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Photo de couverture : L'athlétisme connaît de par le monde un succès toujours plus vif. Il en fut de même à Bruxelles pour les Championnats du C. I. S. M. Cette photo de Nikula (Finlande) symbolise cette ascension du premier sport olympique.

Cover photo : This picture of Nikula (Finland) symbolizes the tremendous development of Track and Field, which was apparent in the very successful C. I. S. M. Championships.

(Photo : Leichtathletik)

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COMITE DE REDACTION — EDITORIAL STAFF

<i>Direction</i>	R. Mollet	Belgique
<i>Académie du C. I. S. M.</i> <i>C. I. S. M. Academy</i>	M. A. Bianco	USA
<i>Illustrations</i> <i>Drawings</i>	W. Schleusner	Belgique
<i>Membres correspondants</i> <i>Corresponding members</i>	Captain Rolv Høiland Mr. Warren, H. Goldman Mr. Uhl	Norway USA Deutschland



S. M. Hassan II, Roi du Maroc

Porte-flambeau de la Jeunesse sportive du Maroc

DESTINATION M A R O C

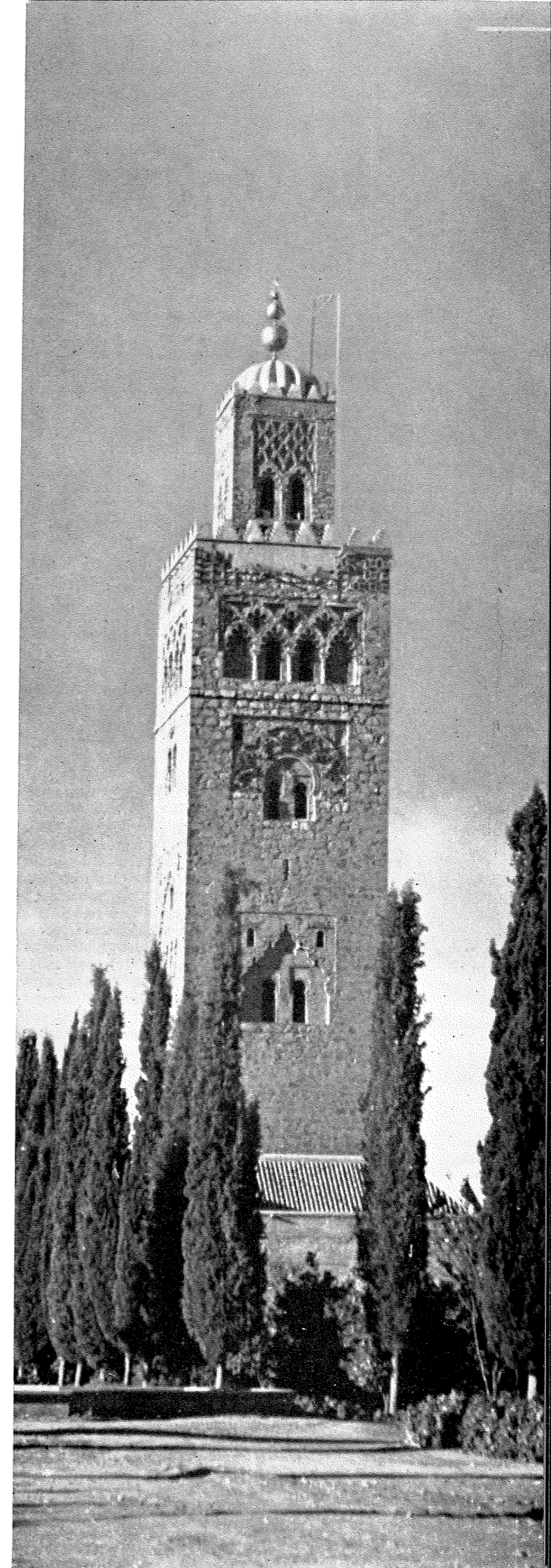
XVIII^e ASSEMBLEE GENERALE

Du 14 au 22 octobre 1963, se tiendra à Casablanca, la XVIII^{ème} Assemblée Générale du C.I.S.M. Tenue sous le haut patronage de S.M. le roi Hassan II, elle fera date dans l'histoire du C.I.S.M. En effet, elle marquera l'intérêt que porte le C.I.S.M. aux pays d'Afrique, et sera sans doute le prélude au développement de notre organisation au sein du Continent africain.

Par ailleurs, elle permettra aux pays membres du C.I.S.M. de faire plus ample connaissance avec les sportifs militaires marocains dont les succès significatifs ont été accueillis avec beaucoup de sympathie au sein du C.I.S.M. La brillante victoire du Maroc au Championnat de Cross Country 1962, l'affirmation de la remarquable équipe de football des Forces armées royales ont démontré la valeur et l'entrain du sport militaire marocain.

Comment ces succès se forment-ils ? Où prennent-ils naissance ? Tout simplement...

Marrakech : la mosquée de la Koutoubia



...au Centre Sportif des Forces Armées Marocaines

C'est parce que le commandement considère que l'entraînement physique et sportif fait partie intégrante de l'instruction militaire qu'il fournit un très gros effort dans ce domaine afin de mettre en place à l'Etat-Major général, dans les Etats-Majors de régions et dans les unités, des cadres spécialisés, une doctrine et des moyens de travail, propres à donner au soldat moderne une impulsion nouvelle et un sang nouveau.

A cette fin il a été créé depuis le début de l'année 1960 le Centre Sportif qui a pour mission :

- De former les cadres spécialisés.
- D'entraîner les équipes nationales militaires.
- D'entraîner les unités spéciales telles que les « Commandos ».
- De travailler au bénéfice des hôpitaux militaires (gymnastique médicale).
- D'œuvrer au bénéfice de différents organismes.

C'est donc de cet élément moteur de tout le sport et de l'entraînement physique de l'armée marocaine que nous allons vous entretenir.

INSTALLATIONS :

Le Centre est situé en plein cœur d'un des plus beaux quartiers de Rabat et dès l'entrée, le visiteur est agréablement surpris par le cadre magnifique dans lequel évoluent les pensionnaires de cette maison.

Les terrains de football, de basketball, de volleyball, de handball, de tennis, piste d'athlétisme, les installations sportives telles que : piscine, parcours du combattant, stand de tir sont encadrés par des pelouses, des parterres de fleurs, des eucalyptus géants à l'ombre bienfaisante, des bougainvillées aux chatoyantes couleurs, des hibiscus aux fleurs pourpres, des rosiers grimpants, des agrumes au fruits d'or, toute une splendeur florale et végétale qui, en toutes saisons, donnent la note joyeuse d'un perpétuel printemps.

Sous un ciel toujours bleu, brûlés de soleil, éclatants de blancheur, les bâtiments qui renferment les installations intérieures nous permettent de voir au gré de nos pas les salles d'instruction, la salle de conférences avec deux pensionnaires aux noms humoristiques, objet des plaisanteries des élèves mais indifférents à toute cette effervescence estudiantine qu'ils suscitent; car il s'agit du « Squelette » et de l'« Ecorché ».

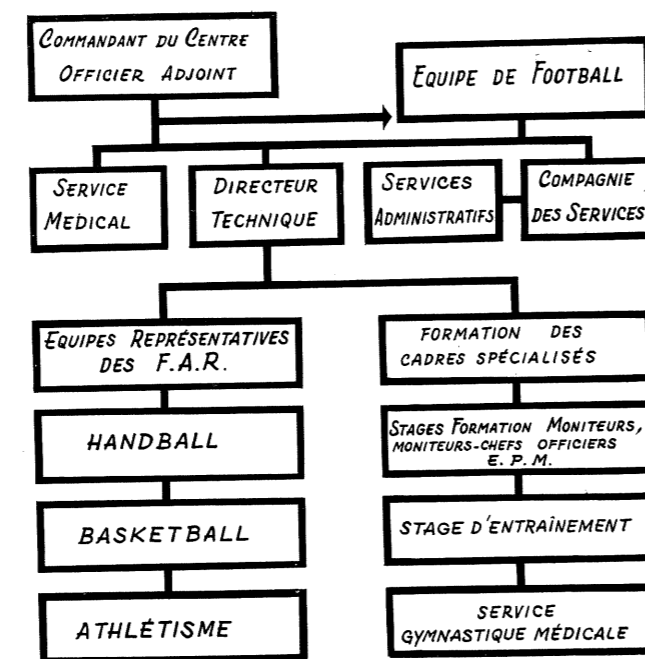
Plus loin, le secteur sport de combat avec les salles de judo et de boxe, puis le service de médecine sportive qui, en raison de son importance, mérite que l'on s'y arrête quelques instants. Sur une surface restreinte mais bien employée par le médecin commandant, chef de service, vous découvrez :

- Un petit laboratoire.
- Une petite infirmerie.
- La salle de soins.
- La salle de kinésithérapie.
- La salle de radioscopie.
- La salle de traitement des athlètes avec les appareils suivants : électrocardiogramme, diadynamic, ultra-son, ultra-violet, ondes courtes, infra-rouge, ranimateur, etc.
- Une pharmacie aux rayons bien garnis.
- Un secrétariat avec un fichier permettant le contrôle médical des athlètes.

Et pour terminer ce tour d'horizon des installations, il est bon de savoir que nos athlètes et nos élèves ont également le privilège d'utiliser la magnifique forêt de l'Agdal dont la lisière nord se trouve à peine à 100 mètres du Centre.

C'est bien souvent que l'on voit les 200 pensionnaires du Centre, avec leurs différents entraîneurs ou instructeurs, y effectuer footing, parcours Hebert et Cross promenade si cher au major Mollet.

ARTICULATION DU CENTRE :



ACTIVITES :

Formation des cadres spécialisés :

L'E.M.G. en créant ce service au Centre Sportif a voulu réaliser un travail en profondeur et pour cela a décidé de constituer un cadre de spécialistes (officiers E. P. M., moniteurs-chefs, moniteurs) qui ont pour mission :

- De mettre en condition physique la troupe et les cadres
- De préparer les équipes sportives des unités en vue de leur participation aux championnats nationaux militaires.
- De découvrir les athlètes susceptibles d'être intégrés au Centre Sportif.

Les futurs moniteurs sont recrutés directement dans la vie civile parmi les jeunes scolaires sur titre ou par voie de concours.

Depuis sa création le Centre a formé 130 moniteurs. Après deux ans d'application dans leurs unités les plus méritants seront désignés pour suivre un stage de moniteur-chef. Cette spécialité attire de plus en plus de jeunes Marocains puisque au dernier concours le Centre a enregistré 250 candidats pour 70 places.

Stages d'entraînement :

Cinq stages (type commando) d'une durée de 3 mois ont été réalisés au bénéfice de différentes unités d'intervention.

Stage au bénéfice d'autres organismes :

Le Centre met également ses cadres et ses installations au service de la police pour laquelle il a formé :

- 20 moniteurs.
- 80 policiers qui ont subi un entraînement spécial d'une durée de 3 mois.



Saut exécuté par un élève moniteur marocain au cours d'une séance de démonstration

Gymnastique médicale :

Ce service a permis à plusieurs malades de l'hôpital d'instruction Mohamed V de récupérer leur intégrité physique soit totale, soit partielle, au prix de longs mois de patients efforts.

Championnats nationaux militaires :



Un départ du cross national militaire organisé chaque année au Maroc et regroupant près de 500 athlètes

Chaque année le Centre Sportif a la charge de l'organisation des championnats nationaux militaires de :

- Cross country.
- Athlétisme.
- Natation.
- Pentathlon militaire.
- Sports collectifs (football, handball, volleyball, basketball et rugby).

Les championnats s'effectuent dans un premier temps à l'échelon régions militaires. Les champions régionaux sont groupés au Centre Sportif pour les finales nationales et c'est ainsi que l'on peut voir tous les ans pour cette ultime phase 800 athlètes lutter loyalement pour le prestige de leurs formations.

LES EQUIPES REPRESENTATIVES DES F. A. R. :

Bien que récemment affiliées au C.I.S.M., les Forces armées royales marocaines avaient déjà pris la décision de préparer des équipes sportives en vue de représenter l'armée dans les compétitions internationales, mais surtout avec le souci constant d'apporter leur contribution à l'important problème de l'éducation de la jeunesse marocaine. C'est dans cet esprit que l'E.M.G. a retenu les quatre disciplines suivantes :

- football;
- basketball;
- handball;
- athlétisme.

La préparation et la direction technique est assurée par des entraîneurs qualifiés qui élaborent des programmes de travail rationnels et progressifs.

Toutes ces équipes participent aux championnats civils du Maroc et c'est pourquoi leur programme de compétition est très chargé et que leur palmarès est aussi très éloquent.

Football :

Encouragé par les brillants résultats obtenus par l'équipe militaire, formation alors assez hétéroclite, devant de réputés clubs marocains, S.M. Hassan II, alors Prince Héritier, décida en septembre 1958 la création, officielle cette fois, d'une équipe de football militaire sous la dénomination de F. A. R. (Forces Armées Royales), Sa Majesté le Roi du Maroc tenant avant tout que cette équipe constitue une expérience et, le cas échéant, un exemple à suivre. Dans un pays où le professionnalisme, sous quelque forme que ce soit, n'existe pas, il tenait à faire la preuve que les sportifs marocains, soumis à un entraînement régulier et rationnel, pouvaient rivaliser avec les meilleurs d'Europe. Pour ce faire on fit volontairement appel aux seuls militaires sous les drapeaux. Pas un d'entre eux n'était joueur confirmé, bien mieux ils étaient débutants, donc inconnus. Pour la réalisation de l'entreprise il fallait permettre à cette équipe de jouer régulièrement et sortir du cadre uniquement militaire. Bousculant toutes les traditions, la Fédération royale marocaine de Football acceptait l'admission des F. A. R. dans le championnat national. Toutefois, il leur fallait subir le test de la seconde division. A l'issue de la saison 1958-1959 les F. A. R. s'attribuaient le titre avec une avance de 10 points sur le second et, fait assez rare, ne connaissaient aucune défaite. Elles accédaient en division nationale. Bien mieux, au cours de la même saison, à la grande satisfaction de leur illustre président (S.M. Hassan II est à l'heure actuelle le président actif des F. A. R.), elles remportaient la coupe du trône, trophée qui se joue à la manière de la coupe de France. Depuis, les F. A. R. sont champions du Maroc. Leur ascension fait grincer bien des dents car l'on estime qu'elles jouissent d'un régime particulier. Mais ce que l'on oublie de dire c'est qu'à partir de rien, à la force du poignet, les F. A. R. ont gravi tous les échelons de la hiérarchie. Désormais elles

LE MAROC PAR L'IMAGE

public sportif. Il fallait encourager cette fédération en créant des sections de handball. Les comités des différents organismes sportifs se devaient donc de faire un effort afin de favoriser l'essor de ce nouveau venu.

C'est ainsi que grâce à la compréhension des responsables militaires une équipe de handball venait compléter les rangs des équipes représentatives des F. A. R. et en 1962, pour la première fois, une équipe des handballers militaires débutait le championnat civil.

