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KARATE - AIKIDO - KENDO

# JUDO

INCORPORATING BRITISH JUDO ASSOCIATION NEWSLETTER

Price 35p

May/June 1976





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Keith Remfry, 1976 British Open Heavyweight Champion, Photograph by David Finch

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## CONTENTS

BRITISH OPEN CHAMPIONSHIPS FOR MEN	3
JOHN GOODBODY REVIEWS THE BRITISH OPEN	9
DAVID WHITE WRITES	12
B.J.A. NEWSLETTER SUPPLEMENT	15
CLUB FORUM	22
BRITISH AIKIDO ASSOCIATION	23
AREA NEWS	26
BRITISH KARATE CONTROL COMMISSION	28
IN AND AROUND THE DOJO	31
LET US TAKE STOCK	34
JUDO EQUIPMENT	36
SUBSCRIPTION FORM	38

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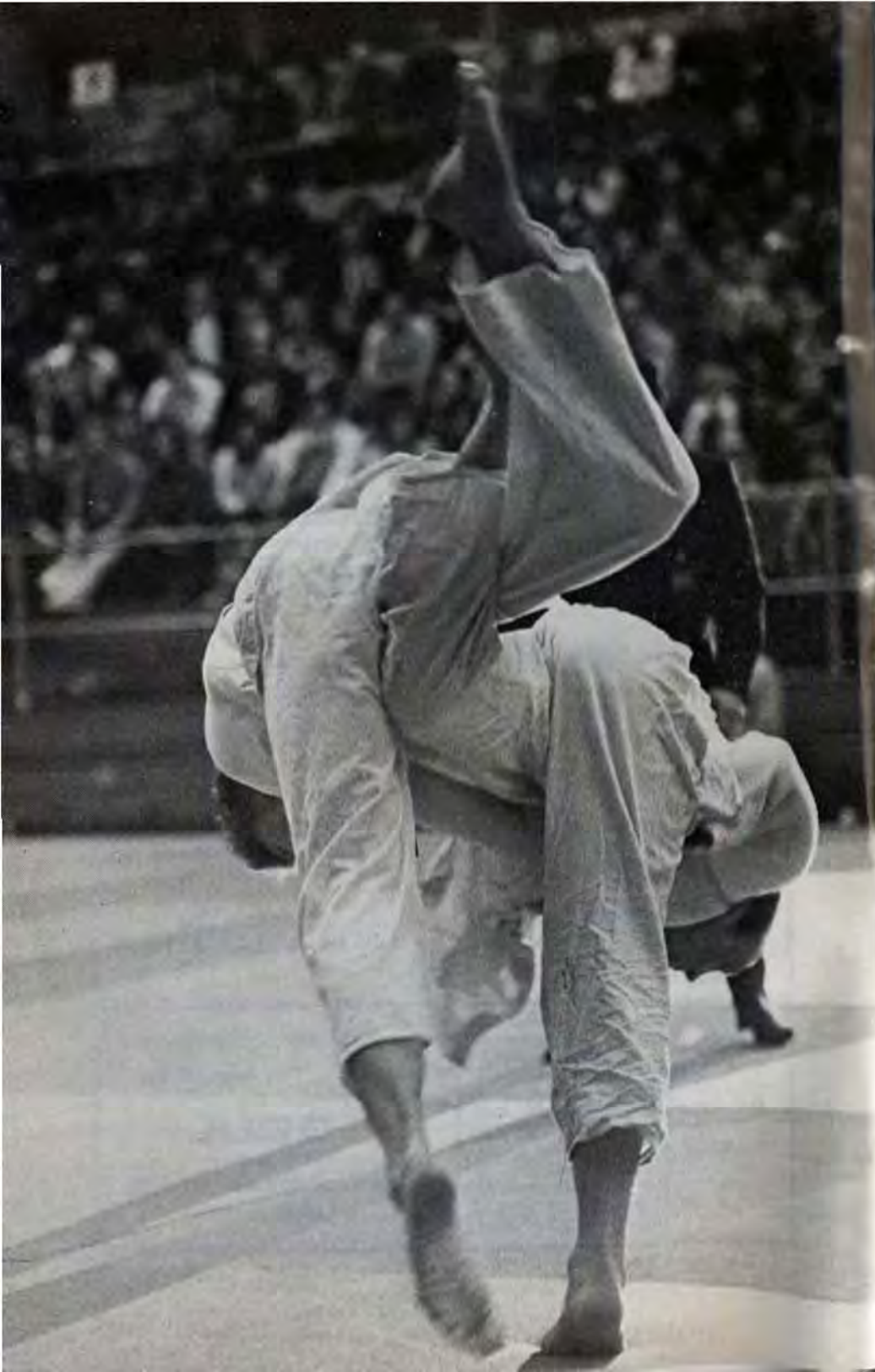
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# 1976 BRITISH OPEN CHAMPIONSHIPS for MEN

Report by **TONY REAY**

Photographs by **DAVID FINCH**

These championships, held 10th April at the Crystal Palace National Sports Centre, attracted a record crowd. Not since the 1974 Senior European Championships team event have we seen so many spectators and the number of entries was also high. The main arena was packed—not just for the finals in the evening—but throughout the day from 10 a.m. Such response was a great encouragement to the members of the British Olympic squad and proves in Olympic year that there are people who care and who are ready to support them.

Once again the organisers and the team of national timekeepers and recorders demonstrated their ability to adapt to any changing situation. Just hours before the championships commenced the event was threatened by a sudden work-to-rule of the electricians. The electronic timing devices therefore could not be used and the flipover scoreboards held in reserve for such a crisis had to be put in operation.

With such names as Daniel Hardy of Canada, winner of last year's lightweight (-63 kgs) title beating his

countryman, S. Proulx, in the final, Raymond Neenan, Constantine Alexander and Danny DaCosta—who hold 1st, 2nd and 3rd place in this year's squad respectively, James Rohleder of West Germany, Larry Edgren of Sweden and the relatively unknown, but to be respected in view of his grade, M. Kurihara, 4th Dan of Japan, the lightweight category promised keen and lively competition. Keen it was, and during the preliminaries, very lively, with the top men jockeying for position. The audience were given plenty to roar about in the early part of the day but the finals were not so exciting. Ray Neenan secured the title in the final with a narrow win over Alexander in a contest which to the spectator was very boring. Rohleder of West Germany won third place with Hardy of Canada having to be satisfied this year with a bronze.

The light-middleweight category (-70 kgs.) was very much the same story with a good hardcore at the top battling out narrow-margin wins in the finals. They too had borne exciting results in the earlier rounds with experienced fighters such as Chris Bowles and David Vale being stopped effectively from getting to the medals. There were 78 entered in this category with 13 from abroad. In an all-Britain final Vass Morrison won the title by a very narrow margin win over the remarkable 17-year-old Neil Adams, this contest was also

*Opposite:* Brian Jacks throws Missalla of West Germany in the Middleweight final for ippon with uchi mata within 8 seconds of the start of their contest.





Ray Neenan British Open Champion.

boring for the average spectator. This was another final that lacked excitement but to the connoisseur it was a battle of tactics, each knowing exactly the defence and attacks of the other. For Vass, it was ten minutes of sheer concentration and for Neil it was another step closer to his goal. Hav-

An appeal was made for the spectators to support the Olympic Squad fund by throwing coins into the mat area. Referees then collected the cash. Dr. Phyllis Elliot was asked by two West German competitors in broken English: "Is this how you pay your referees?"



ing won fourth place in the squad, a silver medal now surely places him second. David Lawrence of the Midlands and Willie Woods were the bronze medalists in the largest category of these championships.

It is interesting that at these championships there were very few points scored for promotion purposes, the highest being Neil Adams with 25. "This means", says Kathy Ling, the National Points Recorder, "... that the standard throughout the country is very even, grades are holding their own with others of the same grade".

Perhaps the biggest disappointment to British fans was when, half-way through the day, Roy Inman was forced to retire. Roy has been having some unusual trouble just recently and has been plagued with training problems. Some months ago he was advised to ease up on his training because of a suspected heart condition. After a series of tests and having seen a number of specialists he was told it was a false alarm, only



Roy Inman uses nidan kosoto-gari to throw his opponent for ippon.

to find that because of the ease-up in training, his hands were suffering from arthritis—another problem very new to him. He found during these championships that he just could not grip a difficult opponent's jacket. It was not until Brian Jacks, stepping out on to the centre mat in his eleventh British Open, did the finals come to life. At exactly eight seconds of the contest Brian threw Adelbert Missala of West Germany with an absolutely stupendous uchi-mata which set the stadium rocking on its

foundations. This was judo at its best and Brian — once again — lifted British judo into world class. Both Conny Pettersson and Bertil Ström of Sweden did exceedingly well to win the bronze medals in this fiercely tough category which drew 72 entries, 14 of which were from abroad.

