



Identifiable faces, as seen by the sports desk in the Law machine's 12-6 victory over Medicine are Jim Cowan, Paul Murphy and Pete Herrndorf.

More Victories for Dal

In an interview with the *Gazette*, Track and field coach Al Yarr said he is very optimistic about Dal's chances at the Intercollegiate Track and Field Meet to be held at St. Francis Xavier University.

INCREASED STRENGTH

He said that the teams' strong points are running, jumping, and throwing. He attributes the increase in strength of the team to the fact that there has been a large influx to the university of people proficient in the sport, especially from the Halifax Track Club.

In the past Dal has not contributed a great deal to track and field. This is shown by the record book which indicates that Dal holds no Maritime intercollegiate record and that last year only a six man team was sent away.

However, this year the increased team along with the construction of a broad jump pit, high jump pit, 100 yard straightaway and shot-put and discus circles show that Track and Field is on the up-grade at Dal.

WORKOUTS IN PROGRESS

Workouts have already started and among the athletics going to Antigonish will be John Whitely who ran the 100 yard dash in 9.8 seconds, Jim Seaman who ran the 440 yards in less than 51 seconds and Simon Moddrel who has thrown 45 feet in the shot-put event.

Time trials start on Oct. 12 at the Wanderer's Grounds for the team when the first members will be selected. "We'll scare a few people" said coach Yarr to indicate that the Dal team could possibly walk off with the laurels in the event.

LAW MACHINE WINS

In what was probably, almost surely, a preview of the interfac football championship, Law rolled to a 12-6 victory over Medicine.

Law scored its first TD on a 20 yard run by quarterback Donnie McDougall around the left end. The convert was blocked and Law led 6-0 at the end of the first quarter. There was no further scoring in the first half.

In the third quarter Brian Noonan scored on the one yd. buck from the 1 after his 35 yard run around the left end. Again the convert was blocked and Law held a commanding 12-0 lead.

In the final minutes of the game, Hal Murray put on a dazzling display of broken-field running as he went 58 yards for Meds' only point of the game.

INTERCOLLEGIATE FOOTBALL SCHEDULE

Away: Friday, Oct. 11 — Dal. at Stadacona 8:00, Wanderers'.

Home: Friday, Oct. 18 — SMU at Dal. 8:00, Wanderers'. (Lobster Bowl).

Away: Saturday, Oct. 26 — Dal. at St. F. X. 2:00, Antigonish.

Away: Saturday, Nov. 2 — Dal. at UNB 2:00, Fredericton.

Home: Saturday, Nov. 9 — Mount A. at Dal. 1:30, Studley Field.

Home: Saturday, Nov. 16 — Shearwater at Dal. 1:30, Studley Field.

Saturday, Nov. 23 — ATLANTIC BOWL.

INTERCOLLEGIATE SOCCER SCHEDULE

Friday, Oct. 11 — Dal. at Mt. A. 2:00, Sackville.

Saturday, Oct. 12 — Dal. at UNB 2:00, Fredericton.

Saturday, Oct. 19 — Acadia at Dal. 2:00, Studley Field.

Saturday, Oct. 26 — Dal. at Kings 2:00.

Saturday, Nov. 2 — SMU at Dal. 2:00 Studley Field.

NEW DAL SPORT

The commencement of the fall term at Dal this year will see the activation of yet another new group on the campus — this being the Dalhousie Judo club. Founded last year, the club is under the direction of Dr. Alan Swanzy, a graduate of the Dalhousie Dental School, and the holder of an internationally recognized 'Shodan' (1st degree black belt) in Judo. Dr. Swanzy offers classes on a once a week basis, but there is a possibility that this may be expanded as the year goes on.

MISUNDERSTOOD SPORT

There are few activities that are so widely misunderstood as Judo. The average person, if he thinks about the subject at all, has vague ideas about flying bodies, usually propelled by a diminutive, tubercular individual murmuring 'Ah, so' beneath his breath as he does it. The truth could hardly be further from this inaccurate stereotype. The myth that 'no strength is required' can be easily dispelled by a quick check on the world Judo champions of the past, few of whom have weighed less than 190 lbs.

REAL SKILL NEEDED

It probably started from the undeniable truth that a skilled practitioner of Judo, when pitted in an open fight against an unskilled or untrained person, can easily demolish his opponent, even though his foeman may outweigh him (or her) by 100 lbs. or more. However, we should like to repeat that this is only possible by a skilled practitioner, using the techniques of 'real fighting' against an opponent, untrained in this or any of its sister arts. A street-brawler, of no matter what experience, would fail to qualify as a trained person in this sense.

GOOD EXERCISE

However, there is more to judo than a competitive sport on one hand, and a very handy means of self-protection on the other. As a means of general exercise it is unexcelled, and would be hard indeed to equal, including as it does throwing, grappling and combinations of these movements, as well as footwork and balance. After a brisk period of 'randori' (free practice) it is the rare person who does not feel psychologically invigorated, as well as pleasantly tired.

RIGID CODE

Beyond this again, there is a moral side to judo, starting with a very rigid code of behavior while on the mat which includes absolute adherence to the rules of politeness and courtesy to be shown to all one's fellow judoka (practitioners) and respect and deference to be shown to one's superiors at all times. The ability to respond automatically to a situation is stressed, and thereby the avoidance of second thoughts becomes essential.

PERSONAL CONFIDENCE GAINED

This, in its turn, leads to confidence in oneself on the mat, and, with proper guidance, it is hoped, for some of the students at least, off it. Another trait, connected closely to this, is the creation of the so-called 'fighting spirit,' that attitude which makes the practitioner forge on to the bitter end in tournament, until he either wins, the time runs out, or he is declared defeated. Unwavering courage is an integral part of this, and its development is an important part of judo.

ANYONE ELIGIBLE

From this, it may be seen that judo is not a mysterious and unattainable art from the inscrutable east. Instead, it is an activity in which anyone can engage, and, provided properly controlled conditions are present, without the slightest risk of anything more serious than a few superficial bruises. All the students require is the desire and a little bit of what is commonly known as 'guts.' Dr. Swanzy will most capably provide the rest.

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TEAM PICKED

Members for this year's Varsity Golf team include Ted Reeve, John Weatherhead, Tor Boswick and Les O'Brien. This is one of the stronger sports at Dal. as last year's team copped the Maritime Intercollegiate crown.

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