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JUDO

INCORPORATING BRITISH JUDO ASSOCIATION NEWSLETTER

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September 1975



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THIS MONTH'S FRONT COVER

Dave Starbrook convincingly overpowers his opponent before lowering him to the mat and finishing the contest with a hold down.

Photo by David Finch

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JACKS v. COCHE

LYON 1975

Reports & Photographs by David Finch

The most controversial contest of the 1975 European Championships was undoubtedly that between Brian Jacks and Jean-Paul Coche of France. Both 28-year-old men had won the senior title twice before and both were the idols of their fellow judoka.

The last time they had fought was during the Munich Olympics when Jacks had beaten Coche to head his pool. They both finished level however, when Coche fought his way back through the repechage to win a bronze medal.

During 1973 Jacks won his second title in Madrid and Coche his second in London the following year. Jacks had defended his title on home ground in '74 and Coche was doing the same this year.

At Lyon they were drawn on the same side of the table and were destined to meet in the second round if they beat their initial opponents.

Each knew that when they met they would benefit from a psychological edge over the other if they could play their first contest right.

Opposite: Brian Jacks attacked with a dropping seoinage to the left, pulling Jean-Paul Coche down and round to drop him heavily on his side. *Bottom photograph:* Jacks follows through to complete the point after throwing Coche with uchi-mata, but the referee refused to allow the score.

Jacks was drawn against Jungwirth of Austria and Coche against Gustin of Belgium. Jacks fought first allowing Jungwirth to take him to time and only doing enough to just win the contest and instil in Coche the idea that he was half his former self. Coche and Gustin were next. The Belgian was a more seasoned fighter than the Austrian and Coche threw him for a tremendous ippon with seoinage in the opening minute. As Coche walked off the mat he glanced towards Jacks with a look that said: "That's how I threw Reiter in the final last year".

The scene was now set for the contest and every reporter and photographer in the stadium surrounded the third mat area. As they both walked on, Jacks bowing in his customary fashion, the crowd fell silent.

Surprisingly they took hold very quickly. Jacks began moving back towards the edge with Coche following. Amid cries of Jean-Paul from the mainly partisan audience Jacks attacked with a dropping seoinage to the left, pulling Coche down and round to drop him heavily on his side for at least a koka, but the Dutch referee gave no score.

Both scrambled to their feet and took hold again. Coche not to be outdone tried a similar move and scored from it. Jacks had only fallen to his knees and upper body and yet he was now a koka down.



Jean-Paul Coche, Twice European Middle-weight Champion.

Once again on their feet, Jacks dominated Coche with a flurry of attacks that unsettled him. Both ran towards the edge and Coche, unlike the well drilled Frenchman that he is, took two paces out of the area. Head bowed he walked back to the centre and knelt down. The crowd started booing and catcalling at Jacks. Like a triumphant matador Jacks strutted around with arms raised taunting the crowd. The referee awarded a keikoku against Coche and probably made the only correct decision of the contest.

Jacks feeling well in front relaxed a little and allowed Coche to make some of the running. After a determined uchimata attack Coche found himself with his back to the safety area and his feet on the line. With instant awareness Jacks read the situation and let go feigning a tachi-waza attack. The bewildered Frenchman stepped out of the area for the second time and faced almost certain disqualification. Jacks had not allowed for the poor refereeing

standard prevalent in this contest and they both returned to the centre. The referee and the judges conferred for some time before deciding that Jacks had "pushed" Coche out of the area and awarded a keikoku against him.

While Jacks shook his head in disbelief the French cheered and everybody else moaned.

Half way had been passed and Jacks found himself again in arrears after dominating Coche so decidedly. With renewed vigour he pressed on towing Coche around like a hooked trout. Suddenly suprising him with a standing armlock he had Coche tapping frantically as they fell to the mat. Jacks let go but the referee had not seen the submission.

Both raised themselves from the ground again and battled for grips as they stepped towards the edge. Jacks quickly spun in for uchi-mata and threw Coche the full width of the danger zone before falling on top of him. The judges jumped from their seats and signalled the throw in but the Dutch referee ignored them waving the contestants back to the centre and telling them to fight on. There was pandemonium around the mat area as reporters and everybody except the French started shouting and booing.

The fight went to time and Coche won by that fateful koka at the beginning of the contest.

In his next match Coche lost to the young Russian, Volosov, who in turn was defeated by the gold medallist Reiter, 1974's runner-up.

Coche was so moved by his contest with Jacks that he gave him an autographed copy of his newly published book in which he wrote: "To Brian Jacks, twice European Champion and a magnificent opponent. Till tomorrow — Jean-Paul Coche".

CLUB FORUM

BEDFORD JUDO CLUB: *From Peter Thornton.* Luckily the ventilation is good at our club else the weather we have been having would have laid us all low. We are grateful to our landlords for having built an open-air swimming pool (not for us but for some kids who apparently use the school during the day). This has been a blessing after practice and has added an air of luxury and abandonment to our Spartan sport.

It was another hot day when Brian Jacks came down to take a session and we all benefited enormously. We seem to be on his wavelength (give a notch or three) and it looks as though he will be coming down regularly as part of our training programme, all most exciting.

The Club Coach award scheme I mentioned a few weeks back was a tremendous success. All seven entrants passed and great credit must be given to Robin Gell and Tony Barton, the instructors, for a thoroughly organised course.

We have a new Secretary. Reason being that club officials were spending less and less time on the mat due to pressure of paperwork, so Mr. Tom Bland, 44 Charnwood Avenue, Bedford, a non-judo man, has taken over Robin Gell's duties. I don't know how we found Mr. Bland but it was a lucky day when we did. Robin now occupies the newly created post of Technical Officer and, if you need to know something yesterday, can still be telephoned at Bedford 768601, or even myself at 54461.

Apropos of nothing at all. I had a son a couple of years ago and we really couldn't decide on a name. A visiting Dan grade looked at me pityingly when I mentioned this and said, "Well, I'm surprised at you, what else would you want to call

him but Brian, Dave or Angelo".

LONDON JUDO SOCIETY: The junior section of the L.J.S. continues to flourish, and parties of students, led by John Hart and Norman Saints, have started visiting other clubs. These include Croydon & District Judo Club, Tokei Judo Kwai, Crystal Palace Judo Club, and the Churchill Gardens Judo Club. The idea is to allow our boys to study and benefit from different teaching methods and to enjoy friendly competition with other boys.

Thanks to the variety of transport at our disposal (thanks, one and all), we are even contemplating a visit to Benfleet in Essex. Meantime we are awaiting return visits with those clubs already named.

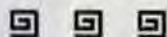
BRACKNELL JUDO CLUB: Bracknell Sports Centre has been selected by the B.B.C. for a series of sports presentation on television and the Bracknell Judo Club will be covering judo under the direction of Don Werner.

Bracknell Judo Club has now a mat 90ft. by 60ft. and mass practice sessions will be held on the first Sunday in each month at Bracknell Sports Centre as follows. Juniors: 9.30 a.m. to 11.15 a.m. Seniors: 11.15 a.m. to 1 p.m.

The indoor swimming and catering facilities of the Centre make this venue an ideal attraction for the entire family. Given enthusiastic support this will develop into a strong practice session and will provide you with the opportunity to meet a large number of judo enthusiasts. For these sessions a dojo fee will be charged of 20p for juniors and 30p for seniors. The inaugural session will be 7th September and females, both girls and women are welcome to practice.

REFLECTIONS on the B.J.A. ANNUAL GENERAL MEETING

by Richard Williams



In comparison to other General Meetings this most recent A.G.M. was almost a sedate affair. I say almost because the meeting was not entirely without some lively debate. Most of this centred on the Balance Sheet and Accounts. And it was not only the Accounts for 1974 which were questioned; one item from the 1973 Accounts still had to be resolved.

Andy Bull from Scotland raised the point about the 1973 Accounts under item 4 of the Agenda—Matters Arising from the Minutes. As I reported in this magazine (July/August 1974) after last year's A.G.M. the figures for the Junior Award Scheme were in contention. There appeared to be a discrepancy between the figure in the Balance Sheet and Accounts and the figures presented by Bryan Perriman, administrator of the scheme. No figures were available at the 1974 meeting to settle the matter there and then. The Minutes record that a statement would be appended to the Minutes to clarify the discrepancy. In fact, no such statement was appended. The Chairman stated that the Treasurer had been instructed to provide a statement, but he had not complied with the instruction.

It was suggested that the discrepancy *might* have occurred because the profit for the final part of 1973 was not paid out until 1974 and so did not appear in the 1973 Accounts. It was further suggested that this was probably the case with the 1974

figures, but there was no separate Balance Sheet available for the Junior Scheme and so it was not possible to check this explanation. At no time was any concrete evidence made available, yet the meeting agreed that the discrepancy had been satisfactorily clarified.

The Balance Sheet and Accounts for the year ending 31st December were only available to representatives on the day of the meeting. The same happened last year. It was deplorable then and it was still more deplorable for the same to happen again this year.