With David Starbrook advised to rest from this competition after sustaining an injury one week earlier during squad training and Peter





Paul Radburn of the Renshuden Club (*left*) defeated his Swiss opponent in the Light-heavyweight quarter-finals to win a bronze medal. He was beaten earlier by club-mate Bob Diebelius who won the Silver.

Donnelly also absent with a suspected stress fracture of the fibula, the light-heavyweight (-93 kgs.) category entry of 43, 11 of which were from abroad, presented some real jostling for the medals. With Paul Radburn of London and Class Hall of Sweden securing bronze medals it was left to Bob Diebelius of London to attempt to retain the title in Britain. In the early minutes of the final Bob looked as if he was going to do it with an attempted *shime-waza* and some good *tachi-waza* attacks. Jorg Ruthlbergea of Switzerland was able to sustain these attacks and as the con-

test progressed Bob lost steam and Jorg was able to dominate so much so that he won with a five-point decision. And so, after supporting these championships right from the beginning, returning year after year, Switzerland have won a British Open title.

Even the heavyweight (93 kgs. +) category had a larger entry this year with 18, four being from abroad. With Keith Remfry back in major competition since his injury in May 1974 at the Senior European Championships, the question on the minds

of every British fan was, "Has he still got it?" Keith certainly demonstrated that he still has. Having in the early rounds disposed of Rudi Hosl of West Germany and then, in perhaps his toughest contest of the day, Bob Bradley of the South, Keith went on to face Paul Eales of the '60's fame in the final. At 25 seconds, Keith rolled Paul with a *harai-makikomi* and secured *yoko-shiho-gatame* so firmly that the hold could not be broken. The bronze medal winners in this category were Bob Bradley and Klaus Seisselberg of West Germany.

With a packed stadium throughout the day the 1976 British Open must

go down on record as the most successful and certainly proves that judo can have the following in this country. Let's hope that this trend continues. Competitors came from West Germany (party of 12), Switzerland, Lebanon, Liechtenstein, Japan, Sweden (party of 19), South Africa, Eire, Holland and Canada. We look forward to seeing them again in future years. Unfortunately, both the U.S.S.R. and the German Democratic Republic did not understand our conditions of entry and were unable to accept the invitation to take part. This is all due to the fact that we do not get any grant aid towards staging events at home. I have never understood why this



Vass Morrison attacks twice previous British Champion Dave Lawrence in their quarter-final contest, with *seoinage*. Morrison won and fought Neil Adams in the final to become British Champion for the first time.





Brian Jacks, Middleweight Champion, flanked by A. Missalla of West Germany (Silver), C. Pettersson and B. Strom of Sweden (Bronze).

should be so but the fact is that the British Judo Association has to finance such events entirely and has to pay VAT for doing so. I think the system commonly used in the European Socialist countries, whereby they foot the meals and accommodation bills of competitors and give a daily allowance is much better. The only condition being that this arrangement is reciprocal for return matches. If this system were common practice in all countries, the average public would have the opportunity to see much more sporting talent.

Thanks to the wonderful Crystal Palace staff we were once again able

to get over sudden unforeseen difficulties which were none of our making. I do however feel sorry for the spectators with regard the catering arrangements at the Centre. Because of a monopoly, exorbitant charges for refreshments seem to be made and the facilities are really very limited resulting in long queues throughout the day. Whilst I was General Secretary I was constantly irritated by this poor service in such a fine centre. If we are to attract more and more of the public to judo—perhaps it is time we looked around for a better venue for our national events.

#### British Judo Association ANNUAL GENERAL MEETING

Sunday 20th June 1976 — 2.30 p.m.  
West Centre Hotel, Lillie Road, London SW6.



## John Goodbody reviews

# THE BRITISH OPEN

with pictures by David Finch

After some lacklustre Olympic Trials last December the British Open Championships at Crystal Palace on 10th April provided some coruscating compensations. Although light-heavyweights Dave Starbrook and Peter Donnelly were recovering from injuries every other leading British fighter took part in an event that attracted a capacity crowd to the arena. Perhaps they were lured there by the prospect of watching the Russians, who had entered the event but then withdrew when the B.J.A. understandably refused to make an exception in not paying competitors daily expenses. But few spectators could have griped at the quality of the event or the excitement that was generated.

Most people that have watched the 11 British Open Championships, that have been staged, agreed that the event was the best-ever. The atmosphere was the finest that I can recall experiencing at the arena with the exception of the Great Britain v. West Germany international in 1972 and, of course, the European Team Championships Final of 1974—the memory of which is still my favourite day-dream.

What was particularly pleasing about this event was that there was intentness in the attitude of the competitors which was such a marked contrast to the Olympic Trials. The return of Keith Remfry attracted

most interest and he produced a workmanlike if unsensational performance. But this was his first major competition—apart from the Swedish Open two months ago which he won—since that European Team Final. And since he had not fought in the Olympic Trials he must have been particularly careful not to risk going out early on. He was most impressive in the final against Paul Eales, who took this title in 1967 but has only recently returned to top-level competition.

Against Bob Bradley, the winner of the Trials, he was less decisive

Bob Diebelius British Open Light Heavyweight Silver Medallist.







Brian Jacks British Open Middleweight Champion.

but then Bradley is most adept at counter-techniques. Since Bradley is also the reigning British Champion at both Greco-Roman and freestyle wrestling he could represent Britain at two sports in Montreal. But he also might not be picked for either. That would be a pity for him because he has obviously put in a great deal of work in unfavourable circum-

Roy Inman who was suffering from arthritis in his hands and was unable to progress past the third round. He retired before the repechage.



stances to reach such a high status in both sports. Remfry clearly did enough for most observers to presume that he has booked his place as the heavyweight for Montreal. According to a number of people who have practised with Keith recently he is now even stronger than he was when he won his two World Championships bronze medals. If I were Sumio Endo I would be getting a bit worried.

The Open category place for Montreal now looks likely to be between Bradley, Eales and Peter Donnelly, who must start off as favourite because of his performance in last



Vass Morrison British Open Light Middleweight Champion.

year's World Championships. All three fought in this month's European Championships.

The light-heavyweight class was rather bare of brilliance for once but Diebelius got safely through to the final. He was picked for middleweight for the European Championships—a sensible move because he hasn't the frame of a Starbrook, Donnelly or Parisi to tackle the Continental light-heavyweights, who often are right on the limit of 14 st. 9 lbs. But at middleweight his length of leg and unorthodox techniques

could add further successes to the bronze medal he won in the 1974 European Championships.

Jacks demonstrated — just in case anyone had forgotten — that he is a genius at judo. His eight-second victory in the final over West Germany's Missalla, was rapturously received by the crowd. It had the same impact that Starbrook's defeat of Donnelly had at the Olympic Trials: a spontaneous appreciation of excellence.

The saddest feature of this class was the demise of Roy Inman. He had been planning to retire this year but recently has been badly affected by arthritic joints, particularly in his hands. Although he led Missalla by a wazari he was unable to grip properly for his uchi-mata and went down to defeat. This is the first time since he burst on to the national scene to win the 1969 British Open Light-heavyweight Championship, only nine months after gaining his 1st Dan, that he has failed to get a medal in this event. His record is remarkably consistent: first, first, second, second, third, second, second. If he had not been a contemporary of Starbrook, Parisi and Jacks he would have had an even more successful career than he has done. As

it is, one of the multitude of reasons for their international triumphs may be attributed to the fact that Roy has always been such a keen and talented opponent in domestic events.

Vass Morrison must have stiffened his claim to the welterweight place for the Games by taking the title from Neil Adams. He seems now to be returning to the form he displayed before winning his European Championships bronze medal three years ago and won decisively.

Of all the categories for the Olympics the lightweights must be giving Ray Ross the most problems. Ray Neenan, first in the National Trials, again triumphed over Constantine Alexander. But Alexander had looked impressive earlier in the day including beating Da Costa for ippon. Alexander's failure to observe the rules cost him penalty points and the final. There is so little between them that an outstanding performance in the European Championships or in internationals would surely clinch the position.

However, although the team seems to be taking shape, a serious injury close to the Games would open up everything again. There will be no room for anyone only half fit at Montreal.







