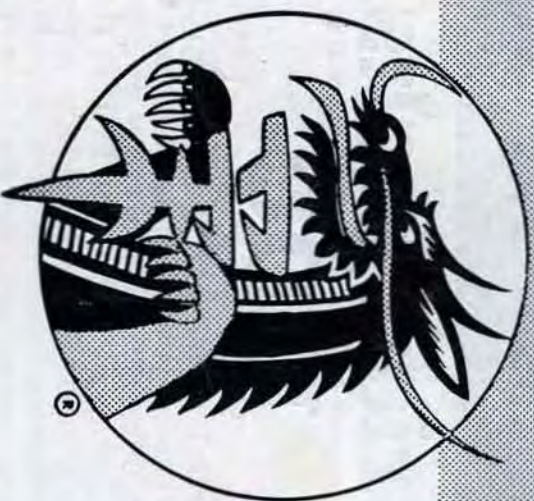


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KARATE-AIKIDO-KENDO

JUDO

INCORPORATING BRITISH JUDO ASSOCIATION NEWSLETTER

Price 35p

November 1976



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THIS MONTH'S FRONT COVER

Bob Bradley throws Alex Ives for ippon with left harai makikomi during The All England Judo Championships to take the heavyweight Gold Medal.

Photo by David Finch

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JUDO

NOVEMBER 1976
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THE ALL ENGLAND JUDO CHAMPIONSHIPS

Report by **JOHN HIGGINS**

Photographs by **DAVID FINCH**

During "The Sports For All Week" we, the English, decided that the time had come for a little devolution of our own. With this in mind the London and Northern Home Counties Areas met in secret session at a venue somewhere on the borders of North West London. Contrary to common belief rapid agreement was reached between the two areas and the first All England Championships were born. Despite our precautions the common enemies, Scotland and Wales attempted to infiltrate and, indeed, one determined Welshman plundered a medal at a cost of his birth right.

It was one of those events in which everything went right, with luck and good fortune riding high on the shoulders of the organising committee. The venue, South Ruislip Leisure Centre with two I.J.F. mat areas, was available, at a reduced fee. The date, 18th September, 1976, did not clash with any major judo event and the BBC acknowledging the success of our Olympic competitors agreed to cover it.

As the day grew near, fear gripped the heart of the organisers. Had they missed anything? Would things go right on the day, or would the all-seeing eye of the camera expose their inexperience? To the competitors and audience the answer was a re-

sounding success, and we await the viewers' verdict soon.

We paraded some big names, Keith Remfrey and David Starbrook the Montreal medal winners, who, together with Vass Morrison and "Doc" Ken Kingsbury, received a standing ovation when presented with a token of our gratitude for assuring British judo of world status for another four years. Charles



Alex Ives hoists Bob Bradley to shoulder height before stumbling to the ground scoring only a koka.



Left: Bob Debelius throws S. Bateman for ippon with uchimata. Right: Neil Adams throws Michael Foster for yuko in their semi-final contest which Adams went on to win.

Palmer, OBE, our chairman and president of the International Judo Federation along with local dignitaries completed our guest list.

Anyone who has fears for British judo with the big names gone would have lost them had they seen the performances of our young lions on the day.

The first to bid for a title was Ray Neenan at Lightweight the reigning British title holder and out to show that Ray Ross had made a mistake in not taking him to Montreal, Ray started slowly but was always impressive on his way to the final with that powerhouse from the Midlands Keith Cannaby, with two such experienced players it was not surprising that the result went to a referees decision, the nod going to Neenan. The Bronze Medallists Stuart Smith and Alan Owen put up a good performance.

The BBC's main interest was in the Light Middleweights and in particular Neil Adams who along with Danny Ryan and Tom Winter had been filmed in training for the event. David Vine the commentator states clearly that judo requires names like Remfrey and Starbrook for the public to take interest. The TV programme was an attempt to start building this up. Winter and Ryan failed in the early rounds but Adams put in a brilliant performance to take the title from Peter Blewett who said "No way am I going to be thrown on TV". The fact that he was—and it was good television—pleased all present. That left Chris Bowles and Michael Foster to share the Bronze Medals.

At Middleweight, interest was centred on Bob Debelius slimmed down from Light Heavyweight and making his bid for the number one



Paul Radburn throws J. Newlands with ogoshi for ippon.

spot in this group. Bob, winner of that European Bronze Medal against the Russian in 1974 has been going through a bad period. Loaded with natural talent he is still determined to work the edge of the area collecting penalty points. Despite all this his win over Dave Walker was decisive and gave him the title. Ray Coulhurst and Adrian Vidler collected the Bronze.

If names are to be the thing, then Paul Radburn has it all. Strength, talent and personality, always positive judo and looking to win, which he did against Paul Knight in the Final. Somewhere along the way Knight has lost his sparkle and until that comes back he will not make the champion we would expect of him. Grafton White and Jeff Hockley picked up the Bronze.

Bradley, Browning, Ives and Davies, the Heavies, grunted their way to medals, with Stan Browning for the Army showing some good technique to share third place with Glyn Davies, the London-based young Welshman. Bob Bradley, 19 stone and with a lot of experience faced Alex Ives who has the courage but never really looks the Heavy-weight. The fight stopped and started around various injuries to Alex whilst Bob Bradley gradually, but surely wore him down. To the crowd's delight Bradley was twice airborne, but showed his agility for such a big man in landing on his feet and claiming the title.

So with five new champions in a new national event, judo took a further stride forward. Never let them and us forget, we are the most successful British Olympic Sport.

ALL ENGLAND JUDO CHAMPIONSHIPS 1976 RESULTS

Middle

GOLD	R. Debelius (London)
SILVER	D. Walker (Midland)
BRONZE	R. Coulhurst (London)
BRONZE	A. Vidler (South)

Light-Weight

GOLD	R. Neenan (South)
SILVER	K. Cannaby (Midland)
BRONZE	A. Owen (NHC)
BRONZE	S. Smith (South)

Light-Heavy

GOLD	P. Radburn (NHC)
SILVER	P. Knight (NHC)
BRONZE	G. White (London)
BRONZE	J. Hockley (NHC)

Light-Middle

GOLD	N. Adams (London)
SILVER	P. Blewett (NHC)
BRONZE	M. Foster (NHC)
BRONZE	C. Bowles (South)

Heavy

GOLD	B. Bradley (South)
SILVER	A. Ives (NHC)
BRONZE	G. Davies (London)
BRONZE	S. Browning (Army)

Organising Committee:

Mr. Peter Bent, Mr. Roy Inman, Mr. David Farr, Mr. Ian Thompson.

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CLUB FORUM

LONDON JUDO SOCIETY from *Bill Barritt*: Juniors: After a long absence from inter-club activities we are now training a Junior Squad. This will comprise Boys and Girls from the rapidly increasing Junior Girls Section. This Squad Training takes place on Saturday afternoons and, because we have three mat areas to use, we would welcome a visit from other Junior Clubs. If any Coach would like a friendly Match with our Juniors please contact our Team Manager, Mr. Malcolm Wright at L.J.S.

Seniors: We are pleased to announce that we shall shortly be receiving a visit from the London Squad. This will take place on a Wednesday evening, the actual date to be announced in the London Area News Letter. Visitors, as always, will be very welcome.

Aikido: The Aikido Section will now meet twice a week, Mondays and Thursdays. John Waite welcomes his many old friends and hopes to meet new ones too.

BRENT JUDO CLUB — *Chris Read writes*: Contrary to rumours which seem to be circulating, Brent Judo Club has not been disbanded. It is still as strong as ever, and both Senior and Junior visitors may be assured of an excellent practice under the training of the club's instructor, Peter Moring. The club meets at Kingsbury High School Gym, Princes Avenue, Kingsbury, London NW9 on Wednesday and Friday evenings (Juniors at 6.00 and 7.00, Senior at 8.15) and Sunday mornings (Juniors 11.00, Seniors 12.00).

WEM JUDO CLUB:— This recently recognised BJA Member Club was

formed fifteen months ago by Rowland Lee, 3rd Kyu, his wife Barbara and three children, Robert aged 15 (16th Mon), Susan aged 11 (8th Mon) and Martin, aged 9 (6th Mon).

With interested friends from this small north Shropshire town a disused Cheese Hall was converted into a Dojo and spectator/refreshment area, with changing rooms for both sexes. This task took almost six months during which time money was being raised by rummage sales, sponsors and grants from the town and district councils.

The Club opened in grand style on June 1st last year with a contingent of Judo players from Shrewsbury and Bridgnorth clubs giving a display of techniques and contests. The principal guest was Mrs. Cathy Ling, 2nd Dan. She spoke to the dignitaries and spectators saying that Judo was a wonderful sport where everyone had to learn to lose before they could win, and that it was a sport for both boys and girls.

Since opening, the club has grown and now has 69 children and 18 senior members who regularly practice on 48 metres of Geomats, under the instruction of Mr. Lee and guest members of other local clubs, including Gordon Trevor, 1st Dan, Glynn Ashton, 3rd Dan and Geoff Rushworth, 4th Dan.

In the 1975 Shropshire Championships, Wem Club had its share of medals, with 2 gold, 2 silver and 2 bronze, and recently won the Shropshire Mini-Olympics with 10 medals. The junior boys section are enjoying 3rd place in Division 3 of the Midland League.

Practice night is Monday for Junior boys, Wednesday for Junior girls, and Thursday for Seniors. All are welcome. Information is avail-

able from Rowland Lee, telephone Wem 33387.

BOWATERS JUDO CLUB, Gillingham. The next Promotion Examination will take place at the club on **Sunday, 5th December** as follows:— Signing on times for both male and female will be 10.30 a.m. 9th Kyu, 8th Kyu, 7th Kyu. 12 noon; 6th Kyu, 5th Kyu, 4th Kyu, 3rd Kyu, 2nd Kyu. 2.30 p.m.; 1st Kyu. 3.30 p.m.; 1st and 2nd Dans.

