



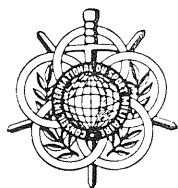
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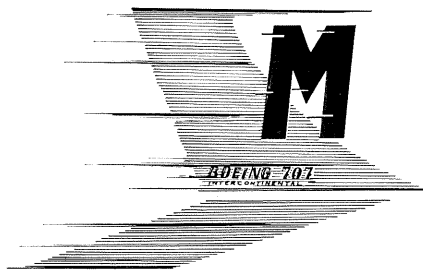
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Cover photo : Tokyo — 10 000 m — Gold and Silver for Lieutenant
B. Mills (USA) and Sergeant M. Gamoudi (Tunisia). Bronze for
Ron Clark (Australia), world recordman 10 000 and 5 000 m.

EDITORIAL



CISM and the intercontinental transports



ANY readers of our magazine cannot know the planning which precedes the CISM calendar of events. It's a big job and our fine chiefs of delegation are deeply involved through the year and again at the time of the General Assembly.

For them and the Executive Committee, a cloud has been gathering on the horizon the last few years. At Mexico City, the delegates looked at it and made our first moves to dispel it. I refer to the growing problem of international transportation.

It is impossible to imagine an international organization without the possibility of its teams travelling. As CISM continues its growth, a means must be found to permit teams from Europe to compete in Asia and the Americas — and vice versa. Several possible solutions were advanced at Mexico City. None were completely satisfactory.

As a principle, it seems clear that the nations in each geographical region of CISM should assume the responsibility for transporting the regional championship team to the international finals (if this pattern of events develops). Delegates at Mexico seemed in agreement on this. How the costs should be secured was another matter. Charging admission may be one answer. Donations may be another, either from the public or from military funds. « Friendly matches » or CISM benefit events may be a third.

All of us that appreciate the worth of CISM must give some thought to how this problem can be solved. The Chiefs of Delegation worked on it at Mexico City. We would appreciate opinions from other readers and perhaps our CISM athletes as well. This is no more difficult than an obstacle course. Let's see some solutions.

Brig.-General R. HATCH,
President, CISM.

DECLARATION ON SPORTS

*A study paper on current problems
prepared by the Executive Board and approved
by the International Council of Sport and
Physical Education*

MESSAGE by the Rt. Hon. Philip NOEL-BAKER, President of I. C. S. P. E.

The Tokyo Olympic Games are over. For weeks they have thrilled the nations of the world. Hundreds of millions of people in all the continents have followed the doings of their national champions with passionate hope and pride. The champions have lived through contests in the Stadium, and comradeship in the Olympic Village, which they will never forget. Once more it has been proved, as Baron de Coubertin predicted, that sports can be a mighty instrument for international good understanding; the Games have proved to athletes, spectators, Press and public that human life has nobler things to offer than the drab and barbarous nuclear militarism and the senseless political strife by which so many governments seem moved today. But those who organize the Games, those who govern the sports which are included in the program, those who lead and train the teams, know that behind the romance and glamor of the Stadium there are problems, grave and urgent problems to be faced and solved. Sports provide the greatest spectacles in the world today. It draws the greatest

crowds. It can charge the highest prices. Money — in many countries now big money — is involved. There must be large capital investment, large annual revenues, to provide the sports-grounds, the arenas, the equipment, the coaches and the trainers, without whom the athletes cannot reach the highest standards of athletic skill.

As to star players and athletes, they must give much time and effort before they reach world class. This inevitably causes them expense, and may interfere with their family life and work. When they see the organisers of their contests making large profits out of their personality and skill, they wonder why, like other artists, they should not have a share. This can happen with men and women whose devotion to their sport is of the most idealistic kind. It creates the problem of «sham-amateurism», of the insidious undermining of personal and collective integrity which sham-amateurism must involve. This is becoming, or has become, a real danger to high-class sports.

Another danger, chauvinism, can too

easily arise in great international contests, especially if the sporting Press have an inadequate sense of the grave responsibility they bear. People will then give exaggerated importance to victory, and this may lead to cheating, brutality, doping, and indeed to all kinds of excesses.

Money and chauvinism, thus, imperil the ideals on which the Olympic Games and all the International Sports Federations have been built, and in particular, the standards of fair play.

Fair Play is the essence, the sine qua non, of any game or sport that is worthy of the name. It is as essential in professional as in amateur sport. Fair play requires not only strict but also glad and willing adherence to the rules, both in the letter and in the spirit. It implies respect for one's opponent, and for oneself. Without fair play, a sporting contest can become a humiliating and a degrading experience. Both in national and world competitions unfair practices have sometimes entered in. If they should spread, sports value as education, as a medium for collective effort and en-

joyment, as a means to good international understanding, would be lost.

The International Council for Sport and Physical Education has given close study to these problems since the last Olympic Games in Rome. It has drawn up a tentative Declaration, on the subject, with a tentative discussion of the

issues involved, and tentative proposals for their solution. Nothing in the Declaration is intended to be dogmatic or final; it is submitted to those who organise and govern sports for free discussion, in the hope that a definitive document with wide support can be adopted by a later Conference in a year or two from now.

There may be many people of high authority who disagree with some or all of what this draft contains. We submit it for their criticism in the ardent hope that frank and loyal debate can only further the true cause of sports.

