

JUDO



MARCH 1983 NUMBER 32

85p



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- **SPORTS SHORTS WITH TONY MATTHEWS**



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Frankly

OBSERVATIONS, NEWS AND VIEWS... by FRANK SMITH

Britain's first International Invitation Tournament, the 'British Masters' has now received acceptances from the following Nations: West Germany, Poland, Holland, Canada, Japan, Senegal, Sweden and Israel which ensures a really good event.

Remember tickets are on sale **now** at £5.00, £7.00 and £8.00 a day and are going very well. It won't work to leave ordering until the last minute for this event, make sure of your seat now. See the advertisement inside the magazine.

You may have seen the letter in this month's British Judo from a member of the Welsh Judo Association, John Perrins, complaining about the future plans of the Management Committee of the British Judo Association in respect to buying its own headquarters.

Apart from having got a lot of his facts wrong John seems to think that before the M.C. invest any of the Association's money in buying its own property for its head office they should ask the permission of the Annual General Meeting.

Could it be that John is embarrassed because he was Chairman of the Finance Sub-Committee which authorised the move into the present headquarters in Woburn Road which are to cost the Association £23,000 per annum in rent alone.

Perhaps someone has told him what sort of mortgage one can get for that amount on a re-saleable investment owned by the Association and he doesn't want his own Sub-Committee decision made to appear as if it had been made without any thought to the future.

I have recently received an invitation from the British School Judo Association to attend an Open Judo Tournament for the disabled.

Although I know very little about the organization of the event, I know it is being put together by a Sub-Committee of the B.S.J.A. in conjunction with the British Sports Association for the Disabled in the West M'dlands and that Malcolm Collins and Ken Webber are part of that committee.

The Tournament is at Haden Hill Leisure Centre on Saturday 23rd April 1983 and consists of four categories of contest in the normal weight categories for junior boys and girls.

These categories are 'Standing competition under normal rules', 'Standing competition under modified rules', and the same in respect of ground work competition. Dress is variable as are the awarding of penalties, to suit the situation.

I have been involved in organizing and staging many tournaments, some of which have become major national events, but it all seems insignificant when compared to the courage, patience and dedication needed to stage this event.

I know the children will enjoy it immensely and it will be a high point of their lives and I applaud everyone concerned for their commitment. Perhaps you will also give it your support. Contact Malcolm Collins, 84 Tower Road, Warley, West Midlands.

COVER PICTURE...

Chris Bowles scores Wazari from Kosotogake in the trials.

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JUDO DIARY

NATIONAL AND INTERNATIONAL EVENTS

Friday 4th to Sunday 6th March 1983

Womens European Championships—Genoa, Italy

Saturday 12th and Sunday 13th March 1983

Fourth Channel Islands Open Championships—Fort Regent S.C., Jersey

Saturday 19th March 1983

NATIONAL TEAM CHAMPIONSHIPS FOR MEN—

Swiss Cottage S.C., London

Saturday 26th March 1983

B.S.J.A. International Trials—Haden Hill Leisure Centre

Saturday 9th and Sunday 10th April 1983

Dutch Open Championships for Men—

Rodahall Sports Hall, Kerkrade, Holland

Saturday 23rd and Sunday 24th April 1983

British Open Championships for Men—Crystal Palace National Sports Centre

AREA EVENTS

Sunday 6th March 1983

Liverpool Y.M.C.A. Team Championships

Sunday 13th March 1983

North West Men Grade—P.E., Kirkby

Sunday 20th March 1983

South Lancashire Under 18's Open Championships—Sutton High S.C.

Sunday 10th April 1983

North-West Dan Grade—P.E., Stretford

North-West Womens Open Championships—

Sutton High S.C., St. Helens, Lancashire

MIDLAND AREA PROMOTIONAL EXAMINATIONS

Sunday 6th March 1983

Boys all Grades—Pershore—9-30am

Sunday 13th March 1983

Girls 9th Mon and over—G.K.N.—9-30am

Sunday 13th March 1983

Boys Novice and 1st—Derby—9-30am

Sunday 13th March 1983

Boys 2nd and 3rd—Derby—12-30pm

Sunday 20th March 1983

Boys 4th-6th—Derby—9-30am

Sunday 20th March 1983

Boys 7th and over—Derby—12-30pm

Sunday 27th March 1983

Women Kyu—Bingham—9-30am

Sunday 27th March 1983

Girls to 9th—Alfreton—9-30am

Sunday 10th April 1983

Boys all—Alfreton—9-30am

Sunday 17th April 1983

Men Kyu—Wellingbro—9-30am

Sunday 17th April 1983

Boys all—Chapelhouse—9-30am

Sunday 24th April 1983

Boys all—Bicton—9-30am

Sunday 24th April 1983

Men Kyu—Derby—9-30am



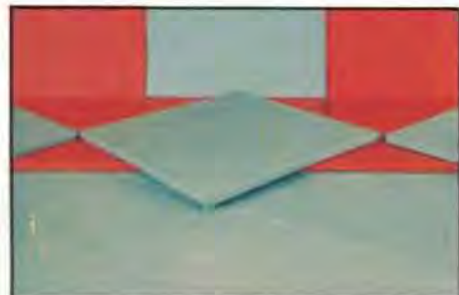
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NATIONAL TRIALS

FOR MEN & YOUNG MEN: SAT 29th JAN

FOR WOMEN & YOUNG WOMEN: SUN 30th JAN

I think I may have said before that the 'Trials' are not my favourite Judo Tournament, as a spectator, and the inevitable petering out of the competition to a seemingly inconclusive end must be totally confusing to the uninitiated.

Having said that, this year, it was better than most with some very interesting confrontations and some spectacular judo. Chris Bowles did his fair share of it, (see cover picture) ably supported by Adams and Gordon and one or two others whilst amongst the women, Briggs, Hughes and Netherwood starred.

For those of you who have not attended or watched the National Trials, it is the method by which the National Young Mens and Senior Mens, Young Womens and Senior Womens Squads are compiled for the coming year and it is required that players attain one of the first four places in their weight category to qualify. These top four players, plus the National Team Manager's co-options, qualify for financial assistance to attend squad sessions and become available for international selection. That it all rests on one day's performance is a point for argument with those strenuously opposing it and those just as vigorous in their support of the system.

Certainly, the top four places more than earn their places and in some categories they can have twelve fights before qualifying. The alternatives are various but most hinge around players scoring points over the preceding year by their performances in certain nominated home events such as the British Open, The National Team Championships, The British Closed, The Welsh Open, The Scottish Open, etc., with a basic requirement of even the best players to enter most of the events before they could qualify.

However, no changes yet and the Mens and Young Mens events got the event off to a good start on five mat areas, with the whole contest based on a pool system. The difficulty is that one had to see and record every fight to know who is making the top two places in each pool and so progressing into the next round and it is clearly not possible to do this. Table Officials could help by announcing winners and scores and the progressing players but perhaps they are under too much



pressure for this. It was also difficult knowing which events were the Young Mens and which were the Senior Mens and at times it gets quite confusing.

There were only three players over 95 kilos in the Young Mens section and James Webb (London) won the pool with a strangle on Gibson (Northern Ireland) (whom Williams (Wales) also beat by a Yuko) and Kiken-gachi when Williams retired injured.

There were seven at Under 95 kilos though none of the contests were very inspiring other than White's (London) two Wazaris on Palmer (Northern Home Counties) who in turn scored on Ippon on Dumakey (South).

In the final pool of six players Palmer was the most able with three Ippons and a Wazari to take him to the top of the table despite losing again to White, again with two Wazaris. Dave Finlay (Midlands) took second place with White third and Wingfield (South) in a fortunate fourth place with one win after Hibbett (Northern Home Counties) retired injured in his fight against Palmer and was unable to start his last contest against Deplangue despite having three wins already. Raymond Williams topped the ten entrants in the



Top: CHRIS BOWLES, Under 71 kilos No. 1
Left: NEIL ADAMS holds for Ippon with apparent ease.

Report & Photos Frank Smith Photodesk



In this series of pictures Fred Bradley is seen in his fight against Gavin Bell. The final picture shows the attack which injured Gavin's ankle.



86 kilo category scoring three Ippons from throws and one from Juji-gatame in the process whilst Wiltshire (South) took second place with two wins followed by C. Davis (Wales) and I. Gordon (South).

Paul Prentice seemed to have put his stay in Japan to good use and scored eight wins to take first place from Martin McSorley at 78 kilos whilst Goodwin (North West) took the 71 kilos spot from T. Prescott (South) by a Koka. Howard Melville (London) and Paul Seals (North West) had two wins and eight points each in the final pool at 65 kilos with Melville taking first place with a Yuko win over Seals who looked the most impressive player in his earlier fights. The bottom two categories had a very large entry and the first round at 60

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kilos had no less than seven pools with twenty-six good players looking for places. N. Eckersley (North West) took top position from Barner (Yorkshire and Humberside) but the qualities of the event meant that previous Under 18's National Champions Somerville and Chamberlain didn't even make the last four.

The Senior Mens event was taking place at the same time as the Young Mens Contest and the heavyweights at Over 95 kilos were putting up quite a show. Elvis Gordon topped his pool holding Martin Clarke and Errol Carnegie and throwing McGarrity (Yorkshire and Humberside) for two Wazaris with Clarke taking second place beating Carnegie by a Shido and consequently surprisingly eliminating him. Marvin McLatchie also had three wins in pool two, throwing Rob Willingham for Ippon and holding Jones (Army) and then getting a deserved decision against Davies and then armlocked Martin with Juji-gatame. Elvis then threw Davies for Ippon with a tremendous Uchimata and then lost to Marvin by a Koka. What activity! McLatchie and Gordon both deserved their places and played with more skill than either have shown in past finals though Carnegie just never seemed to get going.

There were fifteen entries at Under 95 kilos with Nick Kokotaylo probable favourite and Bob Debelius returning (though looking well overweight) to the

fray. In the final pool Kokotaylo threw Debelius with a nice Harai for Ippon to take first place with three Ippons (two from Juji-gatame) and Bob came in for a well-fought second place from Campbell (Scottish Judo Federation).

Densign White went into the 86 kilo category still unable to make up enough bulk to get to the top of the weight range, at a little over 81 kilos and in the final pool could not cope

with the power of Stuart Travis and Stewart Williams and so took third place.

Travis looks a most improved player this year though perhaps lacking a big throw and he only lost once on the day, to Stuart Williams by a decision. Williams, as ever, looked very capable and has good variety of technique and well deserved his first place to match his brother's placing in the Young Mens Event. Bill Ward found himself unfortunately drawn in the same third round pool as White and Williams and lost to both of them on decision despite a very spirited performance.

Densign has a difficult choice. He either returns to 78 kilos which is his best body weight and has to beat Adams or accepts the third place ranking at 86 kilos where he is both physically and psychologically unhappy.

Neil Adams looked on a different plane from everyone else in the 78 kilo category and won every one of his 'lucky' thirteen fights from a variety of holds, throws and locks each of which scored Ippon and at no time at all did he look stretched. Mind you, he didn't strangle anyone. Could it be that this is his achilles heel? Think about it guys, this may be a weakness, offer him your neck!

Ray Stevens looked a much better player on home ground than he did in the Junior Europeans in Rumania and



Photos 6 and 7: **KERRITH BROWN** (65 kilos) with his well practised turn into Sargaku-gatame.

Photo 8: **DENSIGN WHITE** ponders his future after coming third at 86 kilos.

Photos 9 and 10: **CHRIS BOWLES** applies Juji-gatame for Ippon.



