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Endo, the 19 stone Tokyo Policeman, attacks his Heavyweight opponent with Hanegoshi to score a superb ippon. Photographed by David Finch at the Paris International earlier this year.

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EUROPE'S FIRST LADY

By Tony Reay

The European Championships this year gave our members the opportunity to see not only the best competitors from each country but also the people attached to the famous names they have heard of in the past. In particular those members who guide and control the destiny of European judo, the E.J.U. Directing Committee. They are all judo-men and some were famous competitors in their day. Regardless of size, one can immediately discern that certain something that seems to set judo people apart in mixed company, the distinctive shuffling gait, the looks and mannerisms. Despite this, each has his own personality and individual character. So much so that cartoonists on the Continent have a field day when they depict them in various judo magazines or newspaper articles.

At Crystal Palace I was being asked constantly throughout the five days who each person was and what they represented in their own countries and on the E.J.U. It is difficult to single out any one of them for special attention and it is only when one attends their meetings that one becomes impressed at how much individual personalities work so effectively as a team.

The President, Andre Ertel, is always impeccably dressed. He has the stocky frame of possibly an ex-welterweight, although in his day there were no weight categories and he fought many heavier opponents. Seeing him conduct a meeting or presiding over a Congress is an education in itself. When at a Congress he stands throughout and though he is speaking to all in any one of three languages fluently he has that remarkable capacity which makes you feel that he is directing his attention straight to you. At the first Congress

I attended in Sweden in 1971, the translating facilities broke down and he spent a full 13½ hours speaking fluently in the three official languages of the E.J.U., French, German and English. It was an incredible performance.

The 1st Vice President is Ladislav Pikhart of Czechoslovakia. The 2nd Vice President is Morisio Genolini, a debonair and very serious little man whose Italian style moustache fairly bristles when he is enforcing a point. Kurt Kucera of Austria is the 3rd Vice President. His massive build and thick lensed spectacles belie his true pleasant and happy personality. Despite his poor sight nothing gets past him and he can spot a dud grochen at forty paces. Maurice Dardanne of France was elected General Secretary last year in Madrid by the odd vote over Robert



Mme Madelaine Ithurriague

Vetter of West Germany. He heads the largest judo organisation on the Continent with an office suite in Paris and some eighteen staff members which includes the E.J.U. Secretariat. Raymond Delforge is the brilliant financial wizard of the E.J.U. and for many years he has also held the purse-strings as Treasurer of the I.J.F. Jacobus Nauwel-aerts de Age of Holland is the Sports Director. Another little man but with an explosive driving-force, he also is a linguist and is perhaps seen at his best at the draw of major competitions when in rapid and breathless succession he gives out the information in anything up to five languages. When he is serious the sparks fly but he also can enjoy a good laugh.

Horst Wolf of East Germany is perhaps the most frightening looking figure with his steely, staring pale-blue eyes seemingly boring right through you. He has a warm-hearted and compassionate nature and I suspect that he is the originator of the many jokes that one hears in the ante-rooms of meetings.

Finally, but by no means least, I come to the person who always seems to stand out in this mixed bag of personalities. Attention is drawn at first to her blonde hair and very fair complexion. But one is immediately impressed by her air of efficiency and the attention she commands. Her petite figure stands out among the ambling shoulders, cauliflower ears and broken noses like a yellow rose in a field of thistles. At Crystal Palace people noticed how she seemed to draw respect and attention from everyone and particularly how the fighters all seemed to know her and respectfully acknowledge her. Her name is Mme Madelaine Ithurriague.

At meetings Mme Ithurriague records and minutes the proceedings using tapes. She rarely speaks but when she does it is with authority

and everybody listens. She too can enjoy a laugh but when the odd bad joke or coarse comment pervades the air she has that remarkable ladylike capacity of completely ignoring it as if such a thing was never said.

Mme Ithurriague "discovered" judo, as she puts it, in 1953 during a course organised at Biarritz under the direction of Mr. Kawaishi. A friend from the Basque country who had been doing judo for several years had recommended the course. Judo at that time was relatively unknown in France. The same friend encouraged her to become the Secretary of the French Judo Federation which is known as the Federation Francaise de Judo et Disciplines. This she did in 1955. She continued to practise judo but just before taking her examination for green belt a happy event terminated the proceedings. That "happy event" is now an attractive young lady of almost 18 years.

In 1957 the Directing Committee of the E.J.U. appointed her as Administrative Secretary and she has fulfilled this task with great pleasure ever since. In 1965 at the International Judo Federation Congress in Rio de Janeiro Mme Ithurriague became Administration Secretary for that organisation and continued with the work until 1971 and the resignation of Mr. Bonet-Maury the then General Secretary.

Apart from judo, Mme Ithurriague likes to read, listen to music and above all, to travel. We hope that it will not be too long before she once again travels to the United Kingdom. If any of our members should meet up with her, don't be shy, introduce yourself. She also will be shy and will pretend that she does not understand English. Don't be put off by that for when you do break the ice you will find it to be perfect and that her accent is as charming as her charming self.

THE 7th BRITISH KYOKUSHINKAI CHAMPIONSHIPS

Report: Brian P. Hammond

Saturday, September 7th, 1974, saw one of the largest crowds ever to attend a Karate Tournament at the Crystal Palace. The event was the 7th British Kyokushinkai Championships.

Of course, the main attraction at the Tournament was the appearance of Mas. Oyama 10th Dan, founder of Kyokushinkai Karate and idol of many karateka throughout the world. Kancho Oyama certainly needs no introduction and is famous not only for his strength and breaking techniques, but also for his ability to fight and kill bulls empty handed.

Also attending were some of the top names in Kyokushinkai Karate. From the United States of America, H. Nakamura and S. Oyama both 6th Dans. From Holland, L. Hollander 6th Dan and J. Kallenbach 4th Dan. From Great Britain our own Steve Arneil 5th Dan, plus many other European 3rd Dans too numerous to mention.

The Tournament got under way on time and the elimination bouts went quite well. The Junior Individuals attracted the most competitors and it took three and a half hours before the last four semi-finalists were known. The draw for the evening semi-finals were, P. Healey v. G. Bufton and J. Kane v. R. Banton.

The Senior Individuals attracted Brown and Black Belts up to 2nd Dan. Originally the Seniors were going to fight according to Kyokushinkai rules of "knockdown maitta", but the B.K.C.C. ruled that as the

competition was being held in the Crystal Palace, under the Sports Council's auspices, the Tournament should be run under FAJKO rules as injuries could occur. It is interesting to note however, that less injuries occur when using the "knockdown maitta" method of fighting where attacks to the face are strictly forbidden, even an open hand touch results in disqualification. Big names like Brian Fitkin and Howard Collins did not enter so the Senior Individuals consisted of virtual unknowns in the International field.

In this section the repechage system was used and L. Costa from Cardiff and J. Pritchard, also from



Steve Arneil performing a part of mass tilebreaking.

Cardiff, won a place in the semi-finals. In the repechage L. Morris from Leicester went through as did B. Walsh from Leyton.

The Junior Teams for the semi-finals were Harringey v. Dulwich and Ystrad Mynach v. Wimbledon. The last four Senior Teams were Harringey v. Dulwich and Cardiff v. Wimbledon. The Tournament also had a section for the under 16's which was called Pee Wee Category I, for under 4ft. 6ins., and Pee Wee Category II over 4ft. 6ins. In Category I the semi-finalists were I. Fairburn v. P. Cheeseman and N. Wilson v. A. Hopkins. In Category II, K. Whybrow v. R. Brooks and P. Abrahams v. C. Williams.

The evening's events commenced at 7.15 p.m. with the introduction of celebrities, one of whom being Prince Mohammed of Jordan. When Mas. Oyama rose to take his bow the entire audience broke out into loud cheers and applause which continued for several minutes. Clearly Oyama was very moved by the reception he received and went back to the arena three times to show his appreciation.

To start the evening off a demonstration of Sanchin Kata was performed

by twenty of the BKK Black Belts which was followed by a mass breaking of tiles (Tamishiwa). The events commenced with the Junior Team semi-finals. Harringey beat Dulwich and Wimbledon beat Ystrad Mynach. In the Senior Team semi-finals, Harringey beat Dulwich and Cardiff beat Wimbledon, and in the Junior Individuals, P. Healey beat G. Bufton and R. Banton beat J. Kane. B. Walsh beat L. Costa and J. Pritchard beat L. Morris in the Senior Event.

After the semi-finals came demonstrations, performed by the visiting instructors. First came A. Meszaros and M. McDonagh, both 3rd Dans from Sweden, demonstrating methods of self-defence. B. Fitkin and H. Collins performed Kumite techniques which were very popular with the audience. J. Kallenbach, 4th Dan, performed a Bo Kata. Next came the two Shihans from the United States, H. Nakamura and S. Oyama, who performed some daring self-defence techniques using a sword, which was proved to be extremely sharp by the slicing of leeks, held in the hands of two rather nervous Black Belts. This demonstration

Steve Arneil receiving 6th Dan, from Mas Oyama, 10th Dan.



ended with an unbelievable feat — the catching of the naked blade between two hands to stop an attack, which gained a standing ovation from the crowds.