Many items in the Balance Sheet and Accounts were questioned at the meeting and there are still other items not touched on then which need clarifying. Why were the Auditors unable to verify the Petty Cash Balance of £400? Why have the expenses of the National Women's Council increased by 50%? Why has the amount paid out in licence rebates increased so much? How much of the £11,513 rebate has actually been paid to Areas and how much is still owing? Why are the Area Balance Sheets and Accounts not included with the Headquarters Accounts? Only a summary appears. Why is the amount received in sponsorship not shown? The Balance Sheet shows an increase in Membership Fees and Record Books—does this represent growth in membership or extra income resulting from higher fees? Answers to only a few of the ques-

tions asked were forthcoming. But the answers were quite revealing.

In particular we learned of the Accountants practice of "netting". This procedure is simple enough and quite legitimate, but it seemed that it was not carried out consistently. Some items had been "netted" but others had not. Why, one asks, should this be so? The meeting was asked to approve the Accounts and the Finance Sub-Committee will produce a full and detailed report answering all questions in due course. The Balance Sheet and Accounts were approved. We therefore look forward to hearing from the Finance Sub-Committee. Their past performance has not been encouraging, and this they freely acknowledge. However, new terms of reference have now been agreed which they claim have given them new teeth. It is good to see that these new terms of reference have now been published.

Returning to item 4 of the Agenda for the moment, it must be added that one other noteworthy matter arising from the 1974 Minutes was raised. Here again a promise recorded in the Minutes had not been fulfilled. The matter relates to business of the 1973 A.G.M. when the Chairman of the Association announced the E.C.'s advance planning. The Minutes of the 1974 A.G.M. record that a statement of the Plan, also indicating what had been done so far, would be appended to the Minutes. There was no appendix attached to the Minutes but the meeting was referred to a commercial publication for details of the Plan. In this publication we read that the officers of the Association had formulated advance planning in three broad areas—competition, administration, and aims — and that "nearly all of it had been realised now". The article which outlines the Plan does not actually say what parts have been realised, but it is not difficult to deduce what has and what has not happened.

In the area of competition it is certainly fair to say that most of the planning has been achieved. But in the other areas the record of success is less good. There are three items under the heading "administration". The first item is "To seek new premises to consist of three offices". Good fortune, in the form of the Sports Council, came the way of the Headquarters administration who moved into the desired new accommodation. An increase in staff was planned, and we read in the December 1973 B.J.A. *Newsletter* that the Sports Council had agreed to provide grant aid towards a Development Officer and a Deputy General Secretary in 1974 and in 1975 a second National Coach, an Office Manager, and a Book-keeper. In April/May 1974 an advertisement appeared for a Development Officer but no appointment was made. One wonders whether there is still a need for an employed officer of this kind. A Deputy General Secretary was not appointed, but I believe that there is a need for such an officer as this. These important plans for 1974 have not, therefore, been fulfilled.

What of an increase in staff for 1975. At the A.G.M. we learned that the Association would be employing a book-keeper on a part-time basis. A vague advertisement for this post has appeared elsewhere; the only significance in the advertisement is that it shows that professional advice offered on recruitment methods has not been heeded.

Head Office has more clerical support in its new offices, but in the light of the previous statement which has appeared in the B.J.A. *Newsletter* it is very arguable that the plan to increase staff has been achieved.

The third item under administration embraces a number of points. The plan to obtain adequate office furniture was met, but largely because of the generosity of the Association's former sponsors London & County. An addressograph system was not obtained, and one must

wonder at the desirability of such a system especially since computer-based systems are so superior. There is still only one duplicator and there is no photocopier, although it must be recognised that reprographic facilities better than those which the B.J.A. itself could obtain are provided by the Sports Council. Thus, in this instance the plan has not been fully met but perhaps this is no bad thing.

Turning now to "aims", the first of these was to improve membership by 20%. Almost certainly this improvement has been achieved over the two years but no individual membership figures for 1974 have been published and so it is not possible to see precisely to what extent this growth has been realised. Next comes experimentation with a computer scheme. This was investigated thoroughly and evidence overwhelmingly in favour of a computer-based membership scheme was presented to the E.C. but this part of the plan has not been executed. The next aim is to have more than one National Coach. The number of National Coaches has increased but whether the amount of work done has increased in like proportion is open to argument. The final stated aim is "To study the possibility of a complimentary theory award". I understand that such an award has been studied but that nothing has yet been published.

Overall then it is debateable that nearly all of the Plan has been realised. Certainly some things have been done, but there is an equal number of things which have not been done. Perhaps it is unreasonable to expect the Executive to achieve all of its objectives, but where an objective has not been realised one can with justification ask "Why not?" There may well be good reasons but where no reasons at all are given doubt may arise. Furthermore, the objections of today to parts of the plan may not apply tomorrow, and so it is reasonable to

ask that plans should be reviewed from time to time. But where there is no plan for the future there can, of course, be no review.

The Annual Report was approved with relatively little comment. Mr. Hicks of the Western Area spoke at length of the excellence of the report submitted by the women's team manager. He could have said that in a matter of seconds but took a matter of minutes. What he was trying to do, although he did not really come out into the open, was criticise, at least, the managers of the men's squads who had not presented reports. Mr. Hicks's criticism is right and proper, but why could he not have been more straightforward? The question he should have asked is simple enough: "Why is there no report from the men's team managers included in the Annual Report?" Mr. Hicks's diatribe did not result in an answer.

So, the question still remains: "Why is there no report from the men's team managers included in the Annual Report?" They do an excellent job of which we may all be proud. We can feel the same pride about the admirable performances of our International players. You may say that we read about their achievements in the *Judo* magazine or the B.J.A. *Newsletter*, and undeniably we often do. But this is not enough. These successes should be recorded in the Annual Report. Reading through the 1974 Annual Report one would hardly think that the B.J.A. had any men's squads or that our male fighters had achieved international successes.

The Annual Report provides the opportunity for the Association to summarise and publicise all of its achievements during the year. The Annual Report becomes a convenient record of the work of the Association as a whole and its constituent parts. We should not read that the various Sub-Committees meet four, five, or six times in the year. We should read about what

they have done. For too long the E.C. and its Sub-Committees have failed to give adequate account of their actions to the membership.

There were three resolutions from the Executive Committee. The first of these—"That consideration be given to the idea of postal votes"—was passed by a large majority. There are sound arguments both for and against the use of postal votes. If the E.C. presents to a future A.G.M. a resolution calling for the introduction of this method of voting one hopes that the various arguments and the issues on which postal voting will be allowed will both be clearly stated.

The second resolution called for a change in the Constitution. At present only 18 Member Clubs are needed to call an Extraordinary General Meeting. The modification being proposed requires 10% of Member Clubs. On club membership figures quoted by the General Secretary this would mean that nearly 90 clubs are now required to requi-

sition an E.G.M. There was not much debate and the resolution was carried by a large majority.

The third resolution calling for the re-institution of provisional membership for new clubs was withdrawn on a technicality. The Western Area also withdrew their resolution for the same reason.

Welcome was the news that approaches had been made to the B.S.J.A. with a view to them becoming a National Association within the B.J.A. along the lines of the B.U.J.A. and the other National Associations.

Looking at the A.G.M. as a whole, there were some good and some not so good parts. Two promises which had been made the previous year had been broken. Promises were made at this meeting that action would happen in the future. Let us hope that this action does result. Let us hope also that the E.C. can now look to the future and plan the development of our Association.

PRICE INCREASE

JUDO much regret that as from the October issue the price of the magazine will be increased to 35 pence per copy or £4.20 per annum — which will be the first increase since July 1974. This of course will not apply until existing subscriptions have expired.

Since this time printing costs have risen plus our own operational expenses; and in addition there were the increased postal charges commencing in March last, with a further increase proposed for October.



Above:
Members attending
the Guinness
School of Sport
Judo Course.

Left:
Douglas Borthwick
of Edinburgh
receives his
Course badge
from
Norris McWhirter.

GUINNESS SCHOOL OF SPORT SCOTLAND, 1975

by P. M. Barnett, BJA Senior Coach

The first ever Guinness School of Sport to be held in Scotland took place during the week 19th-25th July. The School which was organised by the Scottish Sports Council, and, as the title suggests, sponsored by Arthur Guinness & Co., was located at the Dunfermline College of Education, Cramond, Edinburgh.

Some 200-plus trainees and staff arrived on Saturday 19th and were addressed by Nan Smith (Scottish Sports Council) who, after welcoming everybody, introduced Des O'Brien (Manager, Guinness Scotland) and the coaching staff.

The programme for the week was very extensive and with first class facilities to work in, the School commenced.

Six young competitors from various parts of Scotland attended and an open invitation was extended to other judomen living in the vicinity to come along and join in sessions.

The timing of the programme varied in as much as the mornings were always devoted to training periods, but recreational periods were often interjected to break up the day's programme and give relief from the actual training schedule. Sometimes these recreational periods would take place in the afternoons and on occasion they would be in the evening.

The judo course content contained such elements as: analysis of technique; defence and its various stages; learning to work in situations from standing to groundplay; combination techniques and their aims; counter-attacks and how to minimise their effectiveness and so on.

The recreational periods included a tennis tournament, football matches, swimming, basketball and badminton tournaments, plus a disco.

Further to the actual course content there was an opportunity for members to attend a lecture by Dr. Munro, who was in attendance as Medical Adviser, on "Nutrition in Sport". He also took time from his duties to give the judo boys a short talk on minor injuries and personal hygiene.