Preamble *

Sport

1. Any physical activity which has the character of play and which takes the form of a struggle with oneself or involves competition with others is a sport.
2. If this activity involves competition then it should always be performed with a spirit of sportmanship. There can be no true sport without the idea of fair play.

The sports group

1. Loyalty in competition is the guarantee that the values set up in the stadium are genuine. It confers a human quality on the world of sport.
2. Sport encourages men to meet in an atmosphere of joy and sincerity. It enables them to know and respect each other more fully and awakens in them the feeling of solidarity, the love of noble and disinterested action. It gives a new dimension to the idea of fraternity.
3. A sports group is thus a family. The sympathy and human warmth which each one should find in it, the friendship which can be created in sporting contests, are the secret of its cohesion.

The development of man through sports

1. Sports when adapted to the specific needs and abilities of the individual, is a source of health and balance.
2. Sports encourage man to act and take part in a field which lies outside the requirements of every day life. It develops his taste for initiative and responsibility.
3. It gives man an opportunity to know, to express, to surpass himself. It enables him to discipline his action and increase his efficiency. It frees him of certain physical limitations and, in doing so, reveals to him a freedom — « physical freedom » — otherwise seldom to be experienced.
4. As a factor of individual development and as an essential part of any social organization, sport contributes towards human progress.

The right of all to practise sports

1. Sports should be an integral part of any educational system. It is necessary for the balance and complete education of the young, and prepares them for the healthy use of their leisure time in adult life.

(*) Extract from the Report of the « Commission on Doctrine » of the Haut Comité des Sports — France.

2. Every sportsman should have the opportunity of attaining his fullest potential in his sport, regardless of his social background.
3. Sports facilities should enable every person to practice the sports of his choice in favorable circumstances.

The obligations of the sportsman

1. The sportsman should obey the spirit and the letter of the rules in complete loyalty.
2. The sportsman should respect his opponents and the match officials before, during and after the competition. He should, in all circumstances, preserve a correct attitude towards the public.
3. The sportsman should always show self-control, preserving his calm and dignity. He puts all his strength into winning a victory, but is capable of avoiding the discouragement which may accompany failure or the vanity which sometimes springs from success. His best reward is the feeling of well being and joy which results from effort.

The duties of the sports' official

1. The official is faced with a mission of physical and moral education, and must prove himself worthy of this responsibility. He has in particular the task of preserving the ideal of amateurism without which sports would lose one of its principal virtues.
2. The official should be conscious of the social nature of leisure time sports and should attempt to create in the group he leads a broad basis of solidarity which goes beyond sporting interests alone.
3. In his work, the official should always be guided by the ideal of promoting human development through sports. He must see that fair play is respected by all, thus enabling the spirit of sports to be developed in the service of humanism and peace.

The contribution of sports to mankind

Sport which, in some of its forms, has existed as long as civilized man himself, evolved in new ways in the 19th and 20th centuries, when widespread expansion took place. **Administration has developed empirically, largely through independent voluntary action, through clubs and through the various national and international sports governing bodies.** Much has been achieved,

many problems solved, fair competition ensured and steps taken to see that sports serve the best interests of those participating. There can be no doubt that sports organized in this way has contributed substantially to the happiness of mankind. The hopes of those who, inspired by the vision and courage of Baron Pierre de Coubertin, have succeeded in giving ever increasing significance to the Olympic Games, whose rebirth he had brought about, have been amply justified.

New problems in a changing world

For the past fifty years, especially in the last twenty-five, great problems have confronted mankind. Economic, technological, political and social developments both excite and threaten us, giving promise on the one hand of new health, new opportunities of happiness and, on the other, of new disease, new frustration and misery. During a corresponding period, sports have also changed considerably both in the variety of social groups taking part and in their geographical distribution.

Not all developments affect sports and sports will certainly not contribute to the solution of all the problems. But it will be affected by developments and contribute to solutions to a much greater extent than is generally suspected.

Some of the developments which have implications for sports are as follows :

1. Industrial processes, while they demand new skills and dexterities of some, also deprive others of the pleasures in craftsmanship provided by earlier means of production.
2. Changes in social grouping which accompany industrialization nearly all tend towards the growth and expansion of towns and bring about for some individuals a diminished sense of personal identity.
3. These changes in the « quality » of living, both at work and in the neighbourhood, are accompanied by increases in leisure, some of them substantial. Thus, with more opportunity just to be himself, a man may have less sense of who he is.
4. However, education is increasingly available to more and more people. The content of education grows apace and demands more time. Education thus becomes more extensive and intensive, and is a passport to personal advancement in the community. Hence, while leisure is more freely available to some sections of the community, it has become less available to others, particularly students.
5. While the major criteria for success in the community are intellectual ones, qualities of strength, endurance and total body agility find less possibilities for expression in working life and are less necessary for the general demands of living.
6. Similarly, some qualities of character which especially find expression in physical activity — physical courage and physical aggression for example — find even less outlet in working life and, in a largely explored world, less outlet in enterprises of discovery and pioneering.
7. Parallely to the increases in leisure have developed increased means, including some entirely new means of spending it. Where these demand only passive participation, they may be said at best to leave the problems of personal identity unresolved and sometimes to accentuate them.