Mas. Oyama had, in the meantime, changed into his gi and as he entered the arena the audience cheered wildly. He demonstrated Tensho Kata which was well appreciated by the audience although the spectators were expecting rather more in the way of demonstrations from the Grand Master.

The finals of all the categories took place with Wimbledon beating Harringey by 1-0 with 4 draws in the Junior final and in the Senior Team final, Cardiff beat Harringey also by 1-0 with four draws. Both these finals were very close. The Wimbledon Junior Team consisted of: J. Pearson, J. Kane, D. Maraj, R. Kane and the Cardiff Senior Team members were: L. Costa, P. Azzopardi, K. Jenkins, S. Bennett, A. Heath, P. Rickman.

In the Junior Individuals, P. Healey of Harringey beat fellow club member R. Banton by waza ari and in the Senior event B. Walsh of Leyton beat J. Pritchard of Cardiff with two waza ari's, to become BKK Senior Individual winner, a title he has previously held in 1971/72. In the Pee Wee Category I, A. Hopkins beat I. Fairburn and in Category II, P. Abrahams beat R. Brooks.

While the audience were waiting for another demonstration Mas. Oyama stood up and called Steve Arneil to the centre of the arena. The entire audience was hushed as Steve knelt before Oyama. Kancho Oyama said he was very pleased with the way the Tournament had been organised and congratulated Steve Arneil on the expansion and development of Kyokushinkai Karate in Great Britain and that for his devotion to the art of Karate, Steve Arneil was awarded 6th Dan. The entire audience could not contain their excitement

any longer and finished this very emotional scene with tumultuous cheering which continued for a full 5 minutes. As they say in the theatre "there wasn't a dry eye in the house", and clearly Steve Arneil was overcome with emotion as was the majority of the 3,500 people present.

The evening ended with a spectacular demonstration of ice breaking by H. Nakamura and S. Oyama, which has never been seen before in this country. Two stacks each consisting of four blocks of ice, each block measuring 4ft long by 1ft square and weighing 1 cwt, were placed on top of each other and were completely obliterated by these two experts. The audience although virtually exhausted by the continuous applause throughout the evening, still managed to show their appreciation by loudly clapping this magnificent feat.

Prizes were presented to the winning teams and individuals and the audience then left the stadium after witnessing one of the most memorable and entertaining Karate Tournaments ever to be held at the Crystal Palace.

Special mention must be given to Keith Morris the BKK Secretary for his hard work in organising this exciting event, and to all Kyokushinkai Karateka who made this Tournament possible.

Ice breaking by S. Oyama.



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U. S. JUDOMEN NO MATCH FOR BRITAIN

by Michael Hughes

A valiant but hopelessly outclassed team from the United States Judo Association were savaged in their match against two B.J.A. teams.

The seven Americans were white-washed by a star-studded British 'A' team and lost 5-2 to a largely experimental 'B' squad. After the match one young American fighter muttered: "Gee, that hurt, it really hurt", referring to the completeness of the defeat rather than any punishment sustained.

The last United States judoman to reach world class was the team's Coach, Jim Bregman, a genial 5th Dan who trained in Japan for four years and took bronze medals at the 1964 Olympics and the 1965 World Championships. Formerly a middleweight, Bregman was forced to retire prematurely because of injury. He now devotes his energies to spreading the judo gospel in the States and training promising fighters.

Given the weak state of judo in America the visitors defeat was no surprise and certainly no disgrace. What was particularly interesting for the cognoscenti at Crystal Palace was British Team Manager, Ray Ross's infusion of new talent into the British squads. Drafted in were junior light-heavyweight champion Paul Radburn, an 18-year-old powerhouse; middleweight Ken Perrin from the Northern Home Counties; National squad member Sinclair Chambers, Britain's number four middleweight and Andy Rogers, an aggressive unknown from the Renshuden who fights at middleweight.

Rogers fought for both the 'A' and 'B' teams and made an impressive debut against Florida policeman David Frisby. Showing a fine spread of technique he scored with taiotoshi, seoi and ouchi before disposing of the rather ponderous Frisby with another shoulder throw. In his second contest, against Texan, Bill Sanford, he did not fare as well and lost on a decision after the American scored with seoi and uchi-mata.

Perrin also did well in his first big match. He threw Frisby with a shoulder throw to take a five-point decision. Chambers met the most promising of the U.S. squad, former Air Force Champion, Rene Zeelenberg, who threw the Briton for ippon with uchi-mata. Radburn had a tough battle with John Saylor, 21, three times American Junior Champion but scored ippon with a huge hip throw two seconds from time.

The first part of the match saw the 'A' team taking on the Americans. Roy Inman was matched against Sanford and won with a waza-ari from a snap uchi-mata. Roy is now fighting at middleweight, having lost 16 lbs., thanks to dieting, running and sauna baths. He said he has not yet got used to compensating for the greater speed with which middleweights react to his feints.

That young veteran John Hindley was next on the mat where he took a seven-point decision from 20-year-old Jimmy Martin, coach Bregman's protégé. Brian Jacks, now in his second year at Avery Hill College, was greeted with anticipatory

applause as he came out and bowed to Zeelenberg.

The audience were to be rewarded with some typical Jacks magic. Having been warned the American was "tasty on the ground", Brian immediately took up the challenge, went into groundwork and stayed there. After two minutes, with Zeelenberg fighting hard to make a strangle work, the Briton somehow rolled out into position to clamp on a reverse scarf hold for ippon.

Dave Starbrook against John Saylor was a sight to raise pity in even the most nationalistic breast. The Renshuden man first produced a rare uchi-mata for waza-ari then crashed the young American to the mat with a pick-up counter before settling into a holding—all that in one minute 20 seconds.

Angelo Parisi fought the veteran American heavyweight Alan Coage,

a massive 31-year-old who is three-times U.S. Champion. Angelo tried a seoi-nage but was dragged to the mat edge by Coage. Soon after, the American tried a powerful but mistimed uchi-mata and threw himself. The Olympic bronze medallist followed him down and scored ippon with juji-gatame. In the last bout, heavyweight George Flanagan was held down by Keith Remfrey.

In the other 'B' team bouts Vass Morrison beat middleweight Martin with a series of knock-downs, Alex Ives won a good tactical victory over a disgruntled Coage and heavyweight Paul Knight held down Flanagan.

A good night. But how I wish, and no doubt those who live farther than me from Crystal Palace wish even more fervently, that these events could finish earlier than the 10 or 11 p.m. which seems to be normal.

FOR SALE

Estepona, Costa del Sol, Spain. Large converted two-storey village house, containing, at present, well-established Judo/Karate School and gymnasium with sauna etc., on groundfloor. First floor apartment with ninety squaremetre terrace with permission to build two more storeys on terrace-side. As going concern or with vacant possession.

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AREA NEWS

ARMY JUDO ASSOCIATION

Major A. Greaves

Army Juniors Inter Unit Team and Individual Championships 1975

The finals of the above Judo Championships will be held on Friday/Saturday, 14/15th February, 1975 at the Army Apprentices' College, Arborfield, Nr. Reading, Berks. **Eligibility (a) Individuals:** Individual events are open to Junior Soldiers undergoing normal Juniors' training, who are holders of a current Army J.A. Membership Certificate with a minimum grading of 7th Kyu.

(b) Teams: The Inter Unit Team event is open to all Junior Soldiers' establishments who may enter one team each regardless of the Unit's strength. Team members must be holders of a current Army J.A. Membership Certificate.

(c) Entries from any one Unit for (a) and (b) above will be limited to a total of 17 players. This number to include the five Unit Team Members and any team reserves.

ENTRIES AND FEES

Entries and fees to be submitted on the appropriate proformae Annexures 'A' and 'B' to reach the Hon. Secretary Army J.A. as follows: Unit Teams by 1st November, 1974, Individuals by 25th January, 1975. Entries after these dates will not be accepted.

Fees (to accompany entries): (1) **Team Event**, £3.00 per team; (2) **Individual Events**, 25p per event entered.

Army Seniors' Judo Championships 1974/75

The above Championships will be held at the Army School of Physical Training Aldershot on 7/8th March, 1975.

Eligibility (a) Individuals: The Championships are open to all ranks serving on an adult engagement and who are holders of a current Army J.A. Membership Certificate, and with a grade of 6th Kyu and above. Special Kyu below 7th Kyu.

(b) Inter Unit Team: All Units are eligible to enter on a one team per Unit basis, all team members must be holders of current Army J.A. Membership Certificates.

Fees

Unit Teams: £3.00 per team; Individual Events: 25p per event entered.

Closing date for individual entries is 14th February, 1975.

Officials

Districts will be responsible for arranging the necessary officials for District eliminations. As the number of qualified officials is very limited, Districts are advised to hold their competitions on separate dates and to notify their proposed dates to all Districts with a copy to the Hon. Secretary as soon as possible.