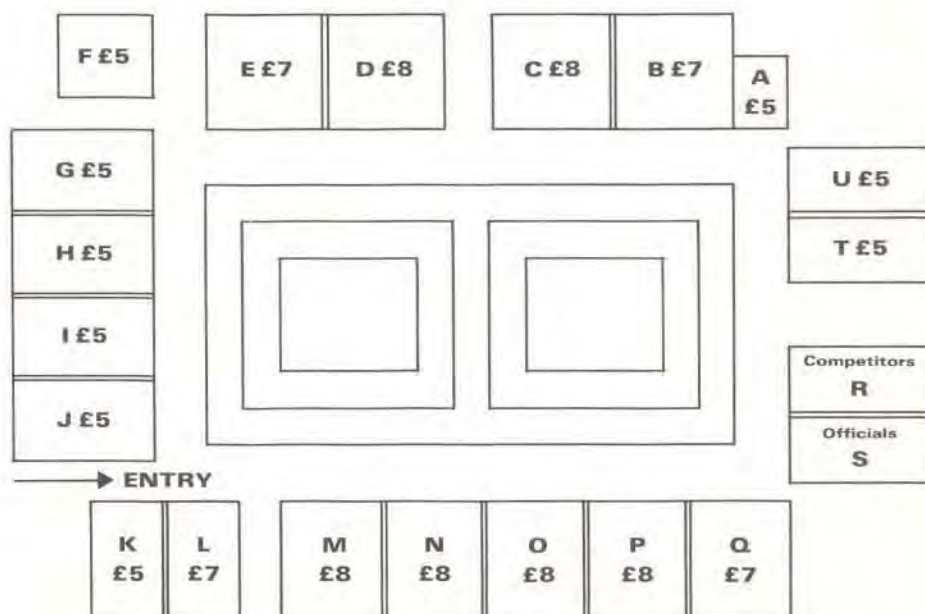


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Photo 1: DAWN NEATHERWOOD
Photo 2: MARGARET HICKS
Photo 3: JANE SEYMOUR

looks to have been working hard and fully deserved his second place whilst the perennial, Dave Walker (Midlands) was as pleased as punch with his third place. Richard Armstrong went out in the third round.

Chris Bowles has been a bit of an enigma in recent years. He is at times world class yet sometimes doesn't produce the sparkling enthusiasm with which he seemed to take into this event and his scores from his switching technique into Ko-soto-gari were magical. In the final pool Chris threw last year's number one, Kirk Isichei for Wazari to take the top spot away from him despite it being the only fight Kirk had lost all day. Bowles scored seven Ippons throughout the day and to my mind was the second only to Adams in technical terms and it's good to see him back at the top.

There did not seem much doubt that Kerrith Brown would win the 65 kilo event though Steve Gawthorpe would obviously make it as difficult as possible and Willy Bell and Willy Buchanan (Scottish Judo Federation) along with Dave Rance were obvious contenders. Bell did not look too comfortable at his new weight and went out in the first round and Buchanan followed him in the third though Dave Rance fought extremely well to get third position behind Gawthorpe who was edged into second place by a Yuko to Brown.

The final pool of the 60 kilo event was just about as strong as you can get with Middleton, Swatman, Gavin Bell and Bradley contesting the four places with Peter Middleton facing John Swatman in the first fight. In a ding-dong struggle Swatman incurred a Chui which gave an all important win to Peter.

Swatman then lost to Bell on a one point decision and Middleton threw Bradley for Ippon putting Peter into the lead. Bradley then fought Britain's

World Championship entry in 1982, Gavin Bell. Fred Bradley has improved tremendously in the last year and was proving too much of a handful for Bell and was indeed a Wazari, a Yuko and a Koka up when Bell was injured and had to retire.

Bell was then due to fight Middleton but could not recover in time and his withdrawal changed the final places around quite a bit. Middleton stayed first with Swatman going into second place as a result of his Yuko win against Bradley whilst Fred was relegated to third place. John Holliday topped his pool beating Bell in the process but then lost to Bradley in the second round and went out on points.

★ ★ ★ ★ ★

Having enjoyed the Mens Event I expected the Women to be less exciting with the National Squad again dominating all the categories and whilst this was generally the case, there were some interesting performances from some young players.



World Champion, Loretta Doyle was missing from the 52 kilo category with a respiratory infection and Jane Bridge seems to have retired from competition at 48 kilo though World Champions Karen Briggs was at her dominating best.

The Young Womens Categories are from 44 kilos to over 66 kilos and several of the junior National Medallists were successful in gaining National Squad places and there was the occasional glimpse that showed that at long last the girls are being coached more seriously than before. Certainly they are better trained.

At 44 kilos, 1st Kyu Tracy Horsfall (Northern Home Counties) claimed first place when dominating the pool with five clear wins with T. Mussett (South) following into second place with four wins.

Susan Rendle (Yorkshire and Humberside) compounded her British Open success by topping the 48 kilo event from Andriou Blanchette (Northern Home Counties) and Susan

Cosnett 14th Mon (Midlands) showed that her National Under 18's medal was no fluke by claiming fourth place behind D. Rothery (Northern Home Counties). With the absence of Jane Bridge I can see Rendle easily becoming number two to Karen Briggs, certainly she will put the senior squad under pressure. Debbie Patron edged out Debbie Snowden by one point to take first place at 52 kilos whilst both girls in third and fourth place were from the Midlands, Susan White and Michelle Bowater.

The quartet at 56 kilos who claimed squad places all looked promising fighters if lacking in major throwing techniques and Turner, Kim Jackson, Sheldon and Morgan are all well known at National junior level and have considerable domestic contest experience already.

Eileen Boyle (Scottish Judo Federation) completely dominated the 61 kilo category having Ippon wins in every fight (mainly from strangles) except against Melanie Tapp (Yorkshire and Humberside) who contained her well and restricted Eileen to a decision. Laurie Noble then threw Melanie for Wazari which put the Yorkshire girl out with Finney and Vohmann taking the two other places. Unfortunately I missed the 66 kilo class in which K. Mackay (North) came out top with three wins whilst the Over 66 kilo group had just four competitors who were consequently all assured of places with C. Nagle (Northern Home Counties) taking first place.

In the Senior Womens event, Karen Briggs was obviously outstanding, indeed as you would expect from a World Champion, and seems to be competing with Neil Adams as to who can spend the shortest time on the mat. Four of her contests finished in a minute (two under 30 seconds) and Anne-Marie Briody (Scottish Judo Federation) must have created some sort of record by going the distance and only losing on a Koka.

All the Ippons were Juji-gatame except the Tomenage on Stephanie Madge. Junior National Champion



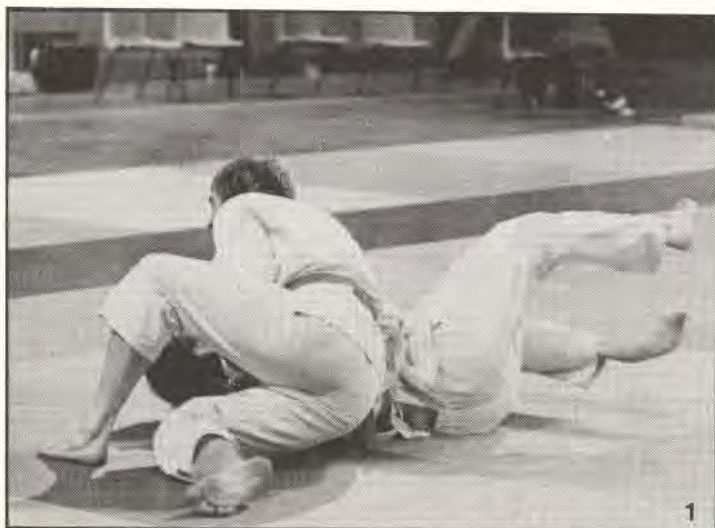


Photo sequence 1 to 4:
Adams scores Ippon
with Uchimata.

RESULTS SENIOR MEN

- **UNDER 60 KILOS...**
1-P. MIDDLETON-(Y & H)
2-J. SWATMAN-(M)
3-F. BRADLEY-(Y & H)
4-G. BELL-(SJF)
- **UNDER 65 KILOS...**
1-K. BROWN-(M)
2-S. GAWTHORPE-(Y & H)
3-D. RANCE-(NHC)
4-T. GUDGEON-(NHC)
- **UNDER 71 KILOS...**
1-C. BOWLES-(S)
2-K. ISICHEI-(NHC)
3-N. BARBER-(NW)
4-P. AJALA-(L)
- **UNDER 78 KILOS...**
1-N. ADAMS-(L)
2-R. STEVENS-(NHC)
3-D. FALKER-(M)
4-K. LYNCH-(NW)
- **UNDER 86 KILOS...**
1-W. WILLIAMS-(S)
2-S. TRAVIS-(ARMY)
3-D. WHITE-(M)
4-S. FAULKNER-(NW)
- **UNDER 95 KILOS...**
1-N. KOKATAYLO-(NW)
2-R. DEIBELIUS-(L)
3-G. CAMPBELL-(SJF)
4-P. MARLAND-(NW)
- **OVER 95 KILOS...**
1-M. McLATCHIE-(S)
2-E. GORDON-(M)
3-M. CLARKE-(S)
4-G. DAVIES-(WJA)

YOUNG MEN

- **UNDER 60 KILOS...**
1-N. ECKERSLEY-(NW)
2-M. BOWMER-(Y & H)
3-D. PINNOCK-(M)
4-J. MURPHY-(NHC)
- **UNDER 65 KILOS...**
1-H. MELVILLE-(L)
2-P. SHEALS-(NW)
3-M. ADSHEAD-(NW)
4-C. SAVAGE-(NIJF)
- **UNDER 71 KILOS...**
1-J. GOODWIN-(NW)
2-T. PRESCOTT-(S)
3-F. DAVIS-(M)
4-A. SHEPHERD-(S)
- **UNDER 78 KILOS...**
1-P. PRENTICE-(S)
2-M. McSORLEY-(SJF)
3-M. REYNOLDS-(NIJF)
4-F. GARGAN-(ARMY)
- **UNDER 86 KILOS...**
1-R. WILLIAMS-(S)
2-S. WILTSHIRE-(S)
3-C. DAVIS-(WJA)
4-I. GORDON-(S)
- **UNDER 95 KILOS...**
1-S. PALMER-(NHC)
2-D. FINLAY-(M)
3-J. WHITE-(L)
4-R. WINGFIELD-(S)
- **OVER 95 KILOS...**
1-J. WEBB-(L)
2-A. WILLIAM-(WJA)
3-J. GIBSON-(NIJF)

RESULTS SENIOR WOMEN

- **UNDER 48 KILOS...**
1-K. BRIGGS-(Y & H)
2-H. TAYLOR-(N)
3-A. BRIODY-(SJF)
4-S. MADGE-(S)
- **UNDER 52 KILOS...**
1-B. ALLTOFT-EARLE-(Y & H)
2-D. JACKSON-(NHC)
3-C. SHIACK-(SJF)
4-S. GOODWIN-(S)
- **UNDER 56 KILOS...**
1-D. BELL-(N)
2-K. GRAY-(NIJF)
3-K. DUSTAN-(WJA)
4-M. HICKS-(W)
- **UNDER 61 KILOS...**
1-A. HUGHES-(NHC)
2-L. BRADLEY-(NHC)
3-S. RIPSHER-(NHC)
4-M. JONES-(S)
- **UNDER 66 KILOS...**
1-D. NETHERWOOD-(NHC)
2-J. SEYMOUR-(S)
3-K. HIGMAN-(N)
4-A. LUCITT-(Y & H)
- **UNDER 72 KILOS...**
1-A. MALLEY-(NIJF)
2-A. TAYLOR-(E)
3-T. HAYDEN-(L)
4-J. GLAZEBROOK-(M)
- **OVER 72 KILOS...**
1-H. WANTLING-(NW)
2-H. FORD-(S)
3-G. BROWNIE-(N)
4-K. SELFE-(NHC)

YOUNG WOMEN

- **UNDER 44 KILOS...**
1-T. HORSEFALL-(NHC)
2-T. MUSSETT-(S)
3-K. HOGAN (S)
4-J. HORTON-(S)
- **UNDER 48 KILOS...**
1-S. RENDLE-(Y & H)
2-A. BLANCHETTE-(NHC)
3-D. ROTHERY-(NHC)
4-S. COSNETT-(M)
- **UNDER 52 KILOS...**
1-D. PATON-(NW)
2-D. SNOWDON-(NW)
3-S. WHITE-(M)
4-M. BOWATER-(M)
- **UNDER 56 KILOS...**
1-J. TURNER-(S)
2-D. SHELDON-(M)
3-K. JACKSON-(NHC)
4-H. MORGAN-(WJA)
- **UNDER 61 KILOS...**
1-E. BOYLE-(SJF)
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1-K. MACKAY-(N)
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3-N. GOODALL-(NHC)
4-H. DAVISON-(NW)
- **OVER 66 KILOS...**
1-C. NAGLE-(NHC)
2-P. BAXTER-(W)
3-J. SPINKS-(L)
4-J. EDMONDS-(S)

Helen Taylor took a well deserved second place despite being somewhat lacking in major Tachi-waza and the talented Scottish Champion took third place. On this showing only Briody looks capable of pushing Karen in the foreseeable future.