8. There have been remarkable developments in mass communication. Through them, events on one side of the world are known on the other within minutes or may be actually witnessed. This can invest the actions of an individual with an impact and importance out of all proportion to their true significance. Such publicity presents special opportunities and temptations to the individual or to the group or nation whom he represents or with whom he is identified.

Some of these factors affect the individuals in developed nations more sharply today than they affect those in developing countries. But the differences are ones of degree and of timing rather than absolute differences. It is probable, for example, that the educational pressures are now affecting people in the developing nations more intensely, more suddenly and offering less possibility for adjustment than in those nations where change has been slower and the need for change less urgent.

How sports can help to solve these new problems

Sports, as a physical effort, a struggle, a game and an opportunity to take part in social activities, satisfies certain essential tastes and needs of the individual. This explains why sports have always enjoyed a universal audience. However, modern civilization is giving it an even greater significance and a special vocation.

Sports are becoming the indispensable element required to compensate against the strain of modern living. Only sports are capable of creating and protecting the physical and psychic balance of man threatened by the consequences of industrialisation, urbanisation and mechanisation. Moreover, they offer an exceptional means of shaping the young. In an educational system which is all too frequently centered on the acquisition of knowledge alone, sports promote and develop certain qualities of character which become fundamental in action. They are those rare activities which call upon the body, the mind and the will all at the same time. They are also an active leisure time occupation which encourages participation and initiative. Their variety and the possibilities of adaptation they offer enable anyone, according to his aptitudes and desires, to express and fulfill himself. Consequently, they provide an interesting solution to the problem of leisure by affording relaxation, amusement and the enrichment of the personality. Finally, they are the foundation of a living social structure, unaware of any hierarchy based on money or profession, and which protects the individual against the anonymous nature of daily relations either at work or among neighbours. In this way, they give a new dimension to human relations, and their universality supplies a concrete basis on which to build happy international contacts.

It is evident then that sports as an activity is particularly adapted to the necessities of the modern world. **In the future, it can and must be made to play an even more decisive role in the development of man and in his full social integration.**

Consequently, every means at our disposal must be used to develop this activity. **Those who, in any capacity whatsoever, are preoccupied with the future of man and society, must make sure that the necessary measures are taken in that direction.**

The object of this Declaration is to remind them of their responsibilities and to attempt to map out the kind of action which must be taken in the three major fields of sports: sports in the school, leisure sports and championship sports.

Sports in school

An integral part of education

The importance of physical activity in the education of young people has long been recognized. Sports aid the harmonious physical development of the child, adapt him physiologically to the output of effort and promotes emotional stability; they help develop his will and his character and improves his social adaptability. **Education should also prepare the child for the use of his leisure time while he is young and in later life.** Men are more likely to continue to practice sports throughout their lives if they acquire the habit and taste for them from an early age.

A balanced education

An individual, whatever his ultimate role in society, needs in his growing years a due balance of intellectual, physical, spiritual and aesthetic development, which must be reflected in the educational curriculum and time table. Unless a reasonable limit is set to the total demands of formal education, this is nothing more than a pious hope.

Between 1/3 and 1/6 of the total time table should be devoted to physical activity, the proportion diminishing as the child grows older. Much of this physical activity should be sports and the proportion devoted to sports should increase as the child grows older.

Appropriate programmes

The foregoing statements apply equally to boys and to girls. Naturally the kind of program offered will vary and should be appropriate to the age and sex of the pupils. It must also take account of special disabilities where these are present. Medical advice is necessary to detect incapacities or deficiencies and to avoid excesses.

While however, the first concern of those who teach will be to introduce the activities appropriate to the group and likely to interest them immediately, **those activities which have a carry-over value to adult life are especially valuable.** Activities in which the sexes participate together as well as those in which a mixed age group (for instance a family) can take part, should find their place in the program.

Adequate facilities must of course be available to allow a real integration of sports in the school.

Opportunities for free activity

While at all stages children should be taught, the area of sports is one in which the individual can sense the release from dominance and revel in the pleasure of exploiting his own prowess; **a balance must be preserved between the time for initiation and the time for initiative, between work under supervision and independent work, for instance in a sports' club.**

Vital importance of proper playing conduct

Where competitive sports are being practiced there should be absolute insistence on playing to the spirit of the rules, on full acceptance of decisions of officials and on the individual child conducting himself or herself completely as a sportsman. **It cannot be stressed too greatly that the foundations for proper**

behaviour and a true concept of fair play must be laid in school sports.

Opportunity to develop talents

Whatever sports the child encounters (and these should ideally be as varied as possible during the total range of school life), there should be opportunities for the gifted child to pursue them to a high standard after adequate preparation. When this means in later years participation outside the school, this should be encouraged. However, the pressure to take his sport further and to a higher standard must come from the child himself. All adults who have contact with children, — parents, teachers and sports coaches — have great responsibilities not to press the individual, however gifted, to participate beyond the wishes of the child himself or contrary to the total interests of his future.

The qualifications of teachers

Subject to the provision that teachers must be technically competent in all they teach, the best educational climate is achieved when teachers of physical activity also teach an intellectual discipline, and when those who specialize in intellectual disciplines also teach sports.

Chapter II

Leisure time sports

Sports and leisure

The quality of a civilisation depends partly on the leisure time activities it affords and the way in which these activities are adapted to social needs. New living and working conditions and in particular the concentration of people in towns, professional specialisation and reduced working hours, are increasing leisure time but also reducing the possibilities of exercising those responsibilities through which self-improvement can be achieved. Consequently, the leisure problems of modern society are of a very specific nature.