After a fairly hectic week the School came to an end, and during the final session representatives of Guinness, plus the members of the Scottish Sports Council and other visiting dignitaries, met the groups at work.

When looking in on the judo group the visitors found the boys involved in a judo "tag-match" and all concerned seemed quite impressed by the enthusiasm and spirit with which the boys entered into the competition. The boys were very obviously stiff and tired after a hard week's training, nevertheless, it did not deter them putting everything into this period. Scottish Television had selected judo as one of the activities they wished to film and whilst the visitors were busy watching the "match" the cameras recorded it for showing later in the day.

Further to the television coverage and after discussion with the Sports Council representative and coaches, two trainees were selected for a radio interview. Judo and gymnastics were afforded the privilege.

After conclusion of the final training period the whole School and visitors assembled to hear speeches from the Guinness representative,

the Chairman of the Council and Norris Guinness were pleased at the School's success and immediately extended an invitation to the Sports Council Chairman to organise a follow-up School in Scotland next year. This invitation was, in the words of the Chairman, "Accepted with probably the quickest yes in history".

Following the speeches each member of the School was presented with a folder containing group, individual and staff photographs, plus an embroidered badge.

Everyone then began to disperse after a week from which it is hoped all derived some benefit. It was particularly pleasing to hear some of the comments, not only about the great asset the judo group were to the School as a whole, but also the com-

ments by the boys themselves. In a short speech one wrote, "Probably the most important thing I have learned from this week's coaching is to train in a better way; to train more positively and to become a better competitor".

The Scottish Judo Federation can be proud of the boys that represented them and I am sure that their Chairman, Andrew Bull and National Coach, Colin McIver, who both attended during the week, will be pleased with the impression judo left with everyone concerned.

Finally a very special thank you to Nan Smith of the Scottish Sports Council, for a superbly organised programme; to Des O'Brien for being such a kind and considerate host; and last but not in any way least to Arthur Guinness & Co. for having the foresight to help along young athletes in such a practical and valuable way.



DAVID WHITE looks to the Future

Looking at suggestions for improving judo that have appeared in the magazine and elsewhere in recent years, I began to wonder just how many of them have actually been taken up and put into practice?

We can all list the number of well-equipped dojos with showers and sprung floors, etc., etc., we'd like to see but this is pie in the sky at the moment.

Tony Reay was right to remind us what is done in East Germany and in France as regards facilities, time off for training, monetary rewards and so on. But judo and the other martial arts in the U.K. are going to remain, alas, poor—in the sense of not having enough cash—for at least the rest of this decade.

Thereafter I must say I feel there will be a big increase in participation and I see aikido and karate (perhaps with new names and some amalgamated techniques) growing as judo does. However, back to reality and a few inexpensive thoughts!

The first thing that springs to mind is that we really should reconsider judo as a TV sport. I'm worried that a number of undesirable things will creep in if we don't face up to reality.

By all means let's get coverage when we can — preferably good throws and exciting contests. But even if it were possible would we want judo in the same class as pro-wrestling, golf, or even snooker? It will be fatal if we introduce things or change judo just to suit TV.

There is increasingly regular TV coverage but if we go out of our

way to suit them I promise you TV people will finish up despising a sport prepared to "sell out" to get a bit of air time.

I hope I'm exaggerating slightly in that last paragraph but, for one thing, I don't want to see coloured judogi introduced just for TV. And I don't much care for big numbers on the back of jackets. I should have thought quite honestly that red and white belts would be enough.

The problem of popularisation does lead on naturally to the question—do we want to see the several point contest brought in?

There seems to be several schools of thought about whether Dr. Kano approved of the several point contest—best of five or something like that—and if anyone has positive information about his views I'd be grateful to hear them. I understand the appeal of the "sudden death" one point contest but also wonder if the several point contest doesn't really offer more in the long run. We are certainly seeing better, more exciting, contest judo these days but if we should get stuck once more with the static, defensive, judo of recent years let's think very seriously about the several point contest.

In case you hadn't realised it, the judogi, and its design, is perhaps the most important piece of judo equipment. I think it's the most important but if you insist on having a tatami I'll sympathise.

The judogi is however just not good enough at the moment. Everyone agrees there is room for improvement, but no one seems to get

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anywhere. It's been pointed out to me that several committees throughout the world have been trying to come up with better garments.

Loops sewn on to the jacket for the belt to go through to keep it in place sounds sensible, but what about the risk of broken fingers getting stuck in the loops?

Why a belt at all? I must say that some sort of cat-suit appeals to me although I reckon we're still a long way away from a new style judogi. However, don't underestimate human ingenuity.

It is of course quite clear that some of the basic judo techniques will have to change if the garments do. Well, I say good—there's nothing sacred about the present judogi. Even Kano appears to have seen it very much as a compromise and I'm certain he would be encouraging research into better materials and designs if he was around now.

You've all heard about judoka in street brawls who reach to hold an opponent's lapels and get punched in the teeth—but this is only one indication of the reactionary force in life at work. Top contest men will always adapt to new garments or conditions by introducing new "tricks" but with the present judogi there's far too much expertise and sheer low cunning being expended in getting the right grip, putting an opponent at a disadvantage by bunching up his jacket, loosening it where leverage is wanted and so on. This isn't judo at all—it's contest technique and we've all accepted it and even studied it, almost unconsciously perhaps, in randori.

● I take Charles Palmer's point that the old kata should be retained exactly as they are because they are a record of the moves that have existed from generation to generation. But I suspect now that film will prove a quite satisfactory medium for record purposes.

There is a genuine revival of interest in kata but I think it has to

be made more interesting for the average judoka.

I'd like to suggest that one way to keep it fast and continuous is to alternate throws either in pairs or left for one man and then right for the other, etc. It's never been much fun or particularly good for you whatever anyone says to be thrown continuously and I really think this little change could make kata much more attractive to most people.

● One of the things I talked over with Trevor Leggett a couple of years ago was the problem of high grades practising with low grades. It is important that this tradition should always continue (in many sports it just doesn't happen) but perhaps at club level it would be possible to introduce a semi-contest style of activity with say a brown belt having to throw a blue belt twice or three times in three minutes to win.

It would be easy to work out a scale, although it naturally depends on the good sense of teachers to see that a brown or black belt doesn't have to throw a yellow belt 27 times in three minutes or something silly like that.

Most Kyu grades are very nervous at gradings or contests and there isn't a lot that can be done to acclimatise them in this area. The semi-contest at club level, or even inter-club level, of the sort I have just mentioned seems to me to have real merits. It may well be that some clubs already do it but frankly I haven't come across a single one.

● I've never been particularly happy about the B.J.A.'s nine Kyu grade system but if it works, fair enough. At contest level the introduction of properly thought out clocks for timekeeping has been a considerable improvement.

But I'll reserve judgement on whether it is better to have several part-time and honorary coaches rather than full-time professional national coaches. I think everyone at

continued on page 28



THE BRITISH JUDO ASSOCIATION

Newsletter Supplement

AS I WAS SAYING

By TONY REAY, General Secretary

In the last issue of this magazine we read of the tremendous success of the Midland Area in winning this year's National Team Championships. This is the fourth time they have secured the national team trophy. Some of our young readers have been writing to ask who were the previous winners and here is the list over the years:

1956 — Wales	1966 — London
1957 — London	1967 — London
1958 — Midlands	1968 — Scotland
1959 — South	1969 — Scotland
1960 — London	1970 — London
1961 — London	1971 — Midlands
1962 — London	1972 — Midlands
1963 — N.E.	1973 — South
1964 — Scotland	1974 — Scotland
1965 — N.H.C.	1975 — Midlands

A Time For Preparation

Most judo clubs are fortunate in that they are able to offer classes and practice sessions throughout the year. There are many others however, that because they are linked with school premises, etc., have to close during the peak summer period. For the instructors of those clubs it is now a time of preparation

for the new onslaught in a few weeks time. September heralds the period of renewed interest in judo and also the intake of many new members. It is the duty of anybody who takes on the task, to ensure that existing members and new members get a fair crack of the whip: it is a duty to judo itself, the activity that has given us so much satisfaction and pleasure in the past.

Instructors and coaches should ensure that not only are they presenting judo as it really is, a highly skilled sport, but that great care is taken in the conduct of the classes under their supervision. Last year I suggested that instructors and coaches should look into insurance coverage although most cases are covered by the organisation to whom the premises belong. Most clubs have a "disclaimer" printed on the application form for membership which the applicant signs accepting all responsibility, however, this would not be sufficient should an action for negligence be brought and it be subsequently proved that there was negligence. I mention this because there have been three court cases recently where in each case "negligence" was

proved. Two of these were so proved because the Sports Centre management concerned had not taken sufficient care in selecting a qualified instructor. They had accepted the credentials of the so-called instructor on face value and had not checked with the official judo organisation, the British Judo Association. People sometimes wonder why we are so strict with our standards, now you know.