Bernie Alltoft-Earle took advantage of Loretta Doyle's absence to capture first place at 52 kilos with the much improved Denise Jackson taking second place by just one point. In fact, Denise was the only girl throwing well in the whole category and scored two Ippons from Seoi-nage plus a Yuko, though Sandy Fry earned a Wazari from J. Ashurst. On the whole I was disappointed with the negative styles of most of the competitors and only Bernie's competent groundwork and Denise's all-round progress impressed me. Loretta is safe for a while.

The 56 kilo category had the biggest entry in the Womens Event with six first round pools and Diane Bell out to endorse her World Championships medal amongst a very competitive mixture of youngsters and more experienced players. I haven't fathomed Diane's approach yet. Sometimes when I think she is struggling and short of ideas and just launching into repeated O-uchi-garis off one knee she will suddenly find a totally unexpected Ippon throw from somewhere, yet with opponents she should overwhelm she just survives on Hantei. It's either a very aware and disciplined style or else it's purely instinctive and only her superior fitness gets her through. Almost as an endorsement of my thoughts, Diane managed no fewer than seven, one point decisions in this contest with her highest throwing score being a Yuko. She did score three Ippons from Juji-gatame but she does live dangerously. Margaret Hicks, Karen Gray and Jane Skivington were the more experienced players with loads of good up and coming youngsters putting them under severe pressure. This is a category in which we have a great depth of talent, which may be one of the problems that Diane is facing, with Kim Duston, Gail Entwistle, Susan Mercieca and Lisa Merchant plus the older players all in with a chance. However, Diane it was, despite what I think, with Gray second and Hicks managing fourth place despite looking after her baby between fights. Kim Duston



Photo 1: Diane Bell, World Bronze Medallist attacks with Ouchi-gari.

Photo 2: Elvis Gordon holds Martin Clarke for Ippon.



Photo 3: Dawn Netherwood holds somewhat unorthodoxly to go into the final pool.



showed steady progress in earning third place.

There was another large entry at 61 kilos with Ann Hughes the undisputed number one with several excellent performances to score Ippons against good fighters like Linda Bradley, Celine Dufficy and Sarah Ripsher.

Celine came fourth in her third round pool losing to three strangles which put M. Jones (South) into the final four with Bradley and Ripsher earning second and third places. All right Ann! I believe you! You're not ready for retirement yet. Dawn Netherwood continued to confirm the superiority of the British World Championships Team with Ippon wins over Sue Selling, Lorna Lancaster, J. Witty and J. Magher and in the very last fight of the day Jane Seymour (South) with a glorious Harai-goshi for the maximum score and first place. Seymour needed a win

by Wazari to take first place so it was an important win for Dawn and she really did it in style.

Ann Lucitt of Yorkshire and Humberside had a good tournament and took third place behind Higman in a very entertaining category though only Seymour and Higman look to be likely challengers to Dawn in the near future. At Under 72 kilos Avril Malley had little difficulty securing first place scoring three Ippons from strangles, two from armlocks and one from Makekomi on Jennie Glazebrook (Midlands) in the final round. This put Glazebrook into fourth place in a year which she has made considerable progress, behind Theresa Hayden, in her senior finals. A. Taylor (East) captured the first senior squad place for that area that I can remember in Womens judo.

Helen Wantling (North West) won the Over 72 kilo category from Heather Ford who was unfortunate enough to dislocate her thumb in her last contest after losing to Helen on a Shido penalty.

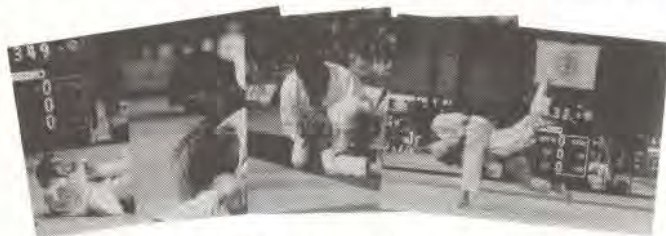
On this showing, Roy Inman should find some comfort in the many youngsters coming through who are very competitive and much fitter than they were three or four years ago. This is possibly due to the improved fitness level of the National Squad which has had a 'knock-on' improvement effect all down the line.

Regrettably though, there are still very few girls who can throw consistently well though the incidence of dependence on the drop-knee Seoi-onage flopping forward technique is disappearing.

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- 24—Senior European Judo, Weight-Lifting, BSJA French Trip Competition
- 25—National Team Judo Event Women, British Closed for Women, Judo Technique, British Powerlifting Championships
- 26—World University Championships, Olympic Swimming, Midland Area 'Low Grades' Event, Colin McIver talks with Smith and Woodward
- 27—British National Championships Men, Decathlon and Pentathlon, First Young Womens Event, Paris Centenary, Roy Inman in conversation

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THE WHO'S WHO OF OLYMPIC CHAMPIONS

A NEW SERIES COMPILED BY TONY MATTHEWS

ALEXEEV, Vasily (Soviet Union)

This massive man, who tipped the scales at 162.5 kg (359 lb or 25 stone 9 lb) was by far the most successful weightlifter of the 1970's, capturing every Olympic and World Super-heavyweight title between 1970 and 1977.

Born 41 years ago in the Rayazan district of Soviet Russia, Alexeev's feat of eight consecutive Gold medals has only been equalled in this sport by two men—the Americans, John Davis (1946-53) and Tommie Kone (1952-53).

From mid-1970 to the winter of 1977 Alexeev never lost a competition, breaking over 100 World records in the process. In the Olympic Games of 1972 and 1976 he was almost out on his own in the heavyweight division, with no other competitor within 'lifting' distance of this mighty man.

In Munich, 1972, his nearest challenger—Serge Reding of Belgium—missed out with his press and snatch, so did the American lifter, Kenny Paters, thus allowing Alexeev to utilise his weight accordingly to take the title with ease by lifting 30 kg (66 lb), setting an Olympic record at the same time of an aggregate lift of 640 kg (1,410 lb).

Training was something Alexeev thoroughly enjoyed—and it was known for him to go out on his own at two or three o'clock in the morning, track-suited up and carrying several weights on his shoulders as he jogged happily along the streets, totally untroubled, and quite happy.

He was always beaming in confidence when he lifted in competitions, and in the Montreal Olympics of 1976 he excelled in the clean and jerk, the event in which he had always done well, taking the Gold medal with a massive lift of 255 kg (562 lb).

Alexeev lost his World Weightlifting crown at Gattysburg in 1978 when he injured his hip tendon which prevented him from finishing a jerk of some 240 kg (529 lb). But his outstanding record, especially in the Super heavyweight class, will be envied by weightlifters the world over in years to come.

Olympic Honours:

Gold Medals, weightlifting, super-heavyweight, 1972 and 1976.

ANDRIANOV, Nikolai (Soviet Union)

The Russians have always produced exceptional gymnasts—men and women alike—but perhaps the most successful of them all, in recent years especially, has been Nikolai Andrianov, who won medals galore throughout the late seventies.

The 30-year-old Andrianov dominated his particular section of the sport from 1975—the year when he took five Gold medals and a Silver at the European Championships. Earlier, in 1972, as a raw 19-year-old, he had burst on to the gymnastics scene by winning the Olympic Gold medal with his floor exercise, and an Individual Bronze in the vault, as well as receiving a Silver in the combined exercises.

When Montreal came along in 1976 Andrianov was by far, the most talked about gymnast at the Games—and he outshone all the other male contenders by winning four Gold medals, including the big one, the combined exercises.

In 1977 and 1978 he won overall victories in the World Cup and World Championships which undoubtedly

reinforced his stature, and in his home country in 1980 he again proved to everyone what a truly marvellous gymnast he was by winning yet another Gold medal, much to the delight of the Moscow crowd.

Olympic Honours:

Gold medals, Combined exercises (Individual) 1976, 1980. Floor exercises, 1972, 1976. Rings, 1976. Vault, 1976. Silver medals, Combined exercises (team) 1972, 1976. Parallel bars, 1976. Bronze medals, Vault, 1972. Pommel Horse, 1976.

BALAS, Iolanda (Roumania)

This lanky Roumanian, who stood over six feet tall, was the outstanding woman high jumper from 1958 to 1966 inclusive.

During those eight years she broke twelve World records, collected two Olympic Gold medals (1960 and 1964) and was European Champion in 1958 and 1962.

Because of her tremendous height, she found it increasingly difficult to use any other style than the old fashioned 'scissors' jump, which to her turned out to be so effective.

If, however, Iolanda had been able to get to grips with another style—and it wasn't for the want of trying—she would have certainly jumped higher than her top leap of 1.91 m (6ft 3¼ ins) in 1961.

In her career, Iolanda set fourteen World high jumping records. She is now 46 years of age, and lives in Timisoara where she was born shortly before Christmas, 1936.

Olympic Honours:

Gold medals, High Jump, 1960, 1964.

BALCZÓ, András (Hungary)

András Balczó is said to have been the greatest all-rounder in the history of the Modern Pentathlon, competing in the event at international level for 15 years, 1958-73.

Balczó first entered in the Olympics in 1960, finishing fourth, some 15 points behind the Silver-medallist Nagy and 51 behind the winner, Németh, who both came from Hungary. But he did collect a Gold in the team event to help counter that disappointment in the individual competition.

As reigning World Champion, amazingly Balczó was omitted from the Hungarian team in Tokyo, 1964, but, although somewhat shocked, and disillusioned, the energetic athlete bounced back in style, and four years later he helped his colleagues win the Olympic team Gold medal in Mexico City and he added an individual Silver to go with it for good measure.

Then, in 1972, Balczó finally took the individual Gold medal, and he also won another Silver in the team event.

Besides his Olympic achievements, Balczó also won five World titles—in 1963, 1965, 1966, 1967 and 1969.

Olympic Honours:

Gold, Modern Pentathlon (individual) 1972, (team) 1960, 1968. Silver, Modern Pentathlon, (individual) 1968, (team) 1972.

BARTHEL, Jose (Luxembourg)

The first Olympic Gold medallist from the Duchy of Luxembourg was the 1500 metres champion, Jose

Barthel, a man who was virtually an unknown athlete prior to his appearance at the Helsinki Games of 1952.

In his heat of the 1500 metres, Barthel clocked a staggering 3 minutes 51.6 seconds, and suddenly everyone was talking about the little, bouncy Luxembourgier with gold teeth and striking forehead.

He powered through his semi-final a second faster than in his heat and then took the Gold with a scintillating run in the final to burst through the tape in 3 minutes 45.1 seconds to create a new Olympic record.

At the victory ceremony, the red, white and blue tricolour flag of the Grand Duchy of Luxembourg was hoisted for the very first time at any Olympic Celebration and an overcome Barthel stood on the victory rostrum with tears trickling down his cheeks.

It was indeed an emotional scene and one Barthel will never forget—neither will little Luxembourg, a country with a smaller population than many of London's borough's.

After his achievement in Helsinki Barthel never really did a great deal more in athletics, but in 1952 he was a national hero!

Olympic Honour:

Gold medal, 1500 metres, 1952.

BEAMON, Robert (United States)

Bob Beamon went to the Mexico Olympics in 1968 as an outsider in the mens long jump.