Nos jeunes athlètes qui constituent cette équipe, sous la conduite de leur jeune entraîneur, font de très gros progrès qui laissent prévoir dans un avenir proche d'excellents résultats.

Du succinct bilan ainsi dressé l'on peut constater que, bien qu'il soit de création récente, le Centre Sportif des F. A. R. a réalisé un travail assez important qui ira en s'amplifiant puisque déjà pour l'année 1964 l'E. M. G. a prévu un programme de travail qui comprend :

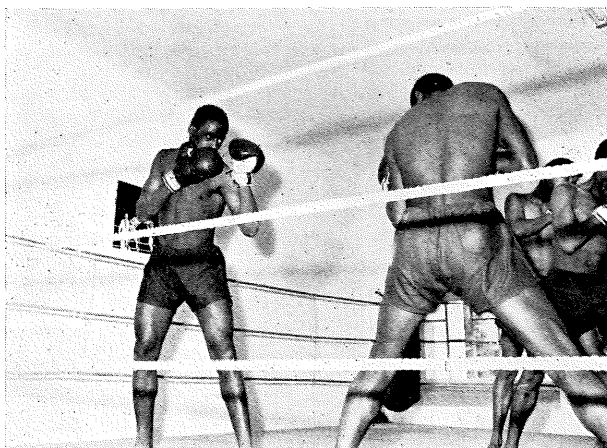
Pour les cadres spécialisés :

- Un stage de maître nageur-sauveteur.
- Un stage de moniteurs E. P. M.
- Un stage de moniteurs-chefs E. P. M.
- Un stage d'officiers E. P. M.
- Des stages (type commando).

Pour les équipes représentatives des F. A. R. :

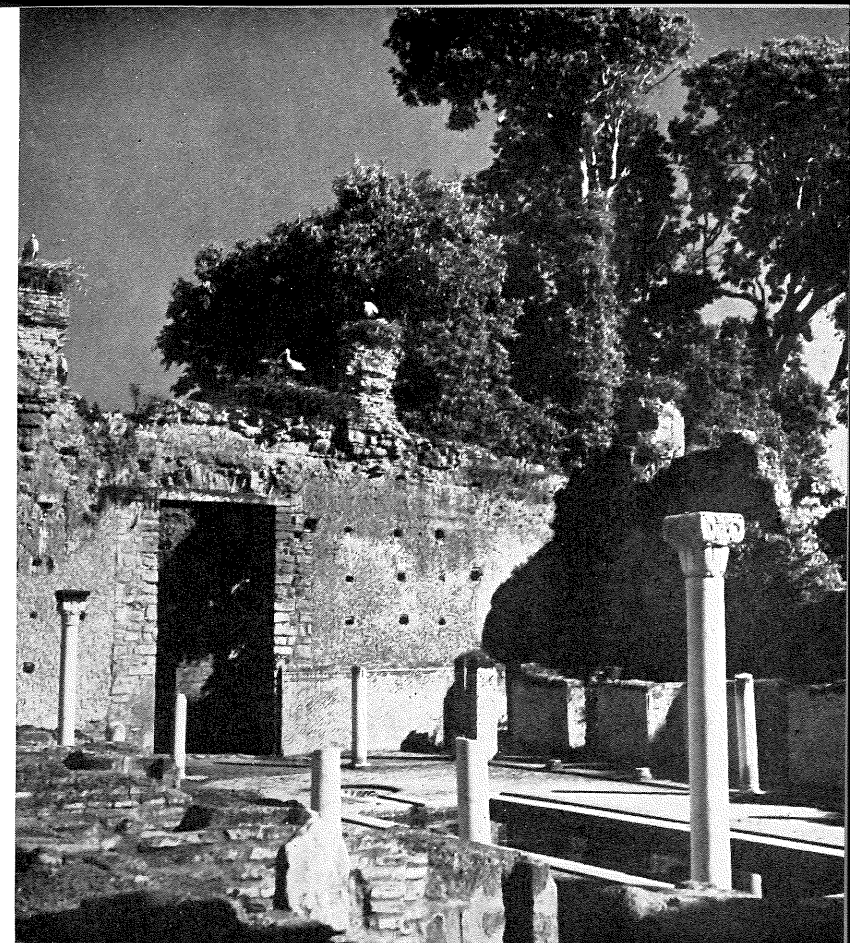
La création d'une nouvelle section : la boxe.

Nous vous avons présenté un bref aperçu du Centre Sportif des Forces armées royales marocaines, mais fait non moins important, les responsables du sport militaire, l'équipe de techniciens (entraîneurs ou instructeurs) du Centre vivent dans une admirable ambiance de travail, de souci de recherche et de perfectionnement, car ils sont convaincus de l'importance de leur rôle et de leur mission.



Une vue de la salle d'entraînement des boxeurs militaires

Ils sont aidés en cela par Sa Majesté le roi Hassan II,



★ Rabat, le bassin
dans les ruines de la Médersa
à Chellah
★ Rabat, ruins of the Medersa

★ La médina de Rabat,
illuminée, une nuit de fête
★ Illuminations in the ancient city





★ Essaouira est ceinturé de remparts « Vauban », ici la « sqala » du port, ses vieux canons et la Tour des signaux
★ The old fortified town of Essaouira

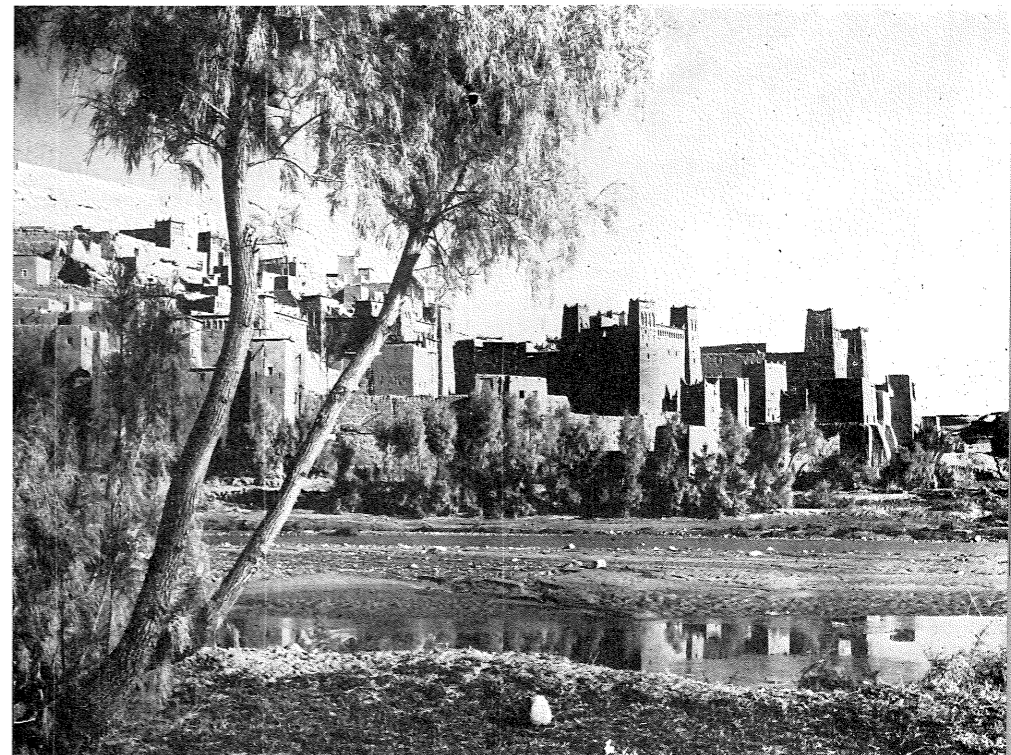


★ Danseurs citadins s'accompagnant de leur « lotar », sorte de petit banjo à trois branches
★ Boys performing a local dance

Mogador



★ Echelonnées sur une pente de roches rouges que contourne l'oued Mellah, les kasbahs des Aït Ben Haddou, au nord de Ouarzazate, forment l'un des plus majestueux ensembles d'architecture du versant sud du Haut Atlas
★ High Atlas — Aït Ben Haddou
Another fortified city



★ Un des ksour (villages fortifiés) d'Imilchil, à 2 000 m d'altitude, centre de la région dite Plateau des Lacs habitée par la tribu des Aït Haddidou (Haut Atlas septentrional)
★ A typical village in the Atlas mountains



★ L'heure de la prière au Sahara
★ The time for prayer in the desert

TOP TIPS...

How to play top notch tennis

With the kind permission of Wilson Sporting Goods Co. we are happy to give you inside tips that may help you to improve your tennis.

Jack Kramer

Forehand drive



Nearly three-fourths of your points in a tennis match will be won with the forehand stroke. Therefore, the forehand is the most important stroke a young player must learn.

The simplest and best grip is the *Shakehands* or *Eastern*. Grasp the handle as though you are shaking hands with a friend. Spread the fingers around the handle so the butt end — the Wilson W — shows below your grip.

Be alert and on your toes, constantly watching the ball. As you skip into position, pivot on your right foot and step forward with your left, bringing your left shoulder sideways to the net.

The racket starts to swing back as you pivot on your right foot. As the racket goes back, all your weight goes onto your back foot. As you swing forward, the weight shifts to the front foot at the moment of impact of ball and racket. The wrist remains slightly relaxed until the instant of impact. At that precise moment it becomes firm with a strong grip on the racket.

Your knees should be relaxed and the ball should be hit at waist level. The follow through must go out and forward and finish slightly above shoulder level.

Always lean into the ball. With a very slight roll of the hand as you hit you can impart top spin, which will give you control.

Tony Trabert



Backhand drive

Many young players believe the backhand is the most difficult stroke in tennis. Actually, it should be the easiest because you are swinging away from your body.

The backhand grip is simply the forehand, with a 1/4 turn of the hand and fingers to the left.

Golden Rule for success is positioning. Turn on the left foot as the ball approaches. At the same time, take the racket back in a small arc, keeping the wrist firm. I pivot my body far to the left so my back is half turned to the net.

Hit into and straight through the ball. As you swing forward, the elbow is bent until the ball is hit, then the arm straightens out well away from the body, with the follow through ending just above shoulder level.

Practice your backhand constantly and it will become one of the strongest parts of your game. You'll never play top notch tennis with a weak backhand.

Keep your eye on the ball!

I call the service the most important part of tennis. If you always win service games, you never will lose your match.

Try to develop some speed, but control is more important. A medium speed service deep into the corner is far more effective than a cannon ball in the middle. Always try to get your first serve in play.

The most satisfactory service grip lies halfway between the forehand and backhand grips, with the V between thumb and index finger slightly to the left of center on top of the grip.

Start by placing the left toe approximately three inches behind the base line with the left shoulder turned slightly sideways to the net. The swing of racquet and arm is the same as throwing a baseball. As you hit the ball, reach as high as you can. Always have a feeling of hitting up. Then following through with a full arc, down and across your body.

The toss of the ball should be just high enough so you can hit your serve with a full extended racquet arm. Thus, you hit the ball at its highest point — when it is motionless.



Mary Hardwick

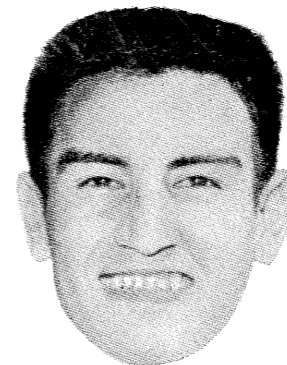
Service

Alex Olmedo

Tennis today is becoming more and more volley conscious. Good ground strokes pave the way for the winning volley from the net.

The forehand and backhand grips already described are used for the most forceful volleys.

Do not drive or top spin a volley, but punch it. Hit flat or with a little slice or back spin, using a firm controlled wrist. Both backswing and follow through are short and snappy and should be kept to a minimum. Remember to turn your body and hit your volleys with your shoulders sideways to the net. Always try to play a volley from a position not more than three yards from the net — the closer the better. Then, you will be able to hit down and angle the ball away more effectively.



Volleying

Maureen Connolly

Practice as much and as often as possible.

Jump rope to improve your footwork and stamina. Good condition is a prime requisite for a champion.

Remember to start taking your racket back the instant your opponent hits the ball. Late back swings cause late hitting.

Try to hit the ball away from your opponent. This will keep him on the defensive.

If you must move to the far side of the court, get back to the center position quickly.

Remember to buy good equipment and keep it in first class condition. Personally, I have found Wilson best.

If you want to improve, watch the better players and enter all tournaments you can.

Tennis is one of the greatest of international games and is played by more people throughout the world than any other sport.



Hints on practice and tournament play



Vues d'ensemble des danseurs Pathans de l'Armée Pakistanaise exécutant leur danse tribale de guerre : le « Khattak »



Pakistan

Les danses guerrières des terribles Pathans

● *La valeur guerrière des Pathans, leur incroyable précision au tir sont traditionnelles. Ils sont également des danseurs extraordinaires qui expriment dans le Khattack toute l'ardeur et l'énergie de leur race. Le rythme nerveux des tambourins, les scintillements des épées, le tournoiement nerveux des danseurs font de cette danse un spectacle étrange et attirant.*

● *The traditional valour and prowess of Pathans is truly manifested in their folk dance, known locally as Khattak dance. The dance, performed in accompaniment with the strains of the tribal lute and beat of the drum, generally marks some festive occasion. The participants spin as they whirl around in a circle and the stir and throb of the beating drum, flickering fire and flashing swords present a weird and a thrilling spectacle. The Khattak dance, though basically a sword dance, is also performed with rifles and daggers. Here in the pictures a group of Pakistani soldiers of Pathan origin are shown in different sequences of the dance.*



The tribal Khattak dance is performed with swords

THE TRAINING OF THE TARGET SHOT

by Gary L. ANDERSON (USA)

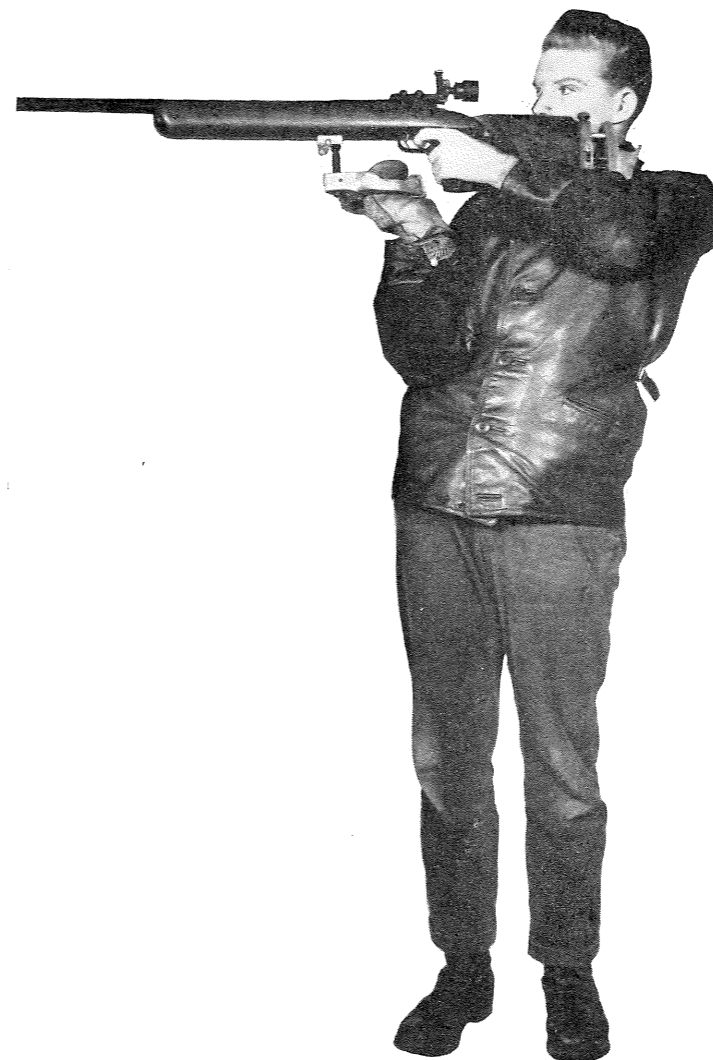
The man who is to become a winning marksman must base his training progress on some of the very basic aspects of making high scores with the rifle. Obviously considered among these aspects must be natural ability. The scope of the word ability in this case is quite extensive. We can include these physiological assets : a well-developed muscle structure, especially the muscles of the legs, back, and abdomen; a very precise control and coordination of all of the muscles; a high degree of intelligence; quick, accurate reflexes; a well-developed sense of equilibrium; and strong lungs with a high oxygen assimilation factor.