## DAVID WHITE

writes

### 'of this and that'

An interesting example of the famous British amateur spirit was presented to us just before the Open Individual Judo Championships at Crystal Palace.

The Russians expected that their "expenses" be paid, in the same way they are for those appearing in the Russian championships, if they were to appear at Crystal Palace.

Alas, after due deliberation the B.J.A. decided they could not accede to this request for the simple reason that if they did then every other visitor could also claim the same "expenses". Thus the Russians did not appear.

I really am torn between profound admiration for the only genuine amateurs left in the world—us, in case there's any doubt in your mind—and the reality that you tend to get what you pay for! There are no true amateurs left in top class judo, except perhaps in the U.K., and I'm afraid there are precious few left in any sport.

But even if the B.J.A. were flush with cash would they have acted in the same way?

I feel sure the Russians could have been invited as the guests of some generous E.C. member (who could always take a trip somewhere sometime paid for by the B.J.A. You get the picture, I'm sure). We would then have had the pleasure of seeing the Russians waltz through the opposition. Frankly the contests were not of high standard and only Jacks and

Remfry would have been anything like solid opposition.

Ah well, as I said, there's something rather splendid about being unique, even if we don't get any medals at the Europeans or Olympics because our boys didn't have the sort of opposition they needed to train against.

#### The Tiger's Cave

I am indebted to several people, both well-known and little-known like me, for following up the "proverb" I used last month when I quoted, "It doesn't matter how you catch the tiger as long as you catch him" in reference to Zen training.

One distinguished lady made response, "That's fine, but he who rides the tiger may ride only once".

The splendid Zen phrase, "When you can stroke the tiger's whiskers you're almost there", was brought to my attention.

"He who wants the tiger's cub must go into the tiger's cave", was pointed out to me as the prefatory quotation to Trevor Leggett's excellent book "The Tiger's Cave" which I gather may be due for reprinting soon.

I particularly like the Zen story he tells although it has nothing to do with tigers . . . or does it?

"A rebel army attacked and all the monks of the Zen temple fled except the abbot. The rebel leader came into the temple and was angry that the abbot did not receive him

respectfully. 'Don't you realise', he shouted, 'you are looking at a man who could run you through without blinking'.

'And don't you know', replied the abbot, 'that you are looking at a man who could be run through without blinking'. The rebel leader bowed and retired".

#### Kendo

I was pleased to hear from Mr. Schofield that all is well with kendo. I think he rather missed my point. In my little annual review of the martial arts—which is by no means comprehensive but is only attempted because no-one else seems inclined to do it—I didn't suggest that nothing is happening in the kendo world, merely that not much publicity, either in advance or after the events, was escaping to the "outer" world.

One could easily take the view that because so few people do kendo it isn't worth bothering to publicise anyway—I don't take this view incidentally—perhaps partly because of the split between the B.K.R. and the B.K.A. lines of communication have been difficult.

I do urge kendo people to make their weight felt in the world rather than expect journalists to chase them. From a purely personal point of view I gratefully relinquish next year's kendo "look back" to Mr. Schofield.

#### Books

I don't often recommend books. (It's only cheek that makes me suggest you get your local library to get a copy of Martial Arts of the Orient published by Hamlyn. Many of your old friends like Bryn Williams, Roald Knutsen, Uncle Jim Elkin and Paul Crompton have been too modest to mention their contributions so I suppose it's left to me, with an admitted vested interest having contributed the judo section, to mention the

book.) But Shogun by James Clavell is worth borrowing from the library.

Much of the characterisation in this blockbuster is about as subtle as Mickey Mouse and Pluto, and there are misunderstandings by the author about some areas of life in old Japan, but despite such drawbacks he produces a very interesting picture of a remarkable era both nasty and brutish and at the same time deeply compelling. Shogun is an expensive book and you won't want to read it twice that's why I suggest using your library. Don't ever say we are not trying to save your money!

#### Old Friends

One of the nicest things about the Martial Arts world is that old friends are always popping up again.

Tony Reay and now Uncle Jim Elkin have resigned their General Secretaryships in the last few weeks but both of them are still around. Syd Hoare moves on and so does "Spud" Murphy, but they'll all be back again.

I must just add that Jim Elkin has been unfailingly helpful and polite to me and I look forward to "clashing swords" with him again in following reincarnations. It probably slipped Jim's mind that I did in fact approach him first when I was asked to find some aikido instructors and failed so dismally.

A few months ago—with tongue in cheek and cheek in tongue—I asked "Whatever happened to George Kerr?" No-one rose to the bait to tell us what a lot of work George has been doing for Scottish judo, so I'd better set the record straight by saying how good it was to see him looking his old "vicious and handsome" self at the Open Championships at Crystal Palace.

#### Early Practice

In Japan most clubs have their main evening training session starting



at 5.30 p.m. or 6 p.m. This means that people can train on their way home from work and then have the rest of their evening free.

In the U.K. we make an evening of it by going home, having our dinner, letting that settle, doing our practice and then drowning our sorrows.

However, there's a lot to be said for the Japanese method—it's just a question of habit (they do also like early morning training) and I wonder what support there might be for clubs who tried this early evening training?

### Radionics and Diet

After careful thought I have decided to write a few words about Radionics.

Few people reading this will have heard of the word but if there are budoka suffering from illness or who are incapacitated by injury then they might well benefit greatly.

First a word of warning. Talking briefly to Dr. Ken Kingsbury recently he made the eminently sensible point. "Don't just tell people about Radionics as though its going to cure all their problems—pose the question 'Can Radionics help you?' And then there can be no complaints afterwards".

Radionics is a remarkable healing method—in my opinion the healing method par excellence because it removes the cause of the problem instead of, as most doctors do, merely treating the symptoms. It has been developed in the U.S.A. and Britain for 50 or 60 years in relative secrecy because Radionic practitioners are all too aware that "crucifixion awaits" for the unwary who challenge accepted dogma.

The treatment is produced by subjecting the diseased part of the body to electro-magnetic impulses (this is not strictly true but it may help to describe the sort of force fields used) on the psychic or etheric planes or

even at astral and casual levels if there is mental illness.

Instruments have been developed to accurately diagnose and treat not only humans but animals and plants. Homoeopathic and colour remedies are sometimes used. I have only had limited personal experience of Radionics but I can confirm its effectiveness. Many of the energy points of the body are known to karateka as pressure points and others coincide with acupuncture points and meridians, and direct treatment of the chakras can be given.

Perhaps the most difficult factor to comprehend for most people is that treatment can be given from a distance. In fact when you think about it objectively its only like a telephone call or TV link. It's a bit like plugging into the same frequency as a diseased kidney or whatever else is wrong and then giving the treatment. And it doesn't matter if the Radionic practitioner is in London and the patient in Tokyo (a bit like Voodoo, eh?).

Details about all this can be obtained from: The Radionic Association, Field House, Peaslake, Nr. Guildford, Surrey.

The whole problem of diet was pointed out in an article on Brian Jacks in "Here's Health" magazine. Despite the fact that Brian was "promoted" to the heavyweight category the article made it clear that Brian has looked very carefully indeed at his diet. He's got to be right because his diet is rather like mine in many ways!

Brian is not a vegetarian—his wife Julie does not in fact like meat—but he does consume vast quantities of fruit, muesli, salads and milk. The magazine has a vested interest in promoting health foods but nevertheless Brian is clearly the favourite client at his local health store when it comes to vitamins, yeast tablets, cod liver oil and high protein powder.

*Continued on page 24*



## THE BRITISH JUDO ASSOCIATION

### Newsletter Supplement

## AS I WAS SAYING . . . . .

By TONY REAY

Thanks to the judo followers—the enthusiasts—the fans, who turned out on the day of the British Open Championships for Men (report elsewhere in this magazine) we were given a record attendance. What a shot in the arm this response has given to British judo just when we need it. And what a show of support and confidence this gave our fighters who are preparing for the onslaught at Montreal.

For me it was particularly interesting. To be able to sit back and for once, just observe. To chat with the fighters and joke about their problems. To urge on those who were still in the running and to sympathise, with those who needed it, the ones who had been stopped on the way to the finals. "Better luck next time . . .", and all that. To discuss the injuries and pitfalls that beset a contest man. To share the sour taste of defeat and to help savour the sweet smell of success. "I should see the Doc about that injury. I remember a tough old boy in Japan telling me that success only comes through pain, sweat and tears, but never, never, ignore a knee injury".