The 22-year-old black athlete, from Jamaica in the State of New York, was known to have tremendous potential by his coaches back home, but his overall technique was ill-disciplined and left a lot to be desired. He was always likely to miss his run-up, take off on the wrong foot, inches short of the white board, and occasionally would launch himself so off balance that he fell awkwardly in the sand, causing injury to himself.

In the qualifying rounds at Mexico City Bob opened with two no jumps and only got through with a final leap of 26ft 10½ ins—three inches short of the then existing Olympic long jump record of 27ft 1½ ins, held by the great Ralph Boston.

The next day with 15 other finalists, Bob Beamon went to the run up in fourth place and astonishingly he smashed the record with an unbelievable jump of 29ft 2½ ins. Sprinting down the track—he could clock 9.5 seconds for 100 yards—he hit the take-off board squarely and forcibly, and leapt, breathtakingly skywards, his knees bent up under his chin. The crowd gasped, the officials were stunned—and then came the news that Bob Beamon from the United States of America had shattered the Olympic long jump record by 2¼ ins. It was quite unbelievable, yet quite simply it was the greatest physical feat in Olympic Games history—a record it must be said will not be beaten easily!

The unpredictable, unreliable Bob Beamon never got near that massive jump mark again. The nearest he came was a mere 26ft 11ins. He became a professional in 1973 and went into coaching youngsters in the art of sprinting and jumping.

Olympic Honour:

Gold medal, Long Jump, 1968.

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BRITISH JUDO ASSOCIATION NEWSLETTER TO MEMBER CLUBS



MARCH 1983

This edition is devoted mainly to the publication of the Minutes of last year's Association Annual General Meeting held on the 19th June, but first some further information and announcements:

WEIGH-IN AT NATIONAL EVENTS

It has been decided by the Management Committee that there will be only **one** official weigh-in attempt at future National events. Scales will be available beforehand for checking of weights.

1983 NATIONAL TEAM CHAMPIONSHIPS FOR MEN

Hosted by London Area, these championships take place at Swiss Cottage Baths Sports Centre, Winchester Road, London NW3, on Saturday 19th March and will commence at 10-00am. The weigh-in takes place between 8-00am and 9-00am. Spectator admission tickets will be available at the door and they are £3.00 for adults and £1.50 for school children. The centre is within walking distance of Swiss Cottage Underground Station but motorists are warned that, although there are a number of car parks in the area, traffic is heavy in that part of London on a Saturday.

The Tournament Director for this event is George Yeorghaki. Refreshments and light meals are available during the day at the centre.

COACHES REVALIDATION

This is a further reminder to coaches that the final date for revalidation is Thursday 31st March 1983. Any coach who is not revalidated by that date will have to be examined fully under the new scheme (which came into effect on the 1st January this year) if he or she wishes to re-apply for a coaching qualification. If a coach wishes to re-apply after that date he or she will be required to take an examination.

BRITISH JUDO ASSOCIATION NATIONAL DAN GRADE REGISTER

Appendix 11/82

Promotions confirmed 1/11/82 to 30/11/82

MEN TO 1st DAN	CLUB
Bailey, G.	Ringwood
Burton, D.	?
Clarke, S. W.	Chalkhill
Curtis, R.	White Lion
Downton, C. R.	Niwazie Martial Arts
Foad, I. R.	Wimbor
Galko, N. A. G.	?
Griffiths, I. W.	?
Grig, C. E. J.	Soroka
Gupta, R.	Dakempeter L.C.
Harrison, D.	Bond
Hunt, B.	?
Jackson, I. E.	Acton
Kimberley, A. W.	B.R.D.
Law, D. C.	Edgbaston
Lasar, D.	Renshuden
Lee, G. C. L.	Weymouth
Longshaw, T.	Warrington
Munk, K.	Collingwood
Palmer, S. K.	Fairlop
Richardson, D. W.	C.T.C.R.M.
Roberts, W. J.	Dolgellau
Horn, F.G.A.	Mid Sussex
Sawyer, P. G.	Matsumachi
Sealey, R. J.	Liverpool YMCA
Smith, D.	Manchester Ume
Somerville, M. J.	K.N.K.
Souter, R. A. J.	Cheltenham YMCA
Spencer, R. J.	CC London Univ
White, J. B.	Whittingham
Williams, A. V.	Bushida Bangor
Williamson, M. A.	Toku

MEN TO 2nd DAN	CLUB
Bronley, E. T. G.	Stratford
Carler, E. J.	Stratford
Clark, C. W.	L.J.S.
Eborhard, G. J.	Highbury
Goulding, F. I.	Tnaw Hamlets
Gwynne, E.	Kirkstoun
Lytton, M. J.	Pretoria
Prosser, F. H.	St. Michaels
Small, E.	Ayoniel

MEN TO 3rd DAN	CLUB
Barnett, R.C.	Olympic
Havett, W.	Kanokwai
Morris, B.	Sacop

Appendix 12/82

Promotions confirmed 1/12/82 to 31/12/82

MEN TO 1st DAN	CLUB
Anderson, M.	Hamilton
Baldwin, C. R.	?
Barratt, M. R.	Star
Blake, D. J.	Hynburn/Shadsworth
Chapman, P. R.	Budokan
Clark, J.	Azami
Cummings, B.	Natsukwai
Davidson, I.	Natsukwai
Davies, P.	Cwmbran
Fletcher, J. F.	Stratford
Gallagher, J.	Centar
Govgan, M.	Weiss
Gibson, R.	Azami
Hadfield, P. D. I.	Bedford
Harding, J.	Yozhin Ryu
Harris, C. L.	Esso
Harvey, P. C.	St. Austell
Jehson, G. C.	L.J.S.
Lynch, V.	Toku

Marrin, J.	Glasgow
McGowan, W.	Aberdeen
Miller, J.	Tora Kita
Murray, B.	Eurokwa
Petty, P. W.	Budokwai
Platt, D. R.	Haltenshire
Roece, G.	Judokan
Riley, D. P.	Coventry
Smart, R. J.	Baldgedd Res. Centre
Sponner, R. J.	Chichester
Tunhills, W. P.	Ushere
Walker, M. J.	Bushida
Welch, R. J.	Pinewood

MEN TO 2nd DAN	CLUB
Deagles, C. R.	Kettering
Gardner, P. A.	Edinburgh
Hill, N. R.	Penrith
Mosely, M.	Hamilton
Parsell, A.	Stirlinghouse Bally
Patterson, D.	Rehoboth

MEN TO 3rd DAN	CLUB
Hamilton, G.	?
Kane, J. F.	Hamilton

WOMEN TO 1st DAN	CLUB
Black, H.	Aberdeen/Warfield
Elliot, K. J.	R.S.C.
Graham, D.	Ealing Youth
Gunn, M. P.	Borner
Higman, R.	Natsukwai
McNamara, K.	R.S.C.

WOMEN TO 3rd DAN	CLUB
Swinton, A.	Budokwai

Appendix 1/83

Promotions confirmed 1/1/83 to 31/1/83

MEN TO 1st DAN	CLUB
Alling, J.	Metal Box
Armstrong, D.	Denton
Bestford, R. S.	Harry Wilson
Bonhale, J.	Leeds Prison Officers
Bowles, S. D.	Hastings
Burt, A. D.	?
Chew, W. H.	Blackburn J.S.
Clark, D. S.	Zodiac
Clargan, L.	N.I.U.I.
Gilks, L. P.	?
Gordon, P. F.	Olympic
Gracie, M.	Zodiac/Hastings
Henry, J.	East Kilbride
Hewey, D.	Chalkhill
Higgins, T. E.	Edgbaston
Lavery, A. H.	Waka St. Kere
Layzell, P. C.	Icen
Mercer, J.	Met. Police
Murphy, M.	D.U.B.
Reilly, S. F.	Southover
O'Hanlon, J. F.	Budokan
Phillips, S. P.	Hastings Y.M.C.A.
Shane, R.	Y.M.C.A.
Towates, G. E.	Plymouth
Waters, R. T.	?
Waghman, A.	Dudley
Welford, B. W.	Kano-Kwai
Wilson, C.	Beshive
Wiltshire, S. M.	Boxley

MEN TO 2nd DAN	CLUB
Bryan, P. D.	Redbridge S.C.
Kelly, A.	F.W.B. Southover
King, W.	Meadowbank
Knox, C. S.	St. Michaels
Loughlan, G. W.	Glasgow Univ.
Pateman, S. J.	Nam Bam
Ritchie, J.	Renshuden
Rooke, I.	Hayes Manor
Smith, F. J.	Hastings
Tyson, S. J.	Furness

MEN TO 3rd DAN	CLUB
Lynch, K. P.	Y.M.C.A. Liverpool

MEN TO 4th DAN	CLUB
Travis, S.	?

WOMEN TO 1st DAN	CLUB
Archbold, J. M.	Kendal
Davison, H.	Wigan
Jeffery, A.	Sheppey
Wright, J. P.	Hoddeston

NATIONAL SEMINAR FOR KATA EXAMINERS

This seminar will take place at the Budokwai, London on Sunday 27th March 1983, from 2-00pm to 6-00pm under the direction of John Cornish, 6th Dan.

NATIONAL PRESS AND PUBLIC RELATIONS CONFERENCE

This conference, the first of its kind, will be held at Crystal Palace on Saturday 28th May and to which Member Club and Area Press and Public Relations Officers are invited.

Included on the 10-00am to 5-00pm programme will be speakers from the media and Club, and Area representatives will have the opportunity to see two National Squads in training with an introduction by their Team Managers—Colin McIver for the men and Roy Inman for the women. The 'Forum' where delegates may join in discussion will consider two main aspects: 'Public Relations—Internal (within the Association)' and 'Public Relations—External (Press, TV and the general public)'. If you want your Club to be represented at this important conference please let me know who your representative will be. The Conference is free to Member Club and Area representatives and lunch and refreshments will be provided—there is however a limitation on the places available and representatives will need to make their own arrangements if they require overnight accommodation.

PROMOTION POINTS SCORING

Please note that the new Tournament Licences are colour-coded. This is to allow a competitor to spot very quickly and easily if the event he or she is competing in is points-scoring or not. Only events with

a pink Tournament Licence are points-scoring (a minimum 3-star rating is one of the requirements).

Please note also that 1st Kyus and Dan grades may only enter one promotion examination in each calendar month, with the exception of National Gradings and gradings held at the end of a five-day personal proficiency course,

*no other promotion examinations are extra-curricular. The only National Grading so far organised for 1983 will take place on Sunday 19th June and will be hosted by Northern Area.

*Mon, Kyu or Dan grades who attend a five-day personal proficiency course can enter an extra-curricular grading at the end of that course if it has been

so arranged by the course organiser(s).

TECHNICAL ITEMS ON SALE AT HEAD OFFICE

BJA Contest Rules—50p per copy. Send SAE.

'Understanding Refereeing' A4 size booklet with explanation of the Contest Rules and illustrations—£1.50 + 38p postage.

Junior Progress Wall Chart. Size 2' 6 $\frac{3}{4}$ " x 1' 9 $\frac{3}{4}$ ". Columns in colour of belts—£1.00 includes postage.

News Editor:

TONY REAY, 5th Dan

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MINUTES OF THE ANNUAL GENERAL MEETING OF THE BRITISH JUDO ASSOCIATION HELD AT THE WEMBLEY EUROCREST HOTEL ON SATURDAY 19th JUNE 1982 AT 2-30pm

The following Member Clubs were represented:

London

Ai-Ken J.C.
Durning Hall J.C.
584 J.C.
Ganburn J.C.
Highbury J.C.
Kingsbury High School
Met. Police Athletic Assoc.
Met. Police Cadet Corps.
Rondon-Shi J.C.
St. Patricks J.C.
Tokei J.C.
Willesden S.C. J.C.
Woolwich J.C.

Luton Rec. J.C.
Makoto J.C.
Micklefield J.C.
Mori Kai J.C.
Pinewood J.C.
Redbridge J.C.
Redbright S.C. J.C.
Shin Chi J.K. 69
Stokechurch Youth J.C.

Midlands

Jukuren J.C.
Kettering Premier
Loughborough Students
Wolverhampton J.C.