Bogdanov called shooting the « sport of the will ». This indicates that even the person who possesses tremendous natural ability can never become a champion unless he has the will to succeed. The difference between being a State, Regional, or even National Champion, and a World Champion represents a momentous expenditure of time, energy, and effort. Only the person who is willing to forego his quest for relaxation and enjoyment and to sacrifice these to the desire for becoming a champion will ever find that reward. In short, if you want to become a champion, you must resolutely decide that is your goal and never relax your efforts until it has been achieved. When serious obstacles develop in

training that seem to discourage further improvement, or when you taste the bitterness of defeat in competition, only your will to win will keep you moving on.

Another foundation on which the training program is built is the shooter's equipment. Although endless comments are devoted to this subject, I feel much of this concern is unwarranted as the novice marksman is deceived into believing that having this particular rifle, sight, or trigger will make a great improvement in his scores. Certainly I want to have the best rifle and ammunition available, but only because I must have absolute confidence in my equipment. It is my contention that whenever seemingly unexplainable bad shots or scores are made, the last thing that should be questioned is the rifle and equipment. So, for equipment, I will say only that one should get what he considers to be the best, take care of it, and then forget about this problem. I consider it advantageous to keep the equipment repertory simple. Constant experimentation with gadgets and accessories will only detract attention from the real problems.

A final basis of championship development is to be found in the 3 shooting positions. There is only one basic variation of each position that will allow the marksman to reach his highest potential. These are the so-called classic or orthodox positions described in the article, « The Elements of Position Shooting », in the April 1961 *Rifleman*. These positions include the high kneeling position with the body erect and its weight supported on the



right heel and the kneeling roll; and the balanced standing position utilizing both legs for support, the displaced torso, and the quite severe back bend. Much misinformation exists concerning the various positions, partially because many local shooters have been successful with their own unorthodox positions. These people have won in spite of and not because of their positions. The young marksman should from the very beginning work out his positions on the classic variations. The total use of classic positions by the top-ranking shooters in the last World Championship matches verifies the fact that Championship marksmanship success is too difficult to attain with unorthodox positions.

PHYSICAL PREPARATION

An integral part of any marksmanship training program should be a purposeful system of physical preparation. A popular conception of the marks-

man has him being an unmuscular, unathletic individual who is perhaps even a bit on the heavy side. This is not true. The champion marksman must be an athlete, not that he must be a champion at other sports; but he must be adept in the execution of many athletic feats. When one learns that it takes 5 or 6 hours of concentrated physical effort to fire the free-rifle standard course, then he can recognize the importance of physical condition.

Another popular notion is that the only way to develop the muscles needed in shooting satisfactorily is to shoot. Perhaps this would be true if the marksman has time to train 6 hours a day and he did nothing but practice firing. Both practice and match firing place demands on the body's endurance, but the greatest strain of competition comes not from the physical work of holding and lifting the rifle but rather from the tremendous nervous strain and its effects. The pulse rate becomes much faster, the nerves become tense and sensitive, and a supreme effort must be made to control the body's physical reactions resulting from the various emotional motivations affecting it.

Physical conditioning is in itself a way of strengthening the will and here becomes a definite factor in whether a man has the reserves of strength to win the battle of self-control he must wage. Often the tension of competition will cause a loss of weight or sleep, especially if the competition is a long one. Again the shooter's physical condition must be strong enough to sustain these losses without his scores going down.

What, then, comprises a good physical training program for shooters? First I would urge participation in selected team and individual sports. Among the sports beneficial to shooting are volleyball, basketball, gymnastics, ice skating, skiing, swimming, and cross country running. All of these sports have been used to advantage by the different champions of the shooting world. I am particularly convinced of the value of running and I attempt to run one to 2 miles daily in the preliminary stages of my training. This strengthens both the breathing mechanism and the legs which are so vital to standing position stability. The sports to avoid are sports which require sudden violent expenditures of energy. Of particular note here is weight lifting.

Since the opportunity to participate in sports is often sporadic, it becomes necessary to devote about 15 minutes daily to doing a series of gymnastic drills. The particular variety of exercises used is not nearly as important as doing them. Recommended drills include push-ups, pull-ups (don't overdo these 2), sit-ups, knee bends, back bending, and a long run. An evaluation of the state of personal fitness will indicate the number of repetitions for each exercise and the need for other drills. When the time for the important tournaments

Sergeant Gary L. Anderson, U. S. Army Reserve, winner of four gold medals in the 1962 World Shooting Championship, Cairo, UAR, and winner of five gold medals in the 1963 Pan American games. In 1960 Sergeant Anderson just barely made the United States shooting team as an alternate. He did not even have an opportunity to shoot in the competitions in Rome. Yet two years later he wins four gold medals in the world shooting championships and establishes three new world records in the process. Obviously his training methods are most effective. Since this two-part article outlines his training methods we felt that this might be of interest to readers of Sport International.

arrives, participation in fast-moving sports and drills should taper off and end. During the tournament period just a few light exercises should be used and then these should be used only to loosen the muscles.

Although there has been no conclusive research on the effect of moderate use of caffeine, nicotine, or alcohol, the competitive experiences of many men have shown that the indiscriminate use of any of these has a degrading effect on the marksman's score. My personal feeling, and one that is shared by many athletes, is that it is better to stay away from any stimulant or depressant as a regular feature of life because their use affects the normal functioning of the nervous and cardiovascular systems.

SHOOTING EXERCISES

The real heart of the training program is the marksman's work with his rifle or his actual shooting exercises. This training must have two purposes: one, to increase the shooter's performance capability; and two, to solve the problems of position and technique.

In the northern part of the United States in the winter it is impossible to shoot outdoors. I experience this myself and have found most of my training objectives can be achieved just as well on an indoor range by using the 50-ft. ISU-type target. Even finding a range can become a problem, but the determined marksman will not let this interfere with his training. Often more can be accomplished by dry-firing than by using ammunition, and dry-firing can be performed in the home. The cost of buying ammunition for practice can become a serious obstacle to many young shooters, but again the practice of dry-firing can be employed to serve training needs as well.

For the student who must spend many hours in classes and studying, time might become an obstacle to training. Inevitably, however, there is always that hour or two every day that ends up wasted. The man who really wants to win will take advantage of every spare minute.

By deciding how much time there is for practice, how much ammunition to fire, and where to practice, a plan can be evolved for employing the facilities which are available. Of course all of a shooter's training should be governed by an over-all plan.

There are several considerations in formulating the training plan. One is the development of the shooter. A beginning shooter will not be able to perform well for more than about 50 rounds. An expert can do his best for over 100 rounds on at least 2 days per week. The beginner is primarily concerned with developing the stability of his posi-

tion. The expert marksman may well spend an entire training session investigating the role of one muscle. The training plan must be mapped out to fit the needs of the one person it is designed for.

ATTAINING PEAK PERFORMANCE

The reason for this training program is to make the best possible preparation for the coming tournaments; thus the plan must be centered around this objective. It is imperative that the shooter train to reach his best capability at the time of the important tournaments. Careful analysis of practice results will indicate if the approach to that sought-after peak is too fast or too slow and will dictate necessary adjustments in the plan. The veteran marksman must often guard against reaching his peak weeks before the big competition and being « shot out » by the time the match comes.

The dates for the various tournaments should be written in a general plan covering the whole year. Local and regional matches should be used only as preparatory checks, as the main program must remain directed to the more important National and International Championships.

Within this general plan, weekly and daily tasks must also be planned. When the shooter goes over his day's training session he then is able to comprehend the problems which he must solve in the next few days. A plan for the next day's training must normally be made in conjunction with the evaluation following each day's practice and also with reference to the objectives of the general plan.

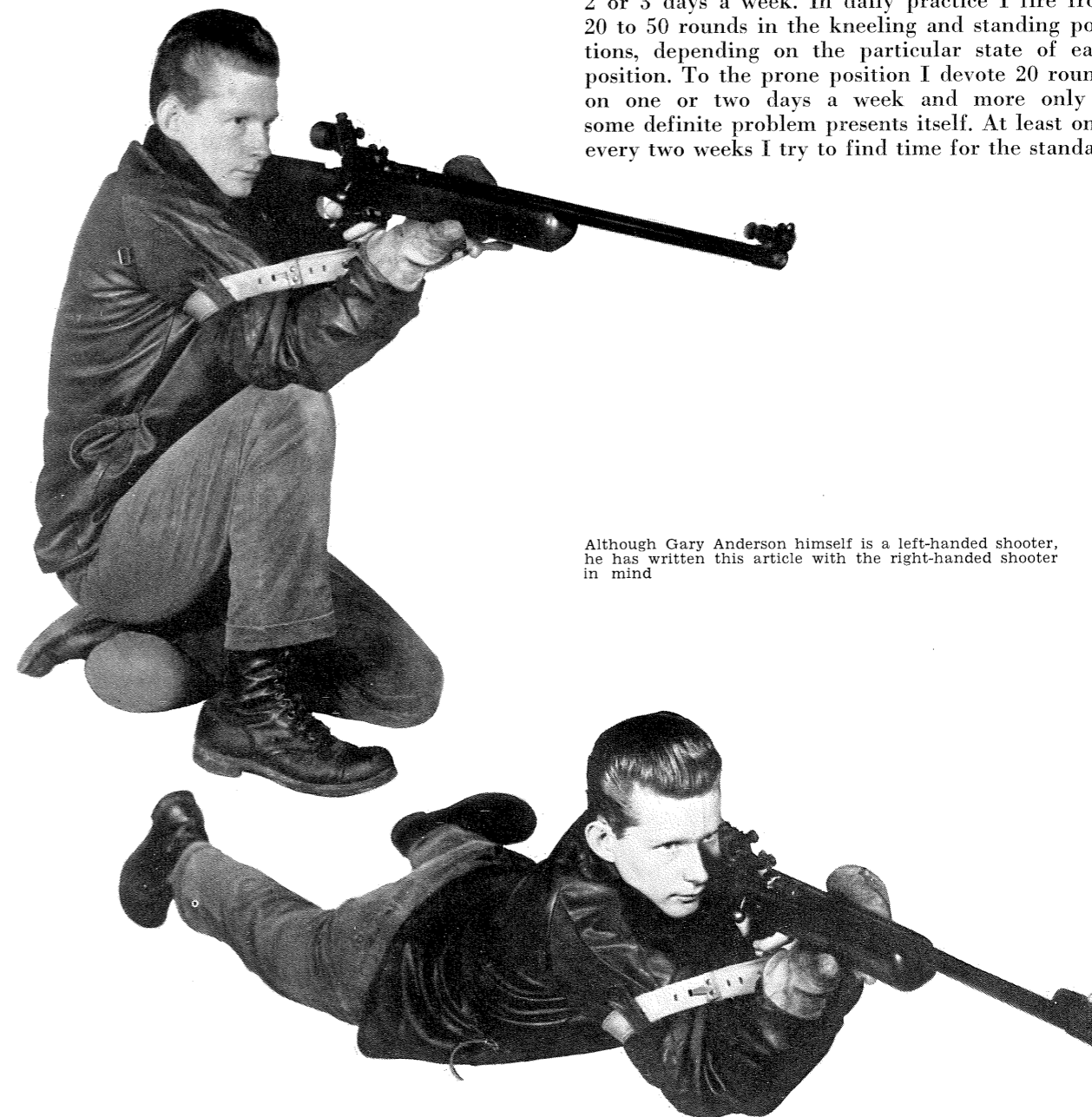
Much of the value of each training session would be lost without the benefit of a careful analysis of one's shooting both during and after training. The good shooter must be constantly thinking when he is shooting. He must assign a reason to each bad shot. He must conceive ways to prevent the repetition of these shots. He must discover why he scored his 10's and how he can repeat these good performances. He must be able to examine critically the various phases of his technique in order to see their shortcomings. And he must be capable of isolating all of his problems and of formulating corrections for them.

Many of the problems which arise cannot be solved by one or two simple changes, but must be worked out through the slow process of experimentation. In spite of its importance, the role of experimentation is greatly overdone by many shooters who find themselves constantly involved in some change or experiment they have devised to raise their low scores. These changes are even carried out at the time of the tournaments. It is important that all but minor changes cease months before the big matches. Experimentation must be intelligently controlled and its results objectively

considered. Nevertheless, without experimentation the optimum modes of performance of each shooter could not be discovered.

STUDY THE MASTERS

When experimental situations arise, it is well to remember that most of the masters of the shooting sport have long since faced and solved the majority of these same problems. Thus it is mandatory that the new shooter also study the positions, techniques, and available knowledge of the masters.



Although Gary Anderson himself is a left-handed shooter, he has written this article with the right-handed shooter in mind

course (40 shots each in prone, kneeling, and standing). This adds up to an average of about 2 hours of work with the rifle each day.

WHERE IMPROVEMENT IS NEEDED

Of course each training program must fit the individual. My own schedule will not fit everyone. Some people may need daily work on prone or a disproportionate amount of work in the standing or kneeling positions. Again, only a careful analysis of daily results, progress, and development will indicate the number of cartridges to be used in each position.

Another point to remember is that the number of cartridges fired must be reduced as the match approaches. Normally for the last few days before a match, no more than 20 shots in each position should be made in one day. Never, in any training situation, should the number of rounds fired exceed the number of rounds to which maximum performance can be applied. It is a rare person who can in one day master more than 150 shots.