Examiners will be Cliff Baker-Brown and Mick Leigh. Further details can be obtained from Jim Hollington, 12 Harty Avenue, Wigmore, Gillingham, Kent. Telephone: Medway 364372.

KOBAYASHI-KWAI, CARLISLE: The long hot summer has seen a quiet period in the club with only the odd visit to Dumfries and rare visits from other clubs—the closest B.J.A. Club of note being over 40 miles away.

An interesting interruption occurred when a few of our members represented Carlisle in the B.B.C. 'It's a Knockout' competition.

Now that September has arrived with the return of the Winter Judoka, and usual influx of beginners, the club is looking forward to another successful season.

The first major event in our diary is the Carlisle Open Championships on the 28th November, commencing at 10.00 hours. There will be the usual categories:

1. Team Event in weight categories.
2. Open individual Championship.
3. Kyu grade Championship.

There is an entry fee of £2.00 per team; £1.00 for individual events; or £1.50 if entering both individual events. Entries must be received by 21st November, 1976, and late entries will not be accepted. The refereeing will be by qualified National B.J.A. referees.

All entries to be sent to Mr. S. A. Rogerson, 65 Scotby Road, Scotby, Carlisle, CA4 8BG, Cumbria.

The Club would like to congratulate David Hughes on winning the Carlisle 'Superstar' Competition during the recent 'Week-of-Sport' held in Carlisle.

SHROPSHIRE MINI-OLYMPICS JUDO SECTION

A recent new member club to the B.J.A., Wem Judo Club won the Shropshire Mini-Olympics recently held at Oakengates Leisure Centre.

The venue, under the control of Mrs. Cathy Ling and John Adlard, was open to all thirteen clubs throughout Shropshire.

Wem Judo Club leader Rowland Lee was presented with the trophy by Jim Fox (a gold medalist at Montreal) at a civic reception held in Oakengates Town Hall.

Final Medal Table

	Gold	Silver	Bronze
Wem Judo Club	5	3	2
Shrewsbury Club	4	4	9
Bridgnorth	2	2	5
Sankey Judo Club	2	2	1
Oakengates Club	—	1	1
Much Wenlock Club	—	1	1

IN AND AROUND THE DOJO

A USEFUL STRANGLE TECHNIQUE

by TONY REAY

Photographs by DAVID FINCH

All *shimewaza* (strangle techniques) of course are useful if they have scored. There are no half measures, like *kansetsuwaza* (armlocks), a *shimewaza* scores the ultimate *ippon* (full 10-point win); there are no *koka* (3 points scores), *yuko* (5 point scores) or *waza-ari* (7 point scores).

A skilful all-round Judo man will include in his repertoire a number of strangle techniques suitable for varying situations.

Unlike *tachiwaza* (standing techniques) *newaza* (ground work techniques) can only be applied when

the situation arises or when the opponent has left an opening or opportunity to apply the technique. In other words, one's *tokuiwaza* (favourite technique) can be attempted fairly regularly in *tachiwaza* but rarely can one pick out a specific *newaza* technique to go for. One's knowledge and range of groundwork needs to be infinitely greater, therefore, than the range of throwing techniques. Most top rate competitors have just two or three throwing techniques to depend on fairly confidently, but they need to be adept at many ground work techniques.



When training in Japan I was most impressed with the old-boys, the senior *sensai* (teachers) when it came to ground-work. Those in their fifties or over, were past the fast and supple movement that a throwing technique demanded—but in ground work—they were really most impressive. I once witnessed a 9th Dan who admitted to being over sixty literally tie up in knots a young

member of the Japanese Olympic Squad. My point is that if you do feel that you are getting past coping with the fast, dynamic actions of *tachiwaza*—don't give up—concentrate on *newaza*. You will find if you have not already done so, that *Newaza* is the opening up of a completely new world and unlike *tachiwaza*, the range of moves and techniques seem endless.

The *shimewaza* I am dealing with in this issue is very effective yet simple in application—yet surprisingly is rarely seen outside major national and international competition.

When dealing with a very fit and strong-necked opponent, one must be determined and almost brutal. After all Judo is a tough sport and is a battle of wits and strengths. In figure (1), *tori* (person attempting the technique) bunches his left fist in such a way that he can bore his way between the chin and chest of his defending opponent. Notice he is preparing *uke's* (person defending) jacket and in particular the right lapel in order that the left hand can grip once it has ground its way through between chin and chest. If the opponent (*uke*), is experienced he will soon sense that you are preparing for a *shime-waza* and will quickly react before he is in trouble. He will try to spring up or roll away. If he chooses the latter course you can follow through and hold him on his back. Preparatory to springing up he will need to raise himself on

his elbows—when he does this knock his nearest elbow forward with your supporting knee as in figure (2) thus keeping him off-balance. In figure (2) also, the strangling hand has now burrowed its way to *ukes* right lapel. But it will not be deep enough to effect a good strangle. Here the beginner is often tempted to rush things and go through with the strangling action; because the strangling hand is not high or deep enough on *ukes* lapel—the strong necked and experienced judomen will be able to withstand the pressure and likely as not the strangle will fail.

At this junction I should point out that there are two pressures to a strangle. Rather like a rifle—the first pressure on the trigger does not fire the bullet—it is the second pressure that does the damage. It is the same with a strangle, an experienced person has learned to live through the first pressure of the strangle. Beginners tend to panic and tap (submit) at the first pressure but an experienced person usually has a sufficiently strong neck to live



through it. "All brinkmanship" you might say but then many great contests have been won or lost on sheer brinkmanship. In figure (2) you will also notice that *tori* keeps his right arm out with one hand on mat thus creating what I call a 'prop' which

stops *uke* from rolling out of danger.

In figure (3) *tori* continues to establish a strong and effective technique by pulling *uke's* right lapel taut in order that he can grip higher and deeper with the left (strangling) hand. At this point I would empha-

size a danger which is clearly seen in figure (4). *Tori* should 'fish' for the lapel with his right hand in order that *uke* does not trap it and thus roll *tori* over his own back. If *tori* allows his arm to stay there he could be in danger of being rolled over onto his back. The pattern for *tori* should be; fish with the right hand and at the same time edge deeper with the left hand with thumb sliding deeper inside the collar up and around the side of *uke's* neck.

In figure (5) *tori* is ready for the coup-de-grace having again established his strong prop with the right arm. He is going to need this prop on which to support his weight as he swings his kneeling leg through into the position shown in figure (6).

It is important to remember that *tori* in applying the strangle, must rest his weight on *uke's* shoulder and upper back and NOT sit on the mat itself. By resting his weight on the opponent, *tori* ensures that as he pulls with the left hand to effect the strangle — he is pulling against his own weight and, therefore, making a powerful technique which *uke* can not resist. Another point — when *tori* throws the right leg through to rest on *uke's* shoulders — throw the hip through also. This will then bring on an immediate strangle and *uke* has little chance to resist.

Finally — when attempting this strangle — be prepared to ride the opponent around the dojo if needs be. For if he is a fighter he will not easily give up.

CORRESPONDENCE

Sir.—I was most interested in the article you published in your most recent magazine about Judo in Northern Ireland.

This article which was written by Sandra Chapman the Judo Correspondent of our local national newspaper, The Belfast Telegraph, certainly describes one aspect of Judo as it is carried on in our troubled province. However, whilst I could not disagree with anything as stated by Sandra I would beg your indulgence to state what might be seen as another side of the same story.

In Northern Ireland we now have in excess of 50 practising clubs all registered with the British Judo Association and all administered by the Northern Ireland Judo Federation and these clubs are scattered throughout the province. It is certainly true that some of them operate in the most trying circumstances in some very troubled areas but it is also true that 75% of them

at least, operate in normal surroundings in places like leisure centres built by Rural District Councils, in schools and in Youth Clubs.

All of these clubs welcome players of any class or creed to their sessions and all of them play their full part in the Area Administration and regularly attend promotion examinations and Area Championships.

It would be foolish to pretend that we have not had to change our method of operation in the area since the strife conditions arrived and for example our Executive Committee Meetings which used to be held at 8.00 p.m. in Belfast are now held on Sunday afternoons in areas around the province. Also, many of our championship events are held around the province; I can think of a very successful Junior Championship held this year in Dungannon and also a similarly successful Championship in Londonderry and of course, a very success-

ful Senior Championship in Belfast and one in Antrim. Attendance at these events was open to all and I have not heard of a single person who had any difficulty either getting to or leaving the events.

I would also like to stress how our Judo standing has improved in the last few years organisationally with the formation of our own Federation and competitionwise where we now regularly are a force to be reckoned with in team championships and where some of our players are becoming known in the U.K. context. Sandra already mentioned Terry Watt and Roy Scott as two of our outstanding players and perhaps one could add to this Avril Malley from the Dungannon Club who is now a member of the British Women's squad and one of our local policemen, who is the British Police Champion.

In conclusion, I would like our colleagues elsewhere in Britain to try to see a balanced picture of Judo as it is occurring in Northern Ireland. Certainly we have the problems which Sandra described but also we have a very flourishing sport and we intend to keep it that way. Our championship events will always be held in areas where anyone can safely attend and we in Northern Ireland would be delighted to see some players from the mainland come to see us. To this end we are delighted that the Lagan Valley Leisure Centre, which incidentally is managed by another of our star players who has left his mark frequently in England, namely our heavyweight champion Victor Catling, has now bought an international size mat and we would be particularly keen to see an international team come to play us. I hope this presents as balanced a

view as possible of Judo in our province.

P. H. McKIE,
Chairman,
Northern Ireland
Judo Federation

Sir.—I would like to express my opinion (whether you like it or not), on the B.B.C. coverage of judo in the Olympic Games. All I managed to see was Dave Starbrook's win and one other event by the Japanese, which I believe took all of 13 minutes. As for commenting on the fights I don't suppose Peter West knows a dojo from a judoka!

Personally I think the whole coverage of judo in comparison with other sports was nothing less than disgraceful. As a practising judoka—now a teacher of this fine sport for 26 years — I am disgusted that judo doesn't get the publicity as other sports, especially as we won two medals, which is two more than some other sports that were televised.