To see the team of timekeepers, recorders and referees at work, and what a team. From the General Secretary down, all doing their bit, working hard to keep the show going. Some of the younger ones work themselves into the ground whilst old campaigners such as Bryan Perriman take it all in their stride. And doing it all for the good name of the Association.

It was good for once to be bombarded and pestered by the gentlemen of the press. New faces, eager to get to grips with this magnetic and peculiar judo that so many people came to see.

To see the regulars, relatives of fighters, coaches, instructors and club secretaries. People from clubs you visited many years ago, or was it last year? To see members of British teams long past, Doug Young and Dennis Bloss of the 50's fame. Doug the rock and Dennis — possessor of the sweetest hane-goshi you have ever seen. Both of them looking in and appreciating the efforts of the young hopefuls and the delightful judo of the stars of today. Such was the



setting for me—and such is the hope I hold for the future of British judo.

The Association congratulates the winners and medalists of that day who were as follows:

#### Lightweight (Under 63 kgs.)

1. R. Neenan, 3rd Dan  
South
2. C. Alexander, 3rd Dan  
London
3. J. Rohleder, 1st Dan  
Federal Rep. of Germany  
D. Hardy  
Canada

#### Light-middleweight (Under 70 kgs.)

1. V. Morrison, 3rd Dan  
London
2. N. Adams, 1st Dan  
London
3. D. Lawrence, 2nd Dan  
Midlands  
W. Woods, 3rd Dan  
Scotland

#### Middleweight (Under 80 kgs.)

1. B. Jacks, 5th Dan
2. A. Missalla  
Federal Rep. of Germany
3. C. Pettersson, 3rd Dan  
Sweden  
B. Strom, 2nd Dan  
Sweden

#### Light-heavyweight (Under 93 kgs.)

1. J. Ruthlbergea, 1st Dan  
Switzerland
2. R. Diebelius, 3rd Dan  
London
3. P. Radburn, 2nd Dan  
London  
C. Hall, 2nd Dan  
Sweden

#### Heavyweight (Over 93 kgs.)

1. K. Remfry, 4th Dan  
London
2. P. Eales, 3rd Dan  
N.H.C.
3. R. Bradley, 3rd Dan  
South  
K. Seisselberg, 1st Dan  
Federal Rep. of Germany

#### SELECTIONS FOR EUROPEANS

Immediately after the British Open, Ray Ross the Olympic Team Manager, announced his selection for the Senior European Championships to be held in Kiev, U.S.S.R. from the 5th to the 9th of May. The selection is as follows: LIGHTWEIGHTS: R. Neenan and C. Alexander. LIGHT-MIDDLEWEIGHTS: V. Morrison and N. Adams. MIDDLEWEIGHTS: B. Jacks and R. Diebelius. LIGHT-HEAVYWEIGHTS: D. Starbrook and P. Donnelly. HEAVYWEIGHTS: K. Remfry and P. Eales. OPEN-WEIGHT: R. Bradley.

#### PREPARATION TRAINING IN JAPAN

As a result of financial assistance from the British Olympic Association, the Sports Aid Foundation Fund and from our sponsors, it is now possible for our Olympic possibilities to get some very valuable training in Japan for a short period. Ross's selection for this training tour to take place from the 24th May to the 9th June is as follows: K. Remfry; D. Starbrook; B. Jacks; V. Morrison; N. Adams and P. Donnelly.

#### SQUADS FUND

The fund was given a tremendous boost at the recent British Open when a registered raffle was held, judo plaques were given for each donation of £1 or more and, just before the final of the heavyweight contest in the evening an appeal resulted in coins cascading from the audience on to the centre mat. The latter was so spontaneous that referees had to clear the mat of coins before the contests could proceed. This spectacle brought forward the question from a visiting competitor from abroad which was asked in all seriousness, "Is that really how you pay your referees?"

More than 40 gifts were donated to the Association for the purpose of this raffle and they were made up

into 18 attractive prizes. We wish to thank the following for their generous support: Central Council of Physical Recreation; Tuborg; Watney Mann; C. S. Palmer; Mitsukiku Shops; Faberge Incorporated; Finches Sports; Judo Limited; London Judo Society; The Budokwai; Milom Limited; Rucanor Limited; Marton Car and Coach Hire; Shogun Limited; Mr. Summerfield (B.J.A. Bank Manager); Roland Gross; Sports and Things; Japan Air Lines; Vista Sports; Yiewsley and West Drayton Boy's Club; Delaman Limited; Miss A. Swinton and other donors who wish to remain anonymous.

The owner of ticket number 1141 on the official B.J.A. counterfoil under the name of Coonan is asked to get in touch with the British Judo Association head office to make arrangements for the collection of his, or her, prize.

The proceeds towards the fund on the day of the British Open were as follows: Judo Shields (50 of which were donated to the fund by Mr. A. ZiPuere) — £76.61. Raffle — £126.56. Mat Appeal — £23.26.

Since the 1st of January this year the fund has received further donations as follows:

	£	p
J. Thompson/Corby Judokwai	150.00	
R.A.F. Sealand	100.00	
W. J. Cook/Medkai J.C.	150.00	
Bracknell J.C.	25.00	
Bracknell J.C. Sup. Assn.	10.00	
Bracknell J.C. Supporters Assn.	10.00	
Buckingham J.C.	5.00	
Kodokan J.C.	15.00	
Eso (Fawley) J.C.	10.00	
Hemel Hempstead J.C.	5.00	
Barnsley J.C.	1.00	
A. Burns	1.00	
Carrick Fergus Y.M.C.A.	1.00	
Peterborough Judo Centre	6.65	
Others	14.20	

Thanks to this continuing support we have been able to kit out the

Olympic squad this year with track suits, hold-alls, training equipment and display tops. In Olympic year the emphasis has been on the Olympic squad and we hope that members will continue to support the fund in order that we can help in particular the Olympic team in their preparations for Montreal.

I would like to emphasise again that subscribers to the British Judo Association Squads Fund should make sure that they are donating to that particular fund. The reason I point this out is that I have heard of similar funds being run in order to assist individuals and also groups other than the national squads.

If you wish to make a donation, or know of anyone who is in a position to help and wants to assist such a cause, please forward your donation to the Finance Officer, The British Judo Association Squads Fund, 70 Brompton Road, London, SW3 1DR — you will then receive a receipt for the amount made out on a British Judo Association headed form signed by the Finance Officer.

To those who have given support — thanks again on behalf of Britain's judo fighters.

#### WELCOME BACK

After a lapse of membership the Rauceby Judo Club in Lincolnshire has re-registered as a Member Club and has been accepted by the Association. We welcome all the members and wish the club every success.

Is your club a member of the only official organisation for judo in Britain? If not, find out why, because it could be in the interests of your future judo career.

#### 1976 ANNUAL GENERAL MEETING

If you want to have a say in the running of your Association's affairs, come along to the Annual General Meeting of the Association which



will be held on Sunday, 20th June at the West Centre Hotel, Lillie Road, London, S.W.6. The meeting will be held in the Richmond Room and will commence at 2.30 p.m.

Each Member Club of the Association has one vote at this meeting and members of such clubs should ensure that the person who is representing them at this very important meeting should be familiar with the attitudes of the membership of that club. There will be a lot of important issues discussed and decided upon which will help to form the policy of the Association for the coming year and hopefully be part of the structure of an overall five-year plan. Club secretaries should ensure that their club is registered for 1976 and that the person representing their club possess a CURRENT INDIVIDUAL MEMBERSHIP CERTIFICATE. The registration fee for Member Clubs is now £5 for the year.

According to the Constitution both the Chairman and the Treasurer (Clause 10) are due this year for re-election. The Technical Adviser is also due for re-election having been co-opted last year by the Executive Committee. With regards to the management of the affairs of the Association, these three posts are the most important.

Copies of the British Judo Association Constitution and Bye-laws are available from Head Office. If you require a copy, please send a stamped (11p for First Class post—9p for Second Class post) A4 size envelope with your address clearly written on it and simply marked in the bottom left-hand corner "Constitution". Send direct to the General Secretary, British Judo Association, 70 Brompton Road, London, SW3 1DR.

Judo is a tremendous activity and the British Judo Association is a great organisation because of its collection of dedicated judo enthusiasts. The next two years are going to be most crucial, not so much for the

survival of the sport, but for the greater development of judo in this country. That is why it is most important that as many clubs as possible are represented at the next A.G.M. It is up to you to guide the destiny of British judo.