There are times when the marksman will find himself in a state of overtraining. Firing too great a number of rounds or failure to make the training progression gradual enough can lead to fatigue and staleness. As a result, the level of results progresses downward and the shooter senses a temporary inability to work. There are also times when errors in technique or position establish themselves firmly as habits — habits which seem impossible to break. When this happens, I have found the most logical recourse is to stop training with the rifle — or at least to stop using cartridges for training — for a period of perhaps one week. Often when the marksman returns to his rifle after a break in training he can make phenomenal scores because his bad habits have been forgotten while his fundamental good techniques have been retained.

KEEP A SHOOTER'S DIARY

An invaluable aid in making my marksmanship evaluations has been keeping a shooter's diary. By keeping this notebook I am able to record my daily

results, my experiments and their results, and the sensations and feelings I have experienced in making my scores. In this way I have been able to keep a running record of all my marksmanship experiences. Now, whenever problems arise which I have faced before, I am able to refer to their solution. Keeping a shooting diary is a distinct help.

I keep careful records of the effects of atmospheric conditions and other influences which may direct the formation of my shooting tactics. The shooter must be able to recognize the type of wind condition which requires sight changing and the type which requires the selection of one wind velocity to do his firing in. The shooter must know what changing cloud and light conditions will do to the bullet's point of impact. He must know what effect increasing temperatures will have on mirage and his own endurance; this may indicate a particular sequence for the positions. He must know if wind will come into the booth and disturb the standing positions stability during a certain time of day. He must know how nervousness and endurance will affect the order in which to fire the positions. He must know whether on a certain range or in certain conditions it is advantageous to fire slowly or quickly. He must know if and when he must take breaks in each position. All of these factors enter into the development of the shooter's tactics and are things which must be learned during training. Since I shun the use of a scorebook during actual firing, my observation of these factors becomes doubly important. Once more the value of careful thought is clearly shown.

It has become evident that serious marksmanship training is not a simple task, but is rather a lot of plain hard work. The many hours spent in practice certainly are not pleasurable. The only real pleasure in shooting is firing a better score than your competitors and taking first place. Young shooters must realize that the dedication and determination that makes a champion can be achieved only through intense self-discipline.

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MODERN ROWING TRAINING

by Lt. Colonel SOLLNER (Germany)

L'auteur de cet article, le Lt. Colonel Sollner est Commandant de l'Ecole Militaire d'Education Physique de la République Fédérale Allemande. En 1936, il fut champion Olympique d'Aviron en quatre avec barreur.

L'auteur décrit les principes adoptés par le fameux huit du Club Kiel Ratzeburg qui très récemment encore vient de remporter le titre aux Championnats d'Europe :

1. **Travail selon le principe de l'Interval Training** soit en « Promenade » soit sur une « Distance-Test » de 500 m répétée de 4 à 12 fois à l'allure de course avec des temps de repos de 2 à 4 minutes.
2. **Intense Travail d'hiver**, 3 à 6 fois par semaine :
 - Cross Promenade, natation, jeux de ski;
 - Power Training;
 - Recharge psychique.
3. **Maitrise du bateau.**
Contrairement aux idées antérieures, les rameurs effectuent leur entraînement dans des bateaux différents, principalement en Skiff. La technique naît de ce travail.
4. **L'unité dynamique** de l'équipage est recherchée et non plus l'uniformité de style et d'allure, si prisee antérieurement.

For a definition of this concept it will be most useful to examine the training methods of a crew belonging to the world élite. No crew would be more qualified for this survey than that of the « Kiel-Ratzeburger Meisterachter » due to its constant level of performance and the capability to achieve surprising performances and successes even in other boat-types with modified compositions of the crew. Independent of the methods normally used in the German rowing sport and beyond our frontiers, the formation of this crew was accomplished within several years. The correctness of the methods applied for basic and advanced training has proved true for this crew.

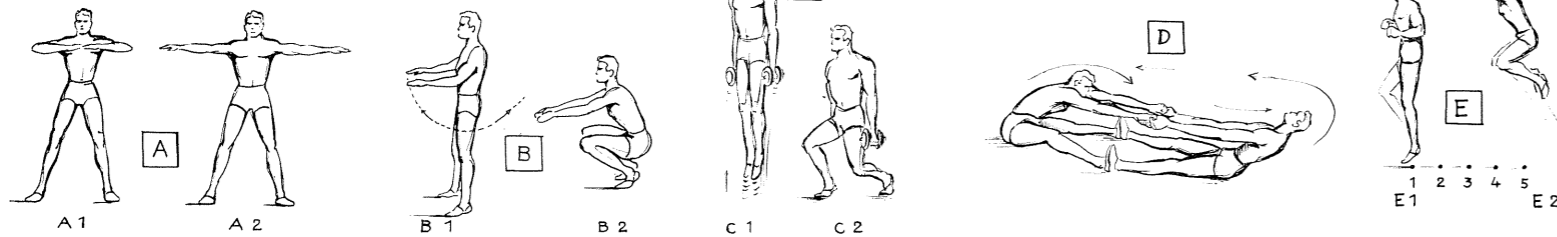
The following principles were prevailing :

1. Application of the interval-training principle for the practical training in the boat.
2. Intensive winterwork according to plan, and laying stress on power-training as a decisive basis for the main training.
3. Intensive training in controlling the boat, especially by rowing in small boats (skiff, sculling-pair, double scull).
4. Development of economic rowing techniques.
5. Emphasizing the dynamic unit versus the formal unit for the teamwork in crew-boats.

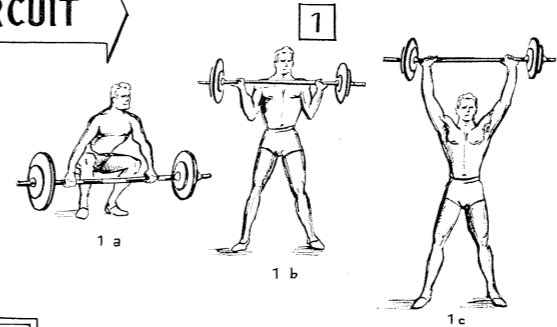
INTERVAL TRAINING

The characteristics of the interval-training and its physiological aspects are supposed to be known. The practice of interval-training in the rowing boat are explained.

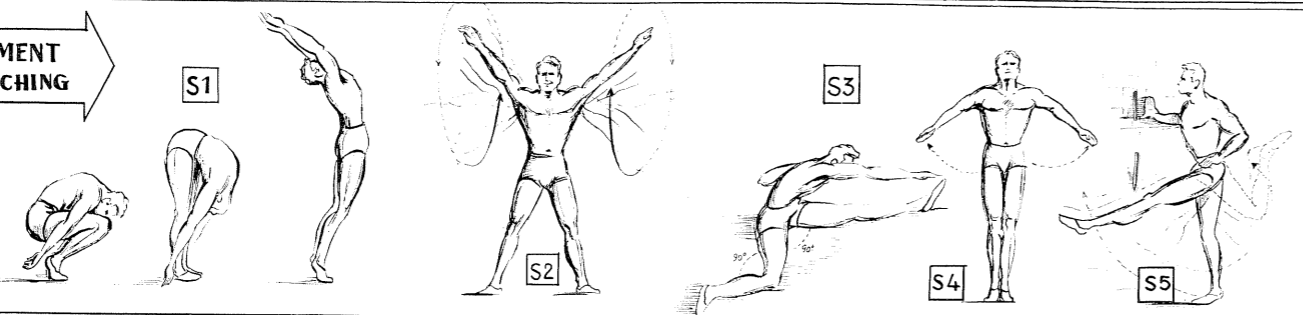
**ECHAUFFEMENT
WARMING-UP**



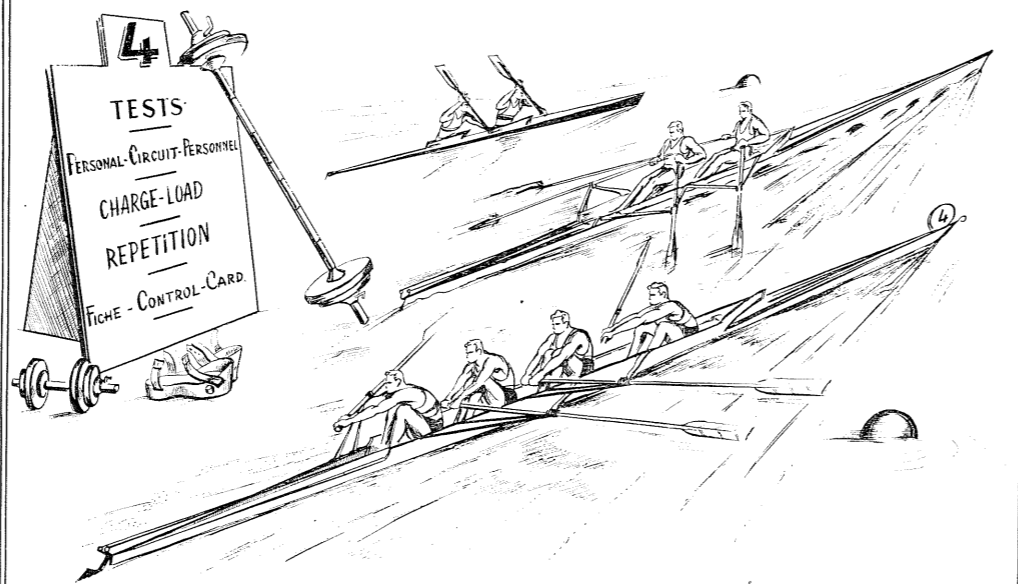
CIRCUIT



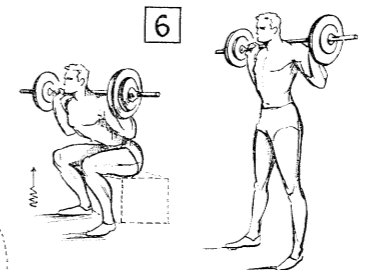
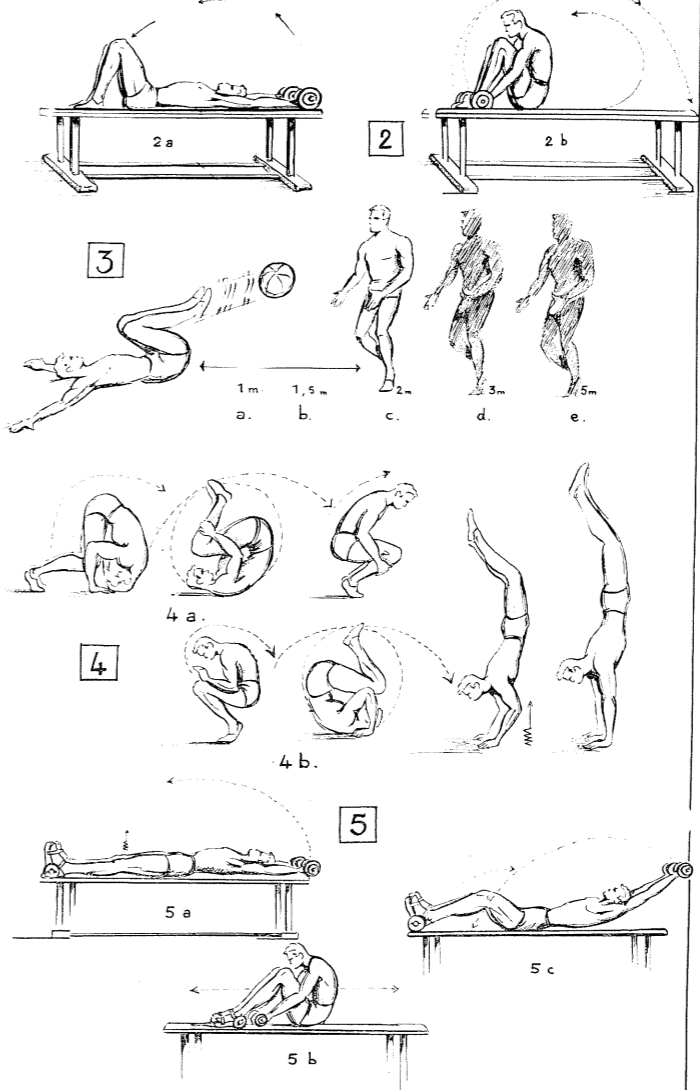
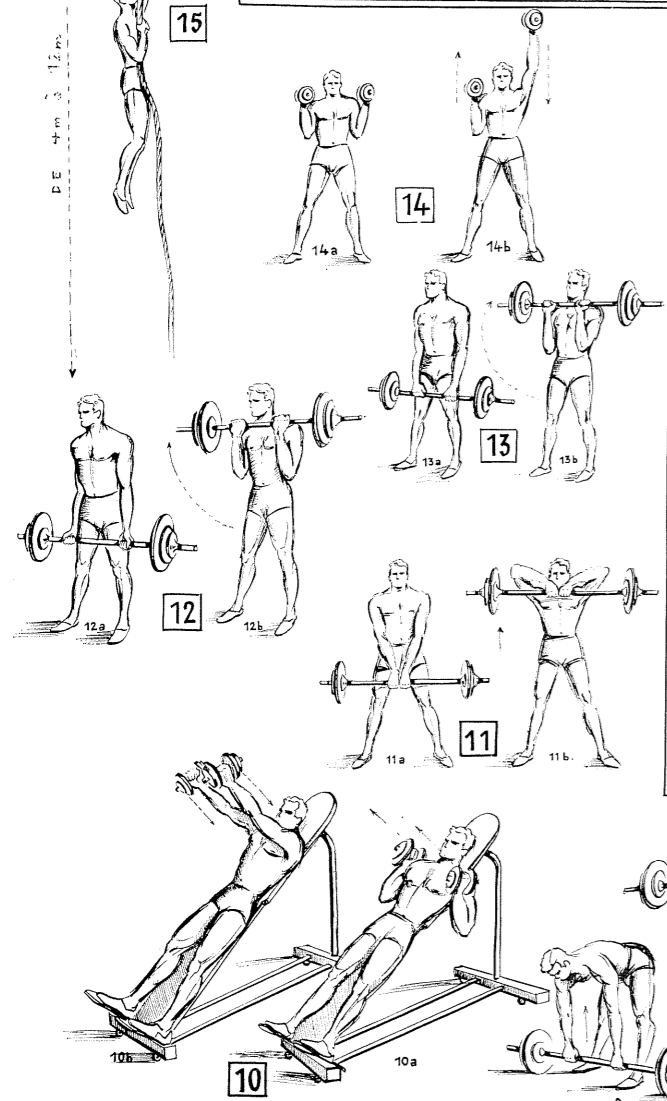
**ETIREMENT
STRETCHING**



POWER-TRAINING



AVIRON - ROWING



dessiné par Willy Schleusner.

Copyright composé par le MAJOR D'AVIATION RAUL MOLLET C.I.S.M.

**MODERN
ROWING
TRAINING**

★ Exemple de programme de POWER TRAINING pour rameurs. Après une période de préparation générale de trois mois vient la préparation spécifique (exercices dynamiques et isométriques). Le programme est basé sur les résultats de tests.

★ Typical POWER TRAINING program for rowing. Proposed schedule :
- simplified Power Training : 3 months
- tests
- specific circuit (dynamic and isometric exercises).