Sports have an important and original role to play by encouraging the development of the personality of the individual outside professional life. Youth organisations and cultural associations must understand it is essential for them to give a special interest to physical activities. For their part, the essentially sporting organisations must become aware of the need of instilling into their members the feeling that, beyond a simple liking for sporting activities, sports also have a great deal to offer on a human level. The educational implications of sports as well as its cultural and social aspects, mean that club leaders and instructors must impose an absolute respect of that spirit which gives sporting activities their nobility and moral value.

The spirit of sportsmanship

Sportsmanship can be identified with fair play, that is to say a loyal respect of the rules, both written and unwritten. It requires a generous attitude towards one's opponent during the struggle, the strictest discipline in relation to the umpire and self-control

in victory as in defeat. **It is, indeed, the fundamental charter of sports.** The material disinterestedness implied in leisure time is by no means foreign to this sporting spirit, for there is no doubt that it helps to create an atmosphere in which fair play can flourish. This does not mean however that the two are inseparable, for disinterestedness is not essential to the loyalty of sporting competition.

If «amateurism» — that is to say the state of mind of the athlete who practises sports in a disinterested manner, for the sole pleasure of the struggle and the sole joy of victory — can no longer be considered as a basic part of the sporting phenomenon, it remains the natural attitude of all those who practice sports a leisure time activity, either in «nature sports» or in minor competitions of traditional sports. «Their objective is the game itself, the feeling of well-being which springs from effort, the personal progress. As a free act, practiced without any other consideration than that of seeking relaxation, recreation, and improvement, sports take on their ideal form.» **It is amateur, in the fullest sense of the word, and it is important that it should be and remain so for the great mass of sportsmen.**

The necessary equipment

The planning of a program of leisure time sporting activities for the largest possible number of people means that the appropriate equipment must be placed at their disposal. If it is logical and desirable that individual initiative should contribute towards the creation and life of small sporting units, **the building of installations is a full-scale undertaking which mainly concerns the government, local communities and the larger private organisations.** Their action in this field, far from being the expression of paternalism or State interference, takes on the character of an intelligent social investment on behalf of the community.

Furthermore, it is essential that the planning of facilities should take into account the existence and the development of different kinds of leisure time: daily leisure, week-end leisure and annual leisure periods. Following this line of thought, the importance of nature sports, alongside traditional sports, should also be stressed. These activities satisfy modern man's irresistible desire to escape and his instinctive need to make contact with the natural elements.

Facilities for both nature and traditional sports should be designed in such a way as to be really attractive. As far as possible, they should interest both young and old and should afford **the possibility of family leisure.**

Leaders and instructors

The presence of specialized leaders and instructors in each sporting unit is necessary for organization and leadership. Coaches must have competence and the gift of inspiring others, which can only be achieved through serious training and a true vocation. They must also be attached to the atmosphere of joy and freedom which gives sports their character of leisure time activities.

It is important to take a determined stand against passive commercial leisure which is reducing man to the state of a simple «leisure consumer». This is why **the profession of the active leisure time leader should be recognized as a social necessity.**

Chapter III

Championship sports

Sports and the promotion of the champion

The ideal of excelling which animates sports leads inevitably to championship sports. This form of sports is an outstanding spectacle, an element of solidarity among sporting groups, an opportunity for the youth of the whole world to get to know each other. It serves society in as much as it is essential for the development of sport among the masses and for the progress of sporting techniques and certain sciences of Man. **Moreover, it contributes towards the human fulfilment of the champion** by giving him the possibility of asserting his natural qualities and reaching self-achievement through struggle and effort. **It is always a factor for his social advancement, and sometimes for his professional advancement.**

The present-day dilemma

Championship sports demand immense sacrifices. If the champion wants to succeed, he must accept rigorous discipline in his daily life and he must devote a considerable amount of his time to training, to travel and to competitions.

It is practically impossible nowadays for an athlete who wants to reach the summit to have a full-time occupation. If a champion wants to progress, to surpass himself, he can pursue only a parttime professional activity alongside his sporting activity. And yet he must earn a living and support his family.

The rules of present-day championship sports are incapable of providing a satisfactory answer to this difficult problem. Indeed, the champion has to choose between «amateurism» which imposes absolute disinterestedness, and «professionalism» which, in the present meaning of the term, should theoretically gather together all those who are no longer «amateurs», but which, in practice, groups only those who have made sports their profession. Yet amateurism excludes any substantial financial aid; it also obliges the champion to carry out a normal professional activity, thus depriving him of the time he needs for his sporting activity and almost certainly preventing him from reaching his fullest potential. And «professionalism», as far as it exists — which is not the case with all sports — is reserved for an exceptional minority.

This means that the apprentice-champion, who cannot be «professional» since he has not yet achieved a sufficiently high standard, has to remain an amateur, and if he remains an amateur he runs the risk of losing his chances of making any significant progress. **Thus, if he sticks to the rules, he cannot ensure both his sporting success and his future place in society. There is no way out of this dilemma for the would-be champion.** The injustice and the unsuitability of this legislation in our modern world have naturally led many sports officials and athletes in most sports to break the rules; in particular, sham-amateurism has developed. The result has been that the sporting ideal of loyalty and truth among the elite has been jeopardised. **The champion, compelled to lie and to cheat, has become a most regrettable example to the young,** discrediting sports in the eyes of those who are concerned with the education and development of men.