### THE GRADING SYLLABUS

In the circulation to club secretaries accompanying this issue of the magazine there will be included the first referendum ever held by the Association. We want the clubs to help us to decide what is best for the development of judo. This referendum is directed to the people who run the clubs and who are in a position to know what is needed for their members.

A particular topic of heated debate in the last year has been the question of theory in the syllabus. The Executive Committee is divided on this issue, as to whether or not theory should be re-introduced, and if so, in what form it should be re-introduced.

We have tried to keep the questionnaire very simple and to the point and we ask that either the club secretary of the club chairman complete it. Of course, if the secretary or chairman of the club wishes to hold an open forum on the issue or at least get the general atmosphere of the club committee, then all well and good. However, it is not our intention to try in any way to interfere with the internal administration of our member clubs. Whichever way the chairman of the club wishes to tackle this referendum we should be grateful if the form could be completed as soon as possible and returned to Head Office.

In order to help, may I give a very brief outline of the history of the situation. In the old days theory was attached to the grading system. From time to time the actual theory questions were changed but the system remained the same in essence as

it does in many other countries still.

The candidate entering a grading (as it was commonly referred to then and now referred to officially as a promotion examination) was examined in two distinct areas: contest and questions on judo techniques, rules, etc. The contest side has altered little. Except that now it would appear to be fairer in that an examiner is expected to match up people of the same grade whereas in the old days, because there were not so many people practising judo, he could organise line-ups of a number of people of lesser grade. The unfair aspect of this was that line-ups could vary in number and content. Hence the expressions, "That was a tough line-up", or "That was a weak line-up". This has been changed mainly through the introduction of the points system (for 1st Kyu and Dan grade promotions).

In January 1972, after a long battle on what should be included in a revised theory syllabus, a new theory was introduced linked with the various levels of grade. One month later, the Executive Committee scrapped theory altogether. There had been for some time a number of people who were against theory of any kind. Quite rightly, they were saying that an examiner could use theory to a greater, or lesser degree—depending on whether he wanted the candidate to be promoted or not—and that this was very unfair. This situation was known to happen from time to time. Collectively, these people formed a strong lobby which was to eventually influence the Executive Committee to take such dramatic action. We became the first country to do away with theory in the grading system altogether. To many people this seemed fine at the time but since there has been the growing feeling that what has happened is that, as with other aspects of British judo, we have gradually changed judo into becoming a meaningless rough-and-tumble grappling

sport. Of course this has not yet happened, but given sufficient time, it could do. There are now, many young 1st Dans around the country who do not know what the difference is between one throw and another, let alone the name (in Japanese OR English) of the throws.

The lobbyists also said, "Why should one have to learn a foreign language just to do judo . . ." Fair comment, but what we have also learned in recent years is that people do like this side to judo. That, though we do not wish to return to the dark ages of mumbo-jumbo, the mystique, customs and etiquette common to judo and indeed other martial arts, are what people generally want and that which attracts in the main.

I do not think we want a system such as the Germans have in which they seem to have gone too much the other way and for each grade the candidate is required to answer over a hundred questions and write reams of papers. The situation is now so ridiculous there that a number of Germans have told me that there are many 1st Dans, 2nd Dans and 3rd Dans who should be promoted but just do not have the time to attend the numerous weekends of theory examinations.

Well! I think I have given you enough information for debate. I would therefore ask club secretaries to complete this referendum (or see to it that the chairman of the club completes it) and return the form to Head Office to arrive not later than the 1st of June. The form should be completed showing clearly the name of the club, the name of the official completing it, and the club registration number. The questions on the form are simply these:

1. Should theory be re-introduced to the promotion syllabus (both senior and junior)
2. If "Yes!" to the first question should theory be (a) compulsory,



or (b) separate to the examination and therefore voluntary (to be shown by badges or marking of the belt).

Please help the Executive Committee to arrive at the right decision in this exercise.

### **Olympic News**

We are informed by the organising committee of the 1976 Olympic Games that construction of the main stadium is now no longer behind schedule. The Olympic lottery held throughout Canada has reached the staggering sum of \$185 million profit. Some 3,000 journalists and 4,000 commentators and news media technicians are expected to be staying in Montreal during the Games.

Congratulations to George Kerr on being selected to referee at the Games. He is one of six I.J.F. referees selected from Europe.

### **This Month's Howlers**

One of the rules of a club recently registered with the British Judo Association is printed as follows: "Each member shall have bear feet on the mat area".

A notice in the instructor's changing room of one club read as follows: "Should a serious injury occur in the dojo telephone for an ambulance immediately and ask them to go to the rear entrance of the premises".

At the British Open Championships last year a competitor was seen by a very alert and observant British Judo Association official to be competing in two separate pools. When the matter was looked into it was found that he had been entered by both Eire and Northern Ireland Judo Federation. When he was informed he would have to withdraw from one pool he was most indignant pointing out that he was on a winning streak in both pools. It was then pointed

out to him that if his luck continued he would eventually meet himself and therefore—was bound to lose. Seeing the logic of this argument he withdrew from one—and in the next contest—lost in the other.

### **Point-Scoring Events**

Organisers of any judo event in the United Kingdom and Northern Ireland which are point-scoring events should send to the National Points Recorder a copy of pool sheets and results. This is absolutely necessary even if the organisers have signed and entered the number of points scored on the competitors points card. There have been a number of signatures which are not legible and also events entered for which the Executive Committee have not been asked their approval.

### **Summer Courses for Women**

At the second Annual Summer School for women judo enthusiasts, three separate courses will be held. This course organised with the National Sports Council for Wales will be held at Sophia Gardens, Cardiff, from 15th-20th August, 1976. The full fee is £25 and if any lady wishes to take part, £5 deposit should be sent to arrive before 1st July, 1976, to Mr. B. Witchard, 10 Pontrilas Close, Michaelston-Super-Ely, Cardiff, Mid Glamorgan. For further details please write direct to the organisers.

### **Judo Champion turns his hand to Golf**

On Sunday, 2nd May, 1976, Brian Jacks partnered the boxer, Frankie Taylor, in a golf competition between the Beckenham Braeside Golf Club and a team of sportsmen listed as the Lord Mayor of Lewisham team, for charity. There were 14 matches and the overall result was a draw and the event raised £350 towards buying and training a dog for a blind person.

## **Do You Really Care?**

Do you care about your judo? Do you care about the future of your judo? The next few years are going to be very important years for the well-being of British judo. If you do really care, then you must ensure that your club is represented at the next Annual General Meeting of the Association. This meeting will be held on the 20th June at the West Centre Hotel, Lillie Road, London, S.W.6. At that meeting the future of British judo is at stake.

There will be a number of important issues but the most important will be the election of a Chairman to serve for the next two years. There are two candidates for this post and with the resignation of the National Treasurer (received at Head Office on 6th May) and no other nominations for Treasurer—the post of Chairman is now going to be doubly important. Be absolutely clear in your own mind which of these two people will best serve your interests. We are going to need the best and the strongest Chairman we can find to help steer us into calm waters.

The candidates are :

CLIFFORD BAKER-BROWN, 4th Dan (age 45),  
Building Constructor and Showdog Breeder,  
Chairman of Southern Area Judo Association,  
Ex British International.

CHARLES S. PALMER, O.B.E., 7th Dan (age 46),  
Company Director and Restaurateur,  
Present Chairman of the British Judo Association  
(standing for re-election),  
President of the International Judo Federation,  
Ex British International and Team Captain,  
Council member of the British Olympic Association,  
General Secretary of the General Assembly of International (Sports) Federations,



## CLUB FORUM

**KOBAYASHI-KWAI, CARLISLE, S. A. Rogerson writes:** For those people who like to plan early, the Annual Carlisle Open Championships this year will be held at Carlisle Sports Centre on 28th November. Anyone wanting more information nearer the date please write to S. A. Rogerson, 65 Scotby Road, Scotby, Carlisle, Cumbria.

On a personal note I would like to hear from Robbie Oliver of Glasgow who I believe has recently returned from Africa.

For any clubs interested in visiting Carlisle for a practice, we will be using our large contest area on Monday nights, starting at 8.30 for senior men, after Easter.

**THE BUDOKWAI—Reg Oliver writes:** We are delighted with the medal tally of four gold and one silver won by members of the club at the recent British Open Championships. Neil Adams was recently presented with a special trophy in appreciation of his past achievements and his loyalty to the club during the 1975/76 period. Neil assists with the teaching of the very large junior section and he is very popular with the youngsters.