Extrait de/from : Power Training.

At first two concepts of great importance are to be described: the variable rate of strokes (Fahrtspiel) and the test course.

↑ ↑ ↑

Variable rate of strokes means a repeated change between high and low rates of strokes i.e. 15 strokes with full power and high rate followed by 15 strokes with half-power and medium rate etc. in a repeated cycle. On the other hand 20 to 30 easy strokes may be followed by a certain number of sprint strokes etc. A fixed pattern, however, does not exist. The «variable rate of strokes» depends on the ability and fitness of the crew, on the experience of the trainer and on local conditions. I remember that Mr. Gwinner, trainer of the olympic cox swained-fours in 1936 — winner of a gold medal — trained his crew in the afore-mentioned way and had his men continuously rowing up to 15 and 20 km during one morning session. At that time the easy change of rate was not only accomplished for the purpose of resting, but was also serving to perfect rowing techniques and the control of the boat by executing some kind of «gymnastics in the boat». But there was no problem of interval in its present meaning.

↑ ↑ ↑

«Test course» is a designated course (at Kiel-Ratzeburg this course is 500 m) which is to be rowed with race speed several times (4 to 12 times) successively and with breaks of 2 to 4 minutes. The average time taken with a stop watch for 6 to 8 repetitions will enable an experienced trainer to determine the time for the 2 000 m-course. As a «by-product» of the work on the test-course the oarsmen gain a correct sensing for speed. Also during this phase of the interval-training, individual variations concerning the number of repetitions, the duration of breaks, the speed on the test-course and the length of the course are possible. The above mentioned data are solely based on experience. Therefore it has to be pointed out that in this case a close cooperation between coach and physician as well as between physician and oarsmen will be necessary.

WINTER TRAINING

The modern concept regarding the preparation of competitive rowers underlines the paramount importance of the winter training for the future performance in the boat in respect of the training in the boat as well as of the race.

An intensive winter training (4 to 6 times per week) aims at the following improvements:

Increase of power, maintenance of fitness and psychic regeneration.

The increase of power will be obtained by power-training. The main exercises will be executed with Barbells. Besides climbing and climbing hand over hand on ropes and bars, exercises with dumbbells and medicine-balls are executed and followed by gymnastics exercises to relax the muscles.

The organic fitness will be obtained by cross-country races (also in the form of interval-training), handball, basketball, swimming, skiing (long distance) and exercises with dumb-bell in the form of continuous repetition of lifting, hauling, thrusting (20 to 50 times) with light weights.

The psychic regeneration is obtained by the fact that there is no rowing during winter-time — not even in the training basin or with training gadget and, if so, then only on particularly beautiful days. Hereby and by the way of realizing winter training one prevents a possible one-sidedness and obtains a all round and comprehensive body-building which facilitates the summer training in the boat.

BOAT CONTROL

Boat control is obtained — in opposition with former opinions — by rowing in different race-boats which are «sensitive» to movement and position, above all in the skiff and also by changing the side of the board in an oar boat. Especially the skiff has unique advantages for training in boat control and therefore in rowing techniques. It responds to each incorrect action of the rower. Sense of movement and skill in the boat are well therefore trained.

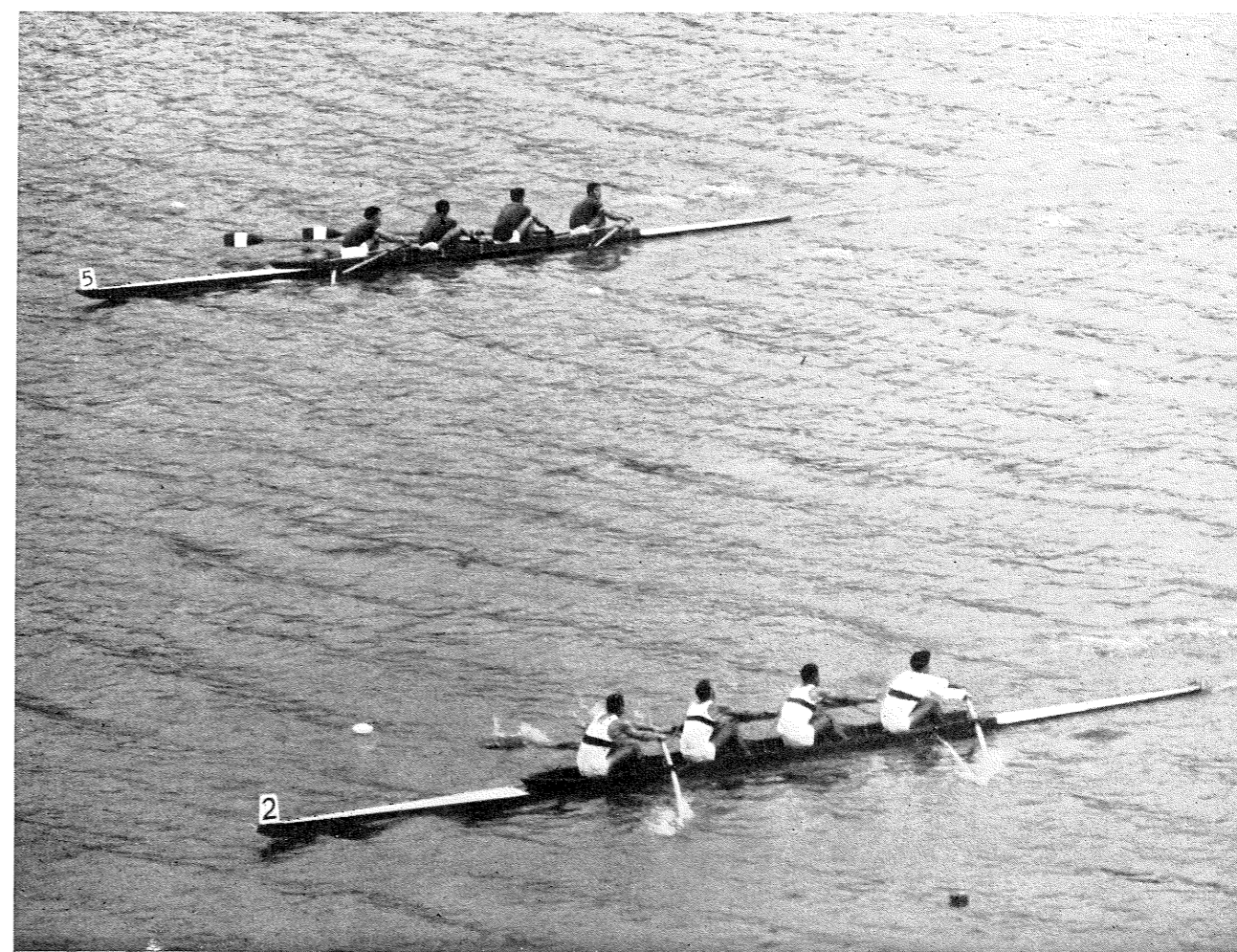
Regular practices in the skiff, double scull and race scull belong to the training of the oarsmen. That means that the practice for fitness — i.e. interval and test rowing — is not only restricted to the special type of boat (i.e. the eight).

To give details on training of rowing techniques would exceed the frame of this article. They could fill a book. To row economically means to coordinate rowing movement and body action in order to obtain an extreme acceleration of the boat by exploitation of the existent physical power. The interval-training by itself cannot replace rowing techniques.

The creation of the dynamic unity versus the formal unity means that the crew at the same time and in the same direction makes effective all forces which influence the course of the

boat. All efforts and all the time formerly spent in the orthodox rowing to obtain an similar bearing, oarhandling and a homogeneous exterior picture of movement that «pleasure the eye» can be used for better purposes.

From this and in connection with the training in small boats it follows that all the 8 rowers of an eight must not meet every day at the same hour to accomplish a successful training. It is also possible that an oarsman changes from port to starboard or vice versa. Even a substitute — if trained in the same way as the crew — will at once adapt himself to the dynamic unity of rowing. Besides that such a crew of an eight is also qualified (the Kiel-Ratzeburger crew has often proved it) to make successful races in other boat types (two, four etc.).



Copenhagen : 15-8-63. — Four without cox. Third heat. The German crew passing the goal (boat n° 2), leading France. The Germans made a new record time : 6'18"74.

(Photo Belga)

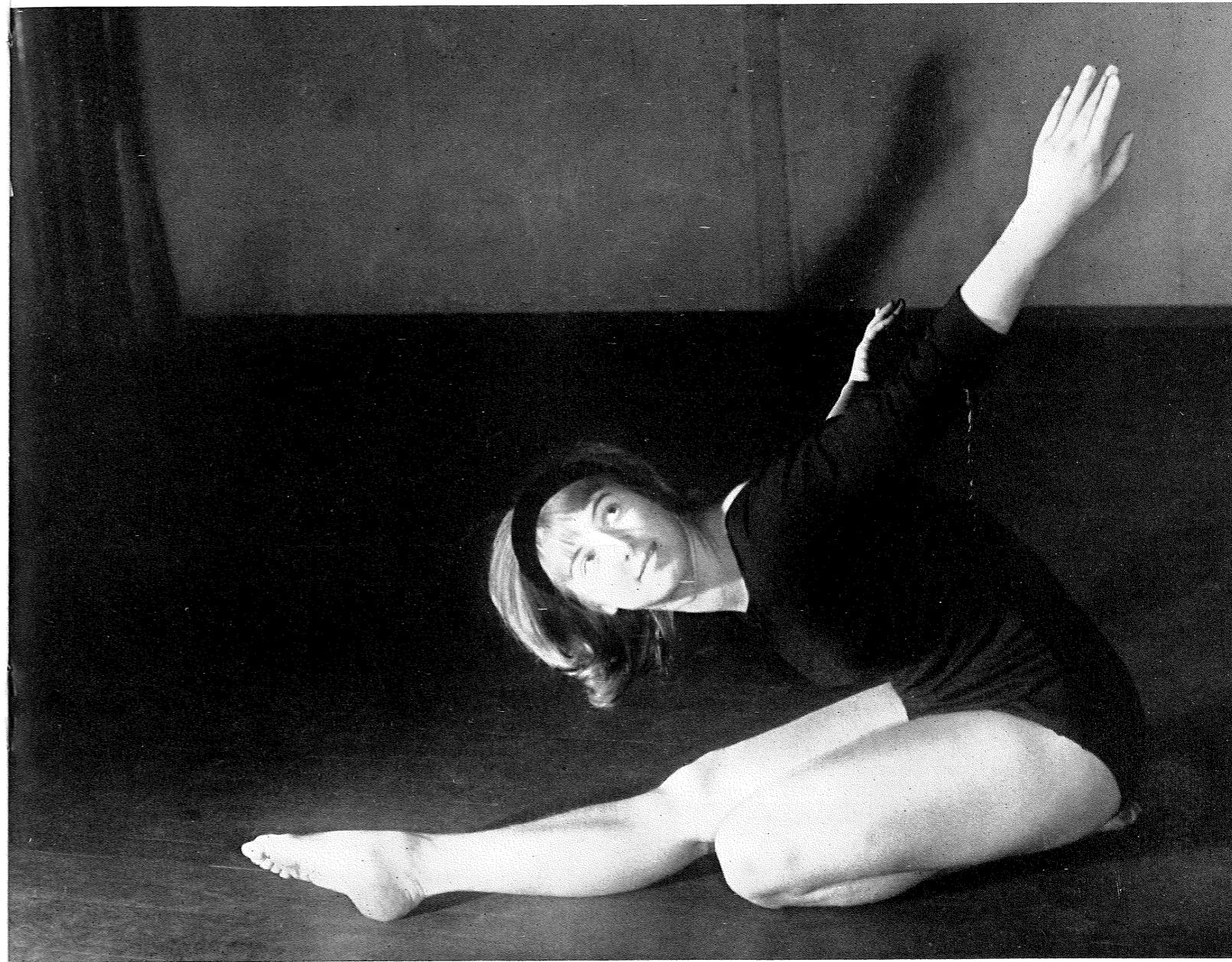


Le langage de la Gymnastique féminine moderne est très riche. Il exprime une vitalité profonde, un élan vers la libération définitive. Il est empreint d'émotion et d'une grâce sans cesse renouvelée.

Jolies ambassadrices

Slim and graceful

are our Persuaders. They are from Belgium, members of a group, practicing gymnastics as a hobby.





Gymnastes du Groupe
« Les Flicks » - Anvers, Belgique.
Direction : G. Duerinck.

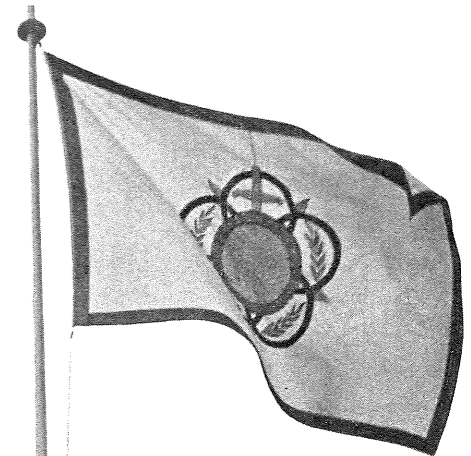


*Jolies
ambassadrices*

La grande saison du C. I. S. M. !

En juillet, août et septembre, ce drapeau a flotté :

- à ROME,
pour le XV^{me} Championnat de Pentathlon Militaire (14 pays)
- à LAHTI,
pour le VII^{me} Championnat de Tir (14 pays)
- à BRUXELLES,
pour le XVIII^{me} Championnat d'Athlétisme (18 pays)
- à KARLSKRONA,
pour la IX^{me} Semaine de la Mer (10 pays)
- à ROME,
pour le 1^{er} Championnat de Pentathlon Moderne (10 pays)
- à BARCELONE,
pour le XVII^{me} Championnat de Natation, Plongeon, Waterpolo, Natation
de Combat (10 pays)



It is the height of the season !

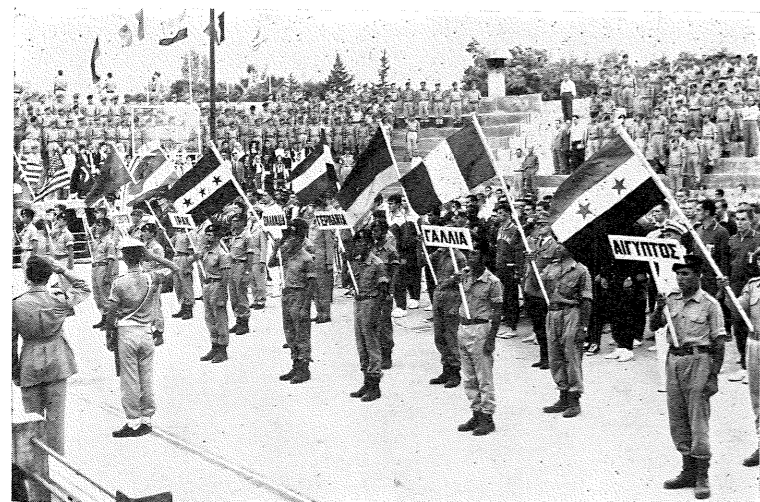
In July, August and September the C. I. S. M. flag hoisted :

- in ROME,
for the XVth Military Pentathlon Championship (14 countries)
- in LAHTI,
for the VIIth Shooting Championship (14 countries)
- in BRUSSELS,
for the XVIIIth Track and Field Championship (18 countries)
- in KARLSKRONA,
for the IXth Sea-Week (10 countries)
- in ROME,
for the 1st Modern Pentathlon Championship
(10 countries)
- in BARCELONA,
for the XVIIth Swimming Championship (10 countries)



LE SPORT DEMANDE A L'HOMME UNE
CONSTANTE CONNAISSANCE DE SES POSSIBILITES.
IL EXALTE LES QUALITES PHYSIQUES ET MORALES.
IL INCITE A SE SURPASSER SANS CESSE.
L'ARMEE A POUR DEVOIR D'ACCROITRE PAR TOUS
MOYENS LA VALEUR DES JEUNES QUI LUI SONT
CONFIES.
ELLE SAIT QU'UNE NATION AURA COMME AVENIR
CELUI QUE LUI VAUDRA SA JEUNESSE.