R. WHITTAKER,
Abbots Langley Judo Club.

Sir.—Congratulations to Dave Starbrook and Keith Remfry for their outstanding judo in the Olympics, bringing home one silver and one bronze medal and finishing second and third in the world of judo. The British judo team has put us in the top class with only five of our team — what would we do with many more. Every country in the world now know that we have a most exciting judo team.

Many thanks to our British team from

TOM CROWLEY,
P.R.O. West, and
President, Apollo Judo, Torquay.

Editors Note: It is much regretted that the letters from Messrs Whittaker and Crowley were inadvertently omitted from the October issue.

1976 SCHOOLBOYS' CHAMPIONSHIPS

North-West Area won a crop of medals at this event which was held at Crystal Palace on Saturday the 16th and Sunday the 17th of October to place them well ahead of any other Area. Northern Home Counties however won the largest crop of overall medals.

In an uninspiring and boring first day involving the lighter and younger groups—and conversely—an exciting action-packed second day with the heavier and older groups, one was left with the feeling that perhaps national status is just too much to expect of the under twelve year olds. Sadly, and once again I have to say it, instructors are just not teaching these youngsters big throws. As a fellow black-belt told me just a few days ago, one instructor of young juniors freely admitted to him at these championships that he teaches his kids to go for the marginal score only and does not bother about the big throws that *can* possibly score ippon.

Amazingly, Southern Area which has a very large junior membership could not get even one medal. A glance at the medal table will show you how each Area fared:

Placing	Area	Gold	Silver	Bronze	Total
1.	North-West	4	—	5	9
2.	Northern Home Counties	2	4	5	11
3.	Scotland	1	2	5	8
4.	Midlands	1	1	2	4
5.	West	1	1	1	3
6.	Yorkshire and Humberside	1	1	—	2
7.	London	—	1	1	2
8.	North	—	—	1	1

It is interesting to note where the eventual winners of medals over these two long days come from and so wherever possible I make mention of the club that they practice at and the school at which they study for, I feel that they should both share in the honours.

Under 30 kgs. Keith McDonald of Wigan and District JC was one of the lads who travelled back up the motorway with a gold medal draped around his neck. No doubt the long journey was a pleasant one for him at least. His chums at Whitley High School must be proud of the new national champion in their midst and I hope the glory does not effect his studies too much. Ten year-old Darnell Welch of Bracknell JC won silver with James Taylor from Aberdeen and fellow Scot Graeme Pae of the Edinburgh JC taking the bronze medals.

Under 35 kgs. From Redbridge JC Daniel Russell also of Wanstead High School took the title in this category with club-mate Antony Williams of Caterham High School securing the silver, Redbridge JC certainly figure often when it comes to junior competition. Charles Copeland of the Okanokwai JC and Stephen Merrill of Monks Park JC were the bronze medal winners.

Continued on page 35



THE BRITISH JUDO ASSOCIATION Newsletter Supplement

AS I WAS SAYING

By TONY REAY

In the last issue of this magazine I reported the results of the national referendum involving all our Member Clubs. At the September meeting of the Executive Committee it was decided to re-introduce theory into the promotion syllabus for senior men and women. No doubt the referendum had a great influence on this decision.

This new syllabus will come into effect on the 1st January, 1977. In order that members may have a clear indication of the new theory as soon as possible I am including the full details in this issue. The competition aspect of the senior promotion syllabus remains the same for both men and women to and within both the Kyu and Dan grades up to a level of 5th Dan.

The new syllabus is now based on skill in contest and a theoretical knowledge and ability to demonstrate specific techniques.

NEW THEORY REQUIREMENTS

Much thought has gone into the selection of techniques for each sec-

tion in which it is logical to expect the candidate to be able to use at that particular stage in his or her career. Some terminology has been included in the earlier sections to ensure that the candidate is conversant with, for example, the main terms used in refereeing by the time that the candidate is likely to enter contests other than promotion examinations.

Note: Copies of the new senior syllabus will be included free with Individual Membership renewals, however, there are two further documents that will assist the candidate; the Appendix to the senior syllabus which includes all the katas listed in their order and a Glossary which gives a list of terminology used not only in the syllabus but also many other terms that the Judo enthusiast may encounter. All three documents will be available from Head Office at a cost of 30p which will include the cost of postage.

Some major points about the new theory

(a) No ukemi is asked as such, but in the first section, the candidate is

required to be able to act as both Tori and also Uke—thus demonstrating the ability to land when thrown rather than demonstrating the ability to be able to throw oneself.

(b) In Osaekomiwaza, except in the very first section, the 'hon' and 'kuzure' forms of each hold are in the same section so that their relationship to each other is shown.

(c) All demonstrations of throws should be given with the candidate and partner moving as in light randori in order that a closer 'contest situation' can be contrived. For the same reason, kata as a formal demonstration is left until syllabus for promotion within the Dan grades.

(d) The printed syllabus includes a glossary which includes all terms asked for in terminology.

(e) Within the Kyu grades theory will only be asked if the candidate has completed the contest requirements.

For 1st Kyu to 1st Dan and for promotion within the Dan grades, theory can be taken before or after the contest requirements. The theory section can be taken at the same event as the contests or can be a completely separate event. For the theory examination a special examination form will be used and when completed and signed by the examiner(s) should be sent direct to the National Dan Grade Registrar. If the candidate is successful the examiner will make an entry in the candidates points card as follows: 'Completed theory requirements for Dan.' The date, venue and the signature of the examiner(s) must also be included.

No minimum number of candidates is necessary and in fact a theory examination can be held for one person if required. A full contest area is not necessary for theory. However, with a theory examination for 1st Kyu going to 1st Dan there

must be one *full* Senior Examiner and for theory examination for promotion within the Dan Grades there must be two *full* Senior Examiners.

(f) Knowledge should be cumulative. For example a 3rd Kyu trying for 2nd Kyu should know and can be asked questions on any techniques from the syllabus from novice up to and including 3rd Kyu trying for 2nd Kyu.

(g) Candidates for non-competitive promotion and for non-competitive recognition of grades from other organisations should pass the appropriate section of the theory examination.

(h) Candidates for examination must wear clean judogi and maintain a high standard of personal hygiene (i.e., clean feet, finger-nails and toe-nails cut short, etc.). If hair is long enough to impede the opponent it should be secured back. No metallic or hard object may be worn (rings must be removed and it is not sufficient to cover them with adhesive tape).

CONTENT OF SYLLABUS Novice to 9th Kyu

(a) Contest — No contest requirements.

(b) Techniques — Candidate should take part of both Tori and Uke in the demonstration of techniques. Taiotoshi; Ouchigari; Yokoshihogatame.

(c) Terminology
Dojo; Judogi; Tatami; Rei; Ippon.

9th Kyu to 8th Kyu

(a) Contest—Generally should have one win, but at the discretion of the examiner.

(b) Techniques
Moroteseionage; Osotogari; Kuzure-yokoshihogatame.

(c) Terminology
Hajime; Matte; Soremade; Wazaari.

8th Kyu to 7th Kyu

(a) Contest — Minimum of 1 win. For novice or 9th Kyu to be promoted to 7th Kyu, minimum of 2 wins.

(b) Techniques
Ipponseionage; Kouchigari; Kamishihogata and Kuzurekamishihogata; Jujigatame.

(c) Terminology
Sonomama; Yoshi; Osaekomi; Toketa; Tori; Uke.

7th Kyu to 6th Kyu

(a) Contest—Minimum of 1 win.

(b) Techniques
Haraigoshi; Kosotogari; Ogoshi; Kesagatame; Okurierijime.

(c) Terminology
Jikan; Shido; Chui.

6th Kyu to 5th Kyu

(a) Contest—Minimum of 1 win. For 7th Kyu to be promoted to 5th Kyu, minimum of 2 wins.

(b) Techniques
Uchimata; Kosotogake; Tomoenage; Kuzurekesagatame; Udegarami.

(c) Terminology
Yuko; Koka; Newaza; Tachiwaza.

5th Kyu to 4th Kyu

(a) Contest — minimum of 1 win.

(b) Techniques
Deashibarai; Sasaetsurikomiashi; Sumigaeshi; Tateshihogatame; Kuzureateshihogatame; Udegatame.

(c) Terminology
Keikoku; Hansoku; Shimewaza; Kansetsuwaza.

4th Kyu to 3rd Kyu

(a) Contest — Minimum of 1 win. For 5th Kyu to be promoted to 3rd Kyu, minimum of 2 wins.

(b) Techniques
Okuriashibarai; Haraitsurikomiashi; Yokoguruma; Katagatame; Nami-jujijime; Gyakujujijime; Katajujijime.

3rd Kyu to 2nd Kyu

(a) Contest—Minimum of 1 win

(b) Techniques
Hizaguruma; Makikomi; Taniotoshi; Ushirokesagatame; Mune-gatame; Hadakajime; Katahajime; Wakigatame.

2nd Kyu to 1st Kyu

(a) Contest—Minimum of 1 win. For 3rd Kyu to be promoted to 1st Kyu, minimum of 2 wins.

(b) Techniques
Yamaarashi; Oguruma; Ashiguruma; Makurakesagatame; Ashigatame; Hizagatame; Sangakujime.

N.B.—In all cases above, minimum wins refer to contests against opponents of approximately equal experience.

Promotions into and within the Dan Grades—Theory requirements

For promotion from 1st Kyu to 1st Dan, the requirements are more stringent because it is felt that a Dan grade should have good technical knowledge. Therefore the candidate is expected to know all 40 throws and 30 katamewaza in the Gokyo, even though he will only be asked to demonstrate one from each section — i.e. a total of five throws and five katamewaza. (More than half of these will have already been covered in the previous parts of the syllabus).

As previously stated, the examination for theory can be taken at a separate event from the contest requirements.