SCOTTISH JUDO

by O. J. Clarke

First Scottish Open Championships (Male and Female). Meadowbank was the venue for the first Scottish Open Judo Championships on Saturday, 5th October. The organisation was as good as we have now come to expect at Meadowbank, indeed it is so smooth these days that we are in danger of taking for granted all the work and effort that make this possible.

There were over 100 entrants for the men's event and 31 for the ladies. Of the 105 men, 67 were from Scotland, 31 from England, five from Northern Ireland and two from Eire. Sixteen of the ladies were home-based, the remainder from south of the border.

Space permits only a brief commentary on each of the finals.

Over 93 kilos: Ian Robertson of Teesside capped a very good day's judo by scoring ippon on John Shields of Glasgow with uchi mata in four minutes.

Under 93 kilos: Brady of Glen J.C. scored a quick ippon with hidari o-soto to leave Guthrie of the Budokwai with the silver medal.

Under 80 kilos: In a fairly even contest with a lot of good effort on both sides, Watt of Brook Park just could not make up a waza-ari and so Rae of Glasgow took the gold.

Under 70 kilos: This was to be the "promoters' dream", a final between Eddie Mullen, 4th Dan, and Willie Wood, 3rd Dan — both British internationals, each a Scottish champion several times over, and both vastly experienced. To most of the crowd the fight turned out to be an anti-climax, Mullen winning by virtue of the only score, an early koka. To those who know both fighters however it was an intriguing contest. Mullen is a great tactician and knew that, good as he is, he would be taking a risk if he engaged in a randori-type contest with Wood whose pure skill is perhaps not bettered in the U.K. So Mullen, by using all sorts of spoiling but clever tactics, simply did not allow Wood to get going. To the initiated, an absorbing fight between Scotland's two top judo men.

Under 63 kilos: Richard Kenny of Motherwell had to weather an early storm from Jim Feenan of East Kilbride but followed an early koka with a clever choke to take the gold.

Open: Sandy Brown of Hamilton used his very considerable strength to try to rock Ian Robertson, the over 93 kilo champion, but not even he could make much impression on the Englishman who won with kami-shiho after five minutes.

Of the three women's finals only the under 61 kilos did anything to project a reasonable image of ladies' judo. Eleanor Swales of Grange-mouth narrowly beat Kathy Nicol of Glasgow.

Margaret McKenna of Glasgow and Ellen Cobb from Guildford met in two finals, the over 61 kilos and the open. Justice was done when each took a title, McKenna the former and Cobb the latter. The cynic would say it was as much a case of neither deserving to win as deserving to lose.

On the whole this new event got off to a good start. The lack of big-occasion atmosphere will improve as the event catches on—as it surely will. I do not think that women's judo can be successfully slotted into men's championships but that is a personal — and obviously biased — opinion.

WESTERN AREA SCOTTISH JUDO FEDERATION

by W. Littlejohn

The results of the recent Meadowbank Open Championships for boys should give all Scottish Judo people pause to think. The sheer "polish" of the visiting kids and the impressive "close-support" they get from their clubs, must surely make all our children's coaches ask themselves if they and the clubs are doing right by their kids.

With a few notable exceptions most of our clubs still think of juniors as a bit of a nuisance. One well known Scots player once told me that his club deliberately paid "no attention at all to juniors as they mostly all leave before becoming seniors anyway".

Other sports recognize the importance of juniors and have schemes in hand. Our Southern brethren have certainly grasped the importance of this issue, and the results can now be seen in the National squad.

So how about it? Can we not at least put our Juniors "on par" with their Southern contemporaries, if not immediately ahead of them?

Region 5 (Lanarkshire), once the best organised region in the West is currently beset by troubles. Notably the indifference of clubs to the real problem of procuring officials for the regional committee.

With the resignations of long-time chairman Pat McNulty and grading secretary Jack Muircroft, there was no rush to fill their places at the last meeting.

Geo. Stewart of Cambuslang J.C. reluctantly took over the chairmanship, but no one would undertake the vital post of Secretary.

Any Lanarkshire club official interested in this post, please contact E.C. representative Con Laffer immediately.

Typically, Con is temporarily undertaking the duties of Secretary until a replacement comes forward.

Region 5 have decided to discard their system of regional gradings. Clubs will be expected to organise their own gradings, using examiners from the recently published current list of qualified examiners.

Congratulations to Region 6 (Glasgow) for their brainwave of appointing Gordon Frew their social events convener, his efforts so far have improved the regions finances impressively.

NORTHERN AREA

G. F. Kearsley

Girls' Open Individual Judo Championships

The Cleveland Girls' Open attracted some 70 girls. A party of 12 plus their two Irish Judo Federation

team coaches spent the weekend on Teesside, arriving in Stockton on Friday evening. Girls travelled from Bolton, Liverpool and Notts. to make this a really successful competition. The Northern girls faced testing opposition but more than held their own in the share out of medals.

The gold-medal winning champions for each weight were:

C. McMannus (Ireland); M. Roberts (Middlesbrough); J. Bridges (Bolton); M. Nash (Notts); A. Hughes (Liverpool); D. McElone (Darlington); S. Haywood (Stainforth, Doncaster).

Best Judo Stylist — Winner of A. Mercer Shield:

J. Bridges (Bolton).

Norfolk Cup — Area Youth Team Event

Held in conjunction with the Girls' Open Individual Championships. Although acceptors for the first ever inter-area youth event were limited to three, the event really produced some stimulating judo. Scotland, North-East and the North produced players in the under 21 category that surely must guarantee the future of contest judo. The event was fought out on a four-team pool basis—Scotland emerged unbeaten and justified again the assumption that the Scots are indeed a force to be reckoned with at all levels of judo.

Results:

GOLD: Scotland; SILVER: North-East; BRONZE: North.

Presentations were made by the Commanding Officer of H.M. Submarine Onyx.

Newcastle Junior Boys' Championship

Although events in other areas limited the entries to competitors from the home area the competition provided exciting contests for the many spectators. The gold-medal winning champions for each weight were:

P. Baxter (Stockton); D. Brown (Stockton); P. Glynn (Stockton); J. Gascoine (Tynemouth); S. Lee (Middlesbrough Budokan); H. Weir (Wallsend); K. Monk (Darlington); D. Gill (Newcastle); T. Bellars (Stockton).

Dan Enright Trophy:

Best Judo Stylist — P. Baxter, Stockton.

Pat Howard Trophy:

Sportsman of the day—D. Smith, Newcastle.

Congratulations to Ian Robinson 3rd Dan (Teesside) on taking the gold awards in the Heavy and Open categories on the Scottish Open Championships on 5th October, a just reward for months of hard practice and dedication.

NORTHERN HOME COUNTIES by Chris Read

The Middlesex Area recently staged a two-day Junior and Senior Championships, organised by Roy Inman and held on the 28th and 29th September at Heathland School, Hounslow.

The junior event, for boys and girls from Middlesex, attracted a large entry of high standard. The club that did best was Brent who won 20 medals and were in all but two of the finals; other clubs that did well were Bushido (Burnt Oak) with ten medals and West Drayton with nine. Chris Lack of Brent won the stylist award, but was beaten by club mate Mike Callan for a place in the final of his weight group. The boys who won medals will form the Middlesex Training Squad and will train under Middlesex Junior Coach, Peter Moring.

The senior event (for men only) was an open event and also attracted a large entry not only from Middlesex but also from London and the Home Counties. It had been hoped to have each weight category in

three grade groups (up to green belt, blue and brown belt, and Dan grades), but as some categories had few entrants, certain weight groups were combined. The standard was again high and there were some exciting fights. The stylist award was won by Brian Korrison of Brent who, although only a sixteen-year-old displayed judo skill when fighting in the Open category. He is probably the best up and coming lightweight in the Middlesex, if not the Northern Home Counties Area.

The champions of each weight category to win gold medals were: JUNIORS: A. Kampto (Brent); T. C'Sullivan (Bushido); M. Dennis (Fairholme); M. Callan (Brent); C. Wilson (Brent); S. Gray (Brent); C. Cummings (Brent); T. O'Neil (Brent); T. Read (Fairholme); A. Callan (Brent); M. Hooke (West Drayton); E. Brindley (West Drayton); J. Burt (Fairholme); D. Casey (Brent); S. Cohen (West Drayton). The stylist award went to C. Lack (Brent).

SENIORS: R. Armstrong (Bracknell); A. Green (Bracknell); R. Galliers (Croydon); G. Charles (Budokwai); M. Fricker (Bracknell); G. Daniels (Budokwai); J. Diughnam (Ealing); J. Newlands (Fairholme); A. Mapp (Essex). The stylist award was won by B. Korrison (Brent).

The Middlesex Junior Squad, formed from the boys who won medals at the Middlesex Junior Championships will start training on Sunday, 27th October at Brent Judo Club under Middlesex Junior Coach, Peter Moring. It is expected that training sessions will be held fortnightly and any boy (under 16) interested in practising with the squad is welcome. For more details contact Peter Moring at home on 01-450 4673 or at Brent Judo Club (Wednesday and Friday evenings and Sunday mornings), Kingsbury Swimming Pool Cafeteria, Kingsbury Road, London, N.W.9 (01-204 7979).

THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By TONY REAY, General Secretary

THE EXTRA-ORDINARY GENERAL MEETING HELD 8th DECEMBER, 1974

This meeting, called by a group of Member Clubs, was held at the West Centre Hotel, London. A large turnout was expected and this was certainly the case with delegates from 318 clubs out of 786 being present, an all time record.

The biggest issue of the day and indeed the only issue was the dismissal by the Executive Committee of Mr. G. R. Gleeson on the 7th July this year from the position of National Coach of the B.J.A.

The resolution calling this E.G.M. was as follows: - "We resolve that the Association re-instate Mr. G. R. Gleeson as National Coach of this Association forthwith, with security of employment."

Before this resolution could be put to the vote another resolution was placed on the Agenda calling for a change in the Constitution allowing for the employment of coaches to be dependent upon a General Meeting. Should this resolution have been accepted it would mean that the employment of coaches would be taken out of the hands of the E.C.

The first resolution was defeated with 133 votes for and 160 votes against with 14 abstentions and three spoiled ballot papers. This meant that the E.C. should continue to hire and fire coaches.

The second resolution was supported by a majority of seventeen votes. The results were as follows: - 165 votes for with 148 against and

2 abstentions and one spoiled ballot paper. This means that the E.C. must reconsider the re-instatement of Mr. Gleeson as National Coach with security of employment.

An earlier vote was taken when the impartiality of the Chairman, Mr. C. S. Palmer, was challenged because of his involvement with the E.C.'s decision on the 7th July and because of his involvement with the proceedings of the Industrial Tribunal. It was agreed by 155 votes for with 151 against that Mr. Palmer continue to chair the meeting. There followed after this vote much discussion some of which was very heated. A full report in the form of Minutes for this meeting will be presented in due course. The E. C. will next be meeting on the 22nd of December.

The number of clubs per Area and the representation at this meeting was as follows: -

	Number of Registered Clubs	Clubs represented at E.G.M.
H. M. Services	8	4
Western	42	32
Southern	107	39
North-West	59	29
Northern Ireland	34	17
N/Home Counties	87	47
North-East	39	10
Northern	29	5
London	77	39
Midlands	115	32
Eastern	37	20
B.U.J.A.	39	6
Scotland	76	29
Wales	37	9
	786	318

B.J.A. NATIONAL DAN GRADE REGISTER

Appendix Three

Promotions confirmed by the Executive Committee on 6th October, 1974

	CLUB	AREA & DATE OF PROMOTION
MEN TO 1ST DAN		
Duncan, I.	Edinburgh	SJF 1/9/74
Hatchard, G.	Samurai (Derby)	M 1/9/74
Mapp, A.	Leyton	L 1/9/74
Margrave, R.	Spen Valley	NE 8/8/74
O'Connor, A. P.	?	We 6/10/74
Preston, R. L.	L.J.S.	L 3/9/74
MEN TO 2ND DAN		
Dobson, J.	Huddersfield	NE 12/9/74
Cooper, P. A.	Worcester	M 4/11/74
Harman, K. R.	Orpington Judo Society	S 6/10/74
MEN TO 3RD DAN		
Drew, B. W.	Karu Kyoshi Kan	M 29/10/74
Zipeure, A.	Budokwai	L 6/10/74
MEN TO 4TH DAN		
Leigh, M.	Midsussex	S 6/10/74
Peake, D.	York R.I.	NE 20/10/74
WOMEN TO 1ST DAN		
Cox, C. L.	Sheppey	S 6/10/74
Presswell, C. A.	Ganburn	NHC 22/9/74
WOMEN TO 2ND DAN		
Bogie, C.	Tora Ryu Kwai	L 22/9/74

Judo's Young Lions

On Saturday, 19th October we saw the 1974 National Young Men's Championships at Crystal Palace National Sports Centre with a bigger than ever entry and some very exciting judo. Competition was very keen and there were a few surprises. I felt there was better technique this year and there was more action right through to the finals. Congratulations to the medal winners:

JUNIOR (18-20-year-olds)

Heavyweights

1. Ives, A. N.H.C.
2. Davies, G. Wales
3. Ausher, K. South
4. Deeming, F. Midlands

Light-Heavyweights

1. Radburn, P. London
2. Brown, A. Scotland
3. Drissell, P. West
4. Mortimer, I. South

Middleweights

1. Lydon, J. London
2. Travis, S. Army

3. Rae, J. Scotland
4. Tiley, P. West

Light-Middleweights

1. Pitman, J. West
2. Blewett, P. N.H.C.
3. Lowe, T. Midlands
4. Ryan, D. London

Lightweights

1. Kilvert, A. Midlands
2. Sharland, S. London
3. Ogden, H. Wales
4. Hatcher, P. South

ESPOIR (16-17-year-olds)

Heavyweights

1. Limerick, T. Scotland
2. Sparke, S. N.H.C.
3. Brooks, J. Midlands
4. Lydon, M. London

Light-Heavyweights

1. Knight, P. N.H.C.
2. Champness, G. N.H.C.
3. Potter, K. West
4. Underwood, M. South

Middleweights

1. Fricker, M. N.H.C.
2. Warren, P. Wales
3. Bromley, E. London
4. Woods, S. South

Light-Middleweights

1. Bowles, G. South
2. Goreing, A. N.H.C.
3. Scarlett, C. Midlands
4. Erskine, G. N.H.C.

Lightweights

1. Adams, N. Midlands
2. Korrisson, B. N.H.C.
3. Nixon, J. North-East
4. Anderson, J. London

Worthy finalists all. I was honoured to present the medals at this event. I didn't have much time to see the earlier rounds but this time I was able to see the finals uninterrupted. There were some memorable fights, like the final of the Junior middleweights, Lydon and Travis of the Army—what a final. The match between Pitman and Blewett in the light-middles had me going too. Pitman was a great champion and there were shades of Danny Da Costa at the medal ceremony.

No, I was not presented with a cabbage, pumpkin or a bunch of bananas—but a plastic Donald Duck, trouble is—my kids have been fighting over it ever since. I should perhaps warn my fellow countrymen though, and they better heed my warning—the Scots are once again on the move. As usual they were at this event in force. Colin McIver has been working wonders, they are going from strength to strength, whenever a Scot was on the mat there was explosive action.

The event ran smoothly. I like to think that with the wonderful team we have now got under the direction of Bryan Perriman and Richard Williams—each event is getting better and better. No room for complacency though and it was Dave Starbrook who pointed out to me one of the biggest things that bugs these events. From the time of booking-in some lads spent seven and a half hours waiting for their first contest. We must try and do something about this. I know the Competitions Subcommittee is very concerned about this and they are trying to come up with a solution. As always the question is cost. We could arrange a later booking-in time for some of the categories but it would mean finding extra officials. We still can't afford to pay our officials but we do cover their expenses. Unhappily a judo event does need a lot of officials as compared with other sports.

To keep 22 players controlled and thousands upon thousands of spectators happy (well, generally) for 90 minutes all a soccer match needs is three playing officials, one referee and two linesmen (no lady, Brian Clough does not have to be at every football match). If there are any playing officials in a golf match I have not ever seen one, who needs one when your opponent initials your card. And of course there is the other aspect, with the crowds they get at Wimbledon tennis could

afford to have 50 officials per match. At the end of 1972 I was proud to be able to say that our events were at last breaking even. Over three events they paid their way. Since then however costs have soared and once more our national events are costing money to the Association. We are not complaining about that. After all we are in the business to be able to offer facilities for judo—and that is purely our aim. But there is a limit. What is the answer? Get more spectators along, or—get more people to become members of this Association.

After the Munich Olympics when our glorious boys brought back that crop of medals and brought back so much wonderful publicity I heard a story which I have since been able to verify. An instructor from another organisation purporting to do judo, was openly boasting that as a result of the publicity he had enrolled an extra 600 members in his club and could not take any more. He was laughing all the way to the bank. He did not have to pay any dues to the official organisation because he did not have to belong to it. He could do a Harvey Smith to the judo world and not even produce a balance of accounts for each year as we have to do. Who knows how many people he has put off judo by his inferior teaching and he probably doesn't care. He'll just sit back and wait for the next round of publicity—all paid for by you and me. He does not have to pay for teams going abroad, he does not have to pay for events at home—let the official organisation worry about that. "And if anybody tries to interfere with my nice little set-up, I'll write to my local M.P., that's what I'll do," says he. "It's a free country, ain't it," says he.

Meanwhile

Our Dan Grade Registrar has reminded me that there is a bit of

legislation that has to go into this issue, here we go.

It was agreed by the Executive Committee that from the 1st of January, 1975, a fee of £5 will be payable for registration of a grade from another association recognised as a B.J.A. grade, and a fee of £3 will be payable for registration of a non-competitive promotion. This brings them more into line with a competitive promotion where the candidate has to pay an entry fee for examinations and for points scoring events. Well! It's only fair really isn't it—I mean, imagine the money a competitor has to pay each time he goes in for an event—and he could get smashed for his troubles.