MARECHAL DE LATTRE DE TASSIGNY



Football

FOOTBALL: Toutes les rencontres se déroulèrent avec précision, discipline et furent empreintes d'esprit sportif.

Un public très nombreux, MM. les Ambassadeurs de la plupart des pays membres du C.I.S.M., des représentants de la presse étrangère et nationale, ont assisté aux matches. La presse tout entière et l'opinion publique ont souligné le succès qui a couronné les rencontres. De l'avis unanime leur qualité a été supérieure à celle des autres matches joués cette année.

SOCCKER: All matches were conducted with discipline, accuracy and sportsmanship. They were attended by a large number of Greek spectators, foreign reporters as well as by most of the Ambassadors from the C. I. S. M. member countries.

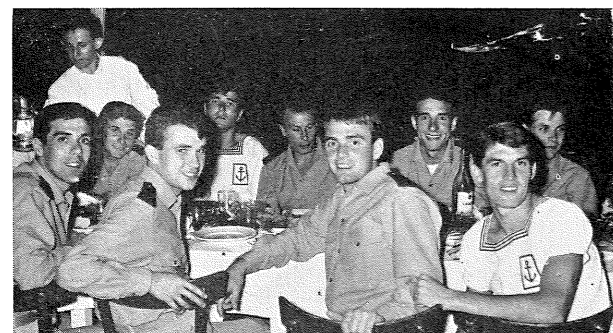
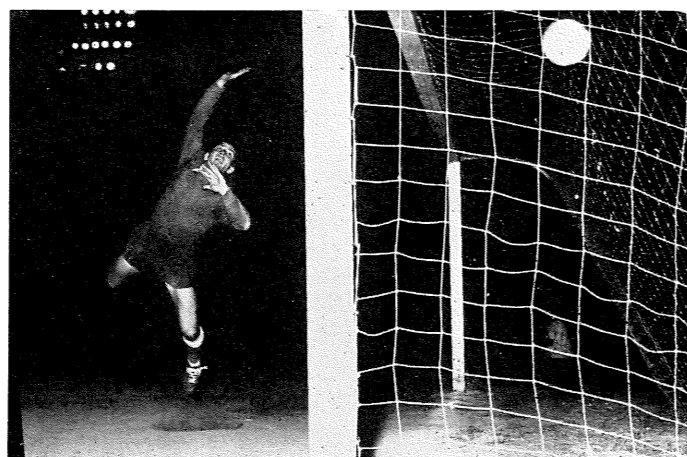
All newspapers and the public opinion stressed the success that crowned the C. I. S. M. soccer games and declared that the games were better than all those conducted this year.

(Extrait du Rapport de la délégation hellénique.)

SOCCKER

Classement — Classification

- | | |
|-------------|-------|
| 1. GRECE | 4 pts |
| 2. BELGIQUE | 4 pts |
| 3. TURKEY | 2 pts |
| 4. FRANCE | 2 pts |



Rencontres sportives du C.I.S.M...

Jeunesse, santé et joie de vivre se reflètent sur les visages de ces jeunes athlètes militaires, forces vives du C. I. S. M.

Happy faces of young military athletes. They are the driving power of C. I. S. M.

Basketball

BASKETBALL: Sponsored in Thessaloniki from the 10th till the 20th July the C. I. S. M. Basketball Championship was a unique athletic event for the city. It was attended by a large audience. The electronic chronometer used during the games proved an excellent implement.

The keeping of detailed and precise statistics on the results is necessary. A special brochure recording the data was made available to the participants.

BASKETBALL: Du 10 au 20 juillet 1963, Salonique — Thessaloniki — fut le théâtre animé du championnat de Basketball du C. I. S. M. Ce tournoi constitua pour la ville un événement sportif exceptionnel qui attira de nombreux spectateurs.

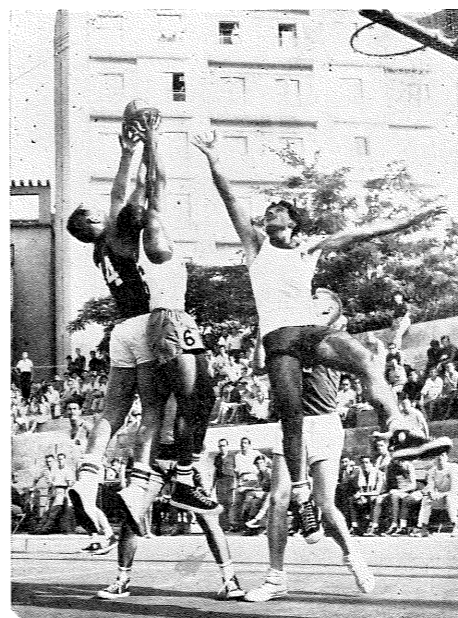
Innovations: l'utilisation d'un chronomètre électronique et l'édition d'un remarquable recueil des données statistiques de toutes les rencontres (tirs, essais, réussites, fautes et pourcentages des coups francs.)



Le Colonel King des Etats-Unis reçoit le magnifique challenge du Basketball. Colonel King (USA) proudly displays the Basketball trophy.

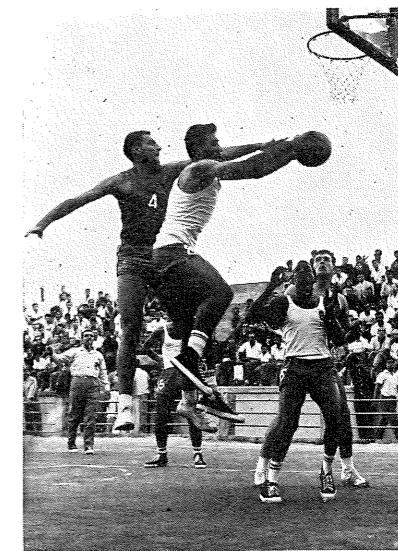
Classement — Classification

1. USA
2. FRANCE
3. BELGIQUE
4. TURKEY



Pays participants — Participating countries

- BELGIQUE
- DEUTSCHLAND
- FRANCE
- GRECE
- IRAK
- LUXEMBOURG
- MAROC
- NEDERLAND
- R. A. U.
- TURKEY
- USA





Pentathlon militaire

Military pentathlon

par le Major G. P. CASCIOTTI

Organisé par les Forces Armées Italiennes le XV^me Championnat de Pentathlon Militaire — une des épreuves reines du calendrier du C. I. S. M. — s'est disputé à Rome du 11 au 15 juillet 1963. La manifestation s'est déroulée dans une atmosphère de sincère camaraderie et de vive émulation.

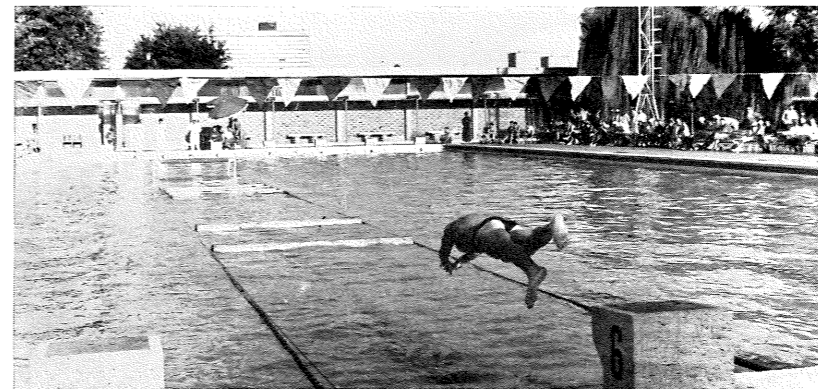
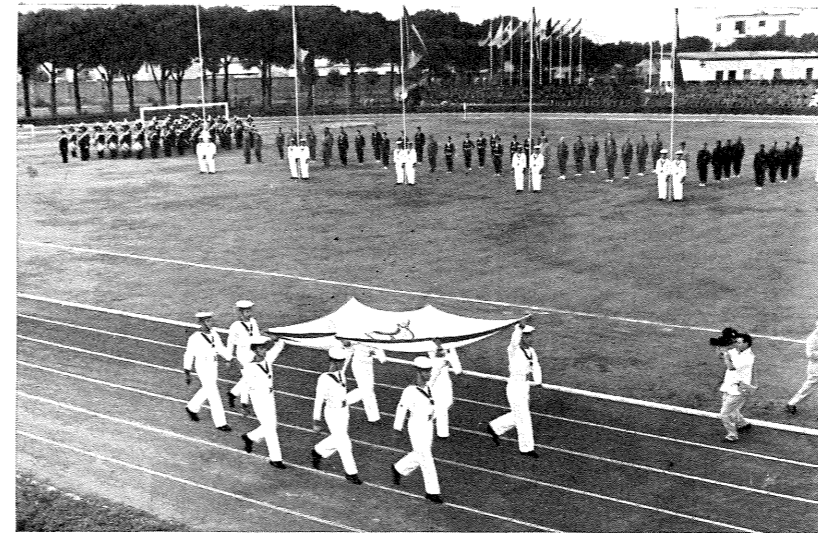
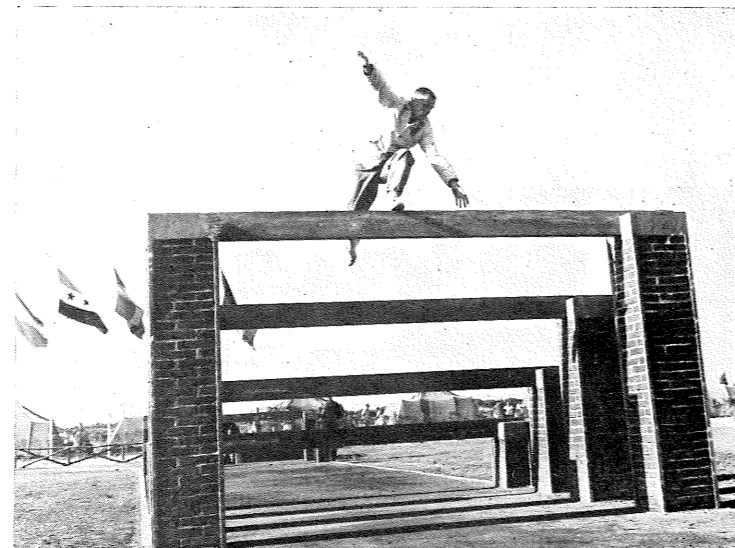
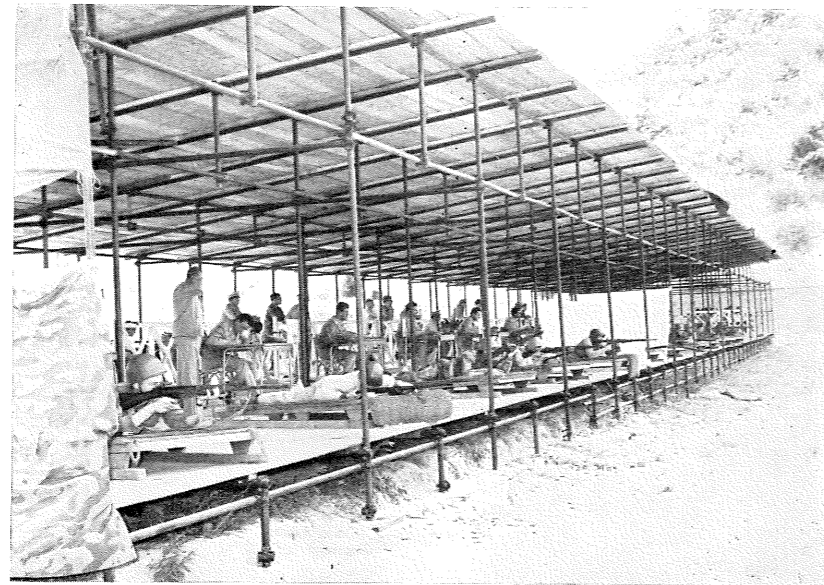
Hosted by the Italian Armed Forces the XVth Military Pentathlon Championship — one of the most popular events of the C. I. S. M. calendar — was held in Rome from 11 till 15 July 1963.