Just recently, and in particular in the week prior to the British Open Championships, we received many visitors, which included the Irish and Swedish teams. The South African team trained with us for four weeks.

Brian Jacks' Monday and Wednesday classes, commencing at 8 p.m., remains exceedingly competitive and instructive.

All practising judoka are welcome to attend our training classes.

There will be a Promotion Examination for all Kyu grades up to 2nd Kyu on Saturday, 5th June, 1976 and booking-in will commence at

3.30 p.m. There will be a Dan grading for men on Wednesday, 9th June, 1976 and booking-in will commence at 7.30 p.m.

**CHALLNEY JUDO CLUB, LUTON—from Jenny Lane.** We are a new judo club, and would like to extend an invitation to all judoka in the area to come and practise with us. We have a mixed session for seniors on Tuesdays, 7-9 p.m. at Challney Community College, Luton. The club formed originally to provide a follow on to an adult education centre beginners course, and now we have several high graded judoka, including a recently awarded 1st Dan. A mixed juniors session is starting on Fridays, 6.30-7.30 after Easter, and it is hoped to extend senior practise to this night if we can get enough support!

**LONDON JUDO SOCIETY —** The next Examinations will be held in our new building at 89 Lansdowne Way, SW8 and are as follows:—

Sunday 11 July; 10.30 am: Novices, 9th kyu, 8th kyu and 7th kyu holders. 2.30 pm: 6th kyu, 5th kyu 4th kyu, 3rd kyu and 2nd kyu holders.

Sunday 18 July; 4.00 pm: Women's kyu grading. Up to and including 2nd kyu.

The examination fee is 50p for LJS Members and 75p for Visitors.

**LONDON KARATE KAI —** Mr. A. W. Wright is no longer with the LKK, and we are actively negotiating for a 4th Dan Japanese to take over. Meanwhile we have had a surprising increase in the numbers of Karate Students. This is a very welcome trend, and one we trust will prevail. At present we have a Dan grade acting as the Deputy Instructor.

*Note:* The opening day for members at 89 Lansdowne Way is 1st July. Telephone 01-622 0529.



## OFFICIAL NOTES

Jim Elkin

The Annual General Meeting held at Stratford-upon-Avon on Sunday 4th April, brought about a number of changes. Len Mockford retired as Chairman of the B.A.A. and thanked members for all the support they had given him over the past few years that he held the office. It was voted unanimously by the meeting that he be appointed to Vice-President. On a unanimous vote Jim Elkin became Chairman of the British Aikido Association, after relinquishing the office of General Secretary and that of National Coach for Tomiki Aikido. Ray Taylor was appointed General Secretary, and Brian Eustace, 4th Dan, appointed National Coach for Tomiki Aikido. The following were elected to serve on the Executive Committee. Midland/Northern Region representatives: Michael Tracey, Brian Eustace, Michael Smith. Western Region representative: R. F. Webb. Southern Region representatives: Patrick McGilly, Leonard Marvelly.

### Coaching

The National Coach and Regional Coaches for Tomiki Aikido, will use the forthcoming year to increase the number of County Coach award holders, and Senior Coach award holders. Plans are under way to publicise a series of dates and venues for the requisite courses, culminating in examinations for these two awards.

Mike Smith, Senior Coach, Ueshiba Aikido, will also be organising a number of courses to increase

his school's coaching strength. All Club Coach award holders, interested in obtaining their County Coach award, should contact either the National Coach, Regional Coaches or Mike Smith. County Coaches should do the same if they are interested in obtaining the Senior Coach award.

I am asked to remind all coach award holders that to retain their awards they must fulfil the requalification requirements laid down in the Coaching scheme. All coach awards are renewable yearly, and these requirements must be fulfilled.

Mr. Yu, Technical Director for Yoshinkan Aikido, is also busy conducting Instructor Courses, and several of his students are due for examination shortly, so it is hoped that the demand for Instructors in the Yoshinkan style will soon be met.

### Examination for Dan Grades

The National Coach has decided that all examinations to and within Dan grade will be held separately from other promotion examinations. He will shortly be promulgating a series of dates and venues for these examinations, and candidates will be asked to forward their names to their respective Regional Coaches.

### Registrar

Ray Ziel has been appointed as the Registrar of the British Aikido Association. **All Applications and Renewals** for membership should be sent to him. Also he is responsible for keeping a register of all members, all Dan grades, all Coaches, examiners and other such like officials. So officers responsible for recommending any of these awards must inform Mr. Ziel. His address is: R. Ziel, Esq., Registrar, British Aikido Association, 13 Sackville Close, Bishopston, Stratford-upon-Avon.

### General Secretary

The General Secretary of the British Aikido Association is now



R. Taylor, Esq., "Altomare", Bishops Mount, Stratford-upon-Avon. All general enquiries should be sent to him, accompanied by a **stamped addressed envelope**. Notification of intent to hold any promotion examination should also be sent to him.

For details of coaches and instructors, clubs and other details relevant to, can be obtained from: Martial Arts Control Commission, 4/16 Deptford Bridge, London, SE8 4JS.

#### National Coach

All information regarding Coaching, Promotion, should be sent to the National Coach, Brian Eustace, Esq., 368 Birmingham Road, Stratford-upon-Avon.

#### Chairman

All official correspondence should still be sent to the Chairman, British

Aikido Association, 79 Nelson Road, Twickenham, Middlesex, TW2 7AR.

#### Information

Regional Secretaries are reminded that minutes of all regional meetings should be sent to the General Secretary within 14 days of the meeting being held. This is necessary if the General Secretary is to be able to formulate an agenda for Executive Committee meetings. It is in this way that members' problems, ideas and suggestions are brought to the attention of the Executive Committee.

Club Secretaries are again reminded of the importance of keeping a club register, as a check on the number of hours practised by their members. It has been noticed of late that candidates Record books are not up to date as to the hours required for promotion examination.

#### DAVID WHITE WRITES — Continued from page 14

I won't labour the point — just watch what you eat if you want to get fit and stay fit.

However, instead of getting into a tangle over which foods are good and pure and which are bad for you — everyone has their own opinions — I would commend to you the concept that the human body has a particular health frequency that can be plotted.

Just for the sake of argument let's say the average human body has a frequency of 6.5 units. A few foods have a frequency much higher than this (olive oil, honey, etc.) and others are at 8 or 9 units. Foods which fall below 6.5 units will tend to lower the body's frequency rate.

There are other factors of course, such as stress, environment, clean

air, sunshine and hereditary factors, but we are what we eat so if you consume foods of a low unit value you will lower your body's resistance to disease. If you eat high frequency foods your general health rate and ability to shrug off colds and flu and more serious troubles will get greater.

I have deliberately avoided going into scientific detail to back up this concept. If you are interested in pursuing it you might find a book called "The Secret Life of Plants" in the Penguin paperback series interesting if somewhat speculative in places. Common-sense—and there's no substitute for it—will take you a long way and should enable you to work out for yourself which are high and low energy foods.

**ADVERTISE IN JUDO — Moderate Rates**

**Telephone: 01-672 6545**

*Two books from*

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## BETTER KARATE

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# AREA NEWS

## LONDON AREA NEWS

John Higgins

Despite the uncertain financial climate, judo in the London Area has got off to a good start to the year. On the 1st February, at the South Ruislip Leisure Centre, we held what can only be described as a judo teach-in. This day brought together all aspects of judo in the capital, the squads, male, female, young men's and schoolboy, trained under the watchful eyes of David Starbrook and Keith Remfry, the referees and examiners held a seminar under Messrs. Bent and Gilbert, our Area Coach. Mr. Jones, held an introductory club coaching session and towards the end of the day we listened with pleasure to a talk from our now retired General Secretary, Mr. Tony Reay, and the Area showed its appreciation to his five years in office by presenting him with a commemorative plaque. All this, combined with an exclusive showing of a film of the World Championships in Vienna, made this a most satisfying day.

The London squads have once again been active with the 16 to 18 year-old group visiting the Army in Wiltshire and winning a closely fought match. The senior squad, by the time this is read, will have returned from their trip to Amsterdam where they are to fight a combined area and Dutch army team. The London Schoolboys and Schoolgirl Championships are to be held at the South Ruislip Leisure Centre on Sunday, 30th May. The conditions of entry to this event are that the player is a British Judo Association licence holder and a member of a London

Area club or a pupil in any of the London Borough schools.