Fortunately, none of the cases so far brought to my attention have involved British Judo Association members, but let's not be complacent about that. Those of us with experience know only too well how just at the moment when the head is turned a stupid incident can occur. The British Judo Association Coaching Scheme ensures that the qualified coach not only has a good knowledge of judo but that he or she can control a class with proper discipline. Special care with beginners is most important. The scheme ensures that beginners progress step by step and, provided they go through each phase correctly, they are executing throws and being thrown in a very short time without becoming bored with the whole process as used to be the case many years ago. Instructors and coaches should ensure that the beginner is well versed with one phase before he moves on to the next. Some beginners are impatient but a good coach will always keep the content interesting. The best coaches I have seen will never over-teach, rather, they are able to work on just one technique for a full two-hour session, introducing that technique in many and varied ways but keeping the class so thoroughly absorbed and feeling at the end of it that they have really worked hard and more important, that they have a real understanding of the technique in question.

Earlier this year the Sports Council sent the following statement to Sports Council Regions: "May I draw your attention to the fact that

the British Judo Association is the only judo organisation which the Sports Council recognises as the governing body of the sport in this country. It therefore qualifies for grant-aid from the Sports Council for its administration, coaching and development programmes. It is also the only British judo body which is recognised by the International Judo Federation and the British Olympic Association. The equivalent bodies in other home countries which are affiliated to the British Judo Association are the Scottish Judo Federation and the Welsh Judo Association.

"Concern has been expressed by the British Judo Association that some local education authorities might employ non-qualified instructors in further education classes and be unaware of the advisory service that the British Judo Association is anxious to offer to statutory bodies in developing judo and finding qualified instructors. It is suggested, therefore, that if local authorities need advice, regional liaison officers should encourage them to seek guidance either from the appropriate area of the British Judo Association or from its headquarters at 70 Brompton Road, London, SW3 1DR".

Looking Ahead

September also brings us towards the autumn season when many major events are held both at home and abroad. Let's have a look at the events for the immediate future. For the remainder of 1975 we have the following:

National Referees' Course, 27th/28th September, Crystal Palace National Sports Centre (C.P.N.S.C.). A course for accredited referees. Residential places will be fully booked by the time you read this but there may still be a few non-resident places left. The Course Secretary is E. Wilkin, 14 High Broom Crescent, Beckenham Road, West Wickham, Kent.

Seventh National Boy's Individual Championships, 18th/19th October, C.P.N.S.C. The biggest event of the

year for the under 16-year-olds. As a result of eliminations in the Areas, 40 boys from each Area will compete on these two days for the prize of all prizes, a national title. The lads will be competing according to their weight and book and weigh-in as follows:

Saturday, 18th October :

Up to and including 30 kilos, 9-9.30 a.m.; Over 30 kilos and up to and including 35 kilos, 9-9.30 a.m.; Over 35 kilos and up to and including 40 kilos, 9-9.30 a.m.; Over 40 kilos and up to and including 45 kilos, 12-12.30 p.m.; Over 45 kilos and up to and including 50 kilos, 12-12.30 p.m.

Sunday, 19th October :

Over 50 kilos and up to and including 55 kilos, 9-9.30 a.m.; Over 55 kilos and up to and including 60 kilos, 9-9.30 a.m.; Over 60 kilos and up to and including 65 kilos, 9-9.30 a.m.; Over 65 kilos and up to and including 70 kilos, 12-12.30 p.m.; Over 70 kilos, 12-12.30 p.m.

A good day out for all the family and a chance to see Britain's future hopes. Contests will commence at 10 a.m. with first round pools followed by knockouts and repechage. The evening performance each day will consist of the semi-finals and finals and will commence on Saturday at 7 p.m. and on the Sunday at 6 p.m. This year the contests will be fought on full international size contest areas.

World Championships, 22nd to 26th October, Vienna, Austria. Will the Japanese be able to contain the threat from Russia and East Germany who did so remarkably well earlier this year in Lyons? With each country allowed two fighters in each weight and with the Olympic Games looming next year this should be a most exciting competition.

British Open Individual Championships For Women, 8th November, C.P.N.C.S. This event was a great

success last year and is becoming very popular with overseas competitors. We are expecting a contingent of 20 competitors from the U.S.A. alone. The competition is fought in seven weight categories and commences at 10 a.m. First round in pools followed by knock-out with repechage.

National Promotion Examination For Men And Women (1st Kyu and above), 9th November, C.P.N.S.C. An ideal opportunity to gain more points for your next grade. Booking in between 9 and 10 a.m.

Women's European Championships, 1975, 12th/13th December, Munich, Federal Republic of Germany. The first official European Championships for women to be held.

Senior National Trials For Men of 1st Dan and Above, 13th/14th December, C.P.N.S.C. Trials to select the 1976 Senior National Squad and the last trials to be held before the Olympic Games. An opportunity to see and support Britain's Olympic hopes.

1976 CALENDAR OF EVENTS

8th February. Senior National Trials for Women, C.P.N.S.C.

10th April. British Open Individual Championships for Men, C.P.N.S.C.

11th April. National Promotion Examination for Men and Women of 1st Kyu and above, C.P.N.S.C.

5th to 9th May. Senior European Championships for Men, Kiev, U.S.S.R.

14th May. National Team Championships for Women and National Kata Championships for Men and Women, C.P.N.S.C.

15th May. National Promotion Examination for Men and Women of 1st Kyu and above, C.P.N.S.C.

June. National Team Championships for Men (there has not been an application from any Area to date offering to stage this event).

17th July to 1st August. Olympic Games, Montreal. The judo events will take place as follows: July 26th, Heavyweights; 27th, Light-Heavyweights; 28th, Middleweights; 29th, Light-middleweights; 30th, Lightweights; 31st, Open category.

25th/26th September. National Referees' Course, C.P.N.S.C.

6th November. British Open Individual Championships for Women, C.P.N.S.C.

7th November. National Promotion Examination for Men and Women of 1st Kyu and above, C.P.N.S.C.

12th/13th November. European Junior Championships, Gdansk, Poland.

11th/12th December. Senior National Trials for Men of 1st Dan and above, C.P.N.S.C.

Master's Tournament

Just recently I put forward an idea for a special event to be held for men of all ages and as a fairly open weight competition. The Thornaby Championships proved that such a competition was popular. Most sports have a competition in which senior players who are not fully amateur can take part. Such an event is called a Master's Competition. Les Hudspith, British International and Captain of this year's Team Champions writes to say that he is pleased with the suggestion. He suggests a competition for people up to something like 65 years old and in two weight categories. Further, Les writes "... this is a tremendous idea, I have some senior members in my club who would jump at the chance to feel the championship atmosphere once again. I would like to see it advertised in the magazine or newsletter to see the response to the suggestion". Before I put the idea up to the Executive Committee I would like to see what the response would be and whether or not it would be worth it. I think such a competition in age groups, for example; 15 to 24;

25 to 34; 35 to 44; 45 to 54 and 55 to 65. If you think you might be interested, let me know and if the response is favourable I will put the idea forward.

Warning

Members are advised to check when entering a promotion examination that the Examiner or, in the case of 1st Kyus and Dan grades, the Senior Examiner, is a qualified Examiner and has a card of authority stating so. For members in South London and in the Southern Area I wish to point out that Mr. T. Byrne is not a member of this Association, he is not registered in the Dan Grade Register and is certainly not a 6th Dan of this Association. Entries made in Association Record Books by him are not valid. May I further confirm that Mr. Edward P. R. Brown of Luton is not a member of this Association nor has he been registered with us as a 2nd Dan.

B.J.A. Squads Fund

Can I once again appeal for help towards this fund? We have been able to do some tremendous things this year for the squads but we will need more help for the final build-up to the Olympics. Highbury Judo Club held a competition recently involving 524 competitors and the admission fees were donated to the fund, the total sum being £18.60. Many thanks Highbury and thank you John Ward for organising this help.

New Japanese Judo Star

During my training in Japan I had the good fortune to see, to practice with and to get to know quite well, the famous Isao Inokuma, 1962 All-Japan Champion, 1964 Olympic Heavyweight Champion and 1965 World Champion. For a brief moment we met in Lyons at this year's European Championships. We were both busy at the time and Inokuma had to return to Japan before the end of the event in order

to be present for the All-Japan Championships. He seemed particularly keen to be present at the All-Japan and it was in a conversation with our Chairman, Charles Palmer, concerning international matters, that he revealed his main interest. It was Charles who told me that a student of Inokuma's was causing quite a sensation and that although a "new boy" on the scene, Inokuma held great expectations of him.

It was Syd Hoare who told me that Inokuma's optimism was well founded. Translating an article from the Kodokan magazine, Syd tells us of this phenomenal 17-year-old 3rd Dan who banged all his opponents over with complete ippons only to be stopped in the semi-final by Uemura, the current World Champion, who could only obtain a knock-down with o-uchi-gari. Uemura went on to win the title but must now be wondering if this young upstart will succeed him.

The name of the boy wonder is Yamashita. He stands about 5ft. 11in. and weighs 19 st. and 4 lbs. Apparently he stands up straight and comes in fast and hard with big techniques. Mere knock-downs are just not his style. He has at different times in the last year fought current world champions with a 50/50 win-loss rate. Many senior judomen in Japan regard him as Japan's future answer to the European giants who he is expected to toss over with ease. His tokui-waka (favourite techniques) are o-soto-gari, o-uchi-gari and a recent addition, tai-otoshi. He wins equally with throws and ground techniques. Yamashita hails from the Kanto area of Japan.

Incidentally, Uemura, this year's All-Japan Champion, defeated another world champion, Takagi, in the final of this open-weight competition.

