience behind him and is proving a real asset to the clubs adult section. Already Joe has shown his worth by successfully steering six of the seniors to three gold and three silver medals in the recent Renshuden kyu grade team competition.

Four of our youngsters attended the schoolboy national squad training session at Crystal Palace all of them gaining a great deal from the experience.

Our major concern at the moment however is to successfully defend the Tokei Team Championship in February against an even tougher and larger entry than last year.

TORA-KAI JUDO CLUB—from Brian Ley:— We held our first Schoolboys Invitation Event on 19th February at Elmbridge Leisure Centre, Walton-on-Thames.

We had maximum entries of 150 boys in eight weight categories. The event was very successful, thanks to the help of the referees and officials. Planned to start at 10 a.m. and finish at 6 p.m., we actually finished three minutes early. We congratulate the following Medallists.

U25 kgs Gold: P. Fulford (Bushidokan); **Silver:** G. Hoare (Itsutsu); **Bronze:** P. Clark (Tora-Kai); E. Williams (Sutton).

U30 kgs Gold: C. Ley (Tora-Kai); **Silver:** P. Goff (Tora-Kai); **Bronze:** D. Murphy (Itsutsu); D. Lewendon (Tora-Kai).

U35 kgs Gold: M. Emery (Devizes); **Silver:** C. Merriman (Itsutsu); **Bronze:** J. Dobson (L.J.S.); P. Murphy (Itsutsu).

U40 kgs Gold: M. Goff (Tora-Kai); **Silver:** N. Swann (Mid-Sussex); **Bronze:** P. Wilby (Mid-Sussex); J. Chapman (L.J.S.).

U45 kgs Gold: A. McNaughton (Croydon); **Silver:** N. Kennett (Sutton); **Bronze:** R. Higgs (L.J.S.); J. Hampton (Tora-Kai).

U50 kgs Gold: N. Swann (Mid-Sussex); **Silver:** T. Green (L.J.S.); **Bronze:** D. Smith (Mid-Sussex); D. Brandon (Tora-Kai).

U60 kgs Gold: M. Randall (Tora-Kai); **Silver:** L. Saunders (L.J.S.); **Bronze:** R. Floyd (Tora-Kai), B. Gover (L.J.S.).

Over 60 kgs Gold: S. Mitchell (Mid-Sussex); **Silver:** H. Abbot (Tora-Kai); **Bronze:** R. Dunne (Croydon).

Each gold medallist received a trophy to be held for one year, which were donated by local shops, schools and parents. Once again thanks to all helpers.

NORTHERN AREA OPEN CHAMPIONSHIPS

The Northern Area Open Championships for 1978 will be held on Saturday 1st April at Consett Sports Centre, Ashdale Road, Consett, County Durham. Unfortunately this information has been received by *Judo* magazine much too late to be publicised fully and for the benefit of would-be competitors, however this event promises to be a good day of Judo for anybody in the North who wants to go along. The preliminaries will commence at approximately 10.00 am and continue through the day. Spectators are welcome and admission for adults is 20p and children 10p. There are bar, restaurant and cafeteria facilities. Basket meals will be available from noon onwards at 60p each.

David White looks back at 1977

The most important action in the Judo world in 1977 took place off the mat. I feel a little guilty for saying this, but except in Olympic year is so often seems to be true.

In some ways the most significant thing that happened was the decision by the IJF, in which our own Charles Palmer had no little part, not to hold the World Championships in September in Barcelona.

This decision received stunningly little publicity both within and outside the Judo World. Personally I had mixed feelings about the decision. I know all about the very real problems of "apartheid" in sport and it would be foolish to pretend that sport is not political these days.

I cannot help admiring Mr. Palmer's courage but I also cannot help thinking that a little practical subtlety could have been exercised by the IJF and that perhaps the championships could have gone ahead without the team competition.

Frankly I couldn't care less if Taiwan never compete in anything again, but it is sad that the Spanish would not give them visas — sometimes one almost despairs of human beings...

It is also time we stopped the pretence that judoka are amateurs. The regrettable truth is that only in the UK and a few of the smaller countries are there any real amateurs left. There is nothing new about this, but I wish Mr. Palmer well "juggling" the truth against the fiction that sportsmen are amateurs these days.