Pays participants
Participating countries

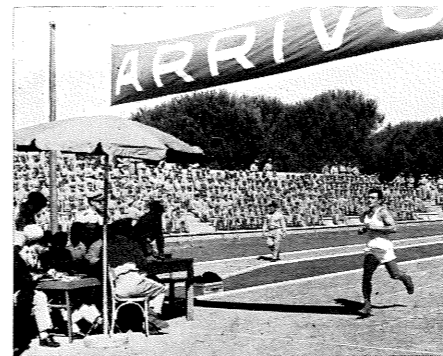
BELGIQUE
BRASIL
DENMARK
FRANCE
GRECE
ITALIA
NEDERLAND
NORGE
ÖSTERREICH
SUISSE
SVERIGE
SYRIE

Observateur — Observer

ARGENTINA
IRAK



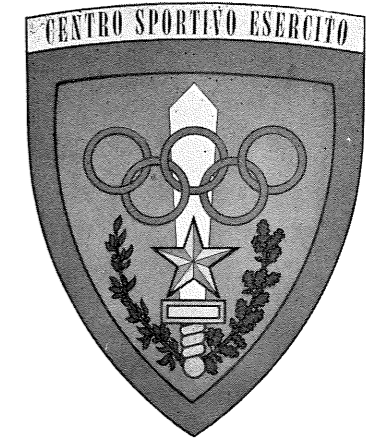
★ En Natation, le Brésilien Barnabe a amélioré le record du C. I. S. M. : 27" 5/10 pour 50 m et cinq obstacles
★ In Swimming, Barnabe, Brazil, bettered the C. I. S. M. record : 27" 5/10 for 50 m and... 5 obstacles



★ En Cross Country, performance excellente du Belge Ooms qui, en prenant 1'05" à son plus proche adversaire, crève le plafond de la table d'équivalence et remonte de la 33^me à la 1^{re} place au classement général, première victoire belge dans cette dure compétition
★ In Cross Country, outstanding performance of Sgt. Ooms, Belgium, who by outrunning the second by 1'05", scored 1167,40 points at the equivalence table and jumped from the 33rd place to the individual gold medal.
First Belgian success in this difficult event



★ Au classement final par équipes, quelques points seulement séparent la Suède, la France, le Brésil et l'Italie classés dans cet ordre
★ In the team classification, a few points only separated Sweden, France, Brazil, and Italy which were classified in that order



★ Les cérémonies d'ouverture et de clôture, simples et solennelles à la fois, eurent lieu à proximité du Centre Sportif de l'Armée, sur le stade dédié à la mémoire du Capitaine Silvano Abba, médaille d'or à la valeur militaire, classé troisième au Pentathlon Moderne des Jeux Olympiques de Berlin. Les plus hautes autorités militaires, civiles et sportives y assistaient

★ Opening and Closing ceremonies, simple and impressive, took place in the vicinity of the « Armed Forces Sports Center » on the stadium bearing the name of Captain Silvano Abba, Hero of World War II, Bronze Medal at the Olympic games of Berlin in Modern Pentathlon. The highest civilian and military authorities attended the ceremonies





General Paul L. Freeman Jr., Commander in Chief, U.S. Army Europe (left) and Maj. Gen. Joe S. Lawrie, DCS, USAREUR P & A Division, admire the rotating C.I.S.M. volleyball trophy won by the U.S. Armed Forces in the III C.I.S.M. Volleyball Championships

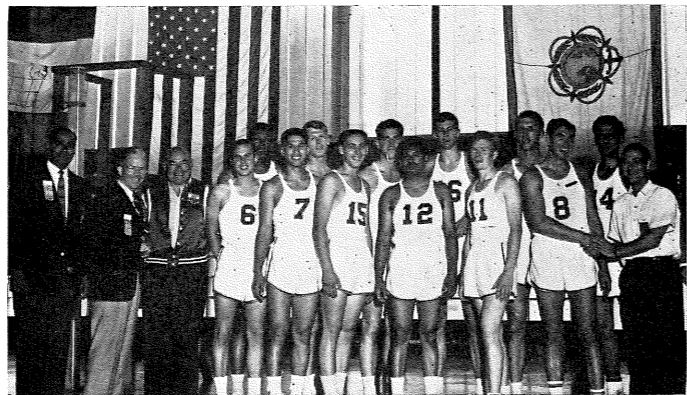
Volleyball

● U.S. Armed Forces spikers from the Army, Navy and Air Force won the coveted C.I.S.M. trophy without loss of a match by defeating military volleyball rivals representing France, Belgium, Iraq, The Netherlands and the Federal Republic of Germany.

● Belle victoire de l'équipe Américaine après une rencontre splendide et émouvante avec l'équipe Française, champion en titre.



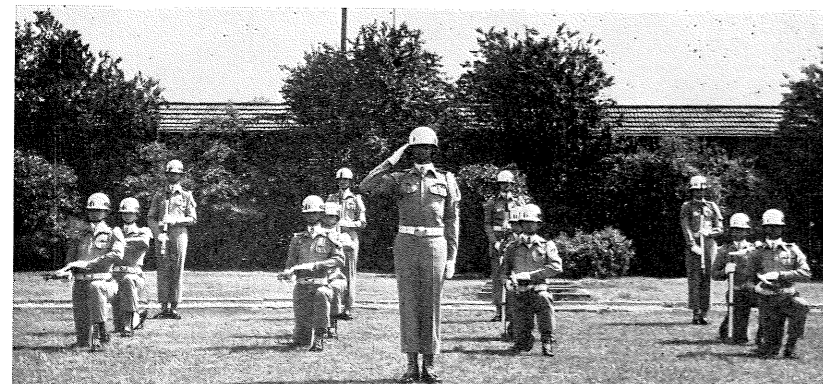
Action in the III C.I.S.M. Volleyball Championships was highlighted by the dramatic 5-set match between France (left) and the U.S. (right) which saw the Americans defeat last year's C.I.S.M. champions (11-15, 15-11, 13-15, 17-15, 15-10) to go to win the 1963 international military spiking crown



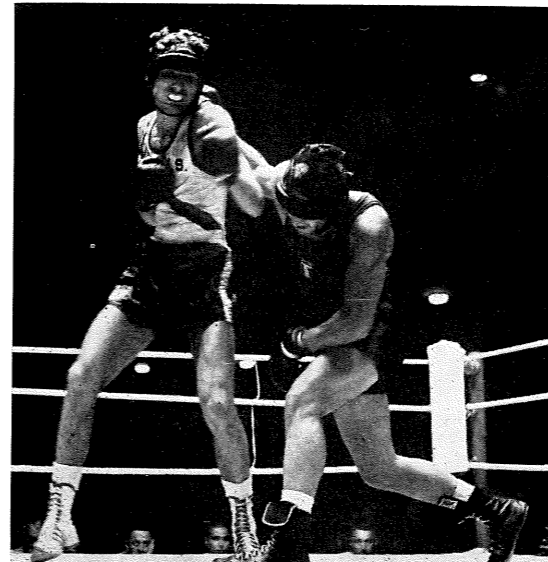
Members of the victorious U.S. Armed Forces volleyball team are congratulated upon winning the C.I.S.M. gold medal by (left to right) Air Commodore M.M. Piracha of Pakistan; Maj Gen Joe S. Lawrie, Chief of the U.S. C.I.S.M. Delegation (U.S. Army)

RESULTATS RESULTS

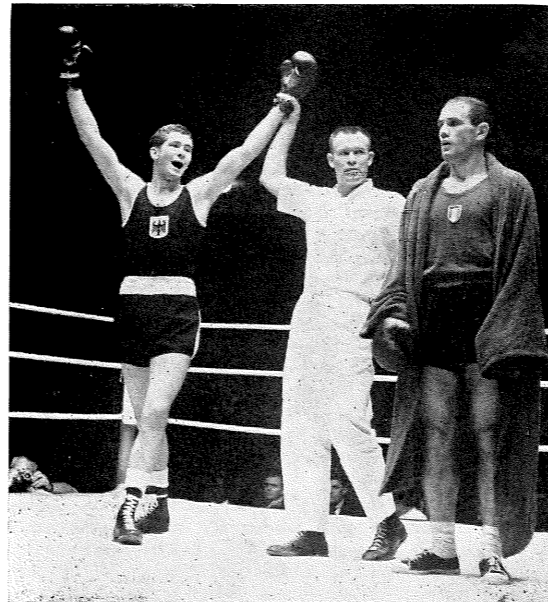
	Points
1. USA	8
2. FRANCE	7
3. NEDERLAND	7
4. BELGIQUE	6
5. DEUTSCHLAND	4
6. IRAK	4



- ★ Berlin Brigade Drill team executes « Queen Ann Salute »
- ★ Excellent niveau général des équipes, charmante réception, attentions multiples furent les caractéristiques de ces championnats



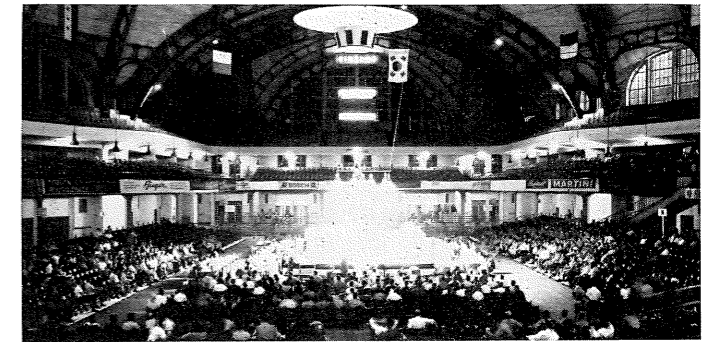
Hard-hitting Remo Golfarini of Italy (right) brought his nation one of five C.I.S.M. gold medals by outpunching Martin Berzewski of the U.S. in a light middleweight match



Guenther Meier of Germany exclaims happily as he is awarded the welterweight championship over Angelo Quirci of Italy

Boxing

The Frankfurt Fest Halle was the scene of the C.I.S.M. Boxing Championships

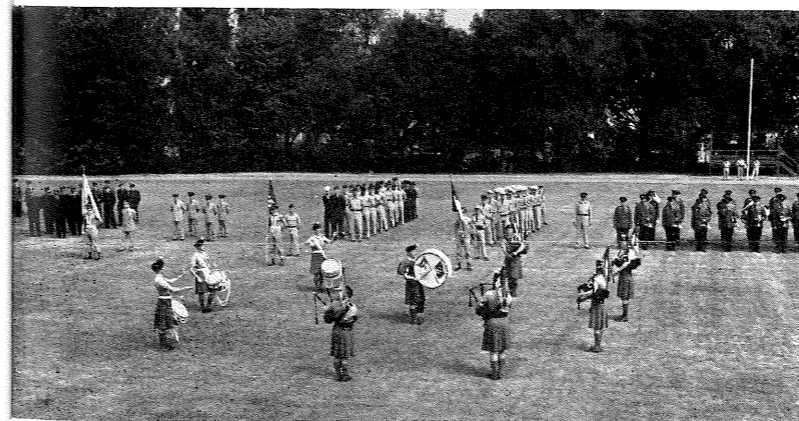


● Eight countries took part in the annual C.I.S.M. Boxing Tournament. Congratulations to Major General S. Lawrie and his staff for an outstanding Boxing Championship! Well organized and sponsored in a true C.I.S.M. spirit. The titles were won by: Italy 5, USA 3, France 1, Germany 1.

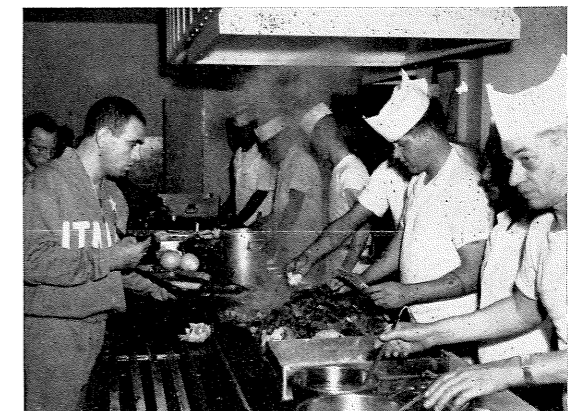
● Cette première expérience de deux championnats jumelés fut fort réussie: volleyball l'après-midi, boxe le soir. A étudier pour l'avenir dans d'autres disciplines.

Mouche	ATZORI (Italia)	Fly Weight
Coq	ZURLO (Italia)	Bantam
Plume	BROWN (USA)	Feather
Léger	ARCARI (Italia)	Light
Sous-welters	DANIELS (USA)	Light Welter
Welter	MEIER (Deutschland)	Welter
Sur-welter	GOLFARINI (Italia)	Light Middle
Moyens	McCOY (USA)	Middle
Mi-lourds	THEBAULT (France)	Light Heavy
Lourds	ROS (Italia)	Heavy

The 7th Cavalry « Pipers » hold the spotlight during colorful ceremonies opening the Boxing and Volleyball Championships



Members of the Italian boxing team move through the « chow line » during the Boxing & Volleyball Championships



LE TIR MILITAIRE

Pays participants
Participating nations

ARGENTINA
BELGIQUE
BRASIL
DENMARK
FINLAND
FRANCE
GRECE
ITALIA
NEDERLAND
NORGE
ÖSTERREICH
SVERIGE
TURKEY
USA

★ Le Challenge de Tir du C. I. S. M. offert par la délégation hellénique
★ The C. I. S. M. Shooting Permanent Trophy, presented by the Hellenic delegation

Finland being a non-member country had the honour of organizing the VIIth C. I. S. M. Shooting Championship 1963 at Lahti. The shooting championship was conducted at Hälvälä Shooting range, run by the Häme Mounted Jaeger Battalion under the direction of Lt. Colonel Maune Roiha. The championship was declared open by the ministry of Defence Arvo Pentti.

The following delegates from various countries attended the Championship: Lt. Colonel H. Sandvik (Norway), C. I. S. M. Representative; Colonel J. J. F. Borghouts (The Netherlands); Colonel F. Pottier (France); Colonel S. Urgen (Turkey); Lt. Colonel J. Varsos (Greece); Major d'Aviation R. Mollet (Permanent Secretary General) and Lt. General A. Koskimaa (Finland).

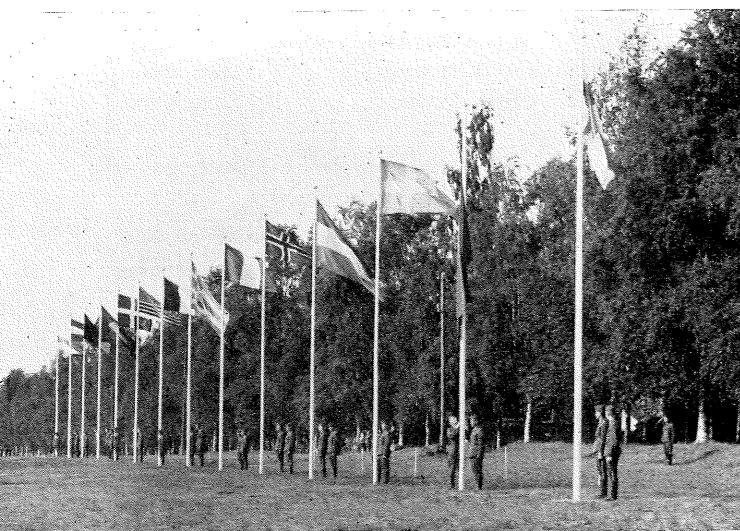
In all 14 nations took part in the championship, which is the highest number so far ever participated.

The weather remained favourable throughout the competition. The standard of precision shooting was better than the last year, the pistol shooting was, however, not of very high standard.

The rifle shooting was conducted only with the standard military rifles of respective countries. Here Finland had the honour of winning all the rifle events, in new C. I. S. M. records. The prominent amongst the competitors were Colour Sergeant Antii Tyrvaïnen of Finland who scored 191 points from kneeling position; thus gaining 4 points above the official world record in this event, and Sergeant Esa Kervinen who scored 510 points in rapid fire shooting. In all the Finland team scored 2 170 points, which have exceeded the world record by 18 points.

In recognition to their services to the C. I. S. M., Lt. Colonel H. Sandvik (Norway) and Major R. Mollet (Permanent Secretary General) were awarded Defence Forces Silver Medals of Merit by the Commander in Chief of the Defence Forces, General of Infantry Sakari Simelius.

★ Les Chefs de délégation entourent les Lt. Généraux Koskimaa et Lauri Pikkhala, grande figure du sport Finlandais.