To Make A Point

In a recent report to the B.J.A. Executive Committee, Kathy Ling

the National Points Recorder stated that: "Five years ago (when she was coerced to take on the job) many of the judo players were not interested in points cards and in gaining points saying that they would not collect points that way. The very same people are now even as high as 2nd Dan because of the points system".

Kathy belongs to that small army of dedicated workers who voluntarily put in many hours of work in order to give a service and a fair deal to members. She can be seen at every national event and she is known and respected by all the contest men and women. Here are a few notes from her diary:

1970 — I started my book of records with 1st Kyus and 1st Dans. Now I have 1st, 2nd, 3rd and 4th Dan books and to me this sounds very encouraging as it means that not only are the mature people still entering events but also new players are joining us.

1971 — Things are beginning to move, people are beginning to think about the point system and asking where they can get a points card from. Slowly it is becoming second nature to them.

1972 — The percentage of promotion in the 1st Kyus and 1st Dans goes up. People who thought they would never get their 1st Dan now know there is a chance for them and they are remaining active longer than those before. People ring or write about the system. At last people are waking up and realising that there is a different way of earning their grades. People who I have helped to trace their points and who find enough for their promotion have earned themselves new and good teaching jobs in schools and colleges.

1973 — Now we are on our way. The points system is working really well for 1st Dans and 2nd Dans. Dan grades, who in 1970, told me to stick to the points cards are now driving me up the points-chart wall to find out any small amount of

Copy for inclusion in the Newsletter Supplement must be received by the General Secretary not later than the 10th of the month for inclusion in the following month's issue.

points that would help them towards their next Dan grade.

1974 — 1st Kyu are now in mass production, 1st and 2nd Dans are now going along nicely. Now it is the turn of the 3rd and even 4th Dans who had been beginning to think of giving up. This, to me, is a big move in the judo world. It means that players are now staying in competition a little longer.

1975 — Well! To date, people still forget their points cards at national events as well as Area events. Both Phyllis (National Dan Grade Registrar, Dr. P. Elliott) and myself notice that two Area events with points in the same year are found on points cards.

Kathy goes on to say that the attitude towards points scoring events is that it brings out the player who would normally only practise at club level. These players even enter national events. She receives some amusing letters demanding that the points card be sent to them immediately. Sometimes, if she is lucky, she might even receive a self-addressed envelope. Mums and dads ring up to ask where their son's points card is, even husbands ring demanding their wife's points card. Kathy has to watch what happens when someone gains enough points for his 1st Dan. The general feeling about points scoring used to be that getting a Dan grade was easy, but this is not really so. Many people are on their second points card. More, to her surprise, are the young ones who drive her daft when collecting points. One of the top judo stars in fact is her favourite. No sooner than he throws an opponent he rushes to the points-record table.

The present trend shows the percentages of success to be as follows:

1st Kyu — 50% go to 1st Dan.
1st Dan — 30% go to 2nd Dan.
2nd Dan — 10% go to 3rd Dan.
3rd Dan — 3% go to 4th Dan.
4th Dan — 1% go to 5th Dan.

The last word from Kathy is: "The future for judo is, I think, good in spite of the state of the country".

Europe's Oldest Judo Club Comes To The Aid Of Our Olympic Squad

On Sunday, 14th September, the Budokwai will throw its doors open to the Olympic Squad and to any British 1st Kyu or Dan grade to practice free—on that day and thereafter every Sunday up to the 1976 Olympic Games. Training will commence at 3 p.m. and will continue, non-stop, for two hours. The idea is to help Ray Ross, the Olympic Team Manager, to augment and to continue through each month, his famous monthly squad sessions. The Budokwai's generous offer is supported by many high-grades who have offered their services entirely free. Charles Palmer, O.B.E., 7th Dan, has agreed to oversee the training but because of his heavy international commitments, Syd Hoare, 5th Dan and Tony Reay will maintain the heavy training programme.

T. P. Leggett, 7th Dan, who ran for many years the famous Sunday Black-Belt class, has agreed to come out of retirement and offer his vast experience.

Kyu grades up to blue-belt may attend but they will be charged a fee of 50p per session which will be donated in full to the B.J.A. Squads Fund.

Note: Spectators will not be admitted, only those willing to work hard for their own good and for the future of British judo—are welcome.

Record Books abandoned by their owners at National Promotion Exams

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/or points cards which they omitted to collect after attending National Promotion Examinations:—

Barclay, B.	?	Kita-nishi-Kwan	Left at Cheadle	23/6/74
Robinson, S. H.	1K	Leeds Athletic	Left at Cheadle	23/6/74
McCall, D.	1D	Budokwai	Left at C. Palace	24/4/75
Emery, B. J.	1K	Nandokwai	Left at C. Palace	24/4/75
Bryson, A.	1D	Stanwell	Left at C. Palace	24/4/75
Hewish, P.	1K	London University	Left at C. Palace	24/4/75
Hunt, A. S.	1D	?	Left at Cheadle	8/6/75

B.J.A. NATIONAL DAN GRADE REGISTER

Appendix Eleven

Promotions confirmed June-July, 1975

MEN TO 1ST DAN	CLUB	AREA	DATE
Anderson, S.		NI	8/6/75
Campbell, R.	Orchard Park	NE	29/6/72
Clarke, M.	Rochdale	NW	8/6/73
Davies, R. H.	Judokan	L	14/6/75
Duncan, A. R.	Perth CS	SJF	25/5/75
Elliott, J.	Pontliff I-Kuei-Kan	Wa	2/3/75
Hemson, J. A.	Budokwai	NHC	29/6/75
Konderla, T.	I Kuei Kan	Wa	7/6/75
Langford, D. D.	Oxford City	NHC	7/6/75
Leverett, J. W.	Hatfield	NHC	14/6/75
Leybourne, J.	Caldicot	Wa	7/6/75
McNicholas, K.	Judokan	NHC	14/6/75
Manuel, P. S.		We	4/5/75
Phillips, A. W.	Judokan	L	14/6/75
Robson, T. G.	Teesside	N	29/6/75
Stacey-Smith, D.	Camberley	S	29/6/75
Treacy, V. M.	Liverpool YMCA	NW	8/6/74
Waldron, R. S.	Pinehurst Swindon	We	13/7/75
MEN TO 2ND DAN			
Briggs, R. P.	Belfast YMCA	NI	12/6/75
Costello, K. J.	Kita-nishi-Kwan	NW	28/4/75
Farenden, F.	Leicester	M	29/6/75
Geddes, A. G. B.	Caithness	SJF	29/6/75
Leybourne, F. P.	Spencer Boys	Wa	29/6/75
Radburn, P. I.	Renshuden	L	28/6/75
Schofield, W.	Rochdale	NW	8/6/75
Wood, D. S.		S	29/6/75
MEN TO 3RD DAN			
Bradley, R. J.	Mid-Sussex	S	8/1/75

Wilhem Ruska

by John Goodbody

Ruska, Wilhem (1940-)

Together with his fellow Dutchman, Anton Geesink, Wilhem Ruska upset the domination of the sport by the Japanese.

This massive 6ft. 3in. and 18 stone blond-haired fighter from Amsterdam began judo at the age of 21 and came into top international competition just as Geesink was in the twilight of his career. He finished second in the Amateur All-Category class at the 1965 European Championships in Madrid and the following year defeated Chikviladze (Russia) in the Open final for his first European title.

In 1967 Ruska took the heavyweight gold medal at the European Championships in Rome after his Russian opponent Kibrotsashvili was disqualified for raising his hand angrily at the referee. Then in Salt Lake City, Ruska stopped a Japanese clean sweep by taking the world heavyweight title. In the semi-final he threw Anzor Kiknadze with harai-goshi and repeated it on the Japanese entrant Maejima for the gold medal.

In 1969, Ruska confirmed his position as the most powerful heavyweight in Europe by capturing the Open and heavyweight titles at the European Championships in Ostend. But in the World Championships in Mexico City he was surprisingly thrown by the Belgian, De Waeleer, in the heavyweight class.

However, in the Open class he reached the final where he lost to

Masatoshi Shinomaki, who was to take the All-Japan title six months later. In 1970 Ruska picked up two more silver medals in the European Championships, finishing second in both the heavyweight and Open classes.

After regaining his world heavyweight crown in 1971 Ruska reached



the peak of his lengthy career at the Munich Olympics. He prepared for the event by training in Japan and in the 1972 Games he took the heavyweight title by bowling over his regular rival Klaus Glahn (West Germany) for the gold medal.

And in the Open category final he held down Vasily Kuznetsov (U.S.S.R.) to become the first man ever to take two gold medals in judo at one Olympic Games. He retired after Munich.

BRITISH AIKIDO ASSOCIATION

MIDLAND & NORTHERN AREA CHAMPIONSHIPS 1975

Report by J. Eric Ashcroft

This year, the Midland and Northern Area Championships of the British Aikido Association were held in the North for the first time, staged by the host club Hi Aikido Kan of Prescott, at C. F. Mott College on 28th June, as part of the Knowsley Sports Festival. The 164 entries, for seven events contested, are believed to be a record number for any aiki event.