From Milwaukee, U.S.A.

A letter from Margot Sathaye, 4th Dan to one of our girls in the office. "... I would like to thank all the instructors of the Budokwai and all those of other clubs I visited for a very pleasant and worthwhile stay in Britain. I am very grateful to Brian Jacks, Syd Hoare and all the boys who put up with me in their classes ... I miss them all and look forward to seeing them all again on the mat ...".

Deputy General Secretary

I wish I could advertise for a partner, but you are wrong again, this time it is our friends from the British Olympic Association, the Commonwealth Games Council for England. We would like to help them to find the ideal person for the job, and we think it should be you. Applications are invited from persons with suitable qualifications within the ages 30-45 (that let's me out, I'm too young) for the above post which will be filled in April/May of 1975. Preference will be given to an applicant with a sports and administration background. Further information regarding this post and the above Sports Bodies

will be included with the application form. The starting salary will be from £4,000 per annum and in addition there will be a pension scheme. Application forms (closing date 29th November, 1974) please apply in writing to: General Secretary, The British Olympic Association, 12 Buckingham Street, London, WC2N 6DJ.

There is only one club in Hemel Hempstead

I wish to point out to anyone living in the district that there is only one official club registered with this Association in the Hemel Hempstead area and that is the Hemel Hempstead Judo Club. The dojo address is Chaulden Activities Centre, off Northridge Way, Hemel Hempstead, Herts. I mention this because a certain character has walked off with the mats belonging to the G.E.C. Hemel Hempstead and they apparently do not know it yet. He is also running a club by the same name as mentioned above. Of course the gentleman concerned is not a member of this organisation but if he does not stop his nonsense, that is, purporting to be a member of the B.J.A., I shall reveal his name in the next issue of this magazine.

World Championship 1975

The organisation committee of the Judo World Championships for 1975 is in a position to submit detailed information as to the course of this event to be held in Vienna. The days of the competition are laid out as follows: 23rd October—heavyweight and light-heavyweight. 24th October—middleweight and light-middleweight. 25th October—lightweight and open category. Preliminary rounds will be held in the morning and the intermediate rounds will be held in the afternoon, the finals in the evening.

Let no one tarnish our image

As you know, we are very much aware of our responsibilities. My

post-bag has been fairly heavy this last month, but I am concerned about the odd letter. I am not at all sure that the event mentioned was one organised by one of our own clubs or Areas but I feel I should quote from a letter written by parents who are very concerned, they sign themselves Mr. and Mrs. R. J. L. from West Midlands and I have every reason to believe that this is a genuine letter of deep concern "... and we were disgusted with the attitude of some of the audience and we suspected one or two were judo instructors as they were shouting to their pupils instructions when they were competing on the mat such as 'hold him down', 'Murder him', 'Kill him,' this sort of thing lasted all day and nothing was done to stop it. The mothers were just as bad. Similarly in a grading we saw, all the dignity seems to have gone out of it ... surely all gradings and competitions should be carried out in complete silence." Well! I am not so sure we want to return to the days of complete silence but I do feel we should ensure that our sport does not fall into the category of "soccer hooliganism".

Competition News

As I have mentioned earlier, the biggest problem now at national events is the time some competitors have to wait for their first contest. This problem will increase as entries increase with each event as has been the case in the last few years and we must do something about it. People have asked why booking-in cannot be staggered. The basic reason is a lack of manpower, this is particularly acute when an event requires five competition areas which involves nearly 60 officials. If more people volunteered to undertake recording and timekeeping duties and if more B.J.A. referees attempted the National Referees' Certificate (and were successful) we could do something about this problem. The Com-

petitions Sub-Committee is constantly reviewing the booking-in and weigh-in procedure and would desperately like to minimise the waiting period but the shortage of manpower is always the stumbling block. If there is any B.J.A. member who would like to have a try at recording and timekeeping at national events please contact Bryan Perriman at Coventry Judo Club, Kenpas Hall, Kenpas Highway, Coventry, Warks. Further, can I encourage B.J.A. Referees to take the next step up the Refereeing ladder? We need your help.

1975 Team Championships

Members may well be wondering where the Mens Team Championships are to be held next year. I had hoped that the Western Area, who had put in a bid for the event, would be staging the Championships. However, I recently heard from them that they have been unable to obtain any sponsorship and so they have had to withdraw their offer. The Competitions Sub-Committee is considering what to do about the event and they are looking into the possibility of holding the Mens Team Championships with the Womens Team Championships in May. If there is any other area or National Association which thinks it might be able to take on the responsibility for the event at short notice please write to Richard Williams of the Competitions Sub-Committee at BJA Head Office before 14th December, 1974.

Five Young Men — Five Medals

Very few people are aware and are able to appreciate the many problems that can be encountered during the organisation for a match abroad. Competitions at home are difficult enough, but we now have a first class organising team and a fairly standard system. When you

are organising for situations completely outside your control however it is a different kettle of fish. Every conceivable angle must be covered and we must anticipate every likely problem.

The last minute problems are the most hair raising. To name just a few for example, a competitor reporting the day before the team flies out that he is injured, last minute changes by organisers of an event (with one exception this year every event we have been involved with abroad has been wrongly dated, or the times have been different), difficulty with weights ages, flight changes, accommodation problems, etc., etc.

On Tuesday 12 November The British Espoir and Junior Team selected to take part in the European Junior Championships in Tel Aviv, Israel, was scheduled to leave Heathrow Airport at midday. The Team of five, four Espoirs, one Junior and a Team Manager were aware of the news reports the evening before of hostilities along the Israel-Syrian border and the possibility of another major Middle East War, if they were concerned they did not show it. I was myself very much concerned at such a late stage, it would be my awful responsibility to make the final decision, whether they went or not.

I was very much aware that the final decision at the EJU Congress earlier this year to go ahead with this event in Israel was approved by the odd vote, and that since then there had been much concern within the Association particularly as it involved teenagers. Indeed one area (London) had written to the E.C. on three occasions questioning the advisability of us taking part at all. Needless to say, I spent the night before and the early hours of that

morning with my cauliflowers pinned to the radio, with instructions to my secretary to maintain a constant check with communications agencies and with the Israeli Embassy. One comment from a spokesman at the Embassy was "...Do not worry your little boys will be safe."

"Those little boys" in fact did take part and overall won more medals than any other country. Every one of them won a medal. Not all the countries from the original entry took part, nevertheless, included in the nine were some of the strongest countries in Europe. This fantastic success can almost be said to equal that of our Olympics success and goes to prove that Britain has indeed got what it takes for a glorious future.

The medal tally is as follows: —

JUNIOR CATEGORY		
(18 - 20 year old group)		
Heavyweight		
ALEX IVES		GOLD
ESPOIR CATEGORY		
(16 - 17 year old group)		
Lightweight		
NEIL ADAMS		GOLD
Lightmiddle		
CHRISTOPHER BOWLES		GOLD
Middleweight		
MARK FRICKER		BRONZE
Ligtheavy		
THOMAS LIMERICK		SILVER

It was a very proud and happy Team Manager who arrived back at Heathrow Airport six days later with his gloriously successful Team which underlines the fact that the Espoir Squad Training Sessions con-

ducted by Syd Hoare himself are really paying dividends. Do not forget that Syd has thrown out an invitation to any Espoir anywhere in the country to come along and train with his Squad at Crystal Palace.

The next sessions are as follows: —

DATES
4 - 5 January, 1975
22-23 February, 1975
15-16 March, 1975

TIMES
Saturdays
(a) 10.00 - 11.30 (Morning)
(b) 15.00 - 16.30
Sunday
(c) 10.00 - 11.30

Correction to Appendix Two, B.J.A. National Dan Grade Register

"Women to 1st Dan" should have read "Women to 2nd Dan", as Mrs. C. Balderstone was promoted from 1st to 2nd Dan on 24/9/74.

Record Books abandoned by their owners at National Promotion Exam

Will the following please send stamped self-addressed envelopes to the National Dan Grade Registrar (Dr. P. Elliott, 35 Fountside, Oakdale Road, Sheffield, S7 1SN) for the return of their record books and points cards, which they omitted to collect after the National Promotion Examination at Crystal Palace on 10/11/74.

Mrs. F. K. E. Stanley	1st Kyu Lansbury Centre
Mr. A. E. Woollett	1st Kyu Alton/Elliott
Mr. L. Millard	1st Kyu Alton/Elliott

JUDO JIM

The man who knows all the answers

Could you please explain what Angelo Parisi's "dustbin" technique is and how it is performed.

P. M., Solihull

Angelo's famous "dustbin" throw was so called by his team mates in the National Squad. It was first referred to in print in an article written by Tony Reay four years ago.

Actually it is a very skillful technique and Angelo uses it as a counter

technique and in effect it is his own style Uranage.

...Provided I am a member of the B.J.A., can I enter as many different area Championships in one year as I wish...

C.D., Sheffield.