It would be a great shame if judoka were not able to take part in the Olympics but if you are going to take a stand on principle over political or racial discrimination be careful about your "morality" when it comes to amateur-professional participation in sport.

I also wish the BJA well with their decision to produce a quarterly magazine for all members. I have advocated this for many years both in public and private, and a £1 increase in membership fees will be well worthwhile. I hope the BJA have got their sums right over advertising — but even so the new quarterly must be made a success for the benefit of all judoka.

And there is still a need for your old monthly friend *Judo* magazine. Let's hope the BJA's continued support for *Judo* magazine will be shown in a practical way.

There was also a major change in the structure of the BJA during the year. The formation of a seven man (and woman) management committee instead of a 20-man executive concentrates influence in fewer hands but it does also make decisions easier to reach and less expensive and cumbersome. I see no reason why this should not be completely successful.

As an aside there is no question that more and more Judo people are moving towards the idea of free-scoring Judo contests of a fixed length with the winner getting most points. It seems only a matter of

time before this comes about — probably over the dead-bodies of a few Japanese who still favour the "sudden death" type of contest because they believe they are more successful with it.

Several times during 1977 the Martial Arts Commission cropped up. It is noteworthy that this organisation has grown in strength during the year and now represents a formidable body of martial artistes! There are some pretty weird Korean and pseudo-Chinese organisations active in the UK at the moment — I've seen some of their practice sessions — and hope the MAC can control them. Something was certainly needed but for the moment I still believe Judo should stay out to see how the MAC progresses.

Throughout the year the hard work put in by the new senior team managers, Dave Starbrook and Tony Maconell has encouraged me greatly. There appears to be greater strength in depth in UK judo than for a long time.

We do not have the stars, but by 1980 or 1984 they will doubtless emerge. The addition of a national squad to the olympic squad is eminently sensible as is the approach to Judo now being exhibited at young man and school level.

No criticism of Charles Palmer but I was surprised to see him voted in as both president and chairman of the BJA. Perhaps we shall see a new chairman soon to ease some of the enormous load that Mr. Palmer has borne so ably for so long. What would happen if he were run over by a Datsun tomorrow?

On the mat the year started with a good international tournament in Paris. No medals for our boys but a valuable work-out for Andy Hough, Neil Adams, Diebelius and Donnelly — a promising young team.

The British Open Championships for men threw up — if that's the

right word — one cracking combat with Vass Morrison narrowly getting the edge over Brian Jacks in the under 78 kg category. I have always felt Vass to be an under-rated judoka and of course he has had injury problems. Adams looked sharp but the standard of the other final contests was not high, particularly at heavyweight which can only be described as pathetic.

The ladies did well at the Dutch Championships with plenty of medals, including gold for Jane Bridge (under 48 kg) and Ellen Cobb (over 72 kg).

The National Team Championships for men were held at Kirby. The Southern team beat London in the final and Northern Home Counties and Scotland shared the bronze. It is good to see the medals and the tournaments spread around the country.

I have said it before, but I have never been able to understand the weakness of Armed Force and Police Judo in the UK. I can understand the poor showing of our university people even though I don't accept pressure of studies as a real reason. It is incidentally nice to see more reports of university Judo in the magazine. But I should love to hear from those involved why the army and the police are so woefully weak. Are they getting no support at all from their higher ups?

The Senior Men's European Championships in May in West Germany gave us two bronze medals, one for Neil Adams and another for Paul Radburn. It could have been a lot worse and Adams must one day be a great champion if he remains injury free. All Radburn needs is another five or six stone!

In the team event we beat the Yugoslavs (no mean feat these days) and then Bulgaria. We were well beaten by the Russians and narrowly

missed a medal going down to a strong Rumanian team who had already pressed the USSR hard.

The UK ladies did not show too well in the European Championships in October in Belgium. The retirement of many of our top women judoka has, as with the men, produced an interregnum period and many other countries like the USA and West Germany have been improving rapidly. The British Open Championships for Women demonstrated this weakness again. In eight categories only one Briton got a gold medal, Dawn Netherwood in the under 56kg category, and very few of our people reached the semi-finals.