The kyoghi and tanto events produced some exciting bouts. Jimmy Jones of the Whiston Ehera Kan, scored an unexpected waza-ari early in his bout with Ray Ziel of the Stratford Tomiki Kai. Ziel being one of the best kyoghi players in the country. Jimmy was unable to score again however, and Ray won by ippon and two waza-ari to one waza-ari. In the semi-finals, Seamus Ward of Redditch Aiki Club also scored waza-ari against Ray Ziel, but Ray levelled the score before time, and scored waza-ari to win in an extra-time play-off. In the other semi-final Hi-Aikido's Phil Taylor met Brian Dingle of the Stratford Tomiki Kai, and at time neither had managed to score. Extra time, and still no score, but the referee's decision went to Brian for more attacking. In the final, Ray Ziel and Brian Dingle fought out the full two minutes, plus an extra minute, with no score. Once more, Brian's extra attacking won him the referee's decision.

In the tanto semi-finals Andrew Eustace of the Tomiki Kai, Stratford, defeated Ray Ziel of the same club by one waza-ari to nil. Brian Dingle defeated A. Bullamore, Scar-

borough Aiki Club, by ippon to one waza-ari. In the final Brian beat Andrew Eustace by a waza-ari to nil.

A familiar face was missing from these two events, Martin Eustace being unable to get time off from the P.E. College at which he is a student. A pity. Martin is a keen competitor, and a handful for anyone.

In the koryu dai-san, each pair performs 24 set movements, eight kneeling, eight standing, and eight against the knife. Judging is on their joint performance and presentation, with three judges giving individual markings out of 10. Seamus (Shay) Ward and Pete Savage, of the Redditch Aiki Club, performed beautifully to notch top marks for this event. Ray Taylor and Brian Dingle, Tomiki Kai, Stratford, were placed second, with R. Smith and A. Bullamore third. Brian Dingle got cramp in a leg during the kneeling section and had to rest for a while, which could have upset concentration and rhythm. Smith and Bullamore did well, but a couple of timing errors dropped them to third.

The open Ninin-Dori was fast and furious, with some exceptional aiki resulting from the all-out efforts of each team of three. Ray Ziel, Paul Clee and Cliff Lloyd of the Tomiki Kai used the mat well, showing a wide range of techniques to get first. Shay Ward, Dave Cutler and A. Steer of Redditch were only fractionally behind the Tomiki Kai, and so was the performance of Kevin Habberley, Colin Hughes and Duncan Carrier of the Hi Aikido Kan, Prescott. Redditch won second

place with Prescott taking third. The three Prescott boys are all *under 16*, but they entered the *open* instead of the junior. They did exceptionally well against top opposition and are definitely names to watch for in the future.

The Randori-no-Kata is the Kyu grade equivalent to the Koryu Dai-san, being the 17-technique basic kata of Tomiki aiki. Again, performers are judged on their joint performance and presentation. Paul Clee and Chris Lloyd, Tomiki Kai, scored the same points in the final as Denise Vigrass and P. Miller, Leeds Aiki Club, but in the preliminaries Clee and Lloyd had scored more, so they were placed first. Dave Cutler and A. Steer, Redditch, also tied with N. Reynolds and P. Scruby, Tomiki Kai, but as they had scored more in the preliminaries, were given third place.

In the Kyu-grade Tanto the action was again fast and furious. In the second round Dave Cutler, one of

the favourites, met Paul Clee, another fancied player. After *three* extra times Paul just won by two ippons to one. This was a terrific contest, and it was unfortunate that one of them had to lose. Perhaps a pooling system would be better for this event in the future? In the semi-finals Paul went on to beat R. Khan of Leeds by two ippons to nil. Khan had fought very well to reach this stage. He couldn't quite match Paul's experience, but he is another to watch for in future events. Chris Lloyd, Tomiki Kai, beat Ellis Brown of Leeds by two ippons to nil in the other semi-final. In the final Clee beat Lloyd by one ippon to nil.

The Junior Ninin-Dori event saw competitors from as young as seven showing their skills. Tony Mitchell, John O'Connor and Nola Moran put on a sparkling display of fast, varied aiki to clinch the first place for Prescott, a performance which was a joy to watch. Mark Birchall, Kevin Pilkington and Paul Langtree, Prescott, not quite as fluent as the



Left: Paul Clee (Man of the Day Award) v. Dave Cutler (left).
Right: Ray Taylor (B.A.A. Midland Area Secretary) and Brian Dingle of Stratford, winners of 2nd place in Koryu dai-San.



The Prescott team of under 16's who took third place in The Open Ninin-Dori event.

winners, were placed second. Christine Murray, K. Rackham and D. Coop, Ehara Kan, Whiston, were only 0.5 points behind the second team and fully deserved their third place.

The arduous task of judging was mainly performed by Brian Eustace, 3rd Dan, Mike Tracey, 2nd Dan, and Henry Harris, 2nd Dan, with assistance from Brian Dingle, Shay Ward, Ray Taylor, Ron Smith, Jimmy Jones and Brian Funnell.

The "Man of the Day" award turned out to be a straight battle between a Dan grade, Brian Dingle, and a Kyu grade, Paul Clee. Brian was first in Kyoghi, first in Tanto, and second in Koryu, while Paul was first in Tanto, first in Randori-no-Kata, and first in Open Ninin-Dori. Congratulations to Paul, and commiserations to Brian on a near miss.

A few comments . . . The standard of Tanto is still not as high as could be wished, though there is a slow improvement. Other aspects were more satisfactory, with the Ninin-Dori, both junior and senior, being very good. In the senior Ninin-Dori only one team used weapons—Henry Harris, J. Heaney and J. Robinson, from Evesham. The knife was used against Henry when he was Tori. This team scored only 0.5 less than Redditch and Prescott (second and third), but they must be highly commended for the introduction of weaponry into this event.

The Mayor of Knowsley attended the Championships, staying well beyond his scheduled time because of his obvious enjoyment of the aiki and the sportsmanship. The prizes were presented by Chief Supt. J. Watson of the St. Helen's Police, who is President of the Hi Aikido Kan.

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Psychology and Judo

SPORT PSYCHOLOGY

In this, the second of our series of articles, Richard Williams describes the nature of *sport psychology*.

It is only in the past decade or so that the area of psychology called sport psychology has come into being. In sport psychology an attempt is made to apply general psychological principles to the specific area of sport behaviour and in so doing the sport psychologist tries to understand the nature of sport and why people partake in various sports.

In order to get an idea of the range of topics covered by the term 'sport psychology' it might be helpful to list a few chapter headings and give brief descriptions of what they involve:

1. *General Introduction.* Most books start with a general introduction dealing with the nature of sport psychology. In some books you will find that the introductory section deals with the psychology of play and the psychology of competition, but in others these topics receive attention in chapters of their own.
2. *Growth, Maturation and Development.* Here we are concerned with how the young child grows up, how his sensory and motor capacities develop, how his physique develops, and so on. Quite often these chapters deal with aspects of psychological development as well as physical.
3. *Basic Processes.* In this case attention is again focused on the individual's perceptual (sensory) and movement (motor) capacities but the emphasis is on their nature and how they operate. Clearly, though, there is a relationship with development.
4. *Motivation and Emotion.* The term motivation has a lot of interpretations. We speak of what motivates someone to take up a particular sport and then motivation exerts an influence on how a person performs. In the same way a person's emotional state, for example, how anxious he is, affects his performance.
5. *Learning.* As well as exploring the nature of learning much research has gone into investigating the factors which promote learning.
6. *Personality.* Again, this is a very wide term. Quite often it is interpreted psychologically as meaning uniqueness of the whole person. No two people are alike and it is important to understand the nature of these differences.
7. *Socio-psychological Aspects.* The emphasis here is on social psychological factors such as the effects of an audience on performance and the way in which members of a Squad get on together with each other.

There are other topics which sport psychology books discuss either in separate chapters or as parts of chapters. These include, for example, the psychology of play, the psychology of competition, and the psychological preparation of sportsmen for competitions. Sport psychology is still very

much a developing field and so this review paints only a partial picture of what is involved. Sports psychologists are still responding to the needs of sports, hence the shape of the field of study continues to develop.

The sport psychologist can aid both the participant and the coach at all levels of ability although the psychologist has to be aware of the differing needs of player and coach, the differing needs of ability levels, and the differing needs of various sports.

So that the psychologist can respond to these needs he must first ascertain what they are and have some way of classifying them.

Naturally enough the psychologist will be concerned with classifying sports on the basis of their psychological demands. Various schemes have been proposed, and the interested reader should refer to Dr. Cratty's (1973) book "Psychology in Contemporary Sport" for a description of these. In the same way, psychologists are principally interested in the psychological differences between the sports participant and coach and the psychological differences between one sportsman and another. Why is it that man A is better than man B at judo? Is it just a question of physical differences?

The answer to this question is a resounding "NO"; performance in a sport based on a number of factors. R. B. Alderman (1974) has classified these factors into four major groups:—

1. the natural ability and physical capacities which the individual inherits and with which he is born;
2. the learning of the specific skills which each sport requires for its performance;
3. the specific type and level of physical fitness which the sport requires; and
4. "the general psychological make-up of the person in terms of his personality, motivational, and emotional strengths".