The principles of a reform

A reform is needed to clean up championship sports. **It must, at the same time, create the conditions necessary for the fullest sporting development of the athlete and awaken among officials a real concern for the social future of the champion.**

With this outlook in mind, it becomes evident that we **have to admit the legitimacy of financial help to the champion.** Social equity and realism call for it. It is desirable too that this assistance should be direct, for it is essential that this assistance should not take the humiliating form of a disguised payment. One must admit, therefore, that the athlete may receive material reward for his sporting talent which, fundamentally, is no different from any other talent. But one must also have the honesty to state that, as from that moment, the athlete may no longer claim the title of amateur, and one must have the courage to assert that, apart from exceptional cases, a sporting activity is not enough to provide for a man's social future.

The officials must indeed help the athlete to succeed as a champion; but it is also their duty to help him to succeed in life as a man. This is an essential principle. In return, the athlete has the moral obligation to struggle with all his strength to ensure his professional promotion by showing in his work the same qualities of energy and will which he shows on the sports' field.

A solution

From this point of view, the creation of a new class of athletes, the « non-amateurs », who could have the right to profit from their sporting talent but who would also have the obligation to learn or exercise a profession, appears to be the only means of re-establishing honesty in sports without substantially sacrificing the human and sporting quality of the champion.

The « non amateurs », directly controlled by the national sporting Associations, would be able to take part in all Association competitions in the same way as amateurs. Obviously, they would not be able to claim amateur status, since they would have the right to receive money. But they would not be confused with the professionals since they would have a profession other than sports. In fact, they would occupy an original place between « amateurism » — which would remain the status of the masses in any case, and that of a few champions who continue to cherish the noble idea of a disinterested sport — and « professionalism » which would probably continue in certain sports for a minority.

« Non amateurism » would no doubt contribute towards the disappearance of sham-amateurism. It would also give every athlete a chance to reach the top, while safe-guarding his social future. **It would give sports a new humanistic outlook: the human and social promotion of the champion.**

The Olympic Games, with their prestige, their brilliance and their popularity, could help to make this new ideal a universal

one. To achieve this purpose, it would be necessary for the Games to be open to all those « amateurs » and « non amateurs », who have given the example of a sporting and professional success, in other words, to all champions who, through the exercise of a non-sporting profession, can claim lasting promotion. The « professionals », who have made sports their sole source of income, should be excluded since, in most cases, their activity is of too temporary a nature to assure their social future and to allow them to be a wholly valid example to the young. Here, without doubt, is the path of reason. To sacrifice the elite by attempting to force on it an amateurism which it no longer respects and which it can no longer respect, would be as disastrous and harmful for sports as to sacrifice amateurism itself, which is, and which should remain, the state of mind of the vast majority of sportsmen. Of course, the creation of a category of « non amateurs » would mean that most champions would lose their amateur status. But it would restore to the respect for the rules the absoluteness which has been lost today and **it would thus contribute towards the defense of fair play** which is being seriously threatened by lying and cheating.

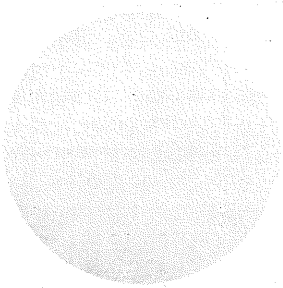
Fair play gives sports their human quality. Everything should be done so that it remains the ideal of all sportsmen.

Conclusion

Modern sports are complex activities. A means of educating the young, a leisure time activity for all, a factor of social advancement for the elite, a spectacle for the masses, it nevertheless draws its life from the same source: the spirit of competition. Only the intention of the sportsman and the intensity with which he participates give sports their different aspects. The diversity of the sporting act is not due to the essence of sports but to the many-sided nature of man himself.

Sports thus form a whole. They are indivisible. All the forms their take are worthy of encouragement, and their development is interconnected. The promotion of sports in the school is an objective of prime importance; but it cannot be dissociated from the development of sports as leisure time activities, for it would be absurd to encourage the urge and love of sports in children and not give them later the means of continuing to practise them. The development of championship sports is just as important, because it influences the support of the masses, because it is the motive force behind the progress of the sporting society.

But the present disorder of championship sports, which all too often affords the deplorable spectacle of tolerated deceit, is threatening the sporting ideal. **It is therefore the duty of the International Sports' Authorities, whose mission it is to lead the sporting world, to make this situation their particular concern.** New rules are needed, and it is necessary that they should rest on the requirements of social justice and human advancement.



TOKYO 1964

Soldiers at the games

On several occasions Mr. Avery Brundage has sharply criticized the current trend in military sports which consists in affording champions in uniform the best possible training conditions. The controversy reached such proportions that the President of the International Olympic Committee toyed with the idea of barring military personnel participation in the Olympic Games. We therefore decided it would be a good idea to make a study on the military participation in the Olympic Games at Tokyo.

While the following is but an excerpt from our report, it does reveal that the contribution of military personnel is a valuable one and that military sports, as a whole, play their part in the World Olympic movement.