Marking in the theory examination will be similar to that for contest — i.e. for each technique demonstrated, 10, 7, 5 or 3 points may be gained. 10 points will be given for a perfect demonstration; 7 points for a demonstration that is good but less than perfect; 5 points for a reasonable demonstration; 3 points when the demonstration is poor but the

candidate obviously knows the technique. (Nil if the technique is not known).

For promotion from 1st Kyu to 1st Dan, a mark of 60% is required to pass the theory requirements.

1st Kyu to 1st Dan

The candidate will be expected to know all techniques in the Gokyo-nonagewaza and the Gokyonokata-mewaza, and will be asked to demonstrate one selected by the examiner from each of the 10 sections.

A mark of 10, 7, 5, or 3 will be given for each of the 10 demonstrations. A minimum of 60 out of the possible 100 marks is required to pass.

1st Dan to 2nd Dan

The candidate will be expected to score 60/100 in 10 techniques selected by the examiner from the Gokyo.

He/she will also be required to demonstrate 2 sets, selected by the examiner, from the Nagenokata. Again, a mark of 10, 7, 5, or 3 will be given for each technique demonstrated.

A minimum of 75 out of the possible 120 marks is required to pass.

2nd Dan to 3rd Dan

The candidate will be expected to score 60/100 in 10 techniques selected by the examiner from the Gokyo, and 75/120 in two sets selected by the examiner from the Nagenokata.

He/she will also be required to demonstrate 1 set, selected by the examiner, from the Gonosenokata. This will be asked as specific pairs of techniques, rather than as a formal demonstration of the kata.

A minimum of 25 marks out of the possible 40 is required to pass.

3rd Dan to 4th Dan

The candidate will be expected to score 60/100 in 10 techniques selected by the examiner from the Gokyo, 75/120 in two sets selected by the examiner from the Nagenokata, and 25/40 in one set selected by the examiner from the Gonosenokata.

He/she will also be required to demonstrate 1 set, selected by the examiner, from either the Katamenokata or the Junokata—the kata to be selected by the candidate.

A minimum of 30 out of the possible 50 marks is required to pass.

4th Dan to 5th Dan

The candidate will be expected to score 80/100 in 10 techniques selected by the examiner from the Gokyo, 90/120 in two sets selected by the examiner from the Nagenokata, 30/40 in one set selected by the examiner from the Gonosenokata and 40/50 in one set selected by the examiner from either the Katamenokata or the Junokata—the kata to be selected by the candidate.

Contest, time and age requirements

As indicated earlier, there is no change in the contest, time and age requirements as published in the last syllabus (BJA/1/SEPT/75). However I should point out to Area Secretaries that each Area may select two Area Championships per year for men and two Area Championships for women for points scoring purposes but that approval must now be sought from the *National Dan Grade Registrar* prior to the event.

NATIONAL TEAM MANAGERS

With the Olympic Team Manager's term of duty completed and the position of Young Men's Team Manager (Under 21 Squad) now vacant; the Executive Committee have decided to review all posts of National Team Managers. The new

appointment will be for a term of four years and managers will be expected to conduct training of their respective squads and accompany teams at matches both at home and abroad. All the posts are honorary but expenses incurred whilst carrying out the duties of team manager will be paid by the Association.

Applications are invited from anyone with experience and over the age of 21 years for the following posts:

Olympic Senior Men
Young Men's (Under 21)
Young Men's Espoir (15 to 17)
Women's Senior
Young Women's

Anyone interested in these posts should apply to the General Secretary for application forms.

POLICY STATEMENT

Quite a number of our members and officials have been concerned with the trend that seems to have been taking place in recent years with regard to the martial arts generally. Many things these days seem to be vulnerable to corrosive forces of commercialism and many of our members have felt worried that Judo could perhaps go the way that many other fine activities seem to have gone, or are going. The Executive Committee, very much aware of the dangers have therefore decided that the aims of the Association should be made clear and also that members should be reassured that the sport of Judo is in good hands. The following statement has been circulated to all Member Clubs and underlines the feelings and concern expressed at this year's Annual General Meeting:

CONTINUING ALONG THE "... TRUE PATH ..."

During the last decade there has been a substantial growth of the so-called 'Oriental Martial Arts' in this country. Before this period only

Judo, Aikido and Kendo were reasonably well known. So far these three arts have been able to maintain a certain 'purity of purpose' in that the ideals as laid down in their formation have been maintained.

Judo has had two added bonuses in that it is the only such activity which has been accepted widely by education and is now normally part of school curricula—and that it has become an Olympic sport. Whatever may be said about modern Olympics they are still by and large unfettered by commercialism and professionalism.

Hollywood and television have done much to present to the public a distortion of what is truly and humanly possible in the field of martial arts. No doubt such presentation brought these activities to the attention of a much wider public. In the wake of this celluloid sensationalism many magazines have appeared on a now lucrative martial arts market.

In Britain alone several magazines have appeared over the last few years. When British Judo Association officials were asked to write for such magazines they had no definite guide-lines or even a general policy and so therefore had to decide themselves whether or not writing for a particular magazine would be in the best interests of Judo.

Fortunately now this is no longer necessary. The media generally — Fleet Street, radio and television—along with all the responsible authorities and agencies—are now well aware of the British Judo Association and its responsibilities to British Judo.

Many of us in Judo have quietly been concerned by the way other martial arts have been and are being exploited, over-dramatised and in some cases bastardised so much that sadly some are becoming a joke in

the eyes of the general public.

The British Judo Association is not happy with this trend and many of our members have expressed concern. We do not want any part of it. We want Judo to continue to be played and presented in a properly acceptable manner. We feel that we must do something to protect the ideals of the Association which are the very foundation of Judo as defined in the 'Objects' of the Association (Clause 2 of the Constitution). These are as follows:

"The objects of the Association shall be to foster and develop the practice and spirit of Judo on traditional lines, to organise and regulate the Judo movement on a national basis, to control the promotion of Judoka to higher degrees, and to represent the United Kingdom of Great Britain and Northern Ireland internationally."

The British Judo Association therefore wishes to advise all its members that for the time being *Judo Magazine* will be the only magazine the Association will support. Over the years there have been

differences of opinion and minor conflicts between the Association officials and *Judo Magazine* editors but one thing they have both had in common is the presentation of Judo along proper lines.

Head Office will continue to offer a service to newspaper journalists and non-martial arts magazines when and as requested. However, other martial arts magazines if they wish to continue publishing items about Association events will have to employ their own reporters at events in order to obtain the information. Because we are an amateur sports organisation we believe our officials' efforts must be directed towards the administration and growth of our sport and really do not have the time to furnish material for commercial martial arts magazines.

SPECIAL DISCOUNT

B.J.A. Clubs and Areas can contribute to funds by supplying *Judo Magazine* direct to members. A 10% discount on a minimum order of 12 copies, all additional qualifying for 25% discount. Regret no refunds are allowed. Orders direct to Judo Ltd.

B.J.A. NATIONAL DAN GRADE REGISTER

Appendix Seventeen

Promotions confirmed by the Executive Committee 7/5/76 to 30/6/76

MEN TO 1ST DAN	CLUB	AREA	DATE OF PROMOTION
Allan, D.	Commandokwai	RN	9/5/76
Bailey, T. M.	Romford & Hornchurch	NHC	9/5/76
Balner, D. W.	Olympic	NHC	9/5/76
Cadle, W. A.	Yoshin	SJF	27/6/76
Charlesworth, A. R.	Gillingham	S	27/6/76
Codona, A.	Hamilton	SJF	7/3/76
Chambers, W. A.	?	NI	4/4/76
Creber, K. J.	Torquay	We	12/6/76
Cusker, D.	Aireboro & Wharfedale	Y&H	10/5/76
Darlington, J. A.	Michelin Athletics	M	13/6/76
Davies, D. R. S.	Scunthorpe	Y&H	20/6/76
Fitzsimmons, J.	Irvine	SJF	13/6/76
Fordham, C. B.	L. J. S.	S	16/5/76
Goreing, A.	?	NHC	22/5/76
Hall, M.	Jarrow	N	27/6/76

MEN TO 1ST DAN

Hedges, B. M.
Hodgson, J. M.
Hughes, W. W.
Johnston, W.
Kay, J. L.
Kearney, M.
McGuigan, H.
McNab, M.
McPherson, J. L.
Orrock, T.
Palmer, T. F.
Piggott, M. W. D.
Przybylski, J. M.
Rodger, A.
Russell, J. C.
Singh, J.
Small, E.
Squire, P. W.
Stones, R.
Sweeney, M.
Taylor, L. M.
Waller, J.
Waterfall, B. L.
Watson, J.
Wright, J.
Wynter, T.

CLUB

Oxford City
Rowntrees
Penarth
Gillingham
Blackburn
Yamada Kwai
Renbukan
Irvine
Thanet
Ryecroft
Harlow
Budokwai
Dorchester
Allan
Newton Abbot
Bedford
Belfast YMCA
Cambridge SBK
Abraham Moss
Norwich YMCA
?
Ealing Youth
Boston
Rowntrees
Harefield Budu-Ryu
Newham

AREA & DATE OF PROMOTION

NHC 12/6/76
Y&H 27/6/76
WJA 13/6/76
S 9/6/76
NW 13/6/76
NI 27/6/76
NI 13/6/76
SJF 13/6/76
S 9/6/76
M 27/6/76
NHC 9/5/76
L 9/6/76
M 13/6/76
SJF 13/6/76
We 12/6/76
NHC 13/6/76
NI 27/6/76
E 27/6/76
NW 25/4/76
E 27/6/76
L 29/5/76
S 12/6/76
M 2/5/76
Y&H 20/6/76
NHC 30/5/76
L 16/5/76

MEN TO 2ND DAN

Brooks, J. H.
Cadle, R.
Costello, T. J.
Davies, G.
Drillsma, L. M.
Hawker, A. R.
Humphreys, J. D.
Jones, K. A.
Lloyd, P. C. H.
Scudder, R. W.
Wheatley, W. P.
Wills, R. G.
Wood, G. R.