The All England Men's Judo Championships in October produced good lively judo with the indefatigable and remarkable Brian Jacks, Vass Morrison, Chris Bowles and

Neil Adams clearly enjoying their day out. There seem to be more and more smallish tournaments up and down the country and this is splendid of course — surely this has something to do with the strength in depth I was talking about earlier.

Adams took a gold and Arthur Mapp a bronze in the German Open in October.

And then in November Neil Adams and Chris Bowles took gold medals in the Junior European Championships and John Holliday a bronze. The standard of this tournament gets higher and higher so perhaps this was our best effort of the year on the mat.

The Senior Men's National Trials, as Tony Reay said, is not exactly a glamour event but we did get a new national squad that you probably saw listed in the January magazine.

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JUDO AND THE CRASH MAT

Roger I. Rich-Smith

One of the advantages in coming to the sport of Judo with a background in several other activities is the ability to view things from different angles.

Most Judo instructors are familiar with the benefits that gymnastics and trampolining (two of the activities which I coach) can provide the Judo person with: improved muscular co-ordination and special awareness being just two of the assets derived from these sports. Improvement from participation in such activities — even if one has the time — does not happen immediately though. The real benefits to the Judo person usually come after months or perhaps years of application.

Something that can be easily utilized to achieve more immediate and tangible results though is the crash mat. Crash — or thick foam-mats have been with us many years now and used in Olympic gymnastics to break the fall or cushion the landing of performers. In pole vaulting and high jumping the 'big mats' have provided enormous impetus to technical skills (e.g. Fosbury flop) as well as the more obvious factor of increasing safety. The crash mats are also in use in most schools and sports centres for use in a variety of activities. Where are they of use in the DOJO though?

Some might say that such equipment has no place at all in the Dojo, or that they don't provide any long term benefits to the Judoka. Such a view is, I believe, to misunderstand

the mats function in relation to Judo. It is not as a substitute for any of the formal methods of learning but as an aid to that learning and skill acquisition.

There are three main ways in which the mat can be used in Judo training. The first is in relation to learning and perfecting breakfalls. By removing the hesitancy or fear element the student can practice uninhibitedly and can quickly orientate himself/herself to the required technique prior to transferring the move to the ordinary mats. The usual progression will still need to be followed on the ordinary mats, but the novice — or intermediate performer who is acquiring or improving more advanced breakfall techniques — will have a degree of co-ordination and orientation already without having suffered injury or more commonly; fatigue bruising associated with the inevitable jarring of the body that occurs when learning breakfalls.

Is this a soft option for many though? Does it instill a false sense of confidence, especially if they are going to have to perform all skills on the ordinary mats sooner or later? They won't be allowed in contest or have the space for them in randori so why waste time 'playing on' these mats? A gymnast can't use a crash mat in competition either but that doesn't mean that they won't use such a useful aid in warm ups and training, to minimise injury and accelerate progress. If used properly in the Dojo they can also

greatly shorten the time required for assimilation of new skills.

As an aside to the main argument it also seems that a problem with some Judo clubs is in holding on to any great percentage of beginners. The highly motivated and physically capable quickly toughen up and progress in the sport, but the majority of less capable or less confident ones soon drop out: the knocks and jarring received in the early sessions quickly having dampened their enthusiasm. They leave disappointed and frustrated with their slow progress. Obviously all sports have the 'highly competitive members' element in them and Judo is no exception being an international and Olympic sport. These 'competitors', 'iron men', and 'contest men' are the elite though. The majority would be happy with a slower, but steady, rate of progress with an emphasis on enjoyment and sense of participation rather than aspiring to championship class. This certainly applies to the very young and many older people coming to the sport. For these any aid that can be introduced to cushion them a little while they slowly develop confidence and toughen up is to my mind a plus.

The second use of the mats is in the learning of throws; particularly the acquisition of orientation and co-ordination associated with some of the more spectacular throws such as kata-garuma. Again by removing the fear element they are able to concentrate totally on the technique and physical requirements of the move, and again; because of the reduced fatigue factor, can practice it many times. Moves that were once considered out of reach or too difficult can now be learnt quickly and effectively. Progress is not inhibited by "lack of confidence" barriers because each new technique can be broken down and assimilated by all.