Yes, you can enter as many area championships as you may wish, but please remember that points towards promotion can only be taken from one of these events in one year. So, if you entered a number of area championships, presumably the points you would wish to be recorded for your next promotion would be at that particular event that you scored the most points.



Mr. Donald Kirby, right, sales director of Bierritz, presents the Bierritz Trophy to Mr. Charles Palmer, OBE, chairman of the British Judo Association. Right is Liz Viney, manager of the women's team. The presentation was made during a dinner for the members of the British Womens Judo Team who attended a training weekend as guests of Watneys at their Tadworth Staff Training Centre. The trophy will be awarded annually to the girl who achieves the best performance at the European Championships but who fails to win a gold or silver medal. This year the event is in Genoa on November 30.



OFFICIAL NOTES

Jim Elkin

Southern Region Championships were held at the National Recreation Centre, Crystal Palace on the 9th October, and the standard of aikido bore well for the forthcoming Nationals which were being held later in the month. They were run as a club affair, with points being attributed to players representing specified clubs. It was a very successful evening for Mike Hynes, instructor to the Aikidokan Clapham, this was the club that came out as eventual winners. There were plenty of spectators, and a really friendly atmosphere amongst all the competitors. The organisers are worthy of mention on a very well organised event. Let us hope that this will be a regular event in the aikido calendar.

We now move on to reporting the National Championships which this year were held at the Warwick College of Education, a venue somewhat smaller than usual for a National event. However the Midland Region who were hosts had everything well organised, even down to accommodating some late entries. Refreshments were always available, and a word of thanks must go to those who worked so hard behind the counter. Again there was a shortage of officials and this onerous task fell as usual to the few who seem to spend their time at Championships either on the mat or attending its environs. A vote of thanks to those who put in a great deal of hard work at officiating. You may have been criticised for some

of the decisions but you served the Championships well.

The aikido standard was to say the least a disappointment, the spirit was there but not the expertise that one comes to expect at the Nationals. I know it is easy to be critical and that all competitors tried their utmost, but it is our annual National event and should demonstrate the best in aikido. Where were all the Southern Region kata specialists—we saw some good kata at their championships — why didn't they enter the Nationals. I know that some of the best in the Southern Region stood down to give younger members a chance, but surely they should have seen to it that these younger members were there. The Ninin Dori was the best of the competitions and it could be seen that some of the teams had worked really hard. But the other two free-style events of Tanto Randori and Randori Kyoghi, left one with the impression that competitors had forgotten they were participating in aikido.

I think it will be necessary for the Executive Committee to reconsider the format for next year's Nationals, perhaps it is too much to expect competitors who have risen early, travelled a long distance, gone through all the elimination rounds, to produce peak performance in the semi-finals and the finals. However, enough criticism, may I conclude by saying a big thank you to all the competitors for their efforts, congratulations to the medal winners, best wishes to all those who entered, they only lost by small margins. Also a big thank you to Brian Eustace and his committee for all the hard work they put into this event. Congratulations to the Midland Region on again winning the overall winners trophy. Also well done Martyn Eustace for becoming the overall champion for this Championship.

John Waite is holding a series of Coaching Courses between now and

Continued on Page 35

NATIONAL YOUNG MEN'S CHAMPIONSHIPS

by Richard Williams

Close on 200 of Britain's young judo men assembled to fight for honours in this year's championships. A list of the full results and medal ratings can be found in the official B.J.A. Newsletter Supplement. As usual there were the two age groups — Espoir and (E.J.U.) Junior—within each of these there were the five weight categories.

The method of competition entailed a first-round of pools followed by a knock-out with repechage. Because the entry was so large, pools of three men were drawn for the first round and out of each pool two competitors went forward to the knock-out.

First of all then the Junior category. In the lightweights there were three pools of three competitors. The winners of these pools went through to the quarter-finals. H. Ogden (North-West), S. Chittenden (London) and S. Hodson (South) were the winners of their respective pools. In the middleweight category the winners were P. Frith (Midlands), F. Deeming (Midlands) and R. Hatcher (South). In the heavyweight category the winners were Alex Ives (N.H.C.), H. Gilbert (Midlands), J. Mitchell (South) and K. Ausher (South).

In the light-heavyweight category P. Blewett (Midlands) and D. Mannering (London) were the winners of their respective pools. M. Wright (Midlands), K. Papadopollos (London), A. Lewis (Wales), F. Goulding (London), J. Pitman (West) and D. Ryan (London) took part in the knock-out. Blewett defeating Lowe and Mannering to head one half of

the table, with Pitman beating Ryan and Goulding to become the other finalist. In the repechage Ryan beat Goulding and Lowe (Lowe won this category last year) and then beat King and Mannering.

Amongst the middleweights were Chittenden, Lydon, Travis and Hodson all of whom stood a good chance of a medal. They all got through to the knock-out where Travis (Army)

S. Travis picks up J. Rae of Scotland to score a Koka. Travis won the middleweight silver medal. Rae won a bronze medal.

Photograph by David Finch



Paul Radburn of Northern Home Counties scores wazari with O. Goshi to win the Light Heavyweight gold medal. Photograph by David Finch.

and Lydon (London) emerged as the two finalists. Chittenden was defeated by J. Rae (Scotland) who in turn was beaten by Travis which meant Chittenden went out of the competition. Hodson had a bye in his first round and then beat Williams (Army) before himself being defeated by Lydon. In the repechage, Rae beat Clouter (London) and a newcomer P. Tilley (West) beat Johnson (North) and Hodson. The final in this category was one of the most exciting of the whole competition with both contestants trying their very best to give nothing away. It was in the last minute that Lydon took Travis to the ground whereupon he kept on a strong osaekomi to score ippon.

In the light-heavyweight category there were 13 competitors in four pools. Most of the competitors were newcomers but there were three 2nd Dans—D. Nurse (North-West), I. Mortimer (South), A. Brown (Scotland). Brown took second place in

this category in last year's trials. He became certain of repeating this success, if not exceeding it, when he beat Kokataylo (North-West) and Mortimer to go through to the final. Radburn having defeated Drissel (West) and Daly (South) became the other finalist. In the final it was in fact Radburn who won the gold medal with a waza-ari win over Brown.

There were eight heavyweight competitors and they fought in two pools of four each. In pool 1 were P. Frith (Midlands), F. Deeming (Midlands)—both established national competitors—R. Hatcher (South) and G. Davies (Wales). Surprisingly the unknown Davies soundly defeated his three opponents to win the pool with Deeming in second place. In the other pool were Alex Ives (N.H.C.)—recently successful in the World Junior Championships in Brazil—H. Gilbert (Midlands), J. Mitchell (South)—two seasoned competitors at this level—and K. Ausher



S. Travis of the Army scores ippon on T. Clouter of London. Travis won the silver medal in the middleweight category. Photograph by David Finch.

(South). Not surprisingly Ives won the pool and he was followed by another new face, Ausher. In the knock-out which was effectively the semi-final—Davies beat Ausher and Ives beat Deeming and in the final Ives went out to defeat Davies in the third minute with an osaekomi for ippon.

On now then to the Espoir division. In the lightweight category there were nine pools with a total of 28 competitors. Hot favourite to win the title in this category was 1st Kyu Neil Adams from the Midlands. His magnificent record in the Boys' Individual Championships is already well known to readers of this magazine and he shows considerable promise in the Young Men's events.

Adams won his pool and went on to win his half of the knock-out table where he beat Walkling (West), Matthews (Midlands), Brooks (Midlands) and Nixon (North-East). B. Korrisson won the other half of the table having defeated Dileonardo

(London), Anderson (London) and Moriarty (Midlands). The competitors who had been beaten by Adams and Korrisson met in the two repechage tables, from which Nixon and Anderson fought their way into the bronze medals. In the final Adams used kansetsu-waza to good effect and won a well deserved gold medal.

In the light-middleweight category the two finalists were C. Bowles of the South and A. Goreing of N.H.C. In their journeys to this position they defeated respectively, Campbell (Midlands), Bromley (London), Gannon (Midlands), Quarumby Woods (South), Walters (N.H.C.) From the repechage Bromley and Woods were the victorious bronze medallists. In the evening final Bowles held Goreing for 30 seconds to take the Championship title.

Amongst the middleweight competitors the most prominent of the 26 contenders were 1st Dan Grant Erskine (N.H.C.), 1st Kyu Shayne

Jacks (N.H.C.) and 1st Kyu. M. Fricker (N.H.C.). In the Young Men's Trial last year Fricker headed the final pool with Erskine in second place. Jacks fought last year as a light-middleweight but did not fare too well. Earlier this year, however he took the gold medal in the Under 70 Kilos category of the Boy's Individual Championships. All three went through to the knock-out but, unfortunately, they all went into the same half of the table. Fricker beat Roachford (London) and Erskine and Jacks to head his half of the table. Winner of the other half was P. Warren of Wales.

In the repechages C. Scarlett (Midlands) defeated Dearden (North-East) and Middleton (North) to secure one of the two bronze medals. But who was to win the other, Jacks, Erskine or Roachford? At the end of the day it was in fact the more experienced Erskine whose 5-point superiority win brought him victory over Jacks.