Ryecroft
Yoshin
K.N.K.
Aberaman YMCA
Liverpool YMCA
Dumfries
Veraloy
Bolton Recreation
Meadowbank
Budokwai
Katho-Ryu
Baldwins Park
Meadowbank

M 27/6/76
SJF 23/5/76
NW 23/6/76
WJA 9/5/76
NW 13/6/76
SJF 13/6/76
NHC 30/5/76
NW 25/4/76
SJF 8/6/76
NHC 2/5/76
Y&H 3/6/76
S 9/5/76
SJF 27/6/76

MEN TO 3RD DAN

Gell, R. N.
Hindle, W.
Knight, P. R.
Redman, W.
Stables, L.

Bedford
Bacup
Mid-Sussex
Liverpool YMCA
Chorley

NHC 12/6/76
NW 13/6/76
S 26/6/76
NW 13/6/76
NW 27/6/76

MEN TO 6TH DAN

Chew, G. W.

L.J.S.

L 27/6/76

		AREA & DATE OF PROMOTION	
WOMEN TO 1ST DAN	CLUB		
Brady, P. M.	Humberside JC	Y&H	13/6/76
Brooks, C. A.	Maerdy	WJA	8/2/76
Fox, J. L.	Leeds Athl. Inst.	Y&H	13/6/76
Herdsmen, B.	Humberside	Y&H	20/6/76
Johnson, A. M.	Huddersfield	Y&H	13/6/76
Jones, D.	Gamesley	M	13/6/76
Shaw, P. G.	Kendal	NW	20/6/76
Stanley, F. K. E.	Lansbury Centre	S	13/6/76
Taylor, C. G.	Shin Wa Kwai	Y&H	20/6/76
Tyrer, E. A.	Preston	NW	13/6/76

WOMEN TO 2ND DAN			
Bennett, M. E.	Prince Philip	Y&H	15/5/76

Appendix Eighteen

Promotions confirmed by the Executive Committee 1/7/76 to 14/9/76

MEN TO 1ST DAN			
Bardouille, F.	Bradford YMCA	Y&H	1/8/76
Brown, J.	Samurai	NW	25/7/76
Caulfield, J. J.	South Hill	S	11/7/76
Chadwick, C.	York RI	Y&H	25/7/76
Chapman, J.	Exeter	We	11/7/76
Chu, K. T.	Liverpool YMCA	NW	1/8/76
Coleman, W. H.	Samurai	NW	11/7/76
Condon, E. J.	L.J.S.	S	29/8/76
Day, A. J.	Rolenmil	NHC	25/7/76
Feenan, J.	E. Kilbride	SJF	8/8/76
Flanders, D. J.	Walthamstow	L	8/8/76
Hart, J.	Kettering	M	8/6/76
Hastings, W. J.	Coventry	M	2/8/76
Henderson, J. A.	V&E (Cheshunt)	NHC	29/8/76
Humphrey, H. J. J.	Keidokwai	NW	5/9/76
Kitchen, L. C.	Bedford	NHC	1/8/76
Larkin, J. S.	Antrim Forum	NI	5/9/76
Lillis, T. J.	Wells	We	11/7/76
Line, A.	Warley	M	5/9/76
McMaster, A. J.	IPM Gravesend	S	5/9/76
McQuade, G.	Hastings	S	5/9/76
Morley, P.	Bradford YMCA	Y&H	1/8/76
Orrick, B.	The Saints	NW	25/7/76
Pendleton, D. J.	Fairholme	L	5/9/76
Pitt, P.	Mayfield	NHC	5/9/76
Rogers, J. G. S.	Fairholme	NHC	29/8/76
Schooling, R. K.	Romford & Hornchurch	NHC	11/7/76
Skakles, A.	Dufftown	SJF	13/7/76
Sparrow, M.	Ashington Welfare	SJF	11/7/76
Stoner, E. J.	?	L	5/9/76
Tinson, R.	Long Eaton	M	1/8/76
Trevor, G. P.	Shrewsbury	M	1/8/76
Tyler, J. L.	Camberley Budokan	S	5/9/76
Watson, A. J. H.	Aberdeen	SJF	13/7/76
Wells, D. A.	Michelin	M	25/7/76
Welsh, R. C.	Chepstow	WJA	11/7/76

		AREA & DATE OF PROMOTION	
MEN TO 2ND DAN	CLUB		
Adams, A. N.	Coventry	L	18/7/76
Ausher, K. R.	Medkwai	S	6/7/76
Fallows, R.	?	M	5/9/76
Ferrie, E. N.	Jarrow C. A.	N	11/7/76
Foster, M. A.	Bedford	NHC	29/8/76
Goggins, D.	?	NW	5/9/76
Hand, D. J.	Bournemouth YMCA	S	30/5/76
Newland, J. A.	Fairholme	NHC	30/5/76
Pilgrim, F. G.	Waterloo	NW	1/8/76
Whatling, P.	Wilmslow	NW	5/9/76
Wheeler, T. M.	Medkwai	S	9/5/76
Wood, N.	Solihull	M	5/9/76
WOMEN TO 1ST DAN			
Howse, K. R.	Blackburn	NW	15/8/76
Millar, B.	Auchenharvie	SJF	27/7/76

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DAVID WHITE WRITES . . .

A high-powered meeting took place recently — that even the BJA may have been unaware of — to consider compulsory licensing of all Martial Arts practitioners.

I understand that even though considerable worry was expressed about the recent Kontakt Karate death in Manchester, the whole subject of licensing has once more been shelved.

This is most unfortunate. I know all about the British refusal to be regimented and their dislike of licenses and rules, but it does seem inevitable that licensing must come.

In a way the BJA and the BKCC are the victims of their own successes. If the Martial Arts field was in total chaos the government would have to step in with a licensing scheme. As it is there are relatively few injuries — except where unregistered and unrecognised so-called teachers perform.

The advent of Kontakt Karate has brought licensing a step nearer — and it is a good thing too.

It is, of course, BJA policy to press for licensing not just because it will mean more money for the association but because it seems to be the only way we will get a unified sport.

There are certainly the problems that always occur when you get a "monopoly" and people fight for power. But really the French appear to have a fair organisation, with Judo as their number two or three national sport. Taking everything into account it seems to me that

compulsory licensing would be a good thing provided there is an "umbrella" organisation — a thing I have not particularly favoured in the past.

However, if one serious injury or death can be prevented by the acceptance of a licensing scheme — which must mean formal registering and testing of instructors then it must be worthwhile.

As an interim step towards this I would urgently recommend the formal licensing of all martial arts instructors. In no way could this be seen as a restriction of the freedom of the individual to do whatever martial sport or art he wished or join whatever association or group he wished. And it would be a useful way of seeing, on a smaller scale, just what problems would arise if a full licensing scheme were later introduced.

The major difficulty would be the constitution of the "umbrella" Martial Arts body.

There is no reason why the "umbrella" body should not license breakaway groups (such as Roald Knutsen's Kendo Group) provided the new groups satisfied certain basic requirements as to quality of teaching, premises etc. Indeed teacher-licensing would ensure that only qualified instructors could be used by any breakaway group and would thus keep standards high.

I am realist enough to see that the existing martial arts associations would however have a strong influence within the "umbrella" organisa-

tion and a vested interest in preventing breakaway groups being recognised. Despite careful thought I have not come up with a foolproof way of ensuring this important safeguard. Perhaps other Judo readers would care to let us know the results of their consideration of this same problem.

• Sometimes one says something glibly that eventually needs more explanation than the original comment was worth — as you may have experienced yourself.

Last month I made a jokey reference to Brian Jacks needing to buy a washing machine when I was talking about "dirty judogi" brigade. Brian's wife — probably quite understandably — thought my comment somewhat less than chivalrous.

It isn't my purpose in life to be a "nice guy" but Brian is really one of the last people I would want to offend — not least because he's

tougher than me — What I meant to illustrate was the point that really keen judoka produce a hell of a lot of sweat (what an indelicate fellow I am). I must say that on occasion Brian has looked as though he was wearing a slightly grey judogi, but of course I take Julie's word for it that it's as clean as mine! Perhaps I've seen Brian wearing an old judogi (he could justifiably plead poverty as could many of our top judoka) or perhaps it's the light at the Budokwai. And now you see I'm in trouble again.

Incidentally, I hope the hint about Brian becoming a professional full-time coach is taken up. We badly need his services.

Shortly I hope to interview Brian and the "big men" of British Judo, Dave Starbrook, Keith Remfry and Ray Ross — so Brian will be able to make some rude comments about me.

AREA NEWS

SOUTHERN AREA

The results of the Southern Area under 16 Schoolboys Championships were as follows:—

Under 30 Kg. 1st C. Gibbons, Bexley; 2nd S. Steele, Bexley; 3rd A. Goodrich, Bexley — G. Sacre, Bexley.

Under 35 Kg. 1st J. Powell, Bexley; 2nd C. Steel, Bexley; 3rd M. Goff, Tora Kai — D. Aldridge, Medkai.

Under 40 Kg. 1st M. White, Mid Sussex; 2nd D. Boorman, Guildford; 3rd R. McIntosh, Thompson Carton — G. Dielius, Olympic.

Under 45 Kg. 1st J. Marcroft, Tonbridge; 2nd P. May, Mon Kwai; 3rd W. Jennings, Medkai — N. Swann, Southwick.

Under 50 Kg. 1st A. Morton, Bexley; 2nd R. Kennard, Swanscombe; 3rd A. Elford, Tora Kai — N. Chopping, Sheppey.

Under 55 Kg. 1st C. Harris, Esso; 2nd S. Mitchell, Mid Sussex; 3rd G. Flint, Nirr Hatake — A. King Swanscombe.

Under 60 Kg. 1st W. Williams, Bexley; 2nd D. Naismith, Bexley; 3rd M. Reynolds, Guildford — D. Cowell, Harlow.

Under 65 Kg. 1st E. Granville, Tokei; 2nd S. Swann, Winchester; 3rd M. Robertson, Bexley — R. Church, Mid Sussex.