The third and last use of the mat is as a conditioning aid. It is well

known that to improve fitness to any degree the circulatory and respiratory systems must be improved by overloading them during training. Running, circuit training, swimming are particularly useful in this respect. Another method is to overload the body's systems within the context of the sport. Now there are obviously many ways of doing this: in Olympic gymnastics for example, the performer — if he is dedicated — will eventually perform his routine several times with minimal rests in between, thus having an enormous psychological and physical reserve for the one performance he has to go through on each piece of apparatus in the competition situation. Or he may repeat a particular element of a routine numerous times to induce local or general fatigue, again overloading the system to improve it. There are, of course, many ways of overloading the body in the Judo context. With the mat: break falls of all types can be performed continuously for a given period with maximum effort from the word go. This sort of training is tremendously hard work, and the unfit should use more conventional methods to start with. You can start with a minute flat out and then increase it according to fitness — the aim is 8-12 minutes perhaps of non-stop effort with eventually up to 200 breakfalls performed. There is little benefit in increasing the time element much beyond 12 minutes because the body would, or should be, so exhausted that the rate of performance would be abysmal. Rather aim at going faster in the same time. You will find this one way of reducing strong healthy men to helpless idiots in a very short space of time.

The crash mat can therefore be seen to be useful in several ways. It can also be fun. Let's have time to enjoy our Judo as well as being dedicated to the sport.

Good landing.

EUROPEAN JUDO CHAMPIONSHIPS Helsinki 5-7 May 1978

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JUNIOR CORNER

At fourteen years of age Michael Rea has a lot to feel happy about. If nothing else he is helping to keep his club within the nucleus of those clubs which produce competitors of a national class. In 1977 he won a gold medal at the Schools Championships and later in the year he won a bronze at the National Schoolboy's Championships in November despite injuries. When representing England at Swansea, and Great Britain at Coventry in the same year he won all his contests outright. Michael is the current Devon and Cornwall Champion and also Western Area Champion. He has held these titles for the past four years. In 1975 Michael won the gold in the All-England Schoolboy Championships held in the Western Area.



MICHAEL REA

On three occasions Michael has travelled to France on behalf of Plymouth Judo Club and on each visit won all his contests. To date his medals and trophies total 56 and in the last year alone he has won eleven golds and been presented with two awards for outstanding player of the championships.

The members of Plymouth Judo Club are rightly proud of the national hero in their midst and they have

given him their supreme accolade, the 'Boy of the Year' title. Well done too Alan Kimber who is Manager and Coach of the Plymouth Judo Club!

EDITORS NOTE: If you have some-one in your family or practising at your club who warrants being mentioned in 'Junior Corner' send us a photograph and let us know all about him — or her.

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RENEWAL/NEW SUBSCRIPTION (Delete which not applicable).

B.J.A. CALENDAR OF EVENTS NATIONAL AND INTERNATIONAL FOR 1978

Date	Venue	Place/Country
March		
11-12 March	Hungarian Cup	Pecs, Hungary
25 March	National Team Championships for Men	Bath, Avon
April		
1-2 April	Dutch Open	Kerkrade, Holland
15 April	Mens British Open Championships	Crystal Palace
16 April	National Promotion Examination	Crystal Palace
May		
4-7 May	Senior Individual Mens European Championships	Helsinki, Finland
June		
11-12 June	Tournament with West Germany	Venue to be confirmed
July		
25 July	Home International with Hungary	Crystal Palace
September		
23-24 September	Referees Course	Crystal Palace
October		
Date to be confirmed	Senior European Championships Team Event	France
7 October	All England Championships	London
14 October	Home International with West Germany	Crystal Palace
21 October	Womens British Open Championships	Crystal Palace
22 October	National Promotions Examination	Crystal Palace
22 October	Young Womens International Event	Crystal Palace
November		
11-12 November	National Schoolboys Championships	Crystal Palace
15-19 November	Junior European Championships	Mickolc, Hungary
23-26 November	Kodokan Anniversary Event	Japan
December		
9-10 December	Senior Mens National Trials	Crystal Palace

Note: Tickets for all events to be held at Crystal Palace can be obtained from The British Judo Association, 70 Brompton Road, London, SW3 1DR.