In the light-heavyweight category the gold medal was won by P. Knight (N.H.C.)

In the heavyweight category there were only six competitors but the title was won by the very efficient 2nd Dan from Scotland, T. Limerick.

The medals were presented by the B.J.A. General Secretary who was assisted by two of the junior staff of the Crystal Palace Division of the St. John's Ambulance Brigade. The Division is always on duty at our events and it is an excellent service which they provide.

I always think it is interesting to look how the medals are distributed amongst the Areas, since it gives some indication of the strength of judo around the country. As you can see, the Northern Home Counties have been the most successful—quite a change from the 1973 Trials when they were in fifth position. The Midlands, London and South continue in prominence but there is still a reasonable distribution of medals around the country. The performance of the Western Area is particularly encouraging and Scotland continue to make a tremendous impact.

	Gold	Silver	Bronze	Total
N.H.C.	3	4	1	8
London	2	2	4	8
Midlands	2	—	4	6
South	1	—	5	6
West	1	—	3	4
Scotland	1	1	1	3
Wales	—	2	1	3
Army	—	1	—	1
North-East	—	—	1	1

BRITISH AIKIDO ASSOCIATION — Continued from Page 31

February, all members of the Southern Region should have been notified. If you haven't, contact the Southern Region Secretary.

October also saw the bi-annual promotion examination that the Clapham Aikidokan holds. Miss L. Gutteridge is to be congratulated on attaining her 1st Dan. I am not quite sure of Miss Gutteridge's age, but I should imagine she must be about the youngest aikido Dan grade there is. However she performed very well

indeed, and both of her instructors are to be congratulated, they are Dr. Loi Lee, 4th Dan and Mike Hynes, 4th Dan. Others entering for Dan grade were not so lucky, but I am sure they will make another attempt at the next examination, and they will be successful. The Kyu grades produced a high standard, and it can be seen from some of their performances that we will soon be having quite an influx of Dan grades.

It leaves but to wish everyone the compliments of the season.



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CLUB

FORUM

LONDON JUDO SOCIETY AND KARATE
KAI from Eric Dominy. A "Martial
Arts" display at the Cat's Whiskers,
Streatham, was not a very great suc-
cess. We lacked imagination and
demonstrated too much kata to an
audience which did not understand
or appreciate it.

I believe that the organisers of
two of the sports were let down at
the last minute and had to reorganise
their programmes, but what we
really must learn is to arrange the
type of programme the audience wish
to see.

Judo Grading Examinations. The
next examinations will take place at
L.J.S. as follows: Sunday, 15th
December, 10 a.m., Juniors (boys
only); 2 p.m. 1st Kyu, 1st Dan and
2nd Dan. Please note that we are in-
cluding 2nd Dans for promotion to
3rd Dan for the first time.

As usual when there is an exami-
nation there will be no junior judo
or any karate on this Sunday.

Finally may I remind those taking
part that we cannot allow any
spectators at these examinations.
This rule will be enforced. Please
help by not bringing friends with
you.

LONDON KARATE KAI

I am always surprised how many
people regard "style" as just about
the most important aspect of karate.
Dozens of letters are received en-
quiring for a club teaching a certain

"style" although often there is a very
good club in the enquirer's area
which belongs to an association
which teaches another. Surely all
that matters is that the methods
taught follow sound principles and
are effective.

In my opinion a sport only lives
because it is attractive and effective.
The club which slavishly follows a
traditional style must be handicapped
when it comes into competition with
one which has an open minded
teacher willing to try any technique
or movement which he considers
more effective or attractive than his
own no matter what its source may
be. Competitions are won by free
fighting and when the student is
alone facing an opponent it is his
skill and technique which brings vic-
tory—not the blind use of any par-
ticular style. Karate should be a
living sport willing to develop and
improve.

In the opinion of many the only
people who gain from the "style"
system are the high grade instructors
who use it to retain their pupils and
associations which would cease to
have a separate existence. We would
have one association instead of
many. Until recently I thought that
we at L.K.K.F. were alone in our
views but recently we have received
support from unexpected places.
John Green, chairman of the
U.K.K. said recently "there are
people both in Britain and Europe
who would like to see karate styles

dropped and everyone working under one title 'karate'. In his opinion this thinking was at the best 20 years ahead of its time". It was good to see that Mr. Green is thinking along these lines and good to know that we are 20 years ahead of our time.

The September 1974 issue of "Combat" quotes Meiji Suzuki as saying "... style for style's sake is pointless. He feels that every style has something to offer where free fighting is concerned and students should not be afraid to take those techniques from each style which suits them best. If only more instructors thought this way many of the petty jealousies that exist between all too many stylists would be wiped out. In addition to this the whole standard of free fighting in this country would immediately show a dramatic improvement. Loyalty to the style one is learning certainly has its place but flexibility is vital for the development of the art".

Also in this extremely interesting new magazine "Combat" is an article on 6th Dan, many times champion of Europe, Dominique Valera. In this he is quoted as saying that "he does not profess any particular favourite style. Most of his techniques have been developed from watching animals as they fight. He also uses several sweeping techniques developed from watching various ice skating championships". In France Valera's natural, living style is recognised and appreciated and presumably is also appreciated in Spain where he is the Spanish team's national coach.

At L.K.K. under Bill Wright we have adopted any karate technique which appealed to us and also taken movements from other sports. Recently Bill saw a beautiful weapons kata and immediately adapted it to karate.

The obvious question is what effect has our free style had on L.K.K. karate. Well our team has won:

1. The Suzuki Shield;
2. The B.K.A. National Team Championship.
3. Runner-up in the U.K.K.F. championships.
4. Junior Wado-Ryu London Junior Inter Club.

Whilst we are the first to admit that championship successes are by no means the most important aspect of club activities we think this is a fair effort. The main thing is that our karate is living and adaptable and any visitor will find familiar techniques being used and taught. Above all just like our karate the club spirit is lively and not blindly restricted.

UNDER 20'S JUDO CLUB from Peter Gallie, 2nd Dan. One October Sunday morning this year, a sponsored walk was held of 20 miles in the country of Buckinghamshire, for Boys' Club Week. Over a thousand people from many different youth clubs were taking part to raise money.

Among those people were 22 little boys from the Under 20's Judo Club at Gerrards Cross, aged 9-13 years old. Their reason for raising money was to go towards their judo club. They had decided that they needed a larger Dojo and more judo mats, as their club was expanding.

They all started walking happily together, all fitted out in their walking gear. Walking through fields and footpaths, the morning went by to find we had walked half way. Still all 22 boys were together.

Then the weather turned! Rain came down turning footpaths ankle-deep in mud. Although this made it difficult to walk, the boys just carried on, even the ones who had blistered feet. They had only one thought, and that was "FUNDS FOR THEIR JUDO CLUB".

Continued on Page 41



DAVID WHITE LOOKS AT JUDO INJURIES

Tony Reay's recent hilarious—and all too true—article on "the great line ups" set me thinking about the greatest hazard in Judo, and I don't mean Mack the Hack.

Very little has been written about judo accidents, which pretty frequently used to result from the ludicrous line ups we took part in. And as judo gets more and more "physical" particularly at top contest level injuries are just about unavoidable.

The principal accident areas, as almost every judoka knows, are knees and elbows with fingers and ankles following close behind.

Serious accidents to spine and neck will happen from time to time but are relatively rare. Strains which involve minor spinal and rib displacements are rather common but can be rapidly repaired if correct remedial action is taken.

Let's take the different "black spots" one after the other.

Knees. The most important thing I have learnt is that if you get a knee injury—and show me the contest man who hasn't had several—don't for God's sake have one or more cartilages out. The average GP knows next to nothing about knee injuries and about 90 per cent of those who have cartilages out didn't really have injuries that necessitated such a serious operation.

Dr. Ken Kingsbury, the B.J.A. national team doctor, told me a little while ago that he practically never recommends cartilage removal and

John Goodbody—who has suffered—will back up this verdict I'm sure.

Most knee injuries are caused by twists. A lot of knee injuries can be cured by gradually strengthening the thigh muscles. You may think you've got really strong thighs—who doesn't—but believe me it's odds on they are not strong enough.

But don't go trying to strengthen a damaged knee by repeat squats. Use the time honoured techniques of tensing the muscles repeatedly. After a few days you will probably be able to do half-squats and you will find that kneeling Japanese fashion, with your feet tucked under you, for lengthy periods strengthens your legs after the initial pain. This position also lengthens the thigh muscle and gives you more extension.

Hot baths—of the type the Japanese love to take after judo—are very relaxing for tired and strained muscles of all sorts and putting a pound of Commercial Epsoms Salts in the water is very very beneficial. In fact you might try this once a week anyway even if you're as fit as a fiddle.

Elbows. Injury usually results from lock pressure against the joint rather than a twist. Initially relaxing the joint is important and a good osteopath can work wonders. Don't be deterred from consulting an osteopath about non-bone problems as they receive a wide training. But make sure he or she is good or you'll be going back for years and years with only temporary and marginal relief. Avoid the "deep heat"

experts on the whole, they tend to treat the symptoms not the reason for the trouble as indeed do most ordinary doctors.

