



IT'S ALL MINE . . . say three members of the Women's Athletic Association as they pull at the Rose Bowl, the championship trophy for which they will compete in the intramural program. They are Mary Shearer, phys ed, Bobbi Rundle, ed rep, and Marilyn Cook ag. (Flowers courtesy of Allen's Flowers Ltd.)

Judo club offers exercise, defence training, and fun

By DAVE WRIGHT

Thud: and a diminutive girl smiles sweetly at the sprawled hulk on the floor.

Judo strikes back.

It happens every Tuesday, Thursday and Saturday in the individual exercise room of the physical education building when the Judo club meets under instructor Ray Kelly, second degree black belt.

Tuesdays and Saturdays are instructional periods for new members. The 35 experienced members have a special class Thursday as well as a general practice Saturday.

The classes, running from 7 to 9 p.m. Tuesdays and Thursdays and

from 1 to 4 p.m. Saturdays are open to new members until October 31 at which time no new members will be taken into the club for this year.

A rookie Judo enthusiast will dress in a loose cotton-weave uniform adorned with a white belt. The white belt signifies the lowest Judo rank.

The higher ranks: yellow, orange, green, blue, brown and black belt are awarded as the student gains proficiency.

Belts up to the brown belt are awarded in Canada but the Japanese Kodokan Judo Institute has the sole authority to bestow the black belts.

Ray and co-instructor Ron Powell have special women's classes. Each year about 20 new girls join.

"Although a strong body is a definite asset, it is not a necessity," said Ray.

"The basic principles of Judo are based on balance. It is the ability to use the other person's strength against him that distinguishes the capable Judo practitioner," Ray said.

The student learns to use the natural movements of his opponents to break his balance or posture. Once the opponent is off balance a block and throw is applied at his weakest point.

Acquiring the technique of taking advantage of a person's position is hardest to master and is taught only after the student has learned how to protect himself in a fall.

There are five special breakfalls that Ray teaches his students. "These falls allow a person to regain his feet uninjured after being thrown. If you can't get up there is little you can do; the breakfall serves to prevent injury and allows the student to get to his feet to continue practice," he says.

"Usually by Christmas a new member has learned the breakfalls and basic throws," he added.

The more proficient male members form a Judo team that competes against other varsity squads and other teams from the province and city.

Co-instructor Ron Powell led last year's team. Ron was the provincial black belt champ and the Pacific National Exhibition international champ.

Trade Commissioner Service of Canada

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QUALIFYING EXAMINATIONS—OCTOBER 20 at 7:00 p.m.

FOREIGN SERVICE ESSAYS—OCTOBER 21 at 7:00 p.m.

FURTHER DETAILS AVAILABLE AT THE PLACEMENT OFFICE ON CAMPUS

U of A swim team seeks national title

The Golden Bear swimming team could win the Canadian championships this year, according to Bear coach Murray Smith.

The twelve-man U of A team, coached by Murray Smith, placed second behind the UBC team in last year's finals at London, Ont. and with six or seven members returning the Bears could win it all this year.

Larry Maloney, last year's fastest freestyler, has left, but veteran Stan Brown, who won twice at

London has returned. Also returning are Murray McFadden, Rick Wilson and Rod Clifton.

Coach Smith also sees promising talent in newcomers Keith Carscadden, John Stroud, and Chris Oulette.

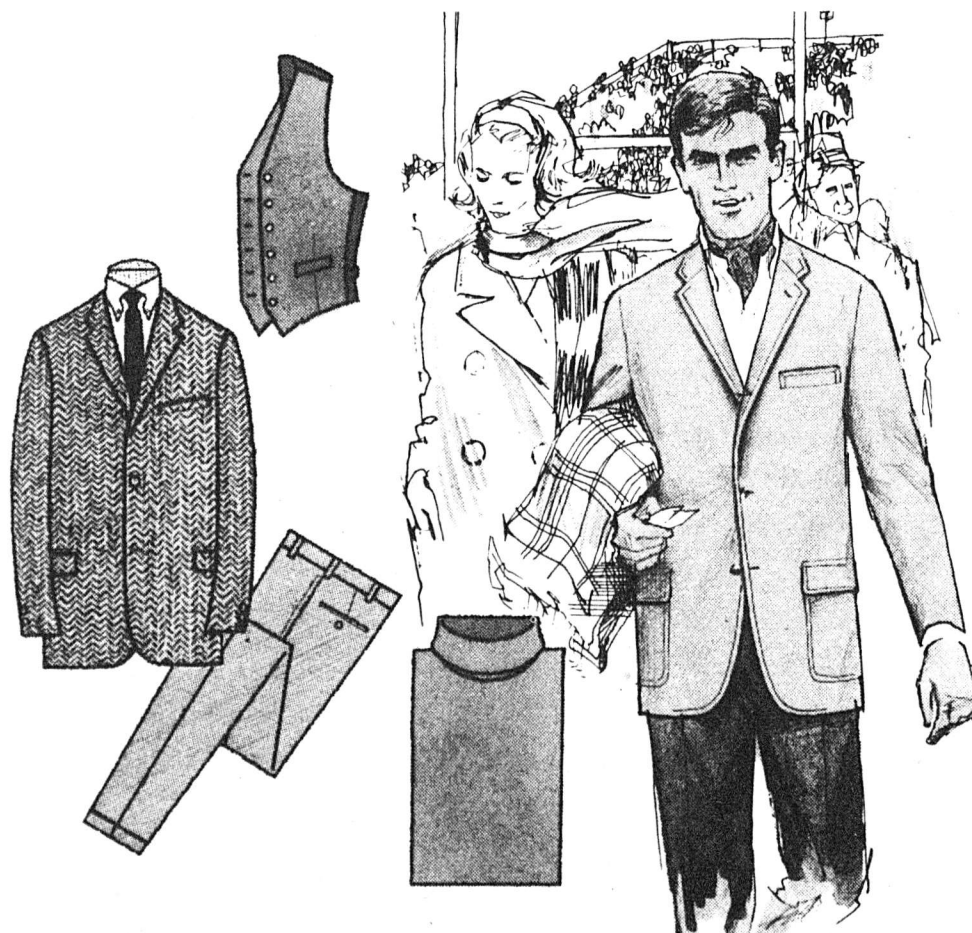
There are about 25 swimmers trying out for the team and Coach Smith invites anyone interested to join them. Practices began Oct. 4 and continue every Monday, Wednesday, and Friday at 6 p.m. in the university pool.

Physically Fit



The proprietor here features such fashions as may frankly ask for attention. Yet they are in the finest of taste and will be worn with confidence by gentlemen who enjoy a change of pace now and then, as well as perfect fit.

- The scarlet waistcoat is the brightest wool flannel available to the proprietor's tailors. It is buttoned in gleaming brass.
- The wide herringbone sport jacket is a handsome study in black and white for contrast.
- There is a reminder of the apache in the cotton knit shirt with the turtle neck.
- Vigorous wear may be expected from these whipcord slacks.
- The gentleman in the picture wears a traditional blazer in soft camel hair; the accompaniment: grey flannel slacks.



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