North West

KNK Candem House
Plant Hill E.C. J.C.

West

Bridport J.C.
Brixham Samurai J.C.
Exeter J.K.
Midsomer Norton J.C.

Northern Ireland

Kosaka J.C.
New University of Ulster
Queens J.C.

Wales

Bridgend Y.M.C.A.
Deeside J.C.
R.A.F. St. Athan

Scotland

Aberdeen J.C.

Forces

R.M. Poole J.C.
R.A.F. Cosford
R.A.F. Marham

South

Basingstoke J.C.
Chertsey J.C.
Crawley J.C.
Croydon J.C.
Heath Clark High School
Kin Ryu J.C.
London Judo Society
Mid Sussex J.C.
Nonsuch School
Olympic J.C.
St. Swithuns School
Southborough School J.C.
Sovereign J.C.
Syo-ogun J.C.
Winchester J.C.
Worth School

Northern Home Counties

Access J.C.
Barretts J.C.
Bournehall Youth J.C.
Canons J.C.
Dagenham J.C.
Fairholme Judokwan
Fairlop J.C.
Havering Schools of Judo
Loughton Hall J.C.

The President, Charles Palmer, OBE, opened the meeting at 2-40pm and informed the delegates that there were 60 voting member Clubs present.

Mr Palmer welcomed all present, and in particular Mr T. Wilkinson from the Sports Council, Mr T. Jacobs from Auditors Crompton and Sherling, and Vice Presidents John Bricknell, MBE, and Arthur Tomkinson.

AGENDA ITEM 1 President's Address

1:1—The President reminded the meeting that his address generally dealt with items which had occurred since the end of the year under review, i.e. the period January to June.

1:2—In response to a query from the President on the experiment of holding the Annual General Meeting on a Saturday instead of the usual Sunday, the meeting generally indicated that they favoured this choice.

1:3—The President declared his great satisfaction that the intention, of which he had informed the meeting on more than one occasion in the past, had finally been successful and the

membership had been computerised since January and was working successfully. There were far fewer complaints regarding delays in receiving licences. The meeting concurred with these comments.

1:4—Mr Palmer also informed the meeting that the World Junior Championships had again been cancelled at short notice by the International Judo Federation and was once again rescheduled this time to take place in April 1983.

1:5—On behalf of the Association, the President congratulated Miss K. Briggs on winning a Gold medal at the European Womens Championships in Oslo in March as well as Miss D. Netherwood and Miss L. Doyle, who both won Silver medals. At the same time, he welcomed to the meeting Kerrith Brown, current European Junior Champion together with other British Team Members. He further reported that Mr Ray Topple had recently been successful in passing the IJF Referees certificate and Mr Martin Lewis had recently been elected as the third Vice President of the EJU.

1:6—Mr Palmer continued that the British Judo Association's participation in the Olympic Day—the Home International had been well received by all and had attracted considerable interest.

1:7—Mr Palmer was pleased to inform the meeting that a long standing endeavour to publish a House Magazine regularly had come to fruition and the Management Committee have made provision for 4 issues in 1982.

1:8—He expressed the hope that as many people as possible would attend tomorrow's Technical Conference—being held for the second year during the AGM week-end.

1:9—Finally Mr Palmer's sad duty was to inform the AGM that along with several other BJA members, Corporal Kiwi Hunt had been killed in the Falkland conflict. The meeting stood in silence in respect of their memory.

AGENDA ITEM 2 Apologies for Absence

2:1—Apologies were received from: Guildford Judo Club, Oakham Judo Club, Windsor Judo Club, V & E Cheshunt Judokwai, Stumphouse Judo Club, Meopham Judo Club, Woolwich College Judo Club, Fort Regent Judokwai, Sheppey Judo Club, Mr D. Peake (Yorkshire and Humberside Chairman), Mr P. Holme (North West Area Secretary).

AGENDA ITEM 3 Minutes of Last Annual General Meeting

3:1—The meeting UNANIMOUSLY APPROVED the minutes of the meeting held on 14th June 1981, as a true and correct record and the Minute Book was signed by the President.

AGENDA ITEM 4 Matters arising from those minutes not already on the Agenda

4:1—Minute 4:1—Register of Instructors: The President reported that further to minute 4:1, he had had discussions with Mr Leigh, Chairman of the Training Sub-Committee who were proposing in their minutes the abolition of the Register of Instructors. As a result of that conversation the President said that he was happy to report that Mr Leigh had formerly withdrawn this recommendation on behalf of his Sub-Committee. The Register of Instructors would therefore be continuing at least until the next AGM, and in any case until the revised Coaching Scheme had been fully integrated and accepted throughout the Association.

4:2—Minute 5:2—Promotion Expenses: The President informed the meeting that arising out of this discussion Mr Eric Woodward had been appointed to the post of Association Public Relations Officer and funds budgeted for. Mr Palmer welcomed Mr Woodward and introduced him to the meeting.

The President also reported that the Association had spent over

£1,000 promoting the BSA 'Star Award Scheme', increasing their membership and financial stability.

4:3—Minute 7:3—Rotation of Election: The President stated that a resolution was to be put before today's meeting to comply with this recommendation.

4:4—Minute 8:4—Contest Rules: The President CONFIRMED that the IJF had now changed the Rules regarding 'step outs'.

4:5—Minute 8:6—Under 18 Team Event: The President CONFIRMED that the Management Committee had now included this event on the annual calendar.

4:6—Minute 11:3—Prestigious Event: The President CONFIRMED that a Multi-Nations event was going to be held over the week-end 2nd/3rd July 1983 at Aston Villa Sports Centre, and that Mr F. Smith had taken on the responsibility for the successful running thereof; Japan and West Germany had already indicated that they hoped to be able to participate.

AGENDA ITEM 5 AND 6

Annual Report and Annual Accounts

5/6:1—The President reported that the Council, at its meeting prior to today's meeting, had considered the Report and felt it reflected a successful year and congratulated the Development Officer on its production. With the exception of some queries on the Accounts they congratulated the Management Committee on the year's activities.

The President then asked the meeting if they agreed to receive the Annual Report and Accounts for consideration together. APPROVED.

5/6:2—It was proposed by the London Judo Society and seconded by Ai-Ken that the 1981 Accounts be received. APPROVED.

5/6:3—It was proposed by Pinewood and seconded by Croydon Judo Club that the Annual Report be received for consideration at the same time as the Accounts.

5/6:4—After voting the President declared the Annual Report and Accounts UNANIMOUSLY received for consideration.

5/6:5—Mr Hales (Redbridge Judo Club) requested separation of Head Office expenses from coaching. The Finance Officer replied that some £14,000 should be allocated to coaching. This item was explained in the notes to the Accounts and the Finance Officer AGREED to make this separation in next year's accounts.

5/6:6—Mr Wilkinson (Sports Council) explained under the item 'Sports Council Grants received' (page 13) that the Sports Council did not have a 'surplus'. It was in fact funds allocated to but not spent by local authorities on capital projects, and was therefore an 'underspend'.

5/6:7—Mr Tomkinson (Plant Hill Judo Club, and as a member of the Ex-Finance Sub-Committee for some 15 years) queried, arising out of the accounts and Management Committee Minutes, whether the Association had a procedure for the acceptance of tenders particularly in regard to printing contracts which included specifications, validity, firm prices, and duration, and when received, whether they were opened on arrival or did the Association have a 'closing date'?

Further did all members of the Management Committee vote on these contracts despite any possible clashes of interests?

5/6:8—The President replied that there was a tender procedure at Head Office although not as detailed as Mr Tomkinson had described. The Management Committee had sometime previously decided that it wished to have three quotations submitted for all major items of expenditure. In general the Financial Advisory Group, comprised of the Chairman, Mr John Beard, the General Secretary and the Finance Officer took the decisions in regard to minor up to moderate expenditure and made recommendations to the Management Committee in matters of major expenditure. The Management Committee, therefore was responsible for the decision either taking it directly or by delegating authority. With regard to the propriety of any Management Committee member having a financial interest in any business or trading done, the President stated that Mr Smith had very properly informed the Management Committee of any matters in which his interests in FJR Publishing Limited might have conflicted with his position as a Management Committee member and further that he had not taken part in any discussion or voting on any such case.

5/6:9—Mr Tomkinson welcomed the President's remarks on that subject and expressed the view that it would be well to seek a means of protecting Management Committee members in that sort of situation—where they were considering tendering for business with the Association in their private capacities.

5/6:10—Mr Tomkinson continued that in the Management Committee minutes numbered 81/91(d) of December 1981 the Development Officer, Mr Reay, had been authorised to place orders with FJR Limited, for that and for subsequent editions of British

Judo subject to satisfactory standards of work. He believed that better protection would be obtained for all concerned if the contract indicated what was the fixed period for which such a contract would run, so that regular comparisons and possibly competitive quotes could be obtained.

5/6:11—The President stated that the Management Committee had not considered whether they should go to a 'sealed-bid' and 'closing date' system but stated on their behalf that they would take it under advisement and do whatever best protected all parties and best served the Association.

5/6:12—Mr Beard stated that he wished to point out that to his knowledge Mr Smith did all the work which he did on behalf of the Association for the Magazine at cost and at no profit to Mr Smith himself or to the company which he was involved 'in any way, shape or form'.

5/6:13—In reply to another query from Mr Tomkinson as to the reasons why one company (FJR) was chosen over another which had tendered exactly the same price, the General Secretary stated that three Officials, (Development Officer, Finance Officer and General Secretary herself) had chosen 'the Devil they know' rather than the unknown one since they had had previously satisfactory experience of that company's work and reliability.

5/6:14—In reply to a further query from Mr Tomkinson regarding a decision in the Management Committee minutes of November 1981 regarding an offer received for the cost of handling the distribution of British Judo Magazine other than by ADMS, the General Secretary CONFIRMED that it was both more efficient (speedy) and less expensive (approximately £100 per issue saved) to use the new Company.

5/6:15—The President CONFIRMED that this was not an item for which tenders had been sought but was an offer which had been accepted. However, he accepted that in the future the printing and distribution of 'British Judo' would become the subject of the 'three quotes procedure' already referred to.

5/6:16—Finally Mr Tomkinson asked why the March issue British Judo had contained the request to send cheques direct to a private company in relation to a junior competition in that issue. The Development Officer, Tony Reay, explained that this had been done under his close scrutiny and in co-operation with him in order to serve as a test exercise in order to try to establish the possible uses of British Judo as an advertising medium and to ascertain what sort of market could be reached thereby, and that this had been done at the British Judo Association's request and that all the money concerned had been sent to Head Office.

5/6:17—Mr Perrins (Bridgend Judo Club) commented that in his outgoing speech as Chairman of the Financial Sub-Committee he had stated that he was happy that they had handed over a good foundation to the incoming Management Committee to build upon and queried why there appeared to be a drop of approximately £70,000 in the Association's cash balance and requested an explanation.

In reply Mr Eales (Finance Officer) stated that approximately £30,000, of the Sports Council Grant for the last quarter of 1981 had not been received until early 1982, and all the Computer equipment had been paid for. However, he continued, he was happy to report that once again we had at this time approximately £120,000 in the Bank.

5/6:18—Mr Perrins commented that our Reserves appeared to have reduced between June 1981 and December 1981 by several thousand pounds and requested an explanation why.

5/6:19—Mr Eales, in reply, said that this was in part due to increased postage, telephone, and stationery costs by approximately £7,000 and that Staff salaries, administration and coaching had increased by over £20,000.

5/6:20—Mr Perrins also queried why the Management Committee does not appear to report any details of expenditure nor proposals for future plans, such as premises or floating a trading company.

5/6:21—The President reported that whereas previously the finances were controlled in detail by the Finance Sub-Committee, the Management Committee had decided it was more professional that the paid Staff should undertake these tasks.

5/6:22—The President AGREED to seek the opinion of the Management Committee on the idea of circulating the Financial Advisory Group's reports.

5/6:23—Mr Murphy (Bridgend Judo Club) observed that last year when there had been lots of money, the Finance Sub-Committee had been criticised but he noted this year the Association had less money.