Under & Over 70 Kg. (Combined). 1st J. Hanton, Swanscombe; 2nd P. Bowman, Portslade; 3rd W. Jackson, Olympic — M. Peters, Chertsey.

OLYMPIC REPORT MONTREAL 1976

by VIVIEN FRYER

Continued from October issue

DAY FOUR: THE LIGHT-MIDDLEWEIGHTS

Bulgaria's Gheorghiev won by default against Bel Mahfoud of Morocco. Fahed Al-Farhan of Kuwait spent fifteen seconds on the mat before Vass Morrison floored him with morote-seoi-nage. Koji Kuramoto of Japan was unable to score against Roquete Andrade of Portugal, but won the unanimous decision. Rodriguez of Spain defeated Gungor of Turkey with ukiotoshi, and Chanrav of Mongolia won by default against Cha of North Korea. Dietmar Hötger beat Molnar of Hungary with tateshihogatame with less than a minute to go. Burris of the U.S.A. defeated Miranda of Puerto Rico with kesa-gatame. Vial of France had a bye.

Pool B began with a win with mune-gatame for Van Hoek of Australia against Mok of Hong Kong. Wade of Senegal won by default against Ndoumbe of the Cameroons. Vladimir Nevzorov caught Talaj of Poland with a morote-seoi-nage in just under two minutes; Hagmann of Switzerland had a bye. More local hopes went down the drain when a yuko for uchimata by Lee of Korea defeated Wayne Erdman of Canada. Yona Melnik who seems to represent Israel alone in competition these days, and must be applauded for his determination, nonetheless lost on a unanimous decision to Machusso of Brazil. Stratico of Argentina defeated Mackay of Ecuador with a

koka for osotogari. Gamba of Italy had a bye.

In round 2, Morrison won his match against Gheorghiev of Bulgaria who earned himself a Keikoku. Kuramoto of Japan scored a kesa-gatame on Rodriguez of Spain; but it took him 3½ minutes. Hötger defeated Chanrav with a yuko for an uchimata. Vial scored a koka to win his match against Burris of the U.S.A.

In Pool B, Van Hoek of Australia scored a waza-ari for seoi-nage against Wade of Senegal. Hagmann lasted one minute and twenty-three seconds against Nevzorov who got a point with udehishigi-jujigatame. Lee of Korea beat Machusso of Brazil with a yuko for tai-otoshi, and Gamba of Italy defeated Stratico of Argentina with yuko scored from a tomoe-nage.

In round 3, Pool A, Kuramoto scored a koka for a seoi-nage against Vass Morrison; that the Japanese was unable to score more than that in six minutes speaks well for Vass.

Vial won a split decision against Hötger of East Germany after a scoreless match. In Pool B, Van Hoek lost to Nevzorov who, following in the tradition of David Rudman, his fellow countryman, scored yet again with udehishigi-jujigatame. Lee of Korea scored a koka to win his contest against Gamba of Italy.

Kuramoto was only able to get a koka to win his match against Vial, while Nevzorov disposed of Lee of Korea in only just over two minutes.

In the repechage, the Spaniard Rodriguez was clearly streets ahead of his Portuguese opponent, Roquete Andrade, scoring three kokas. In his next match he met Morrison; he managed a koka straight away. Vass tried to get into newaza but it was too near the edge of the mat, and although it looked as if it was going well for him, the referee, Mr. Goulevich of the U.S.S.R. stopped them. Vass then scored a koka to level with the Spaniard, but seconds later Rodriguez got another koka. Vass attempted a morote-seoi-nage very low, near the edge of the mat, which got him a yuko, which won him the excellent match.

Vass next met Vial; while I really did not expect Vass to win against Vial, I must say that he fought extremely well. It must have been irritating to have to put up with the way in which Vial kept trying to force him into newaza; it certainly seems that Vial has no confidence in his tachiwaza, and grabs every opportunity to get into newaza. He did chalk up three kokas however, and Vass had no score, so at time the Bronze slipped out of British fingers and into the lap of the French.

Meanwhile, in Pool B, Talaj of Poland scored a koka for osotogari to defeat Hagmann of Switzerland, and beat Van Hoek of Australia with a yuko for seoi-nage. He next met Lee of South Korea. During the first part of the match there was no score, although the Pole made most of the attacks. Finally the Korean was given a warning for passivity, after which he woke up a bit and scored a koka. Then Talaj got kamishihogotame, quickly changed it to kuzure-kesagatame which won him the match with a minute more on the clock. A bronze for Poland.

Nevzorov began the final well scoring two kokas against Kuramoto, and then got the Japanese in a holding which was swiftly broken; then came a really low shoulder throw by Kuramoto for a koka. Then a superb low tai-otoshi followed which won Nevzorov a waza-ari, and it was clear that the Japanese was outclassed. Then the Japanese went mad, making wild attempts all over the place none of which got him anywhere. He tried a shoulder throw almost standing on his head. With two minutes to go the Soviet was warned for passivity. So, now Nevzorov got a shido for passivity. Kuramoto got the beginning of an armlock on Nevzorov but was ruled out of the area by Yamasaki of Brazil. As they got up, the buzzer sounded the end of the match, and the U.S.S.R. had won their second gold medal.

The gold to Nevzorov, U.S.S.R.; Silver to Kuramoto, Japan; Bronzes to Vial of France and Talaj of Poland.

DAY FIVE: THE LIGHTWEIGHTS

The preliminary round of the Lightweights opened with some action as Ruiz of Puerto Rico scored an ippon with morote seoi-nage against Mbengue of Senegal, and Canada's Brad Farrow, to tremendous applause, of course, scored with okuri-eri-jime against Al-Athari of Kuwait. Next, Chang of South Korea managed a koka for morote seoi-nage to win his match against Pointner of Austria. Flyg of Sweden failed to turn up giving a win to Santhisiri of Thailand. Alexander was on next against Bost of the U.S.A., and managed to score a koka for ouchigari to win his contest. Felice Mariani of Italy also scored a koka for ouchigari to defeat Zurabiani of the U.S.S.R. Del Valle of Ecuador was defeated by Yves Delvingt of France with okuri-eri-jime for ippon half way through the contest. Joseph of Guyana did

not turn up for his match against Minami of Japan.

In Pool B, Vidmajer of Yugoslavia was given the decision against Richards of Australia who had incurred a chui. Tuncsik of Hungary scored a yuko for ko-uchi-gari to defeat Padillo of Mexico. Parvanov of Bulgaria defeated Saad of Lebanon with a koka, and Liebkind of West Germany managed a tomoe-nage which earned him a koka, too, to defeat Buydaa of Mongolia.

José Pinto Gomès of Portugal won by default against Belahmira of Morocco, as did Yanar of Turkey against Pak of North Korea. Standowicz of Poland won when Luna of Venezuela had a chui at time. Rodriguez, superstar of the Cuban team won by default against Abolo of the Cameroons.

Round 2 opened to rapturous applause when Canada's Brad Farrow defeated Puerto Rican Ruiz, who had incurred a shido; Chang of Korea scored two waza-aris against Thai Santhisiri. It took Felice Mariani, bronze medallist in the 1975 World Championships, all of the six minutes to defeat Britain's Alexander, and then he only managed a koka for ouchigari. However, since Korea, France and Japan were all in the same pool, chances at repechage looked slim. Then came the real bombshell. Yves Delvingt of France defeated Minami of Japan, the World title holder, with a koka with seoi-nage. Was it to be a mere bronze for the Japanese?

Round 2, Pool B, was long as there were no full points scored. Tuncsik of Hungary scored a yuko with tani-otoshi to defeat Vidmajer of Yugoslavia; Buydaa of Mongolia won the unanimous decision of the judges after his match against Parvanov of Bulgaria; Pinto Gomès of Portugal won against Yanar of Turkey in the same way, and

Rodriguez got a yuko for ko-uchigari against Standowicz of Poland.

In Round 3, Pool A, Brad Farrow lost to Chang with a yuko for morote seoi-nage, and then — surprise, surprise, Mariani of Italy defeated Delvingt of France with a waza-ari with ippon seoi-nage — and that meant curtains for Minami. There would be no repechage chance at a bronze, he was quite out of the running. I would not have liked to be in Minami's shoes that day. From most accounts Okano is supposed to be a far more humane teacher than some previous coaches of the Japanese team; however, the kind of treatment friends had seen him mete out to Minami during pre-Olympic training in Montreal would have made a U.S. Marine quail. And that was before he lost.

In Pool B, Tuncsik of Hungary got a scoreless decision against Buydaa and Rodriguez scored an ippon with uchimata against Pinto Gomès of Portugal. Now Mariani and Chang met in Pool A. The Korean scored a koka with a seoi-nage and Mariani was unable to overcome this disadvantage, so the Korean went on to the final. In Pool B, Rodriguez scored a waza-ari with uchimata to defeat Tuncsik. All that time training in the U.S.S.R. seemed to be paying off.

In the evening, repechage began with Pointner of Austria defeating Santhisiri of Thailand with udehishigi-jujigatame, and then got a koka against Farrow during a touch and go contest. Farrow managed several holdings which looked good but were broken, and so at the time the decision went to Pointner for his osotogari.

In the bronze-medal fight, between Pointner and Mariani, the Austrian scored a koka for a throw very close to the edge of the mat, after which the Italian fought like a tiger. Pointner got another koka, and Mariani chalked one up too. It

was a fine battle, and eventually Mariani got his opponent in tateshihogatame to win a point.

Meanwhile in Pool B, Stanowicz of Poland defeated Pinto Gomès of Portugal with two yukos and a koka to one koka. In the next match which was for the bronze medal and lasted eight minutes, Tuncsik scored a yuko in the first five seconds; then quickly followed a koka and another yuko before scoring waza-ari with kosotogari. The Pole scored a koka close to the mat, but his desperate attacks showed that he knew he was too far behind to catch up.