Spine and Neck. For serious accidents you must see a good chiropractor or osteopath and quickly. By all means consult your doctor but don't expect too much from him and don't let him use the knife.

One of the problems of our "concrete tatami" that I have mentioned before are the persistent strains and aches that breakfalls over many years have produced. I know, I've got quite a few tender spots around the rib cage despite all my good advice. But at least my osteopath has managed to "unlock" my spine in several places.

Twisting — particularly for left hand throws—has I've found caused regular trouble on my left side below the floating rib. Again, it's difficult to avoid some strains and stretches as you get older but most of these can be traced to minor spinal displacements if you check carefully.

Half the population—and that's a conservative estimate—have some form of spinal problem. Many are born slightly "lopsided" and this is easy to check if you stand naturally and notice whether one of your feet turns out more than the other.

Regular, slow, exercises are very beneficial provided yours is a minor problem.

Ankles and wrists. Injuries to ankles and wrists aren't usually too complex and frankly there's not a lot you can do about them except to strengthen. Almost all judoka have weak wrists. If, after an hour's randori your hands lose their power you need to strengthen your wrists. Aikido exercises are tremendously beneficial here and they create suppleness too. Gently revolving the ankles when you are sitting is a sensible prelude to randori or contest.

Fingers and Toes. Again difficult to avoid. The main problem is coming back to judo too quickly after a finger injury and finishing up with nastily swollen and damaged joints. In later life these are a prey to arthritic troubles and sensible diet to reduce the acid content of the blood will help if you already suffer in this way. It's sensible to make up your mind just how important judo is to you and whether or not a couple of weeks' lay off after injury is the "end of the world".

Other injuries. They, of course, come in fantastic varieties from broken legs to cauliflower ears.

Too hard judo mats are to blame for many. There's nothing tough about using a hard mat, it's stupid. And still there's hardly anywhere in the U.K. with sprung flooring. It's always a pleasure to be thrown when the tatami is on a sprung floor and as I've said, this could avoid so many of the minor injuries that discourage too many judoka in the 30-40 age bracket from continuing their sport.

Very little is heard these days about Katsu, resuscitation techniques, and a little more knowledge would be welcome. Thank goodness the old "strangle 'em out" days are almost over. I'm always a little surprised that we get so very few injuries from strangles—I hope this is a tribute to the good sense of instructors and senior grades alike.

A brief word about recuperation from injury might not come amiss. I'm no fanatic about diet but experience of a splendid range of injuries has taught me that diet is important to make the most rapid recovery. The first thing is to try to keep your blood slightly alkaline. Most people have too much acid in their blood. This means that they are much more susceptible to everything from arthritis and skin troubles to creaking joints.

Regular intake of fresh vegetables (and the water they are boiled in),

fresh fruit and milk will do wonders. Acid producing foods include meat, sugar, eggs and cereals.

I'm not suggesting you give up eating meat but if you are conscious that all is not completely well inside try to achieve a better balance in your diet.

A few sensible Yoga type exercises each day and a sensible diet will at least keep you in reasonable condition to get better as quickly as possible.

From the disease point of view the body is largely a self-repairing organism if treated wisely, but when it comes to physical injury a little help may be required.

There are certain throws, locks and movements which create injuries more easily than others for both uke and tori. I'm not sure I'm qualified to detail these (perhaps Syd Hoare will oblige) but doing Taio-toshi has caused me quite a few knee troubles in my time and I rather tend to advise people to avoid this throw except for demonstration or unless they are very supple with particularly powerful legs.

The straight arm lock has also persuaded me that a fast submission is worth considering and I hate the old-fashioned wooden frame mat surrounds that really ought to be banned these days if it didn't mean that half the clubs in the country would have to close down.

CLUB FORUM — *Continued from Page 38*

At the end of the walk, all 22 boys walked home. Not one of them gave up. What an achievement!

The time taken for the 20 miles was seven hours. The money raised for our judo club was £220. This is good to see, that there is much en-

thusiasm at that age, after all these could be the champions of the future.

Also I would like to thank Chris Child, 4th Dan, and her dog Emma who both walked and raised money for Gerrard Cross Under 20's Judo Club.



The 22 boys who took part in the 20 mile sponsored walk.

THE POLICE ATHLETIC ASSOCIATION JUDO CHAMPIONSHIPS

Superb judo gave Michael Gould of Gwent the P.A.A. Middleweight Judo Championship for the third year in succession. He once again found the form which won him the title at Aberdeen in 1973 and Stockport in 1972, and in a strongly contested final brought off the throw of the championships with a magnificent hip throw.

The Sports Centre of Birmingham University provided the venue for the event which was held on Tuesday, 3rd September, 1974. The total number of entries was 121 competitors, which is one of the largest entries in recent years and which gave both officials and competitors a busy day. Competitors and officials came from all parts of Great Britain and it was pleasing to see former competitors such as Bill Berry and Geof Hawksby, officiating in the capacity of referees. It was also with pleasure that we saw two competitors from the Royal Ulster Constabulary, who must have experienced difficulty in finding time to train for the event with the work load which they have in Northern Ireland.

The eliminating rounds commenced promptly at 10.30 a.m. and each event, with the exception of the Cadet Heavyweight class, was decided on a knockout basis with a repechage. By lunch all the eliminations had been completed in six events and had produced some very exciting contests. In the afternoon we had an event which was new to Police Judo, with the introduction of an "Open" category. This event was not a P.A.A. Championship, but was introduced by the host force as an auxiliary competition. It proved to be both successful and popular with 31 competitors from the weight categories entering the event. The

popularity of the "Open" event might suggest that it be classed as a P.A.A. Championship at some date in the future. The main object in running this competition was to give competitors who might be eliminated in early rounds a further opportunity to compete and since it had the largest entry of any event, it undoubtedly proves the demand for more contests.

The performance of the contingent from the Metropolitan Cadets is worthy of special mention. Not only did they win three of the Cadets events, they had a total of eight competitors reach the final stages of their various events. In the first four places of each Cadet event, two of those places went to Metropolitan Cadets. It is perhaps due to the presence of John Harker, 3rd Dan and former P.A.A. Light Heavyweight Champion on several occasions, who is an instructor at the Cadet Training School. If the results produced are a product of his coaching then he is worthy of praise for his efforts.

Before the finals of the P.A.A. Championships, competitors, officials and spectators were entertained to a Kata display by Miss C. Wildman, 3rd Dan and Miss J. Wildman, 1st Dan. Their programme included parts taken from three different Kata's. They performed two sets of Juno-Kata, Go-No-Sen Kata and Nage-No-Kata. The almost complete silence which prevailed during the demonstration was shattered by a spontaneity of applause which lasted for several minutes, showing due appreciation for a display practised to perfection.

After the last contest was over everyone left the University and went to the West Midlands Police

Sports Club for a presentation dinner, where Mr. J. G. Morrison, Assistant Chief Constable, West Midlands Police, presented the medals and trophies.

After the presentation of the trophies and medals to the P.A.A. winners and cadet winners, Cadet S. Sweetlove was presented with the Bon Accord Shield for the best performance of any Cadet in the Championships and B. Naughton was presented with a tankard for the best eliminated competitor.

The two ladies who graced the championship with their demonstration of Kata were given a special presentation for their participation in the championships.

The results were as follows:

National Police Judo Championships 1974

UP TO 70 KILOS:

1st K. Scrase (Sussex)
2nd A. Learner (Metro)
3rd R. Smith (Glasgow)

70 TO 80 KILOS:

1st M. Gould (Gwent)
2nd P. Pitman (Metro)
3rd R. Robins (Greater Manchester)

80 TO 93 KILOS:

1st M. Surgett (City of London)
2nd B. Naughton (West Yorkshire)
3rd J. Harker (Metro)

OVER 93 KILOS:

1st B. Brumfield (West Midlands)
2nd E. Wilding (Durham)
3rd W. McNeil (Glasgow)

OPEN CATEGORY:

1st W. McNeil (Glasgow)
2nd B. Naughton (West Yorkshire)
3rd D. Morrissey (Bedfordshire)

Police Cadets Competition

UP TO 70 KILOS:

1st S. Sweetlove (Bedfordshire)
2nd M. Hall (Leicestershire)
3rd S. Wightman (Metro)

70 TO 80 KILOS:

1st S. Nuttal (Metro)
2nd I. McMillan (Glasgow)
3rd P. Brown (Metro)

80 TO 93 KILOS:

1st I. Freeman (Metro)
2nd M. Cambridge (Metro)
3rd R. Williams (Gwent)

OVER 93 KILOS:

1st K. Eldridge (Metro)
2nd W. Murphy (Metro)
3rd T. Nottingham (Bedfordshire)

AWARD FOR BEST STYLIST CADET:
J. Sweetlove (Bedfordshire)

AWARD FOR BEST ELIMINATED
COMPETITOR:
B. Naughton (West Yorkshire)

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