

GIRLS' SPORTS

DGAC THIS WEEK JUDO FOR GIRLS

Judo is steadily gaining popularity with women and girls across Canada. There are at present three Women Black Belts in Canada. (The beginner first earns a white belt and then proceeds through the grades until she gains a black belt. After a black belt one earns degrees). Girls participate in Judo at the University of Toronto and there are also active women members at the Greenwood Judo Club and the Dartmouth Judo Club. The Canadian Kodokan Black Belt Association which governs Judo in Canada has a women's committee responsible for the setting of standards and the running of tournaments. The Judo standards for women are different than those for men and there are separate tournaments although it is not at all unusual for women to practice with men.

Last Monday night (Feb. 4) Mr. Perry Teale, President of the Nova Scotia Black Belt Association, came to D.G.A.C. to give a Judo demonstration. Any girls interested in Judo will be able to practice every Monday night. Mr. Teale emphasized the fact that Judo is an excellent form of conditioning and that it also improves the co-ordination and general body tone without causing the partici-

ant to become 'muscle-bound'. He also said that Judo requires great patience since like any other skill it takes time and practice to become proficient.

At the Monday night practices Mr. Teale will be concentrating on the ritual 'forms' in which a throw is demonstrated in slow motion with the partner co-operating. There are seven sets of these ritual 'forms': throwing, grappling, the cut, ancient forms, forms of self defence, forms of decision, and yielding. The ancient forms reflect the Japanese love of tradition since the participants do the 'Forms' as though they were wearing armour. Yielding means developing the ability to nullify an opponents strength by giving in to it.

Judo (for girls) seems to be arousing some amusement around Dal. Why? If girls play other boys' games for instance, field hockey (in case you did not know it is a man's game in other parts of the world) it seems reasonable for them to try Judo. Judo as was mentioned above is an excellent conditioning method. So as such it would be a natural activity for one. For any boys scared of being thrown, it takes a long time before a girl acquires enough skill to do that.

DGAC HOLDS GENERAL MEETING

Monday, Jan. 28 was the date for a general meeting of the Dalhousie Girls Athletic Club (D.G.A.C.) Despite the poor attendance several important matters were discussed and the nominations for next years officers were officially approved. For President: Dorothy Woodhouse; Vice-President: Wendy Doody, Jean Harlow. Secretary-Treasurer: Daphne Armstrong, Belle Clayton, Shirley Dean.

The general organization of the D.G.A.C. was also discussed, and Miss Bliss spoke to the group about the Intramural set-up at U.N.B. At this university the girls are divided up into units, which usually represent residences with a unit for 'town' girls. This scheme would, however, have to be altered to suit the situation at Dalhousie where only a small proportion of the girls are in residence. It was suggested that perhaps teams from the Hall might compete against city teams since their residence will be twice as large next year. This scheme would replace the present division of the Arts and Science Faculty into classes with separate teams for Pharmacy Education and Nursing. The present representation is quite workable, however, some classes show very little interest, probably because the girls do not know each other sufficiently well to get a really enthusiastic team. Competition between residence and city might perhaps generate more enthusiasm. No final decision was reached at the meeting and the question will be further discussed at future executive meetings.

The question of interest in D.G.A.C. was also brought up. How can the Club promote itself more adequately and how can the freshmen be made more interest-

ed. The problem will be a big one for next year's executive. At other Universities interest in intramurals is high. For example, at the University of Saskatchewan the girls have a choice of two nights for their intramural competition. At McGill teams are always there to represent the units. Why do girls' intramurals lack appeal at Dal? If you have any useful criticism please do not hesitate to get in touch with any member of the D.G.A.C. executive. They will greatly appreciate your suggestions.

It was suggested at the meeting that lack of interest might be due to the fact that D.G.A.C. is held in the evening. To improve attendance and provide daytime activity, would it be feasible to have intramural activities at noon hours on Tuesdays and Thursdays for instance? This might fill up those gaps between classes when many girls seem at a loss for something to do. It would also solve the problem of participation for many town girls since it would cut out a trip home for supper before returning for an evening meeting of D.G.A.C.

PLAY BADMINTON
Tues. Night — 7:30 to 9:30
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Varsity Team Tryouts

GIRLS LEARN
JUDO AT DGAC
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Acadia axes Dal

The Dal Tiger belles met the Acadia Axettes in their second Varsity game of the season. It was a closely fought game for the first quarter as both teams traded baskets. However the Axettes, led by Nancy Hagen began to slowly draw away from the Dal team. At half-time the score was 17 to 10. Perhaps one of the prime factors was Dal's 14 fouls as compared to Acadia's three. Dal seemed also to have trouble hitting the Acadia basket, as their shooting was only 10% in the first half.

In the second half, the Acadia girls continued their attack, slowly increasing their lead to 25 to 15 at the end of the third period quarter. In the fourth, the Tiger-belles attempted to come back, with increased effort, and spirit on several occasions challenged the Acadia lead. But the Acadia players seemed unbeatable. At the final buzzer, the score was 35 to 23.

DAL GIRLS B'BALL TEAM SCORES WIN OVER VG NURSES' TEAM

Last Thursday at quarter past six the Dal's Girls JV B'ball team played the VG Nurses' team. It was Dal's second game in the Inter-City League. The girls seemed to be better organized and appeared to concentrate more on their team work than in past games. The game started slowly for both teams. At half time the score was tied 16 to 16.

After half time the Dal girls returned to the floor and seemed to really take fire. Dal forwards, Gill Rowan-Legg, Sigi Frihagen, and Wendy Stroker co-ordinated

to score twenty-one points to the Nurses' four in the third quarter the Dal team never lost control. Besides increased team organization the Dal girls team had a good free throw percentage of 64%. The final score was 30 to 43.

Lineup—Forwards: Gill Rowan-Legg 14, Carol Haider, Jean Harlow, Wendy Stoker 14, Sigi Frihagen 15, Nancy Criddle

Guards: El Bainbridge, Heather Saunderson, Lynne Black, Kai Mai Pold, Peggy Herman.

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