U.S. Military athletes in the Tokyo olympics

The 18th Olympiad, the greatest of all international sports festivals, was a never-to-be forgotten experience for the 52 U. S. military athletes who competed in Tokyo. Ninety-four nations sent some 6 000 athletes to mach skill, power and nerves in 163 different competitions. And in contrast to the Games in Rome four years ago, the U. S. team won so many gold medals that the Star Spangled Banner threatened to land at the top of the Japanese hit parade.

This was a pleasant surprise because as the 1964 games approached, there was widespread public fear that America would be overwhelmed. Foreign athletes had been improving at a rapid pace, other countries were known to have better sports development programs, the Amateur Athletic

Union and the National Collegiate Athletic Association were openly fighting each other and sports editors were gloomily predicting a fiasco in Tokyo. What everyone failed to consider was the desire of the individual athletes to win. And individual desire is the only explanation which can be offered for the showing of American athletes in Tokyo. The swimmers performed as expected but in other events American athletes turned in the performance of their lives.

On December 1, President Johnson invited all of the Olympic medalists to the White House and personally expressed the appreciation of a grateful nation. But Vice-President-elect Hubert Humphrey issued a warning against complacency. He pointed out that

the " Soviet Union will undoubtedly redouble its efforts " in view of the U. S. supremacy in gold medals — 36 to 30 — in the Tokyo Olympics. Mr. Humphrey urged " an all-out-effort " by American amateur athletic organizations during the next four years in order to ensure another " great U. S. performance " in the 1968 Olympics in Mexico City. In the Tokyo Games both world and Olympic records were toppled in almost every event, with 52 American servicemen smashing more than their share percentage-wise. Men in uniform made up approximately 18 % of the 290-man U. S. men's team. These military athletes broke one Olympic and four world records, tied another world and Olympic record, and altogether won, as

individuals or members of teams, 20 medals, which represents about 22 % of the final American tally of 90 medals.

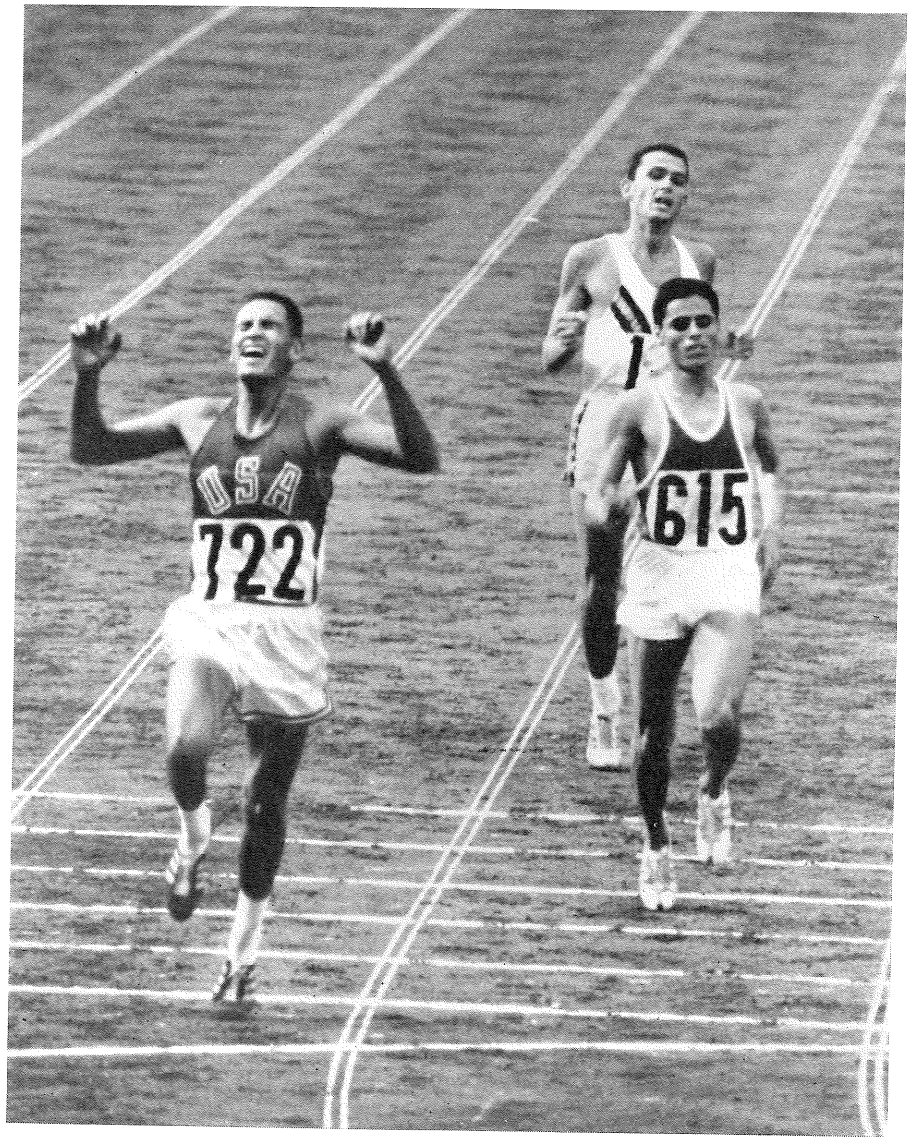
The biggest thrill of the Games was Marine Lt. Billy Mills' spectacular last lap sprint overtaking Tunisia's Mohammed Gammoudi and Ron Clarke of Australia, the world record holder, to capture the 10 000-meter gold medal — the first time ever for the United States.