He was pleased to hear Mr Beard's statement about British Judo but he did not believe anyone did anything for nothing and he felt that the Association must be seen to be fair.

Rumours were circulating regarding moving the Office, setting up trading companies etc. and he urged the Management Committee to ensure that the members were kept informed of what they were doing. In reply the President declared that he had heard no rumours regarding moving Head Office to the Midlands, nor had he heard of any progress on his often stated desire for the British Judo Association to buy Judo Magazine.

5/6:24—Mr T. Taylor (Midsomer Norton Judo Club) queried the cost of the present offices and its present square footage in relation to grant aid. The President reminded Mr Taylor that the year under discussion was up to 31st December, but informally replied it had been AGREED that until such time as the Association could purchase its own premises, it was more beneficial to move with the Sports Council and at that time footage and the level of grant had not been finalised. It was true however, that the grant aid level and the method of determining this appeared to be a problem which was now being negotiated with the Sports Council. He CONFIRMED it was still the long-term aim of the Management Committee to purchase its own premises preferably with a 'shop window'.

Mr Taylor also remarked that the multi-coloured Minutes circulation seldom revealed what was happening. The President stressed that the Management Committee had no intention to hide anything from the members and would take note of the AGM's comments.

5/6:25—Mrs Horsefall (Redbridge Sports Centre) queried why the Report of the Northern Home Counties was not included and in reply Mr Inman CONFIRMED it had been forwarded to his Area Secretary for transmission to Mr Reay, who CONFIRMED it had never been received.

5/6:26—Mr Bricknell (Vice-President) observed from the comments made at today's meeting that most Areas felt concerned about the marked lack of information available about financial matters. In the past Finance Sub-Committee minutes were circulated but the minutes of the new Financial Advisory Group were not and he believed it would be far better were they to be so.

Mr Bricknell suggested that no major undertaking or investment should be undertaken without approval and consultation of the membership via the Council.

The President said that he felt the Management Committee would take due notice of these comments since he was sure that the Management Committee wanted to act in the best interests of the Association.

5/6:27—Mr Ekins (Kettering Judo Club) felt that since the Management Committee were elected to run the Association they should be left to do the task and his Area felt they had done a first class job so far.

5/6:28—Mr Dominy (London Judo Society) and Mr Rickard (Croydon Judo Club) AGREED with Mr Ekins' comments.

5/6:29—Mr Bricknell stressed that his comments were not allegations against the Management Committee, but were rather complaints about lack of information.

5/6:30—Mrs McGrellis (Kosaka) felt the problem could be resolved if the Council met more frequently, thereby keeping Areas informed of what was going on.

5/6:31—It was proposed by Mr Brown (Metropolitan Police) and seconded by Mr T. Taylor (Midsomer Norton) that the 1981 Annual Report and Accounts be ACCEPTED. The meeting UNANIMOUSLY APPROVED them and then the President thanked the Development Officer and Finance Officer for their work.

AGENDA ITEM 7 Elections (President)

7:1—Mr Tomkinson (Vice President) chaired this item and informed the meeting that there was only one nomination, that of Mr Charles Palmer, OBE.

7:2—Mr Palmer was elected by acclamation as President of the Association for a further 5 year term of office. On resuming the Chair, Mr Palmer thanked the meeting for their confidence.

AGENDA ITEM 8 Resolutions

8:1 (a)—Amendment to Articles of Association regarding Rotation of Elections—Article 35.

It is resolved:

"that one half of the Members, whether elected or co-opted to fill a vacancy for the remainder of a term of office, shall retire every 'even' numbered year and the other half shall retire every 'odd' numbered year."

8:1 (b)—Enabling resolution regarding proposal (a).

It is resolved:

"that notwithstanding existing Gene number BJA/RURE-3/GM/Feb80 Article 35 of the Articles of

Association of the Association and to give effect to new Article 35, as approved earlier at this AGM, it is resolved that three of the Members of the Management Committee elected at the next Elections, and to be determined by 'Lot' at that AGM from amongst those Members re-elected who held Office during the immediately previous year or from amongst all the Members if less than three from the immediately previous year are re-elected, shall serve only one year and their positions on the Management Committee shall, in order to implement the Principles of continuity and rotation of Management Committee Members agreed by the 1980 AGM (Minute 7:3 of 14.06.1981), be the first to be available for re-election at the next AGM."

8:2—The President explained that adoption of resolution (a) would ensure that after the first election, proper continuity would be ensured. Resolution (b) would enable the first election under the new procedure to be held completely fairly and impartially.

8:3—After replies to several minor queries the meeting voted as follows:

Resolution (a) In favour	57	(b) In favour	57
Against	1	Against	0
Abstentions	2	Abstentions	3

The President therefore declared both Resolutions ADOPTED.

8:4—St. Swithuns School Judo Club.

It is resolved:

"that the management Committee of the British Judo Association should seek to appoint a full-time 'Director of Coaching' and have in operation a revised Coaching Scheme one year from the date of the forthcoming AGM, 19th June, 1982."

8:5—The President advised the meeting that the Sports Council would not at this stage grant-aid any further appointments and the Management Committee, therefore, regretted that it cannot support this resolution although being in sympathy with its content. The Association already employs 2 Office Staff not grant-aided and the Management Committee felt it could not be responsible to employ any further non-aided staff under present conditions.

8:6—Miss Viney (St. Swithuns School Judo Club) then spoke eloquently in favour of the resolution. She felt the Association needed to consider the future and gave the reasons why she felt the Association needed to make such a technical appointment.

8:7—The President informed the meeting that the Association already had before the Sports Council a list of priority of future appointments and heading this list was a 'Technical Officer'. Mr Wilkinson (Sports Council) stated that in principle the Sports Council recognised the desirability of this appointment but under the present 'no-growth' Government policy, it could not be progressed at this time.

8:8—Mr Trimble (Ai-Ken Judo Club) suggested that Miss Viney withdraw or pend her proposal for 12 months but asked the Management Committee to note the AGM's general APPROVAL of it although accepting that at the moment it was not financially viable.

8:9—Miss Viney AGREED and on behalf of St. Swithun's Judo Club withdrew the Resolution.

AGENDA ITEM 9

Notice of Amendment to Association Bye-laws

9:1—The meeting received notification of amendments to the Bye-laws without comment.

AGENDA ITEM 10

Appointment of BJA Auditors

10:1—The President advised the meeting that the Management Committee had closely examined the audit costs and after receipt of 'tenders' recommended that the meeting re-appoint Crompton and Sherling for the forthcoming year. This recommendation was UNANIMOUSLY APPROVED.

AGENDA ITEM 11

Any Other Relevant Business

11:1—Mr Spacey (Luton Judo Club) recommended that the Association make a donation to the South Atlantic Fund since British Judo Association Members served with the task Force and this comment met with APPROVAL. Mr Brown (Royal Navy) felt this would be an excellent idea since he knew of several British Judo Association members serving in the Falklands.

11:2—Mr Dominy (London Judo Society) took the opportunity to publicly thank all the Office Staff (including Dr Elliott) for all their co-operation and help during the year.

There being no further business the President thanked members for attending and declared the meeting closed at 4-45pm.



**Early morning training
at Seki Juku.**



A MONTH TRAINING IN JAPAN

The British Squad and a Group on the Judo Ltd trip led by Arnold Humphrey and Tony Macconnell spent a month training in Japan during which time a British Team entered the Kano Cup. Team Manager Colin McIver reports on the trip...

It was a very wet morning in Tokyo and as we walked from our hotel to the training session, we were kept alert dodging the thousands of umbrellas carried by the Japanese at just the right height to catch this particular foreigner in the eye. By the time we had reached the Keischo (Police Dojo) where we were working out that morning we were soaked through and as we changed into our own judogis in the visitors changing room I was filled with apprehension.

I had left home one June evening almost twenty years ago with my sights set on Japan. I recall the day well it was also very wet when I found myself in London *en-route* for Japan. My total



Text and Photographs: COLIN McIVER

possessions were packed in an old blue suitcase and my judogi, tied with a faded green belt, was tucked under my arm. London was to be a stopping off point on my way to Japan, I had come not to seek my fortune but attain the then coveted grade of 1st Dan and make the necessary contacts which would enable me to then train at a Japanese University. It was a path that many who had been bitten by the Judo 'bug' had travelled before me and a few months after my arrival in London I was further motivated towards my goals as I jealously wished Brian Watson *bon-voyage* as he left for Tokyo.

Those first few months in London were probably amongst the worst in my life. With the intense training at the Renshuden Judo Academy and with little money for food or decent accommodation life was almost unbearable. The hard training soon began to show results however and as my Judo improved people started to take an interest in me. I became more interested in contest Judo for although one had to compete in grading there were few competitions as such and I suppose I was enthralled by the activity itself—I know for certain that I was not attracted by the competitive aspect of Judo in the first place.

At this time I became more under the influence of Ray Ross, then Head Coach at the Renshuden and later to become a very successful British Team Manager. Ross had only just returned from Japan having trained for two years in Tenri University, and he was very much against British players training in Japan for long periods. He thought much shorter periods of two or three months would be more beneficial and he felt that players could be home 'produced' with the same results. It was his view that too many who went to Japan missed the chance of International selection and much International experience was lost. His theory was further supported as several players who returned from Japan at that time performed poorly in competition.

As my Judo continued to improve and I achieved better and better results, Japan was pushed more into the back of my mind. I stayed in London for four years training at the Renshuden and the Budokwai with other young men who shared similar ambitions. Some were to become International players and Olympic and World medallists. It was a period of my life which I will never regret for although my original plan to train in Japan had not come to fruition it was a period where I learned much about Judo and life.

It was almost twenty years later in early November 1982 when I left London for Tokyo with the British Team and players and coaches in a group which had been organised by Judo Limited. Our flight took us over the North Pole via Anchorage to Tokyo's Narita Airport. For most of us it was to be our first visit and we did not know



AB British Players and Coaches at Wasida.

C Tony Macconnell one of the Coaches in charge of the Judo Limited group.

D Arnold Humphrey, Organiser of the Judo Limited group.

E Paul Sheals —in true vocation?

F Isao Okano teaching at Seiki Juku.

G Macconnell and Mitchell looking for bargains.

H The British Players brushing-up on their dojo etiquette at the Keischo.





just what to be expected, certainly we would be in for a rough time if we were to believe the tales told about training in the Japanese Dojos. During our stay the British Team would participate in the Jigoro Kano International Tournament (see previous report).

Tokyo is of course the capital of Japan and the first impression one gets is that it is a city of old traditions and modern fashions. A city of glittering nightlife and serene temples. I wonder if few cities can claim the same blend of modern department stores and small 'village' shops. When it comes to food the choice is bewildering with every possible type of food available, from Asia, from Europe and the Americas; not to mention the local delicacies.

Hotels range from the simple and inexpensive to the heights of luxury. Even the lower priced hotels however have private bathrooms and are clean and well-equipped. Our hotel was conveniently sited near the World Headquarters of Judo: The Kodokan.

The foreign section of the Kodokan was first place to visit on our list. It is here that foreign judoka are made welcome and given good advice to help them during their stay. Letters of introduction and invitations to train at the various University dojos are obtained here, for it is generally not acceptable just to 'turn up' for a practise, and prior arrangements have to be made always and the right protocol observed at all times. The actual dojos at the Kodokan have been demolished and only the administrative and accommodation building has been left standing. It will be two years before the new building has been completed but it promises to be one of the most impressive dojos in the World, with sleeping accommodation for around one hundred and twenty judoka. Next on our list of places to visit was the famous Nippon Budokan Hall. Situated near the Imperial Palace the very impressive Budokan is used for all types of events and promotions. It is now probably more famous as a concert venue than as a venue for the martial arts. On our first visit to the Hall, Stevie Wonder was rehearsing for a concert which was to be a complete sell-out. It was at the Budokan, in a small dojo downstairs, that we worked out for the first time to help us acclimatise and get rid of the jet-lag caused by our long flight. It was also from the Budokan where we set out for the first run around the Imperial Palace and Gardens. In Tokyo, this and the surrounding area is one of the few places where there is space to run and most mornings we joined several hundred of the locals in their early morning run. The circuit from our hotel and back, took the better runners around 45 minutes and it made a good start to the day's training. Judo training was however our main aim and the supplementary training was kept to a level which did not interfere with the work on the mat.