Dr. Kingsbury has written about physical fitness and judo in his article which has recently appeared in the British Judo Association Newsletter. In this series of articles the emphasis will be on psychological factors although attention will also be paid to skill learning and inherited natural abilities. However, it must be remembered that all of these factors act together in the performance of a particular sport and furthermore they are influenced by the circumstances in which the individual is performing, for example is it a competition or is the individual engaging in randori.

Despite its relative infancy there has been quite a lot of research in sport psychology and many of the findings from other areas of psychology have relevance. What this series of articles aims to do is to present some of the findings which these researches have generated. Thus, as Dr. H.T.A. Whiting, one of Britain's most eminent sport psychologists, has pointed out "research does not tell one *what* to do, but only provides some of the information on which judgements might be based as to the value of one procedure rather than another". So, you will find no hard-and-fast guidelines but rather generalisations about psychological findings. This may make your reading of these articles a more meaningful learning experience by allowing you to interpret the findings and judge their applicability for your particular circumstances. Judo is considerably under-researched, especially from the point of view of psychology. Hopefully, these articles will inspire some of you to take a closer interest in this aspect of the sport. Those of you who are contemplating the County Coach or Senior Coach Awards may find material which will form the basis of essays or projects

for these Awards. The writer would be pleased to hear from anyone who has thoughts along these lines. The bibliography which follows, lists some of the more important books in sport psychology where much more information can be found.

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(Dr. Whiting's article "The Psychology of Human Performance" which was published in the April 1972 issue of *Sport and Recreation* is also well worth reading.)

DAVID WHITE LOOKS TO THE FUTURE

Continued from page 14

the B.J.A. has high hopes of this latest move because it is an attempt to spread coaching all over the U.K. —but the proper organisation of this efforts puts additional work slap bang in the lap of our much maligned head office officials who are always overworked and underpaid. Who said "crawler"? It really happens to be true, etc., etc.

● As we have had a couple of short articles on Go, the Japanese board game, in earlier issues and as I have, I am sorry to report, been smitten with the wretched game which can — like golf — become an

obsession if you're not careful, I would like to just add that reliable information about clubs and equipment can be obtained from the British Go Association, 60 Wantage Road, Reading, Berks. (0734) 581001.

● And finally to the "fan" who wants to know if I am really as cross-eyed as the former thumb-nail picture in *Judo* makes me out to be I should just like to say that I'm as straight as they come and if you'll send your address next time I'll be round to see you Miss to demonstrate my ground-work.

BOSTON JUDO CLUB v. LAVAL, FRANCE

by R. Topple

This time we did choose a better day, or rather a better day chose us, and departure Friday did not fall on the 13th. Nine good men and true embarked at midnight to do battle with the best of the food and wine and not least, the judoka of the town of Laval in France.

The occasion was the Lincolnshire town's visit to their twin town, and 85 sportsmen including a few wives made the 1,000-mile round journey via the Channel between Weymouth and Cherbourg. It is a long, tiring journey, but the thrill of anticipation, first when you board the ferry, and again when you step on to French soil, more than makes up for it.

We arrived at about 7 p.m. and it was hard to believe that two years had passed since we had last made the same visit. As we greeted our friends it was evident that new additions had been made to some families, and in one case it appeared that the future super-heavyweight champion of France was about to make his appearance. After some happy reunions we all departed with our respective hosts for a good meal and some welcome sleep.

Sunday morning saw us at the Civic Reception at the Town Hall with the official welcoming speeches in French and English. Andy McWhirter did not need interpreting however, for he turned up resplendent in his Clan Buchanan Tartan, and did not need to say a word to be the centre of attraction. When all the ladies saw the kilt, what did they all want to know . . . ? Yes, you

have guessed it—could he play the bagpipes. At any rate he warranted a half page picture in the local newspaper all to himself.

After the reception there was a barbecue in the garden of the home of Guy Jourdin which was magnificent. The most beautiful patés and vegetables with pieces of meat cooked to perfection, accompanied by a delicious Sangria, the recipe for which we were never able to discover. All this and the French sunshine too, was really living.

Monday was a day of comparative rest which our group spent down by the river where our host treated us to the spectacle of watching him catch the biggest fish that I have ever seen caught on a rod and line —and when I say fish I mean 12 of them. They certainly made good eating too, as eight people feasted on two of them, though our readers will understand that this being France, that constituted one course only.

The evening was the celebration of the Storming of the Bastille in the Revolution and after a scintillating fireworks display and dancing in the streets, we adjourned to the local hostelry for some liquid celebration. It was at this stage, and surrounded by numerous sketches and diagrams that McWhirter swore on oath to those doubting Frenchmen that he had actually seen the Loch Ness monster. He has now to return, under pain of death, with actual photographs of Nessie, and without them his kilt will not save him.

There was to have been a training session and contest the following day but it appeared that inflation had caught up with the French as well as with us. The Judo Club of La Baule on the Bay of Biscay had demanded 30 francs mat fee each person. At our rate of exchange this was almost £3.50, so we decided in advance to spend the day on the beach. Some of the party went to La Baule and our group went to St. Malo, a beautiful walled town on the Channel coast, where the seafood was delicious. Seeing "sole" on the menu I was foolish enough to enquire whether it was Lemon Sole or Dover Sole. The waiter put on his best pitying expression and said, "Monsieur, it is St. Malo Sole".

Wednesday was the night of the competition with Laval Judo Club—Instructor and Captain, Georges Benoit, 4th Dan. There was a slight misunderstanding, but what is judo without its misunderstandings, for want of a stronger phrase. In the programme the contest was timed for 9.30 p.m., so McWhirter and I together with our host, a member of the other team, were having dinner, when at 8.30 p.m. there was an urgent telephone call from the club demanding to know what we thought we were doing — we should have been there half an hour ago—and get there tout suite.

This time all the boys were determined to do much better than in '73 when we lost — very narrowly by seven wins to two! The team to avenge that defeat was: Dave Lovelace, Ray Topple, Andy McWhirter, Chris Wright, Tony Matthewman, Alan Clark, Ted Cook, David Clark and John Ablard. John Ablard started us off well with a heartening win. The match progressed until we were level with the last contest to come. With everything riding on Dave Lovelace he embarked on his perilous match with George Benoit. He lasted precisely 40 seconds, so Boston went down by four wins to

three, a distinct improvement on our previous showing.

The dinner on Thursday was another gourmet evening, with each course representing a national dish of a different country with the French entry being of course frog's legs and escargots, for which I have developed quite a taste. In between the courses there was the entertainment rivalry, with the honours being about evenly divided between the two camps. We continued the evening, or rather the morning, in a disco, and here again inflation was rampant, because big hearted Alan Clark got in a round of eight beers which cost him £12 so I do not think anyone else bothered.

On Friday our group were invited to dinner at the home of Claude Bellanger, an excellent referee, before proceeding to the dance. Having had previous experience of these occasions we had no idea at what time we would arrive to trip the light fantastic. After a marvellous meal lasting about three hours we were conducted to another house to take Champagne before arriving at the dance about midnight. After two hours of dancing with all those beautiful French ladies we rounded off our last evening at a French home, where we all enjoyed the traditional French onion soup at four in the morning.

The coach for Cherbourg and home was to leave at 9 a.m. Saturday but at 8.45 a.m. certain faces were missing. Upon enquiry we discovered that Lovelace was still "under the table". That was of no consequence because he was leaving later anyway, but we had to send a fast driver to pick up the passengers he had for the coach. With all present and correct we took our leave of our magnificent hosts and commenced the long journey home.

So, the message is fellows—find out where your twin town is and get it cracking.

International Judo Summer School Papendal, Holland—July 1975

Report from Dick Copperwaite (2nd Dan) Bedford J.C.

Once again a large contingent from the British Isles descended on Papendal, the Dutch National Sports Centre, for its annual summer school. The judokas from the British Isles were Dr. Phyllis Elliott, Chris Wheeler, N.E., Chris Moore, Wales, John Arnold, British Army, Germany, (John, sorry I never knew your surname), Liz Wilson, Scotland, Pete Scott, Southern Ireland, Peter McNamara, London, Cathy Wardle and myself, N.H.C. All of us were booked into the summer school accommodation building which was better than camping.

The summer school, which is run by J. J. Brakel, Secretary of the Budo Bond Nederland, is probably one of the best ways to spend a holiday. It is open to judokas of both sexes of 1st Kyu and above. Many countries were represented, and age did not seem to matter. One Dan grade from Germany was well over 70. Instruction was given in three dojos by many well known instructors including Dr. G. F. M. Schutle, 7th Dan, Tokio Hirano, 7th Dan, G. Alpers, 6th Dan, W. Hoffman, 6th Dan, M. Ohgo, 5th Dan. Hard training, soft training, randori or kata were the pupil's own choice.

Language was no problem as the instructors used English and German most of the time. The patience of the instructors was perfect and none of them seemed to mind repeating even the simplest things over and over again.

On two days we were visited by the Dutch military team plus 7ft. 2in. Peter Adalar. Phyllis and myself were silly enough to have a randori with him. It was during this session

that we wished Alex Ives was once again with us, as Alex became a hero last year when in front of many of Peter's countrymen Alex threw him with a lovely pick-up for a full point. Neither Phyllis nor myself could match Alex. We were also visited by John Blumming, a 6th Dan from Amsterdam. John was Ruska's teacher at the beginning of Ruska's career.