The final was a very exciting — and confusing — match. The tiny Korean, Chang, made referee George Kerr look very tall; he scored a koka against Rodriguez, who himself scored a koka and a yuko with uchi-mata in rapid succession. The Korean next threw Rodriguez for what should have been a point but the Cuban seemingly preferred to risk a broken elbow than losing the match, and twisted to fall on his elbow. It got the Korean a yuko. Chang was given a shido, and after a scuffle the Cuban was injured, and had his ribs strapped up by a doctor. When they resumed, each was given a warning which increased Chang's shido to a chui, and gave Rodriguez a shido. With 1½ minutes to go, it seemed that Rodriguez was trying to waste time. However Chang was making grotesque faces as if to "psyche" his opponent. Rodriguez scored another koka just before time came. So we were left with Chang having a koka, a yuko and a chui, and Rodriguez with a yuko, two kokas and a shido. At least, that is how I read my notes. It must have been a little confusing for Mr. Kerr too, as he gave the match to the Korean, who was jumping up and down with glee and had to be recaptured and brought back to his place as the judges hastened to point out the error, and the decision, was annulled and Rodriguez given his

rightful win. It was all most involved. However, it was not the first time — how well I remember the same thing happening to Matsunaga and Klaus Glahn in Salt Lake City in '67. Still, what a pleasure to hear a new anthem, and to see a relatively new face on the podium. The Gold to Cuba — what a vindication of their training programme! The silver to South Korea and the bronzes to Mariani of Italy and Tuncsik of Hungary.

DAY SIX: THE OPEN

It was Saturday, and the last day of the Olympics for us. James Wooley of the U.S.A. started things off in good style by defeating Schaedler of Lichtenstein with kesagatame in under a minute and a half. Tom Greenaway of Canada was unable to score against Novak of Czechoslovakia; Novak got two rather lucky kokas to win the match.

Kovacevic of Yugoslavia fought a hard match against Airio of Finland. The Yugoslav got three kokas against the Fin who was unable to score. De Frutos of Spain failed to appear for his scheduled fight against Chochoshvili of the U.S.S.R. Rougé showed World Championship style winning his match against Zausz of Poland in 37 seconds with udehishigi-jujigatame. Sankies of Guyana and Gal of Mongolia both failed to turn up for their next fight. The towering Pak of North Korea got Cornavaca of Nicaragua with kesagatame after a minute's contest to win with ippon. In Pool B, Portelli of Argentina won against Felipe of the Netherlands Antilles by default, and Ibanez of Cuba had a similar non-fight against Mackay of Ecuador. Schaltz of Sweden scored a koka for uchimata against Chandri of Puerto Rico to win his contest, and Wallas of Austria won by default against Daminelli of Italy. Varga of Hungary defeated Lorenz of East Germany by unanimous decision after a dull and scoreless contest. Zouagh

of Morocco failed to arrive so Cho of South Korea won by default. Neureuther of West Germany won two waza-aris to defeat Djiba of Senegal. Remfry had a bye.

Back in Pool A, Wooley met Novak. He really did very well against the more experienced judoka, but lasted only one minute and fifteen seconds before Novak's uchimata floored him. The match between Chochoshvili and Kovacevic was so dull that the audience started a slow handclap. Penalties were given out left and right. Chochoshvili eventually scored a waza-ari with ura-nage to win. Rougé had no contest in this round, and then we had Pak and Uemura of Japan. Uemura, who had a bye in the first round, tried very hard to move his enormous opponent, and finally scored a koka for ouchigari which won him the match. The audience applauded Uemura's efforts, but I really felt sorry for this huge man who, merely because of his size, is instantly cast in the role of the baddie.

Portelli of Argentina scored a koka, a yuko and finally held his opponent Ibanez of Cuba in kuzure kamishihogatame for ippon. Schaltz of Sweden was defeated by Wallas of Austria on a koka for deashibarai. A very lively match followed between Varga of Hungary and Cho of South Korea. The Hungarian unfortunately incurred a chui which gave the match to the Korean. Next came a cliff-hanger between Remfry and Neureuther. Remfry managed two kokas against one from the West German, and cheers greeted Keith as he left the mat. I understand that his father was there to watch the Olympics, and it must certainly add something to a win to know that your family are there to witness your glory. In Pool A, round 3, Chochoshvili scored 3 kokas, but also got a chui in his match against Novak, a contest which although none too active was

quite engrossing to watch. Next Rougé met Uemura and it was a very exciting match. Uemura scored two kokas, and then during a spell of groundwork, the Japanese got okurierijime on the World Light-heavyweight Champion to win the match with a submission.

Portelli of Argentina won against Wallas of Austria with kuzure-kamishihogatame, and then Keith Remfry was back on the mat to face Cho of South Korea. The Remf managed a waza-ari and 2 kokas against the Korean; he certainly seemed on top form, and at no time appeared to have any trouble with Cho.

When Uemura met Chochoshvili, it was anyone's match. Both fought well, and as might be expected between two top judoka, there was no score at all. The unanimous decision went to the Japanese. We sat with baited breath as Remfry met Portelli. I was sure he could win, but—well, you never know. It was an uneventful match; there was no score, although Remfry attacked with great energy. At time, the unanimous decision went to Keith. It was to be silver or gold for Britain!

The Repechage started with a charged atmosphere. First Pak met Rougé. Rougé won a somewhat undeserved koka at the edge of the mat with a haraigoshi, hardly a knockdown at all. However, there was no further score, so at time, Rougé was through to meet Chochoshvili. This was the eight minute bronze medal match. Chochoshvili did his celebrated ura-nage several times, and scored 3 kokas. He also got a chui. Rougé got one koka and a shido, and proved, perhaps, that all the money in the world put into judo training, and all the dedication, still does not ensure Olympic medals.

In the second pool, meanwhile, Cho met Neureuther in a very fierce match. The Korean managed to

score two kokas, and at time this won him the match. He went on to meet Portelli. The Argentinian scored two kokas, the Korean one, and then Cho caught Portelli in tateshihogatame to win the other bronze.

We quietened down for the final. Ray Ross and Dr. Kingsbury escorted Keith onto the mat to face Uemura. Keith had a fine record behind him, having even beaten the reigning All Japan Champion at the 1971 World Championships, so it was quite possible he could beat Uemura; he certainly seemed to be as fit and confident as I have ever seen him. He started out so well that sceptic though I am in these cases, I began to allow myself to believe that he was really going to walk off with the gold medal. Uemura scored a yuko, and then Keith seemed a little less confident. Finally, with three minutes of the ten-minute final to go, the Japanese got Keith firmly fixed in kuzure kamishihogatame. Keith did not struggle much—after all, someone as skilled in newaza as he is knows full well if there is any chance of getting out of a hold, and he knew there wasn't. The gold to Japan (who sorely needed it to keep ahead of the U.S.S.R.), and a welcome silver to Britain. Cho and Chochoshvili took the bronzes for South Korea and the U.S.S.R.

Olympics: Conclusion

Well, now you have the story of how our five men brought home two medals, a very commendable effort. Since Brian Jacks, Dave Starbrook and Keith Remfry all intended to retire now, after many years representing Britain, I wonder what is in store for us. Shall we fade away like the Netherlands who did not even send a team to the Olympics? I don't think so. I'm told that Neil Adams, Chris Bowles, and Peter Donnelly (whose broken leg prevented his debut at the Olympics) are big hopes for the future, and I

am sure that many more are there just waiting to be discovered. You have four years, boys, to get in shape for Moscow, and you have the best teachers you could hope for.

The Olympic stadium and Velodrome were completed in time despite the grim predictions, and I must admit that they are quite marvellous buildings. The Velodrome was unsuited to Judo, however. Mr. Palmer in his V.I.P. seat may not have been aware that some people only saw the tops of people's heads on the mat, so no more cycling tracks for Judo matches please! Many changes are in store for Judo; we will be having eight categories instead of six but only one competitor per country per weight, as in the Olympics, for the World Championships in future. And there are many other changes which you will be hearing of, not the least of which may be women's judo in Moscow, 1980.

The standard of refereeing has improved a great deal, and the illuminated scoreboards are a great help to everyone. However, a little confusion among the uninitiated could be avoided if the penalties were marked on the outside of the board instead of just alongside the scores. The fantastic enormous scoreboards in the Velodrome could also have given all details of the result, the technique, the actual score, etc. It was certainly capable of it.

If women's judo in Canada, still crawling through the dark ages of white stripes on the belts and other petty annoyances, manages to grow up soon and emulate the high standards now prevalent in Britain, perhaps we may see the excellent facilities here hosting the World Women's Judo Championships? Certainly there is no reason the regular World Championships should not be held in Montreal. See you all then...

KENDŌ forum

by Roald Knutsen

Imagination and Kata

In the past few years a great deal has been written about *kata* in modern Budo; some of the arguments are good and some so abstruse and removed from reality as to lead one to question whether the writers belong to a dojo or to some college of theology! Writing from the purely Kendo and Iai viewpoint I shall once again enter the fray.

It is an inescapable fact that in all but one of the classical systems of Bujutsu and Budo, the physical, mental, and to a greater or lesser degree the intellectual teachings were communicated by the disciplined study of formal series of forms. In the one exception, the original school of Miyamoto Musashi, there was an avoidance of formal technique, but, nonetheless, a close attention to posture and tactical meaning. Even this style is now developing *kata*.

With respect, I can see no possible way for any student of traditional, or proper, Budo to avoid facing up to *kata*. Even if the leaders of the dojo or organisations do not practice formal *kata* they must still practice with attention to good form and posture. Exercises like *kirikaeshi* and *uchikomi* are only *kata* under stress. *Suburi* is *kata*. Practically everything is *kata* in this wider sense, even *shiai* or contest practice; or it should be. If we claim Budo to be disciplined then we must apply control to our practice. Without discipline Budo is nothing and cannot progress. With

out *kata* Budo is nothing, not even sport; it is without structure and without meaning.