Area Examiners. Once again we must remind you that only authorised examiners may grade within the London clubs. We have recently rejected a number of grades held by unauthorised examiners. Each Area Examiner has a card of authority and players, together with club officials, should satisfy themselves that the examiner is qualified.

Communication is perhaps the most difficult task that I have as Secretary, however, each club, and in London there are over 100, receives regular bulletins, please make sure that you are getting your copy. If you are not, write to me and I will forward you details of our events direct.

## EASTERN AREA

R. I. Matthews

Judo in the East is alive and well. Three championships have already been held this year, and the 1976 Senior and Schoolboy squads are training hard.

The Senior Area squad has started vigorous training, under the Area's new Team Manager, Peter Parkinson, 3rd Dan. This summer's squad sessions are on 6th June and 4th July, at Norwich Y.M.C.A. J.C., starting at 10.30 a.m.

The Area Schoolboys squad got off to an excellent start this year when they competed in the Southern Area Championships and returned with the silver in the Under 30k. category (Ian Halliday, Thetford), and bronze medals in the Under 45k. (Mark Dudderidge, Thetford) and the Under 55k. categories (Tim Townsend, St. Neots).

On 11th April the Area Schoolboys defeated Hertfordshire Schoolboys in a friendly match, by 19 wins (137 points) to 17 wins (115 points). Forthcoming events:

**June 6th:** Open Girls Championships, Thetford. Applications to: A. Miller, The Old Mill, Barnham, Thetford, Norfolk.

**June 13th:** Open Boys Team Championships, Norwich. Applications to V. Broomhead, 47 Wellington Green, St. Benedicts Street, Norwich.

**June 20th:** Open Boys Championships, Thetford. Applications to A. Miller, by 7th June.

**July 11th:** Area Promotion Examination, Seniors, Norwich Y.M.C.A. J.C.

**July 18th:** Area Promotion Examination, Juniors, RAF Honington.

Reminder, the monthly Area Newsletter can be obtained by sending a cheque/P.O. for £1.50, payable to "B.J.A. Eastern Area" (for 12 issues) to R. I. Matthews, 71 Benland, Bretton, Peterborough.

## SOUTHERN AREA

Malcolm Sleet, P.R.O.

The Southern Area held its A.G.M. on the 16th March, 1976 at the Queens Hotel, Church Road, Norwood, S.E.19.

The meeting was well attended by the area clubs, and the area officers were returned for the year 1976/77.

Our area chairman, Cliff Baker-Brown, was again voted to hold office for the forthcoming year.

Following the A.G.M. it was brought to the meeting's attention that Cliff Baker-Brown had been nominated to stand for the B.J.A. Chairman's job at the forthcoming B.J.A. Annual General Meeting, this nomination was endorsed by the Southern Area Committee, and all area clubs.

As mentioned in the February Judo magazine the Southern Area held its "Southern Area Schoolboy's Open Championships" at Crystal



**"My instructor said I've got Dave Starbrook's tai-otoshi — I hope Dave won't mind."**

Palace on the 3rd and 4th April, 1976.

The entries were well over 700, and both days produced tremendous judo, and I think a note of thanks should go to Miss Ellen Cobb, Mr. B. Sentinella, Joe Rowe, and all other officials for the smooth running of this event.

*Continued overleaf*



We started the day of competition at 10.45, and the Saturday showed the Under 30, 35, 40 and 45 kilo events.

As the entries were large the event was a straight knockout with repechage.

We had six mat areas on the go all day and by 5 p.m. we were ready for the finals.

The medalists all received a medal plus either a trophy or judo tee-shirt, and these were presented by Cliff Baker-Brown, 4th Dan, with the

assistance of attractive Barbara Lidford one of our Southern Area Champions.

Day two started again on time, and proved to be a good day, with some excellent judo.

A final thank you must go to the St. John's people who nobody seems to notice until they are needed. Still we all know they do a good job and thanks again.

Don't forget this event next year, as I am sure you will want to enter.

## BRITISH KARATE CONTROL COMMISSION

### Official Notes

*The following recommendations have been received from Mr. Peter R. Jordan, M.B., B.S., F.R.C.S. (Eng.) (Medical Officer to the B.K.C.C.). Mr. Jordan also graduated at Loughborough College before taking up a medical/surgery career. He has accompanied the B.K.C.C. team to two World Championships.*

#### (i) Supervision at Competitions

It is desirable that a qualified Medical Practitioner, preferably one versed in karate and/or sports medicine, be present at all championships or matches in which more than 20 karateka participate. In addition to this there should be in attendance a contingency from either the St. John Ambulance or Red Cross Brigades. These excellent voluntary bodies will make available on request an appropriate contingency for the size of the tournament, if given sufficient notice. They provide an excellent liaison with both local doctors and hospitals and sometimes are equipped with their own ambulances.

#### (ii) Medical Officers Duties in Competitions

(a) Preliminary examination of competitors at the request of officials

and organisers, especially re fitness to compete.

(b) Advice to officials regarding protective equipment and dressings.

(c) Advice to adjudicating official during competition as to severity of injury and fitness for a competitor to continue.

(d) Treatment of injuries sustained in the competitions.

#### (iii) Fitness for Competition

(a) It is recommended that following a *knockout* or *concussion* sustained in a bout that a competitor so injured should be prevented from any further participation in that tournament AND in any further competition for a period of not less than one calendar month following it and following final examination by a medical practitioner.

(b) It is recommended that following a *bone fracture* a competitor should be prevented from continuing in the tournament and in any further competition for a period of not less than six weeks from the time of the original injury, and following final examination by a medical practitioner.

(c) It is recommended that following an *eye injury* that the competitor so injured should be prevented from any further participation in that tournament and for a period following the competition commensurate with the severity of the injury and following final examination by a medical practitioner.

At or soon after these injuries a competitor should be examined by a medical practitioner to ascertain the nature and severity of the injury. It should be the responsibility of the team manager or other responsible official to inform the organising body of a competition of any recently injured competitor so that their fitness to compete may be verified.

It should be the responsibility of the officiating medical officer or another so designated to verify a competitor's fitness to compete in any competition; further it is his responsibility to report any of the above categories of injury to the organising body of a competition so that these recommendations can be complied with.

#### (iv) Major National and International Competitions

At these events it is recommended that major teams or groups competing should be accompanied by a designated medical practitioner. At such competitions one medical practitioner should be designated per fighting area to advise adjudicating officials on decisions involving injury.

*Note by B.K.C.C. Chairman: Obviously we must give this matter some urgent attention. One also respects the A.B.A. and their thorough medical back-up and we must endeavour to emulate their example.*

#### Code of Conduct

The following code has been adopted by:

The British Karate Control Commission.

The British Kung Fu Council.

The British Association of Korean Martial Arts.

All clubs and associations recognised by the British Karate Control Commission should follow the rules and code and be responsible for the behaviour of their members, the maintenance of technical and ethical standards and respect for the Constitution.

#### Individual Code

Members must not misuse their knowledge of the arts or boast of powers or ability for an improper purpose. They should endeavour, by example and conduct, to provide the public with a better understanding of karate.

#### Clubs and Associations

- Special care must be given to the teaching of young persons.
- Dangerous techniques should only be taught with discretion and with proper supervision.
- Members should avoid irresponsible public statements.
- Public displays should not include over sensational aspects, and advertisements should avoid publicity on offensive-type weapons.
- Emphasis should be given to skills, philosophy and, when appropriate, to the sporting and competitive elements.
- Training should not include overbearing discipline or excessive force.
- All fees should be reasonable, this specially applies to class tuition.
- There must be no overcrowding in classes and teachers must ensure adequate supervision.
- There should be generation of mutual respect, both within the B.K.C.C. and with the other official bodies for martial arts disciplines. Dealings must be confined to the officially recognised Governing Bodies.



# IN AND AROUND THE DOJO

## The Kneeling Seoi-nage Syndrome

by Tony Reay



The "Kneeling Seoi-nage" has swept through British judo over the last few years with dramatic impact. I have seen it being attempted in every dojo I have visited and at every judo competition I have witnessed in the last year which has been quite considerable. Very few judo instructors or coaches that I know will freely admit to having taught it—yet it is there—everywhere one looks.

As a technique, if indeed we are to call it a technique—it is not a high-scorer. By this I mean that rarely does it score waza-ari let alone ippon. It is what I would describe as a "knock-down" technique which might score the odd yuko but more often than not will score no more than a koka.