Mills literally came from nowhere to contribute his breath-taking triumph. The 26 year-old part Sioux Indian had run the 10 000 only five times before his Olympic masterpiece and had won only once, that in interservice competition against mediocre competition. He had represented the U. S. in the 1963 Pan American Games in Brazil and was in the 1963 CISM competition in Brussels where he placed fourth, far behind Gammoudi the winner.

Another Cinderella-like performance was the capture of the gold medal by the U. S. eight oared crew, which included officers from Army, Navy, Air Force and Marine Corps. Lt. Joe Amlong, USAF, was bow man. His brother, Lt. Tom Amlong, USA, rowed number seven. Rowing at number five was Lt. Emory Clark, USMCR and at stroke was Lt. William Stowe, USN. In reserve was Lt. Chester Riley, USAF.

After narrowly losing their first heat to the fine German crew, they won their repechage heat and moved into the finals. In the gathering darkness this hybrid crew, which had been assembled just one month before the U. S. Olympic trials and was not even given a chance of qualifying, rose to the occasion and beat the second place German crew by 5.06 seconds in 6.18.23.

The U. S. shooting team, nine out of ten servicemen, took seven of 18 medals. Army Lt. Lones Wigger set a new world record in the three-position small bore match and tied Hungary's Laszlo Hammerl for first in the small bore rifle event when he tied the world record with a 597 out of a possible 600. But the judges awarded the gold medal to Hammerl because he shot a 100 on his final 10



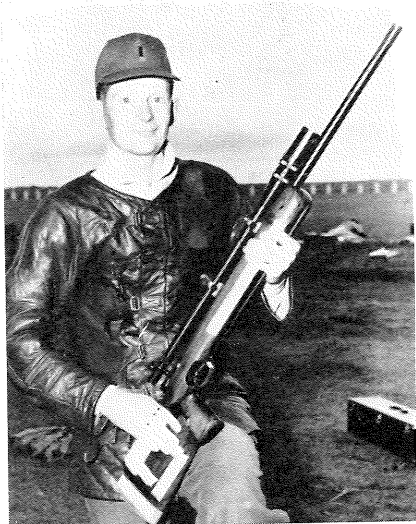
One of the Games' highlights.

shots compared to Wigger's 99. Wigger's team-mate, Army Lt. Gary Anderson, a former CISM champion, won the gold medal in the 300-meter free rifle competition with a new world record. Captain Franklin Green, USAF, scored 557 out of a possible 600 to bag the silver medal in free pistol. Bronze medals were won by Sgt. Martin Gunnarson, Army, 300-meter free rifle; Captain Tommy Pool, Army, small bore rifle and Lt. William Morris, Army, clay pigeon. Morris' 194 out of a possible 200 was just four behind the new world record of 198 established by Italy's Ennio Mattarelli.

Army trackmen played key roles in smashing two world relay

records. PFC Paul Drayton ran a leg on the 400-meter relay team which lowered the record to 39.0 seconds and Lt. Ollan Cassell was a member of the winning 1600-meter relay team which posted a time of 3.00.7.

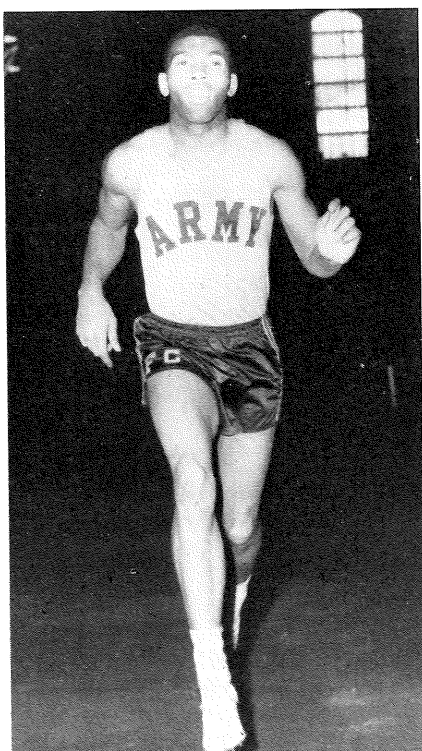
Ensign Edward Fery teamed with a civilian rower in taking the gold medal in pairs with coxswain. Two Army rowers, Sgt. Dick Lyon and PFC Phil Durbrow, forming half of the team which took the bronze medal in fours without coxswain. PFC Bob Webster retained his Olympic high diving crown with a gold medal while Navy Lt. Frank Gorman took the medal in the three-meter springboard competition and Air Force Lt. Tom Gompf took the bronze platform



Lt. Gary Anderson

diving medal in his second Olympic competition. Captain James Moore, 1963-64 CISM Modern Pentathlon champion, and teammate Lt. Dave Kirkwood teamed up with a former Army pentathlete, Paul Pesthy, to win the team silver medal in Modern Pentathlon. In the final individual standings, Moore was 6th, Kirkwood 9th, and Pesthy 16th. Boxing was the only event in which U. S. military athletes failed