The Keischo was the first dojo at

which we practised and I thought the best. Each morning the practice started at 10-00am and finished at 11-00am and consists mostly of Randori Tachi-waza.

Here as at all the dojos we visited, dojo etiquette was very strict and unfortunately this was one aspect in which we were sadly lacking and had to brush up on very quickly. The warm-up had to be done prior to the session, for immediately after the official opening of class the Randori commenced with the changes being sounded on a huge drum every five minutes. I liked this session because it was controlled and the session length seemed just right to get the optimum training effect. Where the sessions were longer they were generally not of the same quality and the players soon became bored and started to pace themselves in order to survive.

The first University visited was Meiji where we were made most welcome and were given an open invitation to attend at any time. Of all the dojos we visited Meiji was the most spartan and the players were of a very high standard. The sessions were very long usually from about 3 till 5-30pm and the training, which again was mainly Randori Tachi-waza, was very intense. Waseda University was next on our list and was a complete contrast to Meiji. The dojo was completely modernised and was one of the best I have seen. On the day we visited, two other University Judo Sections were there, and a more traditional practise structure was used. After the official class opening, warm-up exercises were carried out followed by Ukomi practise, Uchikomi, Randori Tachi-waza and Newaza also Magi-komi (throwing practise). Practice lasted for two and a half hours, but was less intense than Meiji and there was a more relaxed attitude towards foreigners. It was at Waseda where I saw the only women practise during the time I was in Japan.

Perhaps the most famous dojo in Japan at the moment is at Tokei University. Situated some two hours by train from Tokyo it is where Nobujuko Sato (Japanese Team Trainer) is based and it is here that many of the top Japanese players including Yamashita and Kashiwazaki train. Practise times vary and prior arrangements have to be made before any visit. Sato ran a very controlled training session on the day we visited. The session, which was ideal as far as we were concerned, lasted an hour and a half and consisted mostly of Randori Tachi-waza and Newaza and finishing with Magi-komi. Everyone at Tokei were very friendly and we were made most welcome. Sato, Yamashita and Kashiwazaki took the whole group (20) for a meal and there was some interesting attempts at conversation with the British boys unable to speak Japanese and the Japanese unable to speak more than a few words of English.

One hundred players were on the mat at Nippon University, our next dojo



British Referee Ray Mitchell shopping in Tokyo.

visited. Here again the session was very long and quite an ordeal for the British players who were in constant demand for a practise. Nippon University is a physical education University and Judo is part of the curriculum. Some players from the USA were training there and I think they were glad to see us. On our last day we visited Tokyo University, but the standard of the players was not so high. It was an interesting session however although again far too long for me.

Seiki Juku is a name that will mean little to most judoka, it will mean a lot however to many who trained in Japan during the seventies. It is the name given to the dojo run by Isao Okano former World and Olympic Champion and although the venue has been re-sited several times the name, which literally translated means 'true spirit,' has been retained. Seiki Juku is now situated at Ryutsukeizai, some two hours by train from Tokyo. The dojo is in the University there and Okano oversees the training there with an iron fist. Our group spent three days there and there is no question that it was the toughest training we experienced in Japan. We slept in the dormitory with the Japanese players and each day began at 6-45am with the raising of the Japanese flag and the playing of the Japanese National Anthem. This was followed by an hour



John Goodwin on the receiving end of an Uchimata whilst training at Tokei.



Densign and Kerrith, Kerrith is 'left holding the baby.' The baby in question is Okano's youngest son.

JAPAN 1

of hard conditioning training which included sprints and bunny-hops up a steep flight of steps, various calisthenics and ending up with pull-ups and press-ups. The Japanese players during this session wore weighted (10kilo) jackets for this session. Judo in the afternoon consisted of thirty minutes of warm-up and Ukemi practise followed by two hours of Newaza and one hour of Tachi-waza Randori. On alternate days the time spent on Tachi-waza and Newaza were reversed. Added to all this we had two hours of less intense technique training in the mornings.

Only the fittest players could endure this severe training and we were glad that we were only there for a few days. Most of the Japanese players who had been there for a year had lost in the region of 10-20lb. It will be interesting to see if this type of training will produce the results Okano so desperately wants. He is a man with new ideas which he is not afraid to try and being a little outspoken does not make him popular in Japan. He is a great motivator however and a good coach and he has devoted his whole life to the sport he loves.

Looking back on the trip I have mixed feelings and I wonder if I could have endured the training if I had come to Japan in the mid-sixties as I had originally intended. I was certainly disappointed with the approach to training and I am now more than ever convinced that Japanese success in competition is due to weight of numbers. I spoke with several coaches who admitted the need for change but the system will not allow it. Certainly there was a lot of players to practice with and the Randori was good. All in all it was a very successful visit. Much was gained by the players both physically and mentally and at all times we were treated with utmost cordiality, courtesy and respect by the Japanese people. In



Arnold getting an easy practise.



Martin McSorely in action.

restaurants the service was always impeccable and we were given immeasurable hospitality wherever we went. I have to admit that Ray Ross was right all those years ago and I certainly would recommend training in small doses, no longer than three months. Ideally one should go as part of a large group with good experienced (of Japan) coaches.

A month is too short a time to study the Judo in any depth and the foregoing is really only notes and observation from a diary I kept during the trip. A longer stay would be necessary before I could come to any concrete decision about the Japanese on Japanese Judo. ■



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ACTION FILE

TECHNIQUES FOR THE COMPETITOR

● Text: COLIN McIVER

● Photographs: DAVID FINCH

I like this example of OUCHIGARI—Molnar of Hungary throws World Champion Khubulouri of the Soviet Union in their Bronze medal contest in the 1982 Senior European Championships in Rostock. Molnar makes a determined attack which Khubulouri momentarily contains by changing his stance and bracing strongly against the attack. Molnar continues to press home the attack, changes the direction and makes a score. Note the position of the attacker's head in photographs B and E.



WEIGHT TRAINING FOR THE JUDOKA

It has been said that indiscriminate use of weight training will only develop stronger players and stronger weight trainers and it cannot logically be deduced that it is in any way connected with improved performance. That statement is most certainly true. In my experience the incorrect use of weight training has ruined quite a few potentially good players.

Much thought has still to be given to the development of suitable weight training programmes for the judoka. I have often thought that it was necessary to develop different types of strength in different parts of the body. For example strength endurance may be required in the forearms whilst elastic strength (power) may be required in the legs. It may be that different types of weight training programmes have to be designed to suit differing styles and different weight categories.

In the following article, which I hope will be one of a series, David Ramsay makes a start on this very subject. David who works for George Kerr in his sports club in Edinburgh has much experience in advising judoka on weight training. He has a special interest in Judo and has attained the grade of 1st Dan. Lately he has been devising specific exercises for various throwing techniques and I hope he will illustrate and explain these in future articles. David has written articles for various magazines and is a registered NABBA instructor. Perhaps he is better known however for his work in the remedial field where he has quite a reputation and has been very successful with his programme of corrective and remedial exercise.

Lastly David is an enthusiast and he would be pleased to hear from anyone requiring advice on this subject. Write to him care of the Editor.

COLIN McIVER

WEIGHT TRAINING FOR THE JUDO PLAYER

Over the years more and more sportsmen and women have learned the valuable benefits that can be gained through correct appliance of weight training techniques. The explosive sports most of all. Hammer, discus and shot led the field, so to speak, in weight training. This was perhaps unfortunate as it gave the impression

that weights made you big, slow and perhaps even a bit thick (and I'm sure there is still some dispute over the latter). However nowadays I think athletes will agree that there is much to be gained from the correct appliance of weight training.

The problem has been, in the past, coaches in this sphere were thin on the ground, and those who were had little or no experience of

Judo or related activities. All too often a Judo player would go to a gym and ask someone who trained there for 'some exercises.' Unfortunately, that person generally shows exercises which have worked for him and do not necessarily relate to the sport concerned.

With Judo in mind, it can be shown that many of the pulling exercises relate well to this particular sport. I have compiled a basic schedule for the Judo player. This schedule does not take into account weaknesses of the individual, nor does it attempt to correct same - this would need a personal analysis and a corrective programme - but it is designed rather to introduce the Judo player to the flexibility of weight training. It is interesting to note that in the area of corrective and remedial exercises, weight training is second to none! But first, however, a few explanatory words about weight training and just what is happening to the muscles while exercising.

It is necessary to understand how the muscles use the energy which is available to them. As you will see, this is important because the demands of different sports cause the muscles to use available energy differently. The energy that the working muscles use comes from two sources. These sources (sometimes called pathways) are called aerobic (meaning with oxygen) and anaerobic (meaning without oxygen). Which source is utilised depends on the intensity of the activity being performed.

Jogging is an example of aerobic exercise, with the energy coming mainly from the oxidation of fat and carbohydrate. Aerobic exercise is the 'in' thing at the moment and you can see aerobic dance classes springing up in the church hall all over the country. Aerobic exercise, therefore, are lighter and are more efficient type of exercise where the muscles are under a lighter payload and can keep going longer. When the activity becomes more intense however the exercise becomes anaerobic with the energy coming from the non-oxidation of carbohydrate. This is a far less efficient use of available energy which also produces a chemical called lactic acid as a by-product which further hinders performance. Judo is an example of anaerobic exercise. In short this means that the activity is so intense that not enough oxygen is available to the working muscles and an oxygen debt is building up. At some point the exercise must cease to allow the body to re-oxygenate the muscles and pay back the debt.

Both energy sources or pathways can be trained to perform more efficiently but the training of each has to be specific. Aerobic exercise like jogging will do little to improve the anaerobic energy pathway used in Judo. The exercises I will be describing in this article are therefore anaerobic and are designed to develop strength and anaerobic fitness required in Judo.

I have tried to relate the following exercises so that each exercise refers generally to a throw or

group of throws emphasising the power impetus of the throw. As in Tsurikomi-ashi, the rowing emphasises the pulling nature of the throw.

DAVID RAMSAY, LCSP (Phyics),
is a Registered NABBA
Instructor, 1st Dan.

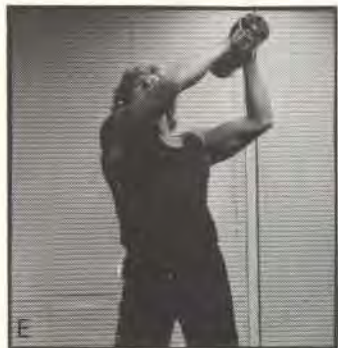
Upright Rowing (5 x 10).

This exercise can also be done with dumb-bells after the technique with bar-bell has been mastered. Eventually, alternative Dumb-bell Upright Rowing is an excellent advancement on this exercise. This also educates the muscles for left-handed throws which most players avoid for fear of being countered easily. (Photos A-C).



Swing Bell with Dumb-bell to Alternate Shoulder

This is an excellent form of preparation for any counter-lifting throws such as Ura-nage. Being able to start lightly and smoothly is essential in this exercise to allow for a warming up period for the muscles. All too often Ura-nage is tried but it makes for 'make or break' situation — it does not allow for a gradual strengthening of the lower back muscles. This exercise is especially helpful in girls Judo as they are more susceptible to lower back injuries. (Photos D-G).



It is interesting to note that P. Gardner is under 10 stone, while I am 14 stone. Without modern weight training, it is difficult to see how a lighter man could build up the required strength to execute this kind of counter.

Remember to resist the dumb-bell on the way down, causing an eccentric contraction. It is generally agreed that this contraction does much to strengthen ligaments and tendons.

I do not believe there is a name for this next exercise but it demonstrates the flexibility of weight resistance movements. This exercise is especially good for building up strength for Ne-waza and assisting escape from Kesi-gatame, Kami-shimo gatame, etc. Lying on the back with both hands gripping a medium to heavy dumb-bell on the left side, arms slightly bent with feet well spaced on the ground. Swing the dumb-bell in a semi-circle to the right side and back again, 5 x 10, breathing out as you turn. (Both sides count as one rep.) (Photos H-J and K-M).