Le Lt. Colonel Sandvik félicite le responsable de l'excellente organisation →

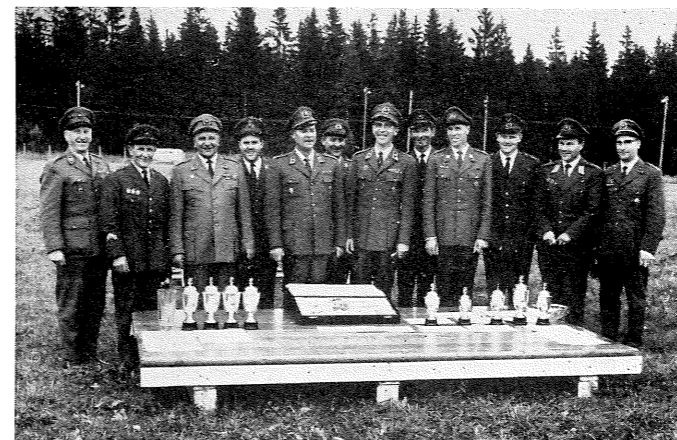
During four days the best military shooting competitors from fourteen countries have battled for the colours of their countries in this championship at Lahti, in which the participants have been of equal and very high standard.

I should like to extend my best congratulations to the winners for excellent achievements. At the same time, I want to thank all the participants, the winners as well as the losers, and also the leaders of the delegations for the spirit of fair-play shown even in the heat of competition. This is actually just as important to us shooters as scoring full points on the targets.

But in addition to the fine results, we are also happy to see that shooting has brought us together here, and inspite of language difficulties, we have gained new skill and knowledge of our favourite game, and what is most delightful, that this stay together has created new bonds between the participants from different countries.

I believe that the championship, now over, has achieved its purpose. At last I want to take this opportunity to thank the C. I. S. M. and its representatives for the trust in the Armed Forces of our small country in giving us the honour of arranging the VIIth C. I. S. M. Championship. I wish you all a good trip home and the best of success in competitions to come.

LT. GENERAL KOSKIMAA.



L'équipe de Finlande a fait ample moisson de trophées. Bravo!

SHOOTING

LATHI / AUGUST 1963



RESULTATS

RESULTS

Pistolet gros calibre - précision Large bore pistol precision shooting

<i>Individuel</i>	<i>Individuel</i>
	1. Sgt. R. Eriksson (Sverige)
	2. Sgt. Maj. B. Riihela (Finland)
	3. W/Sgt. N. Berge (Norge)
<i>Equipe</i>	<i>Team</i>
	1. Finland
	2. Norge
	3. Sverige

Pistolet gros calibre - tir rapide Large bore pistol rapid firing

<i>Individuel</i>	<i>Individuel</i>
	1. Sgt. K. G. Ljungvall (Sverige)
	2. S/Sgt. T. Bidtnes (Norge)
	3. Sfc. R. Cochran (USA)
<i>Equipe</i>	<i>Team</i>
	1. USA
	2. Finland
	3. Norge

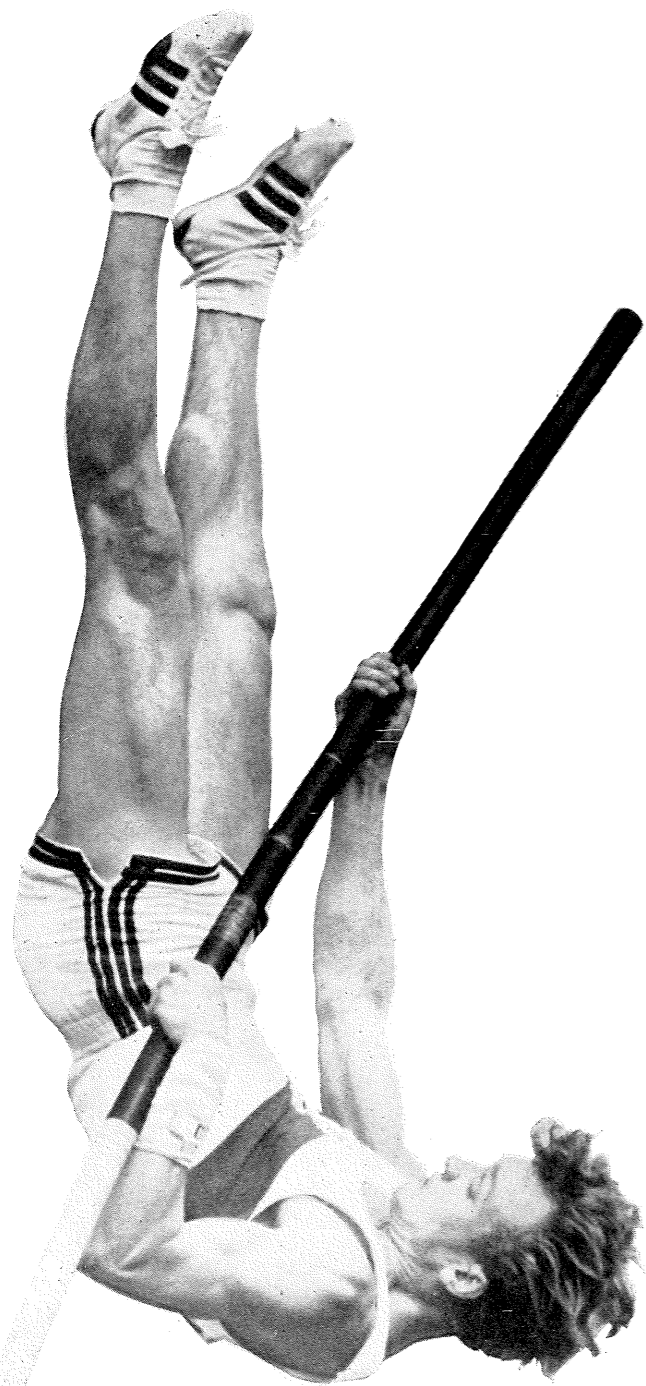
Fusil - tir de précision — Rifle precision shooting

<i>Individuel</i>	<i>Individuel</i>
	1. Sgt. Major V. Ylonen (Finland)
	2. Sgt. E. Kervinen (Finland)
	3. Sgt. W. Lindh (Sverige)
<i>Equipe</i>	<i>Team</i>
	1. Finland
	2. Norge
	3. USA

Fusil - tir rapide — Rifle rapid shooting

<i>Individuel</i>	<i>Individuel</i>
	1. Sgt. E. Kervinen (Finland)
	2. Sgt. W. Lindh (Sverige)
	3. Sgt. Major A. Tyrvaïnen (Finland)
<i>Equipe</i>	<i>Team</i>
	1. Finland
	2. Sverige
	3. USA

Athlétisme



1 record !

9 records !

Bruxelles 1963



*** Douze titres pour les USA**

Les athlètes des USA ont été les grandes vedettes des XVIII^{es} Championnats internationaux militaires, remportant 12 titres sur les 21 qui étaient en compétition.

*** Huit pays victorieux**

Huit pays sur les 18 engagés eurent la joie de voir monter leurs couleurs nationales au mât de la victoire : USA (12 fois), Norvège (3), Luxembourg (1), Belgique (1), Tunisie (1), Italie (1), Autriche (1) et Grèce (1).

Steeple : Laris (1^{er}) (USA) saute devant Van Geerts (Belgique), Ayachi et Mastouri (Tunisie)



1

record !

18 pays * 18 countries

- BELGIQUE
- CONGO (République du)
- DEUTSCHLAND
- EIRE
- ESPANA
- FRANCE
- GRECE
- IRAK
- ITALIA
- LUXEMBOURG
- MAROC
- NEDERLAND
- NORGE
- ÖSTERREICH
- PAKISTAN
- TUNISIE
- TURKEY
- USA

Brelan d'as en sprint : Poynter (1), Moon (2), Drayton (3)



*

**records
du C.I.S.M. battus !**

Neuf records internationaux militaires ont été battus au cours du week-end au Heysel :

1 500 mètres : Cunliffe (USA)	3.43.9
5 000 mètres : Allonsius (B.)	14.12.2
110 haies : Hicks (USA)	13.9
400 haies : Frinelli (It.)	50.4
Hauteur : Hicks (USA)	2.01
Longueur : Horn (USA)	7.70
Javelot : Pedersen (Norv.)	81.62
4 x 100 mètres : USA	40.2
4 x 400 mètres : USA	3.10.4

* **Le palmarès 1963**

100 mètres : Poynter (USA)	10.4
200 mètres : Poynter (USA)	20.9
400 mètres : Heath (USA)	46.6
800 mètres : Hauptert (Lux.)	1.52.2
1 500 mètres : Cunliffe (USA)	3.43.3
5 000 mètres : Allonsius (B.)	14.12.2
10 000 mètres : Gammoudi (Tu.)	29.54.2
110 haies : Hicks (USA)	13.9
400 haies : Frinelli (It.)	50.4
3 000 steeple : Laris (USA)	9.23.2
Hauteur : Hicks (USA)	2.01
Longueur : Horn (USA)	7.70
Perche : Hovig (Norv.)	4.50
Triple saut : Jensen (Norv.)	15.16
Poids : Crane (USA)	18.21
Disque : Crane (USA)	52.35
Javelot : Pedersen (Norv.)	81.62
Marteau : Thun (Autr.)	64.75
4 x 100 mètres : USA	40.2
4 x 400 mètres : USA	3.10.4
20 km marche : Hatzilatus (Gr.)	1.37.16.2

Le 5 000 m fit vibrer la foule :
1. Allonsius (Belgique)
2. Gamoudi (Tunisie)
3. Truex (USA)

500 couverts pour le dîner de clôture

La délégation belge ne manque jamais de prévoir des visites culturelles. Sous la conduite de charmantes hôtesses, l'Hôtel de ville découvre ses merveilles

Visite de courtoisie au plus ancien bourgeois de Bruxelles, heureusement retrouvé après une disparition qui mit le monde en émoi

**LA VIE AU
LIFE AT THE C.I.S.M.**

Interservice Sports Council

by Colonel Robert D. MONTONDO,
Chief, Special Services Branch, TAGO, USA

In the United States, Athletes of the Army, Navy, Air Force and Marine Corps meet annually in interservice competition in various sports. Members of the armed forces compete in international competitions such as the Pan-American Games and the Olympics as members of the U.S. teams. Soldiers, Sailors, Airmen, and Marines compose U.S. Armed Forces Athletic Teams, meeting teams representing the armed forces of some 30 nations who are members of C.I.S.M. in some 14 different sports. How do these things happen? Who coordinates the efforts of the 4 services in these interservice and international competitions? — the Interservice Sports Council.

Recognizing the need for some agreement on how the armed forces could best support the US effort in international competitions, the Honorable Kenneth C. Royall, Secretary of the Army, at the suggestion of Brigadier General Russel B. Reynolds, Chief of Special Services, asked the Secretaries of the Air Force and Navy in October 1947 to consider the formation of an interservice sports council. He pointed out to the other service secretaries that while the initial responsibility of the council would be to conduct interservice sports competitions, these competitions would give further impetus to the sports program and would contribute materially to the physical fitness of military personnel and would provide spectator interest for the high level interservice competitions. The Council, he also proposed, could coordinate the armed forces support for the Olympic effort.

The Honorable W. Stuart Symington, Secretary of the Air Force, and the Honorable John L. Sullivan, Secretary of the Navy, welcomed the suggestion and gave their enthusiastic approval for the formation of a council and design-

ated representatives to meet with General Reynolds to discuss the formation of a council. The first meeting was held on 21 November 1947 at which time a subcommittee was formed to develop articles of agreement which would outline the missions and functions of the council. At this meeting General Reynolds was elected Chairman of the Council. Other matters considered by the council were an expansion of the Leech Trophy Tennis Competition to permit the Air Force to compete with the Army and Navy for this coveted trophy, plans for the 1948 Leech Trophy matches, the 1948 interservice sports program, and the initiation of a study on unified athletic policies.

At a subsequent meeting, Articles of Agreement were approved which gave the Council the following objectives, responsibilities, and authority :

To promote understanding, good will, and cooperation among the armed services through interservice sports championship competitions.

To further enhance the esprit de corps of the individual armed service through

the development and encouragement of the spectator interest sports.

To establish and maintain, through the armed services, a uniform test of eligibility and uniform rules for the governing of all service sports within its jurisdiction.

To institute, regulate, and award the interservice sports championships of two or more of the United States armed services.

The Council, expanded in January 1953 to include the Marine Corps as an equal partner, has the power to make all arrangements for the annual interservice competitions and is authorized to act on and determine all points that may arise in connection with the competitions. However, the Council does not exercise any control whatsoever over the policy for a sports program which is instituted by a member service within its own command. Each service retains the responsibility for the development of its own annual sports program to suit its needs. Nevertheless, each service does base its calendar of sports events on the interservice program so that a particular sport may terminate in time for interservice competition or in time for the service champions to try out for international teams, such as the Pan-American, Olympic and C. I. S. M. teams.

In order to carry out its responsibilities for international competition, the Council maintains close liaison with the U.S. Olympic Committee, the AAU, and other organizations recognized by the international sports federations as the governing bodies in the United States for the various sports. The Armed Forces have representation on all Olympic committees as well as on the Board of Directors of the U.S. Olympic

38

39

Committee. Service personnel sit in on all AAU committees, representation being coordinated by the Interservice Sports Council to insure that the interests of the service athlete are served. The Interservice Sports Council presently consists of 4 voting members (one representative from each of the 4 services: Army, Navy, Air Force, and Marine Corps) and one non-voting member from the Coast Guard who attends meetings and receives copies of the minutes.

The Chairmanship rotates annually among the 4 services except during the years when Pan-American Games and Olympic Games are scheduled. The service which holds the chair during the Pan-American year continues to serve through the Olympic year.

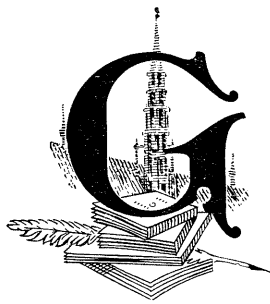
The Council serves as the liaison, coordinating, and advisory agency for the armed forces in international sports com-

petitions with specific responsibility for the annual program, recruiting, and budgeting for participation in C. I. S. M. The proceedings of the Interservice Sports Council are subject to review by the Assistant Secretary of Defense (Public Affairs) for compliance with Department of Defense policy and applicable laws. The Assistant Secretary of Defense (Public Affairs) also secures authorization for military participation in international competition in amateur sports, other than the Pan-American Games and Olympic Games from the State Department and reports such participation to the Armed Services Committees of the House of Representatives and the U. S. Senate. The Assistant Secretary of Defense (Public Affairs) also assists in disseminating public information regarding the achievements of military athletes. Subordinate to the Council is a working committee which

is composed of the chiefs of sports of each of the services.

The working committee is responsible for developing the detailed plans and arrangements for scheduled competitions, recommending rules and procedures, preparing correspondence and recommending procedures for the selection of service athletes for teams representing the combined services. The members of this committee also serve as members of the AAU and Olympic Committees.

The Interservice Council is now completing the 15th year of operation; it has held over 80 full meetings and there have been numerous subcommittee meetings. The Council is doing the job for which it was organized and is gaining increasing recognition among U. S. foreign, and international athletic organizations for its contributions to sports in general and to the U. S. image and prestige in international competition.



Depuis 1850...

Éditions

Périodiques

Travaux scientifiques

Impressions artistiques

et polychromies

Ad. Goemaere

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