



I told you not to step on my feet  
John Millef is shown tossing Black Belt instructor Al Swanee, a 4th year Dent student. (Photo by Purdy).

## Kings, Pine Hill, Men's Res., compete for MacLean Trophy

In keeping with the overall resurgence of Dalhousie's athletic program, the three major Dal residences have laid plans for organized inter-house competition. Included are King's, Pine Hill and "New Men's Residence and at stake is the 'MacLean Trophy' which will be presented to the over-all winner at the end of the school year.

### EIGHT SPORTS

Eight sports are definitely planned to count toward the trophy competition. Of these, softball, cross country and a tug of war have already been completed. Tentative plans include some volleyball matches between now and Christmas with the bulk of the program to follow in the second term. Included will be basketball, hockey, ping-pong and bowling. There four will count toward the trophy but also planned perhaps on a more informal basis, are curling, billiards, chess and swimming.

### KINGS IN LEAD

To date King's lead the com-

petition by virtue of wins in softball, cross country and the tug o' war. In softball King's defeated Pine Hill and the Dal residence, the latter having lost previously to the 'Hill' boys. The scoring of each game gives three points for a win, one for a loss and zero for 'no show'. Thus in the softball series Kings got six points, Pine Hill, four, and Dal, two.

### FRASER WINS CROSS COUNTRY

The cross country was run over the Dal inter-fac course and though Bob Fraser of Pine Hill won by a very wide margin Kings capped the first team position and five points. Pine Hill was second and Dal residence failed to enter.

Kings continued to show over-all superiority in the Tug o' War by easily defeating Dal. Unfortunately Pine Hill wasn't on hand and therefore detracted something from the competition.

Thus, at the time of writing the standings are as follows: Kings - 17; Pine Hill - 7; Dal Res - 6.

## From Japan to Dal lower gym

By IRV SHERMAN  
Asst. Sports Editor

From the Kodokan judo club in Japan to the lower gymnasium at Dalhousie University in Halifax, thousands of men and women participate in a sport, which to the novice seems odd, but to the informed is a way of life. Such a sport is Kodokan judo or simply judo.

Every Tuesday evening in the Dal gym, twenty male students practise and learn judo from their informed "black belt" instructors, C.B.C. Dept. head, Perry Teale or fourth year Dentistry student, Al Swanee. What is judo and why do these men devote hours to it?

### SINCE 1882

Judo was first practised by Prof. Jigaro Kanno at his Kodokan judo club in Japan in 1882. Prof. Kanno developed judo from Ju-jitsu, an ancient method of self defense. This Japanese professor wanted to make his new sport something more than just a body-contact sport with ulterior motives as its primary objective. He was successful in his efforts for he succeeded in defeating all the other judo clubs in Japan forcing his brand of judo to world supremacy.

The main objective in judo is to score one point within a designated time limit, usually three minutes. One point can be scored if a man cleanly tosses his opponent to the mat or can pin his opponent to the mat for thirty seconds or by submission by choking. To toss your opponent cleanly is to have him land on his back. If he doesn't land cleanly on his back, one-half point may be scored if the referee so designates. Two of these tosses make a match. If both participants are tied, that is, haven't achieved an advantage after three minutes the referee can either arbitrarily declare a winner or extend the time limit. Of course, a judo match can end in a draw.

### DAILY EXERCISES

In the pursuit of his objective, the judo participant must be in good physical condition. This demands daily exercise. Furthermore, the participant must have good knowledge of throws and fall properly without getting hurt, and must know how to break a fall properly without getting hurt.

## Phi Chi Bowlers Place First In Interfraternity Tournament

A team of Phi Chi keglers captured the Interfraternity Bowling Tournament held recently at the South Park Lanes. The Phi Chi boys defeated their nearest rivals, Sigma Chi Fraternity, by 62 pins in the three team finals.

### FIVE TEAMS

Five fraternities participated in the successful tournament, efficiently run off by IFC Bowling Chairman, Jim Cowie, and his committee. Besides Sigma Chi and Phi Chi, TEP Zeta Psi and Phi Kappa Pi tried to capture the Interfraternity Bowling Trophy, up for the offering for the first year this year.

In the first round, Zeta Psi amassed 1137 points to lead all

teams. Zeta Brother, Dave Mercer, led all individual participants with a 125 score. The Zeta team beat their nearest rivals, Phi Chi, by 16 pins in this round. Sigma Chi went into the finals with a 1113 pinfall. TEP with 1075 points and Phi Kappa Phi with 994 points were eliminated.

### STEIN LEADS PHI CHI

Med. student, William Stein, of Phi Chi bowled a nifty 129, leading his team to victory in the finals. The Phi Chi boys were no match for Sig or Zeta when the chips were down. Thus, the Interfraternity Bowling Trophy, rests on the mantle piece at Phi Chi Fraternity.

These skills demand many hours of practise in order to be executed with authority and finesse.

Sheer physical prowess alone is not enough to win a judo match. The participant must think in order to subdue his opponent. When the two participants are engaged in combat, reflex action, speed and co-ordination must be exhibited to a high degree if one of these men is to achieve success by using his knowledge and his endurance.

Judo demands self-control. This search for self-control usually leads to passivism. If a man adopts a meaningless aggressive attitude he can easily be defeated by his calmer opponent. It is not hard to see why "judo" means the "gentle way".

### DRESS IMPORTANT

All judo participants dress similarly. They wear three-quarter length pants, fastened at the waist by a rope. The jacket worn is made of a very tough cotton

fabric and has a v-shaped front with no buttons. Participants wear no jewellery, socks or shoes.

The judo costume is called a "Judogi". As can be illustrated by this Japanese word, names associated with judo are all in Japanese. This practise gives judo-participants all over the world, something in common.

The judo jacket is fastened by a belt, the color of which indicates the wearer's proficiency. Novices wear a white belt. Upon learning holds, throws and Japanese terminology to varying degrees of proficiency, the judo aspirant graduates from a white belt to a yellow belt, then on orange, green, blue, brown and black belts. A "black belt" is a judo expert. There are twelve degrees of proficiency a black belt holder may obtain. Few people attain the twelfth degree black belt. If one was to obtain a black belt, it would demand countless hours of constant practise over a period usually exceeding three years.

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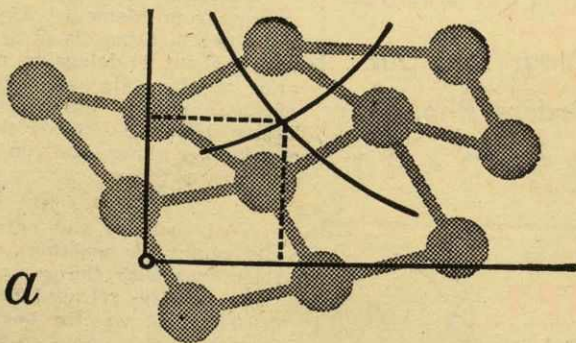


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