Half Squats on to bench, medium weight but strict style 6 x 8. I give half squats rather than full squats for two reasons:

- 1 Due to the enormous torque and stress knees take in Judo, ligament damage is not uncommon. Full range movement can slow down ligament healing speeds greatly while short range movements strengthen them.
- 2 Of all the range of squats there are, and there are many, half-squats relate to the Judo player easily because the balance is more on the toes than other squats. This is because the impetus in throwing requires more forward thrust than upward. (Photo N).



Step-Ups with medium weight giving a *concentric* contraction. **Step-Downs** with medium weight giving an *eccentric* contraction so the step-ups improve thrust as in Uchi-mata. Take the bar-bell across the shoulders and step-up onto a bench to how this simple exercise is done. Make sure to use each leg in turn.

While the step-downs strengthen ligaments and tendons as in all bi-lateral exercises, you start with the left, though the *mental* concentration must be on the throwing leg.

Power Curls, or Heavy Cheating Curls, is the best exercise for the Judo player. Unfortunately the curl is the exercise which most players cannot master easily, dragging the wrist to such an extent that the bar-bell travels away from the body, causing excessive back-swing and subsequently straining the wrist and elbow joints. (Photo O — wrong way, P — correct way). I will clarify this statement by saying that Heavy Cheating Curls are a good exercise *only* after full proficiency is gained in Strict Curls. This exercise should be done 6 x 8, using medium to heavy weight.

For triceps, **Bent Arm Pullover and Press** with close grip. (Photo Q). Again, some players find correct breathing difficult but the same rule applies — breath *out* on the effort. For this exercise, I would suggest 6 x 8. I do not recommend high repetitions on the arms for Judo players as this can cause 'pumping' in Randori. This is most uncomfortable and also makes the arms susceptible to Kansetsu-waza.

We now move on to the abdominals. This can be a problem area as most abdominal exercises are aerobic, that is to say you can do perhaps 100 sit-ups because, as the initial payload is low, there is no oxygen debt. It can be questionable, therefore, how relevant this is to competing in an explosive sport. There are, however, many ways around this.

Remember fitness, to a large extent, is environmental so the auxiliary training *must* be channelled towards the nature of the sport.

Inclined Sit-Ups.

It is taken for granted that the player is well-versed in the common or garden sit-up so we do this exercise with a medicine ball (or weight), holding the ball above the head when sitting up and twisting sharply to the side, pulling the ball over. It will be

noticed that whichever side one throws to, you will experience a much sharper twist. As with all bilateral movements, we start to the left, 5 x 20.

Resistance Sit-Ups.

5 x 20, angle at about 45 degrees. The player lies on an inclined board, holding the two ends of his kit belt over his shoulder. His training partner holds the middle taut behind him. As he sits up, the training partner gives enough resistance so that he can only *just* complete the sit-up. He should not be allowed to pass the twenty mark, thus creating an oxygen debt and relating the exercise to a power movement. To explain, as the muscle fibre contracts it, in effect, becomes stronger, so the more it contracts the more load it should handle. In normal sit-ups after the half-way mark, the payload decreases

allowing the muscle to recover. Although I suggest 5 x 20, this is the limit you can do. 5 x 10 is acceptable as the payload is increased proportionately. In fact, it is the variety of repetitions that works best.

A good example of relevant exercise to sport is in a certain Judo Superstars' ability to do high 'repetition chins and dips. This is an excellent example of anaerobic exercise relevant to an anaerobic sport, by improving fitness and power by 20%, performance can be improved by as much as 10%. This will not improve the *skill* of the Judo player — only his ability to *apply* it.

In conclusion, these exercises should be done twice or three times per week, say Monday, Wednesday and Friday; Judo practice Tuesday, Thursday and Saturday. It is quite acceptable to

do light fast Uchi-komi *after* the weight training session, then go for a run. The ideal running for the Judo player is to sprint two hundred yards, and jog for two hundred yards, for perhaps three miles. Alternatively, in the streets, you can sprint to one lamp post, and jog to one lamp post. Always remember the sprint is most important because Judo is an explosive sport. Marathon runners would not make good Judo players. Weight training should also be stopped a week before a contest.

Also you may be confused about the different kinds of exercises in relation to fitness. It is taken for granted that the contest players' fitness is not in doubt. This bears no relation to fitness for 'Joe Public'; fitness for the top athlete is a vastly more complicated thing than just doing 'keep fit' exercises.



BRITISH JUDO ASSOCIATION ANNUAL GENERAL MEETING

SATURDAY 18th JUNE 1983

Election of Members of the Management Committee

Your Club will be entitled to vote for six nominees for election as members of the Management Committee for 1983-84-85. The nominees are... **Mick Leigh, Cliff Baker-Brown, Frank Smith, John Beard, Bryan Perriman, Dave Barnard.**

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ROUND & ABOUT

Competition Reports, News and Judo Information

Judo on television

During February we managed to get quite a bit of Judo on television. Firstly, Neil Adams, Karen Briggs and Loretta Doyle appeared in quite a long spot on *Blue Peter* on BBC television, and then Loretta Doyle starred again in the *Greaves Report* on Central Television where she gave Jimmy Greaves his first and probably his last experience of Judo. In an hysterical session Loretta buried Jimmy a couple of times, one of which was completely unexpected and Central Television actually showed it complete with Jimmy's curses.

The two sessions had a dramatic effect in terms of interest and Tony Reay tells me that the office was inundated with enquiries to the extent that most other work stopped to answer them all as quickly as possible.

The photograph (right) shows Jimmy Greaves trying a Tai-otoshi on Loretta Doyle, complete with appropriate expression for the cameras.

Austrian Summer School

There will be a Summer Judo School in Brunn, Geb near Vienna, from the 1st to 14th August. For judoka up to 14 years it will cost 3,900 Austrian shillings and for those 14 years and above 4,200 shillings. The instruction will be in English, French and German, under the overall direction of Dr Ewaryst Jaskolski (5th Dan).

Prices include full board in modern four-bed rooms with shower and loggia. The Centre is situated on a lake and has an indoor heated swimming pool and social facilities.

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● SJF REGION CHAMPIONSHIPS—RESULTS

Girls Closed Championships

Under-27 kilos

- 1—Dianne Jamieson, Osakakwai
- 2—Helena Graham, Osakakwai
- 3—Heather McWilliams, St. Ninians
Loren Callanin, Osakakwai

Under-30 kilos

- 1—Janice McIver, Kyoto
- 2—Elaine Doherty, St. Ninians
- 3—Sharon Somerville, Kyoto
Lyn Marton, Osakakwai

Under-33 kilos

- 1—Vicky Elliott, St. Ninians
- 2—Catrina McIver, Kyoto
- 3—Tracy McWilliam, St. Ninians
J. Aitken, Scotia

Under-36 kilos

- 1—Linda A. Gunn, Milton
- 2—Sharon Stewart, SJC Alba
- 3—Jacqueline Gunn, Milton
Joanne Clark, Milton

Under-40 kilos

- 1—Carrie Leck, St. Ninians
- 2—Yvonne Moore, Drumchapel
- 3—Lorna Jenkins, St. Ninians
Karen Chesters, Jamestown

Under-44 kilos

- 1—Kathy Brown, Jamestown
- 2—Sharon Martin, Osakakwai
- 3—Tracy Duncan, Osakakwai
Margaret Baskerville, Scotia

Under-48 kilos

- 1—Jackie Doherty, St. Ninians
- 2—Lyn McMahon, Kyoto
- 3—Yvonne Beattie, Jamestown
Helen Somerville, Osakakwai



Midland Area Squad News

The Midland Area Girl's Squad is on the first Sunday of every month, from 9-30am to 11-30am at the Hardy Spicer Judo Club. Instructors, Dave Walker and Ron Knight, invite any Area girls interested in training with the Area Squad to attend.

In April the training venue moves to the new Birmingham Athletic Institute Dojo and there is a full Squad programme planned for 1983. If you require further details please telephone Margaret Bowley on 021-459 1534.

The Midland Area Men's Squad is now being run by Mac Abbotts, who can be

contacted every Monday evening at Graisleys Leisure Centre, Graisleys Hill, Wolverhampton, or at his home address, which is 46 Margaret Road, Wednesbury, telephone 021-556 1870.

Area Dan Gradings

The next Dan Grading will be at Coventry Judo Club, Kenpass Hall, Kenpass Highway, book in at 10-00am on Sunday 1st May, for both Males and Females, from 1st Kyu going for 1st Dan upwards. The other two Area Dan Gradings will be at Ryecroft Judo Club on Sunday 7th August and Sunday 6th November, with the same booking in time, etc.

Jersey Open Championships

The Jersey Open Championships will be held on Saturday 12th March, at Fort Regent, Jersey. Contact Mr R. Schooling, 37 Mont Pelle, Tower Road, St. Helier, Jersey, telephone: 0534 75386.



British Open/British Master's

Dear Sirs,

Being a Judo fanatic, I go to Judo six days a week, training, instructing or refereeing and also entering Championships as often as I can, somewhere in the Western Area.

I have not missed the British Open in the last six years and I would love to attend the British Master's Tournament more than anything but this year, and in the foreseeable future these two events will not be attended by me. I am positive that many other people will also not be attending because of the expense of a two-day event. I would not be able to afford to stay in a hotel and the travelling for all of my family and leaving them at home is out of the question.

Although I appreciate that from the organisers point of view trying to cram events of this sort into one day makes the event finish late but I am sure that the ordinary Judo enthusiast would prefer it to paying out all that money.

J. R. MANN, Gloucester

● *Editor... Well, for one, I would not. I too have not missed a British Open since it started...but I have missed most of the fights! In order to cram everything in, contests have been staged on the balcony of Crystal Palace and it was quite impossible to watch five mats at once. Unfortunately we now have a situation where the event has outgrown the venue and it is just not possible to hold a well organised event on one day. I personally endorse the move to two days, at least I will see most of the players I want to see, even if it means saving up for a while.*

The British Master's Tournament is my responsibility and most of the above applies plus the fact that I have to raise about £20,000 to pay for the event. That has got to come from the spectators. In this situation, if you want to see good international competition plus the Japanese then you will have to help in the financing.

British Judo Association... Midland Area

MIDLAND AREA UNDER-18 BOYS 'CLUB TEAM' CHAMPIONSHIPS

SATURDAY 12th MARCH 1982

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CLUB _____	MANAGER _____
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28 to 31 kilos _____	37 to 41 kilos _____
31 to 34 kilos _____	41 to 45 kilos _____
EVENT THREE	EVENT FOUR
45 to 50 kilos _____	60 to 65 kilos _____
50 to 55 kilos _____	65 to 71 kilos _____
55 to 60 kilos _____	Over 71 kilos _____

TEAM MEMBERS MUST BE FROM THE SAME CLUB

Closing Date for Entries... Tuesday 8th March 1983

To: Roland Lee, 7 Ash Grove, Wem, Shropshire. (*Strictly no telephone Entries acceptable*).

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BRITISH JUDO ASSOCIATION—MIDLAND AREA

Lower Grades Knockout Tournament **FOR BOYS AND GIRLS**

HADEN HILL LEISURE CENTRE, BARRS ROAD, WARLEY

SATURDAY 9th APRIL 1983

The First Midland Area Lower Grades Knockout Tournament for Boys and Girls under 16 years. The Competition is open to all Areas for Players up to and including 9th Mon. No prior entry is necessary, just turn up and enter on the day, weigh in and book directly onto the Knockout Sheet at the next number, in your respective weight category. Only one attempt at weighing in permitted. Entry fee is **£2.00** and Competitors not showing a current B.J.A. Licence will be fined £3.00.

Boys Weigh in: 9-00am—9-30am

Girls Weigh in: 10-00am—10-30am

Coaches please see that Players are changed before going into Weighing in Room, and have their Entry Fee and Licence with them.

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