On Friday in a corner of one of the dojos, Phyllis took cine-films of some of the techniques we had learned.

Apart from the judo some of us went to the weight training room for a session taken by Jon Kallenbark, 2nd Dan judo, 4th Dan karate. Jon won the European Karate Championships a few months ago at Crystal Palace. He is a sports teacher at a Dutch university and his instruction was first class.

The night life was very good and all of us, with the exception of the two Chris's who retired to bed at about 11.30 p.m. each evening, carried on at the various bars or parties until a much later time. One of the wonderful things about judokas is that you do not have to know them to enjoy yourself. One could sit at any table in the bar, next to a 1st Kyu or a 7th Dan and you immediately became a member of a happy bunch of people. Instructors were called by their Christian names from the word go.

The week finished with a barbecue on Friday night, and although some of us went to a disco in Arnhem, when we returned there were still parties going in.

Saturday saw the departure from Papendal for another year. Phyllis drove to East Germany to further her knowledge of judo. Liz was staying on the Continent and headed for Paris, while I did a shuttle service to the station and then drove home. Another holiday at Papendal was over, but I feel sure most of us will return in 1967, the date being 10th to 17th July.

Anyone interested should contact Dr. Phyllis Elliott, 35 Fountside,

Oakdale Road, Sheffield, S7 1SN. The entry forms are sent out about February/March and the cost is approximately £50 including instruction and full meals. Meals were Continental and very good.

All that is required to attend is a 1st Kyu grade, be over 15 years of age and have a sense of humour. Jokes were being cracked every minute of the day, and when a 7th Dan tells a joke you have to laugh!

MIDLAND & NORTHERN AIKIDO CHAMPIONSHIPS

Continued from page 23

To add variety to the programme, a kendo "Round Robin" fence was staged by members of Hi Aikido Kan, and an impressive demonstration of kendo kata was performed by Roger Kemp, 2nd Dan, the club's

kendo instructor, and Steve Sunley, 1st Dan.

All in all a successful and exciting day of aiki. Congratulations to the 1975 Champions and to all who took part and helped in various ways to make this a real event!

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BODLEY HEAD

COARSE JUDO

by **JOHN M. THOMSON**

Secretary of West Midlands Police Judo Club.

Judo is an international and Olympic sport. Its origins date back to the Japanese Samurai. Steeped in tradition with its distinctive garb and etiquettes. It is a worthwhile and rewarding pastime which is enjoyed by men and women throughout the world.

Judo at national and international level is hard and aggressive, and is practiced by players who are superbly fit. They think nothing of being thrown hard and used like a pile-driver. If they receive an injury anywhere short of a stretcher case, they carry on after receiving completely inadequate treatment. They shake hands at the end of the contest and despite having perhaps had an extremely hard thrashing, accept it in good grace.

Beneath the veneer of top judo there lurks, at club level, a very different kind of judo player. He is unfit, overweight, hates pain and is terrified of being thrown. He comes to the club with both ankles and both knees heavily strapped up, and perhaps a wrist support as well. His kit is fifteen years old, faded and patched in numerous places. Sometime in the distant past, he reached brown belt standard. It was so long ago that no one in the club dare contradict him when he tells of how he smashed everyone in the grading examination to win his belt. The belt he wears is a very deep brown, which, with constant wear has so faded it is mistaken for black!

He is a coarse judo player. His judo is far removed from that seen at national level. He knows all the set little judo cliches, such as:—

"Bending like the willow"; "To overcome by accentuating force rather than opposing it"; "Judo is the gentle way"—to name but a few. The only thing is that in practice, he can't seem to get it to work that way.

He reminisces about training with Watanabe and Koizumi, whom he has never seen before, thinks that all these new rules spoil judo, when secretly he doesn't understand them and is too set in his ways to adopt new methods.

He knows, or thinks he knows, all there is to know about judo and if only he could devote time to training hard, or was ten years younger, he would be a champion. He would have had his black belt long ago, but the examiners kept putting him against twenty stone monsters, who eventually, became Heavyweight British Champions. What chance did he have against these kind of players?

When he goes on the mat, he always avoids practising with black belts... "Well, you have to encourage beginners, don't you?" he explains. He enjoys throwing beginners and feels a sense of achievement if he manages to throw an orange belt or a green belt. If he doesn't manage to throw anybody, well, it's not so bad! "You can't keep your fighting standard when you're teaching." (He helps out with a children's class when the instructor is on holiday.)

If asked to go on with a black belt, he usually declines with the excuse that his knee is playing up a bit. Very occasionally he agrees, but only with someone he has known for many years and knows how to

defend against. Having been at the club so long, he has worked out ways of defending against most of the black belts that he has known, by watching them for a long time. When practising with them, he again finds a sense of achievement — this time, not throwing, but avoiding being thrown himself.

"Well of course he beat me on the ground — never was my good point, ground work — but then judo isn't really ground work, is it? Yes, I realise that I didn't throw him, but then, he didn't throw me either — besides, I was at a disadvantage with my bad knee — and I couldn't turn on my left ankle either, so I really didn't have much of a chance. What do you mean, I should pack up? Kano was still practising when he was eighty years old and if he can keep going that long, I have plenty of time left. It's people like me that keep this club together. Just think of all the experience you would lose if I packed up. Yes, well I know that I only come now and again and that I always seem to miss the warming up exercises — but, I've got commitments you know and it is not so easy to get away sometimes. Besides, with my knee, I couldn't do a lot of those exercises anyway ..."

On the rare occasions that he goes on the mat with someone who is far superior in judo standard to himself, it is generally a mistake. On one such occasion, he went on with a visitor from another club who was wearing a white belt. Actually, he was a black belt third dan, but he had forgotten his belt and had borrowed the white belt to hold his kit together. Unsuspectingly, our coarse judo player moved in for a flamboyant and very obvious O-Soto-Gari and was encountered with a devastating throw which smashed him to the canvas with enough force to shake the Dojo to its foundations.

When he regained consciousness, he dragged himself to the edge of the mat muttering obscenities at the pain

he was suffering, and when told that his opponent was a third dan, he harangued his other club members for not warning him in time to feign injury and decline the practise. He hobbled off to the showers, plotting his revenge and considering reporting the third dan to the British Judo Association for unethical conduct.

"Well, how was I supposed to know he was a third dan and had told everyone at the start of the practice? I couldn't get here for the start of the session — with one thing and another — and, besides, those exercises are a bit much. It's not fair at all, there was I looking for a nice gentle practice, to get warmed up, and throw me like that, when I was cold, he might have killed me. Got no sense of decency these people. Yes, I know my belt looks as if it is black, but that is no excuse — he could have pulled the throw a bit and let me down gently. Third dans have a responsibility to take it easy on lower grades."

He leaves the showers and goes back to the Dojo, limping and holding his back. He only begins to feel better when he sees the third dan attempt a big throw on the edge of the mat. It would have come off beautifully, had the third dan not caught his foot in a small tear in the canvas. Instead, he stumbled off the mat, lost his balance and fell heavily against the wall, splitting his head wide open in the process.

The third dan is taken to hospital, while our doubtful hero is gloating over a pint in the local pub. Suddenly, he realises the danger he is in as the Championship Organiser for the area has just walked in and is always on the scrounge for people to help out with moving mats and other unenviable work. He leaves half his beer and excuses himself to go to the gents, then sneaks out of the back door, before being pressured into agreeing to help out with any of the work which has to be done. He considers it is worth

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continued on page 38

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leaving some of his beer to get away and, apart from that, he wants to get home and tell his wife how he managed to throw a third dan and put him in the hospital!

The coarse judo player's long suffering wife knows him only too well and takes his stories about his judo exploits with a pinch of salt, whilst mentally saying to herself: "Jack-anory, Jackanory, Jackanory..." She knows that he would really like to give up judo but refuses to admit that he is past it or will never be a Starbrook or a Parisi. Instead, he believes that he could be exceptional, if it wasn't for this blasted knee. Apart from that, he revels in the advantages of being a judo player. He has a British Judo Association sticker on his car and always leaves his judo suit enwrapped in his nearly black belt, on the front seat, where it can be easily seen by everyone who passes by. Locally, he has a reputation for being a tough customer — purely and simply because he

goes to judo and, since very few people in the area know anything about judo, he is considered to be someone not to be taken lightly.

He has a job at the local Town Hall, every time they have a dance. He gets paid rather a nice little fee for being a bouncer—when, in fact, he does nothing except stand at the door all night. So far, he has been lucky, no one has challenged him, as they are afraid of his reputation. Secretly, he is worried that one day he may have to throw someone out who resists and not only smashes him but also the myth that surrounds his physical capabilities.

The National Squad members refer to this kind of judo player as a "Doughboy"—meaning that they are as much use on a judo mat as the Pillsbury Doughboy seen on TV adverts.

I feel that this is rather unkind, but I don't let it worry me... I mean, they couldn't be referring to me—could they???

Books wanted for Judo Club Technical Library

"Dynamic Judo" Vol. 1
by Kazuzuo Kudo.

"Dynamic Judo" Vol. 11
by Kazuzuo Kudo.

"My Study of Judo"
by Gunji Koizumi.

"Standing Judo, the Counter
Techniques"
by Mikonosuke Kaiwashi.

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