What is the kneeling seoi-nage? It is morote-seoi-nage or ippon-seoi-nage attempted from a kneeling position. Tori (the person attempting the throw) having jumped around and in under Uke (the person being thrown), lands in a kneeling position and attempts to haul his opponent either over or around his own inert body. I say "inert" because from the moment of landing on both knees there is no "lift-up" by the legs straightening from the crouched position which is the final part of the classical style of seoi-nage (whether morote or ippon). This is the reason that it is not a high-score technique. In kneeling seoi-nage, Uke is not lifted up and over, but is more often than not dumped on to his head and shoulders or is forced head-first into the mat.

The three photographs, all taken at one particular event—the Scotland

versus England International at Meadowbank last year—give a fair idea of how the move finishes up. Photograph No. 1 shows the action probably scoring a koka or perhaps even a yuko (it is difficult to tell from a still photograph how far advanced in the action the shot was taken) because it is just inside the contest area. Photographs 1 and 2 both show how commonly this action is used at the edge of the contest area box. In photograph 1 Tori has taken Uke over the top whereas in photograph 2 Tori has taken Uke around him. Photograph 2 is interesting because it reveals one of the dangers in attempting this action too close to the outside edge of the box because one knee of Tori has gone over the edge and therefore presumably Tori was penalised. Even a referee with George Kerr's experience may not have noticed this because the offending knee is on his blind side—but this is where a good line judge proves his value. Photograph 3 shows Tori throwing into the contest area from the outside edge and which is rare for this action.

If we are to be honest about the technique, it is really a defensive action with very little chance of scoring but which can be used as a method of appearing to be attacking. When the passivity rule came in a contest man had to build into his repertoire something for the difficult period(s) of a contest which made him appear to be active whilst awaiting the opportunity to use his "big one"—his favourite, or I should say, his most effective scoring technique. The days of waiting, staking



and wearing-down the opponent for the moment when the "big-one" could be employed, were over. One now has to appear to be constantly on the offensive which is not a bad thing when we look back to the good-old-days of long drawn-out marathon contests we had to endure before a winner eventually emerged.

There was a time before weight category contests came into judo in 1963, when a seoi-nage exponent would not dare to present his back to an opponent. Seoi-nage in those days was commonly a small man's throw. Invariably he was fighting bigger and heavier men than himself (even in gradings allowances for size were not considered). If he were to ask his instructor by what means he could overcome stronger opponents, invariably the terse reply would be "... get tougher ...". The further implication in such sage words of wisdom would be that the small man

must acquire a lot of aggressiveness coupled with compact physical toughness. No wonder a lot of small men were crippled along the way. To attempt kneeling seoi-nage in those days invited certain defeat or injury. To combat this move the heavier opponent simply jettisoned all his superior weight on to the obstacle underneath him or followed through into a hold-down. Ne-waza was one area of judo where the small man dare not dwell when fighting a much bigger opponent. Big men on the other hand rarely use seoi-nage at all, so kneeling seoi-nage was never evident. Indeed, the only time I saw it in use in the pre-weight-category era, was in Japan in the early 60's. Even then, the two small men I saw using it had the incredible capacity to come up off their knees at the completion of the throw. But it was also noticeable that they only attempted this style of seoi on light opponents. Even

a kindly heavyweight could so easily block the move, swing a leg over the shoulder of his smaller opponent and proceed to strangle him.

There is no doubt that another reason kneeling seoi-nage was not popular in the early days was due to the poor standard of mats compared to today. New tatami can be very hard and mats generally were insecure. Crashing on to the knees time and time again would have been painful.

Kneeling seoi-nage is very much a topic on the international scene these days and in some parts of the world they are advocating banning it. I understand that in some parts of America it is banned completely in junior judo.

Why did it catch on so in Britain? No doubt because a number of the national squad began to employ this move and is now part of their make-up. No doubt also because the great Brian Jacks uses it in his web of tactical moves. This supports the view that I have now held for some time that, like it or not, "learning by observation" in sport is the most common method used by those who strive to aspire to the heights of their idols. When Brian Jacks uses kneeling seoi-nage however, it is only one of the many in his range of techniques. Also there is with his kneeling seoi-nage, something which the copiers have not noticed or have not yet been able to develop for themselves. Although generally Brian does not lift up the opponent, he does clear his opponent over the top by rocking back from the jack-knife position that one finds oneself in at

the end of this action. This creates a whip-lash action which rolls his opponent that much more, but also—it puts himself into an ideal position to effect juji-gatame. This he has demonstrated many times in competition.

To sum up I think that kneeling seoi-nage is nothing more than a knock-down technique and at worst a "spoiling" action. But I do not believe that it should be removed from judo. Such action is negative and would show a weakness in facing up to a challenge. It can be a valuable and skilful action treated the right way. Knocking away parts of the sport does not improve it but I do not think that those studying the sport—and particularly those teaching youngsters—should treat it as more than it is, but should concentrate on big throws, that—through constant practice—will eventually score ippon. This will not only raise the standard of judo, but separate the true champions from the runners-up, as Brian Jacks demonstrated in the final of the middleweights of the British Open with his superb uchi-mata within eight seconds.

I think a sad indictment of judo instruction was the reply to my question to a lad who had just lost to an eventual medallist in the Schoolboy Championships. When I asked him why he attempted nothing other than kneeling seoi-nage, his answer was, "I have not been taught anything else!"

*Photographs supplied by Eddie Ainsworth of Auchenharvie Judo Club.*



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



# LET US TAKE STOCK

Bill Berry

County Coach—Northern Area Oganiser Scottish Judo Federation

To coin a phrase, "I have been in the game for a long time", 20 years to be precise, and during that time I have seen many changes, not all for the good.

The old image of judo, was of the 6 st. woman throwing the 16 st. man over her shoulder; fortunately we have got away from that. Judo is an Olympic sport and can be enjoyed by many age groups, but for the contest player it is a hard aggressive sport, requiring extreme fitness. If not fit, you will be on the receiving end of an unpleasant hammering; in fact judo at National and International level is a sport for the young.

One of the major improvements over the years has been our refereeing system, at last most of the world is on the same wave length. The system is not perfect, probably never will be. It's very complex but it's merciful the days have gone when if you threw your opponent into the second row of the spectators you scored. It did sometimes depend on the whim of the self-appointed referee of the day. The one aspect of our sport that needs radical re-thinking is our system of coaching. Let us be truthful: there is a dearth of experienced coaches, and more worrying who is going to replace our present coaches when they call it a day. To sum it up there is a lack of good coaching in our clubs. Since the 1972 Olympics our medal record in European and World events has been nothing to boast about.

Whether or not you believe in professional coaching, I think British judo in the future must depend on professional coaches.

In a professional situation like a professional soccer club we cannot say to our Executive Committee or members at an A.G.M. "Our coaches have done well, they have published 10 books, written a hundred articles, lectured to 1,300 groups and travelled 100,000 miles. Unfortunately, we are at the bottom of the league".

We lack coaching expertise.

There is a need for regional professional coaches.

In our wisdom we did away with theory in our promotion syllabus and at the time it may have seemed a good step, but what applies one year, may be mighty dangerous two or three years later.

How many club members today, know anything of the Katas, or can name half of the techniques in the Go-Kyu, or begin to analyse any one throw.

Many people are attracted to our sport because of its connection with the Orient, it's Japanese customs and discipline, the ceremonial bow, etc. This is part of the etiquette and tradition of the sport, and it is important that it is maintained.

We must remain different from other sports and not creep towards a uniformity. We must maintain the grading system, it has been so popular and the envy of many other sports. The British Amateur Weightlifting Association copied our grading system and award badges from white to black.

The whole of judo is based in the grading system (with the inclusion of theory) and from this basis we can get back to setting standards in judo teaching and coaching, and to make

*Continued on page 38*

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# LET US TAKE STOCK — *Continued from page 34*

all those in charge of coaching at any level, think and study our sport more deeply.

Something is wrong with our system, we have one of the highest wastage levels in any sport today.

By all means let us have changes (if you are not making changes in

this present day and age, you are standing still), but when advocating changes, let us count three, because if we try and change our judo image too much we will have continuing dropping attendances, and with some notable exceptions, dismal results in the International field.



At a recent training session of the Olympic Squad Jack Cook is shown presenting a cheque to Ray Ross, the Olympic Team Manager, for the British Judo Association Squad Fund. Members of the Medkai Judo Club who helped to collect £150 for the fund are seen with the Olympic Squad. Jack had arranged a coach to take his lads to Crystal Palace and watch the squad in action. The boys were thrilled when members of the squad practised with them at the end of the squad training.

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