

by Phil Hicks

JUDO BASICS EXCITING & PRACTICAL

It seems that few students are aware that Judo is taught here, and that classes are free. This lack of participation was apparent in the ladies' class, which had an active membership of only two, sometime four dedicated judoists last year.

What is judo? To translate directly from the Japanese it is "the way of Ju", which means the Gentle Way. No, it is not like the T.V. show everyone watches on Thursday nights, nor is it chopping boards or breaking bricks or kicking and punching. Judo can be violent, but at the same time it is graceful and smooth, when done well. You don't have to be big or strong to be good at judo — it helps if you're not. The Dal ladies are learning that the harder someone pushes you, the bigger and stronger your opponent is, the easier he is to defeat by throwing him (gently!) to the mat.

Judo is an acquired skill, and it is fairly hard to master the basics. Once the initial drudgery of learning how to fall without injuring yourself is passed, the fun begins. Some of the things our judoists learn are throwing techniques, hold-downs, chokes and strangles (you learn the difference), and bone-locks.

There are very many different ways to throw an opponent, if you are attacked. Most throws fall into the general categories of hip throws, foot sweeps, shoulder throws, hand techniques and sacrifice throws. As is

suggested by the names, the judoist's hip, or hands, or foot, etc., are instrumental in successfully executing the movement. As for sacrifice throws? Sorry to disappoint you, but they involve sacrificing your well-balanced position in order to upset your adversary, and thereby taking advantage of his momentum to throw him a la mat.

Judo's beginnings date from the late 1800's, and stem from jujitsu. The origin of jujitsu is lost in the mists of antiquity. An ancient history of Japan written in 720 A.D., makes reference to a tournament of "Chikara-Kurabe", a contest of strength held in 230 B.C., which is believed to include jujitsu and sumo. Many old Japanese legends contain tales of priests using unarmed self-defence techniques to protect themselves from raiding gangs of bandits.

Before firearms were brought into Japan from China, bow & arrows were used for warfare. In close combat they used swords and spears and occasionally they used their bare hands. This was called "Kumiuchi", and helped to form what is now called jujitsu. Prison-keepers, royal guards, and the lower classes were, for centuries, not permitted to carry weapons of any sort, and they needed a special art of self-defence, as well as a method to control their charges without killing them.

Special methods such as hitting, poking or chopping

with the hands, fingers, elbow and fist, kicking with the kneecap, heel or ball of the foot, or bending and twisting the joints were studied and developed so that an unarmed person, or a person who was purposely restrained from using his weapons could subdue an adversary. Also, for several centuries during the feudal ages, class distinction was rigidly enforced between the warrior (samurai) and the common, the latter being ordinarily forbidden to wear any sword. Naturally, for self-defence purposes, commoners had to learn the art of bare-handed fighting ("karate" literally means "empty hand"). This is all fine, but where does judo come in.

Well, a young man named Jigoro Kano, in the 1870's heard of jujitsu, an exercise by which a man of small strength can beat a man of great strength, and being your typical ninety-eight pound weakling, began to study this dying art. Owing to poor social conditions existing in Japan, (an ordinance prohibiting samurai from wearing swords was passed in 1871 which began a swift decline of martial arts) he had to start from scratch, but finally, in 1882, he opened his first school, calling it Kodokan Judo. He taught only those skills which did not involve violent or dangerous techniques, and which would not needlessly injure participants. This is what we now know as judo, as practiced by over fifty

thousand Canadians and is an Olympic sport.

Here at Dal, the accent is not on rigorous discipline or intensive training; we feel people are more interested in a bit of physical exercise, a few self-defence methods, and perhaps getting involved in something which most people want to try one time or another. It's amazing the number of misconceptions

the average person has about judo, but space just doesn't permit me to explain an art form which has developed for over two thousand years.

This past year, classes have been held every Thursday evening for the ladies, and some times Sunday afternoon. Hopefully there will be classes twice weekly next year — but only if the number interested justifies this.

3 Sports in One

by David Green

Fencing is really three sports in one: foil, epee, and sabre. These are the names of the types of weapon which fencers use (ladies normally fence foil only). The rules and technique are complex and vary for each weapon; but in each case there is a simple basic goal: to hit your opponent without being hit yourself.

To achieve this goal, a fencer must alternately attack and defend. Of course, to every attack there is an appropriate defence, and vice-versa; so tactics and imagination are important. Any bout between advanced competitors is a battle of wits — a sort of high-speed chess-game. Fencers have to be fit too: at the recent Canadian Nationals, men's foil started at 9 am and, after competition all day, the last bout was fought at 3 am. NEXT MORNING.

The Dal club emphasizes both competitive and social aspects of fencing. Last year, we competed in tournaments all over the maritimes as well as Toronto, Ottawa, and Boston and notched up some impressive achievements: our fencers hold twelve of the fourteen provincial titles, plus the New England Sabre title; one of our girls went with the Canadian team to Israel last June; and two of our other

fencers have been included in the National Talent Pool, from which the Olympic team will eventually be chosen. But fencing is more than just competition and, while a dedicated core of team members trains hard three or more times a week, everyone fences for fun. It's easy to make friends through fencing and most team members know fencers, not just from Halifax, but from all over the world. The club has existed for two years now and is growing all the time. With the Canada Games coming up this year, we are sending teams to competitions all over Canada.

Why not try fencing for yourself? You don't need expensive equipment to start and it's a sport that will still be keeping you fit when you're eighty. The club provides special coaching for beginners in first semester; and for no more cost than a membership fee. We are holding a demonstration during orientation; so don't be foiled by a feint heart! Parry self-doubt from your mind; lunge out in a new direction; and join the fastest growing sport in the country. For information, look for our table in the SUB; see our posters around campus; or contact Barbara Daniel at 423-0843.

Radio scandal (cont'd)

equipment from the station, if it were closed down. Dal Radio keeps no record of who borrows their equipment.

A "secret inventory" was suggested by one of the members of the Executive (reportedly Richard Haugen, SUB Affairs Secretary), but the idea was turned down as "unsavory" by the other members.

When Doug Wavrock was appointed Station Manager by Council, to replace Campbell, an in-

ventory was finally taken. No Radio equipment was found missing.

Thus ended the Dal Radio affair, with as little known now as was known then (unless the Executive is withholding facts from Council). What will become of the episode? As yet, no one is upset, but there has yet been an opportunity for the full Council to discuss the matter. Council will have the first opportunity to do this on September 8th (yesterday), so we should have some further word for the next issue.

A back-to-school 'WELCOME PARTY'

Sept. 9-16 at THE PIRATES DEN

featuring:

BITTER BLUE

-a versatile, and dynamic group-

direct from PAPA'S MOUSTACHE in Montreal.

admission: \$1.00 per person

casual evening dress

Daily Specials:

the old-fashioned

"home cooked" way.

The Pirates Den

1268 Hollis St.

Halifax -information 423-8093

(under new management)

**SUPPORT ECOLOGY
ACTION CENTRE !**