

Fighters take the gentle way

Judoists train for recreation and competition

By ROBERT EASTO

Literally translated, judo means "the gentle way". When the members of York's Judo Team start throwing one another around, one may question the translation's legitimacy, but performed with proper instruction, in gymnasium conditions, judo is a relatively injury free sport.

Judo was developed in Japan in the late 1800's as an alternative to the "kill or be killed" philosophy of jujitsu and this is reflected in the way coach Ron Muirhead handles the team. Unlike most varsity coaches, Muirhead places as much emphasis on recreation and par-

ticipation as on competition.

This is not to belittle the team's competitive successes. Last year the team ranked second in the province behind the perennial champion, University of Toronto and Muirhead is hoping for an even stronger showing this year.

Some judoists of international stature are also connected with the team. Donna McDonald is currently competing overseas with the Women's National Team in the British Judo Open. Jorge Cormic competed for Panama at the Montreal Olympics.

Judo is not an officially sanctioned OUA A sport so competition

is by invitational tournament only. The York Invitational Tournament will take place in late February or early March and will involve teams from each university in the province.

IPPON AND WAZZARI

In a judo match, the throwing of one's opponent results in one point and an automatic victory. This is called ippon. Matches can also be won by achieving two wazaari (half-points); by applying a hold down for thirty seconds or by applying a hold, usually a choke, such that your opponent is forced to submit. If no points are scored, two judges and the referee deter-

mine the winner on the basis of aggressiveness, technique and the like.

There are approximately thirty judoists on the York team and for most this is their first year at the sport. Thus Muirhead has to teach the sport starting with the simplest basics. Judoists are graded by coloured belts. Novices are white belts and the progression is through yellow, orange, green, blue, brown and black. The highest level attainable is seventh degree black belt. Muirhead is a third degree black belt.

A typical practice session begins with calisthenics and breakfalls. Learning to fall is the first step to learning judo and the moment the throwing starts, it is apparent why. First, each individual takes a turn throwing everyone else on the team in rapid succession. Then each judoist takes a turn being thrown by everyone else on the team. Next, the judoists are paired off to

practice various throws and groundwork. Finally, Muirhead demonstrates a new throw.

FITNESS AND SELF-DISCIPLINE

As the sport receives more exposure, as in last summer's Olympics, more Canadians are participating in judo. Many become involved simply in the pursuit of fitness and self-discipline. For others, self-defence is the primary concern. In his 18 years of judo experience, Muirhead has used his expertise on two occasions. His only comment was that he did so "successfully".

Because of the informal structure of the team, new members are always welcome to participate in the team practices which take place Monday and Thursday evenings at Tait Mackenzie. Anyone interested in learning judo can contact Ron Muirhead through the York Athletic Office.

York to meet Waterloo in final

By DUDLEY CARROTHERS

York's Rugby Yeomen came up with a powerhouse performance in Kingston last weekend as they slammed the RMC Redmen 30-0.

The varsity 15 demonstrated exciting individual efforts and disciplined positional play to bring the regular season to a successful conclusion.

York's attack was a continual wave that crashed over the RMC

defenders, frequently breaking great holes in their defence. Although smaller than their opponents, the Yeomen were tough to beat in the scrums, and kept possession of the ball, often pushing the Redmen right off of it. Early in the game Paul Duoros tore the ball from a cadet's grasp during a line out and ran 15 yards for a try. John Spanton added to the score with a try after Michael Steiger ran for 40

yards to set up the play.

Spanton repeated no more than five minutes later as he burst through several tacklers for the touchdown.

Hard work by the forwards was complimented by elusive running on the part of the backfielders. Centre Fraser Cotel and stand-off Ev Spence unravelled the RMC defense to score tries each.

The forwards did not rest after their job was done in the set pieces, but linked up with the backs on many occasions. This close support between forwards and backs was the key to York's success.

Tries were scored by fullback Wally Urbanski and wing Bruce Matheson. John Spanton also scored again, raising his day's total to three tries. All scores were the result of long runs upfield involving seven or eight passes between teammates to maintain the forward thrust.

Kicker Bruce Matheson added three conversions to York's scoring blitz.

At the end of the regular season York is tied with Waterloo for first place but loses the decision to the Warriors who were the sole team to defeat the Yeomen this year.

The OUA A championship game will be played this Saturday in Waterloo at 2 pm. Efforts are being made to organize a bus ride for supporters who would like to accompany the team for the final.

Leaving shortly before noon and returning immediately after the game the ride is available to all those who contact Mike Dinning or his secretary at 667-3270.

Puckmen down Blues

By WALTER RIGOBON

York Yeomen completed their exhibition hockey schedule with an unblemished record as they handed crosstown rivals University of Toronto Blues a 6-2 setback last Friday night.

York came up with their best two-way effort of the pre-season in defeating the defending national champions. Impressive newcomer Romano Carlucci commented, "This was our best team effort so far. We considered this game our most important so we were up for it."

Yeomen received standout performances from the goaltending tandem of Peter Kostek and Steve Bosco. Coach Dave Chambers faces a difficult task in choosing between Kostek, a second team all-star last year and the former Toronto Marlboro Steve Bosco. Chambers will probably start the more experienced Kostek but in most games Bosco will certainly see lots of action.

Scoring for the Yeomen were Ron

Hawkshaw, John Fielding, Dave Clements, Bob Wasson and Gary Gill with a pair.

Yeomen begin their season with guarded optimism this Saturday against Ottawa. Coach Chambers knows he has a potential national champion in his hands as indicated by the Yeomen's 6-0 won-lost pre-season record. The team looks solid at every position and seems to have corrected many of its past defensive mistakes. York finished the exhibition schedule with a total of 40 goals for and 16 against.

In a team vote last week, Ron Hawkshaw, who displays a style reminiscent of Philadelphia Flyers' Don Saleski, was voted team captain. Gord Cullen and Bob Wasson captured the positions of assistant captain.

After their season opener here against Ottawa, the puckmen leave for a series of away games that will see them play U of T, Cornell and then a number of other American teams at a tourney in Binghamton, New York.

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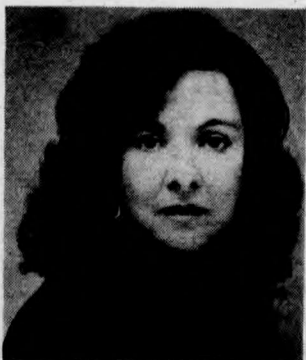
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