All too often we see poor *kata* in Budo but I don't think the blame lies with the student for not really grasping the purpose of what he is doing but more with his teachers who will not or cannot understand themselves. It is, of course, a chain of cause and effect but as the links continue down the line from master to pupil who eventually becomes a master and teaches, so early weak-

In old swordsmanship and Iai-jutsu there are many *kata* forms that demonstrate *kasumi*, or mist, techniques. These are postures that deliberately make it very difficult for the enemy or opponent to evaluate or anticipate your intentions. Imagination quite definitely needs to be used when opposed by such forms.



A group of the Renmei yudansha at the 5th Training Camp held in Sussex from the 3rd to the 5th September. The main emphasis at this camp was placed on Kendo and Iai *kata* in relation to space and ground. Thirty-three students attended.

ness becomes magnified and error is overlaid by error.

In order to practice *kata* properly, that is not merely reproducing the physical forms, it is mandatory, essential, that the student has explained to him the close relationship between the form and reality. Without this understanding the forms may have some interest at the beginning for their inherent technical difficulty but in the course of time this interest will evaporate and the practice will become stereotyped and eventually boring. The nature of *kata* study is repetition of forms in endless and constant series. It is very easy to see how the majority of Kendo students, even many of those in high yudansha rank, find such practice tedious, even irksome, and often put it aside quite easily in order to practice with the *shinai*.

Shinai-Kendo may often be hard but it is rarely dull, quite the opposite. However, *shinai-Kendo* tends to lead the student away from true swordsmanship. If we wish to become real swordsmen and by that I mean if we want real depth of understanding not just superficial gloss of technique, then we must study *kata-Kendo*. If we are to do this well then we have to bring our imagination in to play and really see the meanings and bring them to life. Theory in swordsmanship must be made to live and it is essential that there is vitality not only on the part of the master but also on the part of his students.

It is very difficult for most people, surrounded constantly by the prosaic, even within the regulated controlled, artificial domain of the dojo, to visualise actual fighting conditions

and to be able to conjour up these images at will whenever required. Years ago I remember the great difficulty that Japanese and English Judo masters had in teaching *kata* where *Uke* was required to make a simple direct punch at *Tori's* face. Simple matter, surely, just to make a straight punch, but just how many students continually make that punch *past Tori's* ear, or make it roundhouse, or something equally perverse or odd? And all this despite demonstration, correction, pleas entreaties, and eventual despair on the part of the teacher. It is most difficult to make a realistic attack against an unarmoured opponent in artificial surroundings and by this I mean really attack as though you mean business and not do something fast and well-drilled but which is vaudeville.

There is a world of difference between reality of true life and death situations in Bujutsu *kata* and the make-believe portrayal of combat in the cinema and television. Through the expert use of camera technique, film speed, lighting, and above all, editing, even a mundane budoka-cum-actor can be made to look really good on film. Witness the enormous vogue over the past twenty years for the Japanese 'Western' (*chambara*) and the cult of the dreadful Chinese comedies. Not only this but look around at the effect most of these films have collectively had on the fringe of the modern Budo field. But all is not completely bad in the selective study of good films. The Japanese director Mizoguchi Kenji, for example, made a deeply sensitive and accurate film about the famous *Ako ronin* entitled the "*Genroku Chushingura*" in which during the course of nearly four hours there was an almost total avoidance of violence. This film

was made in 1942 with the aim of bolstering Japanese morale which it may have done, but it also had a deep influence on the developing understanding of *bushu* thinking here in England during the very early days of Kendo development. This sort of film that is really faithful to its period and which is meaningful both to the past and to the present is known as *jidai-geki*. Such cinema is, to my mind, important in creating the right background for *kata*. Another such film was the superb "*Shichinin-no-Samurai*" (Seven Samurai) made in 1954 by Kurosawa Akira. Here is fine entertainment but also excellent in evoking the period and feeling of the late middle ages in Japan. This film came very close to accurately portraying true Bujutsu in a very wide sense and I think there can be no doubt of its value in illustrating the backcloth from which the developed Bujutsu and Budo were emerging.

My point is that the reality of the classical martial arts was born of the grim fact of warfare and not of any fictional escapism or need for recreation, but since it is sometimes impossible for people who have not experienced combat to understand or grasp this then the visual images presented by only the very best films can help in stimulating the imagination. Beyond this point and especially into the field of actual technique it is unsafe to go even where the films have been made with the greatest attention to detail and martial accuracy on the part of experts from the Bujutsu groups. But if we apply this concept of realism to *kata* then we can move our *kata* forwards within its disciplined framework and gradually gain great depth of interpretation.

(To be continued)

1976 SCHOOLBOYS' CHAMPIONSHIPS

Continued from page 14

Under 40 kgs. David Hughes from Liverpool was no doubt piped aboard his local Sea Cadet Unit when he returned home with the British title and the gold medal. David of Chesterfield High School also holds the Welsh title. Grant Thompson of that relatively new but up-and-coming London club the Tokei Judo Kwai, won his way through to silver and Steven Ravenscroft of the S.K.K., Newton, Paul Sheals of the Swinton JC, Manchester both secured a bronze.

Under 45 kgs. John Swatman of the Kodakai adds a British title to his Scottish Open and Midlands titles this year. K. Burns took the silver and Roy Berry of Swinton JC and Pendlebury High School and T. Blake of the West took the bronzes.

Under 50 kgs. Andrew Giddings is devoted to Judo and his hard work and determination have paid off with the supreme title of British Champion in this category. Andrew trains at Devizes Budo club. Gavin Bell of Centar JC in Scotland won the silver and Terry Gudgeon of Redbridge JC and Russell Bradley of Ryecroft JC won the bronzes.

Under 55 kgs. D. Rance won this title defeating along the way many good opponents including Peter Middleton of Scarborough who had to settle for silver. David Boulter of the London club Toyakwai, and Ricardo Boni of the Edinburgh JC clinched for themselves a bronze each.

Under 60 kgs. Fifteen year-old Kenneth Harrison now has a most impressive contest record with the titles of Scottish Open Champion and now — British Schoolboy Champion. All incidentally at the same weight. Kenneth studies at Wright Robinson High School and practices his Judo at Droydsden JC. He also holds another schoolboy title in Cross-Country running. Howard Simpson came back into Judo six months ago after having spent a two-year lay off and won the silver medal in this event. Gareth Mangnall of The Saints JC, Merseyside and D. Patterson of the Northern Home Counties each won bronze.

Under 65 kgs. Frank McDonald battled his way to the title in a fine manner and is a credit to Edinburgh JC. George Kerr must be justifiably proud of him. Mark Lovall of Bracknell JC had to be satisfied this year with silver but in a tough category he did exceedingly well. David Gilbert of Aberdeen JC and David Tiddler of Acorns JC, Billericay, Essex secured the bronzes for this category.

Under 70kgs. David Owen of Waterloo JC won the gold medal in this strongly contested category. Jim Gold had the gold medal slip from his grasp in the final but won a well-deserved silver. Jim has been Scottish and also Meadowbank Champion for two years now. Nicholas Hudson of Bracknell JC and Emad Salib of the YMCA Romford JC each won a bronze.

Over 70 kgs. Stephen Hitchen was the winner of this, heaviest category in the event. Fifteen year-old Stephen practices at the Wakefield JC. M. Bowditch of the West won the silver and G. Wilkinson of the North-West and Alex Brown of Bellshill TMCA JC Scotland, won the bronze medals.

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Book Review

BRIAN JACKS: JUDO

(Pelham Pictorial Sports Instructional Series)

Price £2.95.

This is a valuable book: well illustrated, clearly and carefully explained and containing much that has brought Brian such a spectacular career in judo. Its defect as a publication is that it is too short to make it a bargain for the price. If one excludes the International Judo Federation Contest Rules there are only 42 pages of text. Groundwork, for instance, only gets five pages and much of that consists of pictures. There are also large areas within these 42 pages which are just blank space.

All this is rather irritating because one of Brian's great achievements as a fighter was his wide repertoire of techniques. His ability to improvise moves in awkward situations, to vary a standard combination of moves even marginally to achieve a crucial knockdown has been a feature of his career. But in this book Brian has concentrated on explaining the throws and groundwork moves that he has used with particular facility.

Uchimata, which was such a major throw for much of his career, is superbly explained, most important of all, as Brian does it. So is taiotoshi, which gave Brian a considerable range of moves since he performed it right-handed whereas uchimata he performed left-handed. Brian's repertoire suffered when after breaking his right wrist in the

1970 European Championships middleweight final he was unable to generate sufficient pressure with his wrist to enable him to use the technique against leading opponents. One could argue, and argue justifiably, that Brian would have been even more impressive than he has been if he had been able to use taiotoshi over the last six years — a fact for which numerous middleweights in the world must have been grateful. Kouchigari and kosotogari are also neatly explained and what is welcome is that instances of their success in major contests by Brian or his opponents are dutifully recorded.

The groundwork section deals principally with moves into more destructive techniques: kesagatame into shimewaza and tateshihogatame into jujigatame. But this section especially could have been ten times as long without exhausting Brian's collection of skills. The book ends with details of Brian's contest career and the IJF rules.

Obviously the book is aimed primarily at children — boys are used as models in many of the pictures but people of all ages and both sexes can benefit. The special techniques and moves that Brian has used over the years and the slight variations to orthodox moves makes the book essential, if expensive, reading.

John Goodbody.

THE 10th MACCABIAH GAMES, ISRAEL, JULY 1976

This four yearly event will again include Judo in its programme, and applications from Jewish judo players are invited. In the three previous games, Great Britain has won four medals, and it is hoped that we might continue our record next time. Applications should be made direct to the Organising Committee, 1, Manchester Square, London, W.1.



Brian Jacks JUDO

Recent prominence in world and Olympic judo competition has given the sport a tremendous boost throughout Britain and many youngsters will welcome this addition to the Pelham Pictorial Sports Instruction Series. Brian Jacks gives an easy to understand description of all the throws, grips, holds, groundwork and avoidance tactics and explains the best way to put them into practice. In doing so he contributes many personal hints and tips learned in a career involving more than three hundred contests. The wealth of illustration adds to this timely volume, which also includes the complete rules of judo, as authorised by the International Judo Federation.

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