

Sports

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A beginner's judo handbook

Unseasoned judo team places third in tourney

"Judo is the way to the most effective use of both physical and spiritual strength," according to Dr. Jigoro Kano, founder of Kodokan judo.

"By training you in attacks and defenses it refines your body and your soul and helps you make the spiritual essence of judo a part of your very being. In this way you are able to perfect yourself and contribute something of value to the world. This is the final goal of judo discipline."

On Saturday March 1, the OUAA judo championship was held at the Hatashita Judo Club in Toronto. The York Yeomen placed a close third behind first place Western and second place Trent. Teams from Waterloo, University of Toronto, Queen's, Ryerson, RMC and Guelph also competed in the tournament. The competition was divided into two categories: team and individual.

The Yeomen squad consisted of Gorge Comrie (black belt), Dave Hockman (brown belt), Sheldon Suga (brown belt), Tom Drechsel (black belt), Naotoshi Seko (brown belt) and alternate Larry Wolfman (green belt). In their first tournament as brown belts, Hockman, Seko, and Suga obtained points toward their black belts. Coach Ron Muirhead provided excellent teaching and support throughout the season. He was one of the very few coaches at the tournament.

In the individual segment of the tournament, Hockman took first in the featherweight division and Comrie placed second in the light heavyweight division. There were five different weight categories: featherweight (under 139), lightweight (under 154), middleweight (under 176), light heavyweight (under 205), and open

weight.

All the team matches were open weight and there were no belt divisions. Weight and belt differences had little effect on the result of the matches. Witness the fight between York's Suga (152 lbs), and his opponent from Trent (260 lbs) where Suga managed to escape from a hold down and then throw his opponent to win the match for York.

Judo is comprised of throws, hold downs (30 seconds), strangulations, and arm locks. There are no blows or kicks. It has been accepted as an olympic sport and is learned worldwide. There is only one style, that of the Kodokan school.

At York, classes are held twice a week. These classes are attended by students for recreation or sport. There, both men and women take judo and many more are invited to attend.

The typical class starts out with a simple ceremony. The students pay respect to the teacher and Dr. Kano by bowing. Everyone then lines up for exercises. These exercises emphasize stretching and strengthening the muscles. This is then followed by a vigorous run to build up stamina. The most important part then follows—the break-fall.

This is where the student learns how to break a fall after being thrown. One learns how to fall to the front, the back and both sides. Next follows the rolling break-fall. Once the falls are mastered, the student may then concentrate on learning to throw his or her opponent.

Each throw involves kuzushi (the breaking of the balance). This enables a smaller person to throw a larger opponent. Throws can be broken down into three categories; hand techniques, hip techniques and



Sheldon Suga photo

In this picture, Larry Wolfman kindly offers his shoulder to a flipped-out Alan Bardikoff. Both are members of York's judo team.



Ed English photo

Sheldon Suga, member of the York judo team, throws his coach Ron Muirhead in a practice session for the tournament of March 1.

Sports briefs

Track and field teams run down

March came in like a lion and left York's track and field teams a bit sheepish.

At the indoor track and field meet held at the CNE on March 1, the Yeomen fared poorly, the men managing a sixth place and the women an eighth out of twelve teams.

Individual results saw Yeowoman Karen Hladki place fifth in the 50 metre run (7.2 seconds), and third in the high jump, and Margo Wallace shift into third in the 300m. run.

The men's relay team did well, as Robin Pond, Ken Buckley, Wayne Morris and Neil Hendry carried their baton into second place.

Doug Pursiainen pegged a third in the pole vault, Steve Nay came 12th in the 1500 m. run, and Morris grabbed eighth over 800 m.

Blues' scoring burst dumps Huskies

Exploding for five third period goals—all scored with less than six minutes to play, three coming in a 32 second goaltender's nightmare — the University of Toronto Blues beat St. Mary's Huskies 6-3 last Sunday to win their best of three intercollegiate semi-final two games to one.

The Huskies won 4-2 on Friday to take an early lead in the series. They dominated the second game but when the ice-chips had cleared, the Blues skated away with a 2-1 overtime victory.

In Sunday's strange contest, Ivan McFarlane led the Toronto attack with a pair of goals.

This is the fifth time in six years that the Huskies have met the Blues in playoff action, St. Mary's has yet to emerge victorious.

The Blues final series is against the University of Alberta Golden Bears.

Warriors clinch basketball crown

University basketball bounced to dressing room retirement on the weekend.

Waterloo Warriors captured the men's intercollegiate championship by squeaking past the University of Manitoba Bisons 80-79. Waterloo's Phil Goggins sank the winning basket with only four seconds to play, much to the delight of 5,000 screaming fans at the Waterloo home court.

At one point the Warriors were behind by eight points, but persistence on their part and complacency among the buffaloes, who thought their lead was insurmountable, led to the eventual Waterloo victory.

In OWIAA action, the Laurentian Voyageurs emerged as champions over the University of British Columbia Thunderettes, much to the delight of women's liberationists who have long wanted to take ette out of B.C.'s thunder. As one sad after the loss, "blast it."

Gladiators and Richard Nixon

By PAUL KELLOGG

Failing to decisively locate a victor, the last game of a three game total point series was played out last Tuesday.

The first contest saw the Lions beat the Christians 7-0. The second game was a unanimous decision against Richard Nixon. All that is known about the third is that it was long and bloody. The gladiators squared off at noon in the Bearpit and drew one of the largest crowds this campus has ever witnessed at a sporting event.

The game is called politics and there are no rules and no winners.

But, as the various combatants baited, jeered, and drew blood, it became apparent that there was a loser. It was the student body which was presented with a popularity contest and denied a discussion of the issues.

And it is for that reason that the CYSF elections find themselves oozing onto the sports page. The issues and the election are important. But the art of politicking is a sport like any other, a no-holds-barred battle to get on top of the heap.

At the Bearpit, this game was the only side of politics presented.

Deadline for
Sports copy
is
Monday noon

Sports briefs

Banquet honours York athletes

York's athletes rounded themselves together on Tuesday evening to pat themselves on the back, and to receive recognition from their coaches for the past year's efforts. Some call it the athletic banquet. Following is a partial list of the winners:

Ian Arthur (Badminton), Gunar Ozols (Fencing), Neil Henry (Cross country), Doug Ward (Football), John McKenzie (Golf), Dave Steeper (Gymnastics), Doug Dunsmuir (Hockey), Brian Orton (Karate), Wayne Daniels (Volleyball), Arthur Keyfitz (Water polo), Bob Smyth (Rugby), Dave Wilson (Skiing), Robert Iarusei (Soccer), Bill Powely (Swimming), Tony Pospial (Tennis), Dave Milgram (Track and field), and John McPhedron (Wrestling).

Top water polo team aids Canada

The number one Water Polo team in the world is in Canada for two weeks. On March 5, the Canadian water polo association announced the arrival of the Hungarian national team which will train and compete here with the Canadian national team March 5 to March 17.

The Hungarian team are the current European and world champions. Their international record is the most outstanding of all nations and includes five olympic gold medals (over the last nine olympics), nine European championship gold medals, and the world championships as well as medal placings in every other major event.

The Hungarian team will train daily with the Canadians as part of the game plan '76 program to develop higher techniques in the Canadian team.

Friday, March 14, 7:30 p.m. to 9 p.m., the Hungarian and the Canadian teams will square off in the Tait McKenzie pool. general admission is one buck, half as much for children.

Swimming and diving teams in action

York's synchronized swimming and diving teams present an evening exhibition at Tait Mackenzie (Physical Education Bldg.) pool, this Monday, March 17 from 7 p.m. until 8:30 p.m. Both teams fared well during their Ontario university competitions.

Excellent viewing is available from the pool gallery. There is no admission charge.