PFC. Paul Drayton



to live up to expectations. Service boxers captured seven of the 10 positions on the U. S. team and they were confidently expected to win at least two gold medals. When the final results were in, U. S. won only two bronze medals. Sgt. Bob Carmody won his medal in the flyweight division, and Sgt. Charlie Brown, in the featherweight class. Both Carmody and Brown are former CISM champions. Marine Cpl. Maurice Frilot, 1961-62-63 CISM bronze medalist dropped his first fight and Navy's Jim Rosette, 1961 CISM gold medalist, was eliminated midway through the tournament. In addition to the 20 Olympic medals, American servicemen won eight Olympic diplomas. They were : S/Sgt. Mel Pender, USA, 6th place — 100-meter dash. Pvt. Paul Herman, USA, 4th place — decathlon. Lt. Ron Zinn, USA, 6th place — 20 km walk. Captain James Moore, USA, 6th place — Modern Pentathlon. Captain Tommy Pool, USA, 6th place — shooting, small bore, 3-position.

Lt. Alphonse Morales, USN, 6th place — fencing. T/Sgt. George Harris, USAF, 6th place — judo, heavyweight. Lt. Ronald Finley, USA, 4th place — Greco Roman wrestling, 63 kgs. There were oddities in the Games. Two brothers found themselves on opposing teams of different nations S/Sgt. Tony Van Dorp, U. S. goalie stationed with U. S. Air Force Europe, swam against his brother Alfred of the Netherlands in water polo. The size of the U. S. military contingent in Tokyo was not as large as in Melbourne and they did not win as many medals; but their performance compared very favorably with that in Rome. A number of American military athletes competing in Tokyo attained the goals of international athletes competing in the successive Olympiade down the ages — greater heights, faster speeds, and ever-increasing strength. And a great deal of the credit for their success must go the annual CISM events which provide the high level competition so vital to the development of athletes capable of breaking world records.

American military participation in the Melbourne, Rome and Tokyo Olympic Games was as follows :

	1956 Games	1960 Games	1964 Games
Number of participants	94	61	52
Gold medals won	18	9	8
Silver medals won	19	2	5
Bronze medals won	5	6	7
Total medals won	42	17	20

The modern pentathlon team



Bundeswehr :

Olympic Gold Medal for a Cadet

On 21 October, 1964, 21 year old Air Force Cadet Willi Kuhweide, currently enrolled in the Uetersen regimental school, won the Olympic Gold Medal for yachting, Finn-Dinghy category. The impressive difference (1 323 points) between his score (7 638) and that of runner-up Peter Barret, U. S. A. (6 315) was Kuhweide's reward for the sportsmanship and endurance he displayed by performing while suffering from a head wound.

Defense Minister Kai-Uwe van Hassel, Army Inspector General, Lt Gen Kuntzen, and Lt Gen Panitzki acknowledged the young cadet's feat by forwarding a telegram of congratulations on the very day of the event.

Yachtman since childhood

Willi Kuhweide was born in Berlin on 6 January 1943. His love for sailing was inherited from his father, a first class yachtman himself. Willi started sailing at 13 and a brief period of initiation on the Wannsee was followed by many a success.

In 1958 he became the junior champion of the German capital and represented his Club at the Week of Kiel, during which he won the first prize in his category as well as the Trophy awarded by West Germany's Defense Minister. A year later he started competing in Finn-Dinghy events aboard a boat provided by his club «Seglerhaus am Wannsee». In 1960, the then 17-year old Willy entered the contest for East-West selections of participants in the Naples Olympics. He failed by a narrow margin.

During the preceding year, Willy Kuhweide won the title of national champion in the Finn-Dinghy category, distinction which he kept in 1960, 1961 and 1963. During the 1960 European championship held in Ostende, Willi ranked second, next to Elvstrom. In 1960 also, he won the Berlin Senate Prize as well as the Schaumburg-Lippe Trophy. At eighteen, he was officially awarded the title of European Champion. The award-

ing ceremony took place at Warnemünde. During that same year Willi also won the JYRU championship in yawl.

In 1962, his activities as a student — he was then preparing for a Bachelor of Arts' degree — did not prevent him from winning the Berlin Senate Prize and the Schaumburg-Lippe «Nettle Leaf» award, an encore in both cases. Following the successful completion of his high school education, Willi Kuhweide enrolled in the Bundeswehr Officers' School. That year saw his triumph in the Netherlands where the «Gold Cup» was disputed by 162 participants representing the international elite, and Willi thus became the unofficial world champion. In 1964 he was selected for participation in the Olympic Games and once more received the title of European Champion. On 1 October 1964 he was promoted Cadet.

A trying Olympic event

The sailboat racing events of the 18th Olympic Games took place during the third and fourth weeks of October in the Sagami Bay, located south of Yokohama, on the 35th parallel (latitude shared by North Africa's Mediterranean coast and Los Angeles).

During the first of the seven races, Willi Kuhweide placed second, 25 meters behind Peter Barrett (U. S. A.).

On the following day, Willi lived up to his reputation and ranked first, followed by Greek competitor Koulingas. A sudden gale helped him forward and enhanced his victory of the day by placing him first in the general classification, with a total of 2 938 points against the 2 762 scored by his American rival, Peter Barrett.

The third day proved particularly taxing. The wind was strong and the sea very choppy. Overcoming an unfavorable start, Kuhweide managed to be fifth at the first buoy, then overtook the Brazilian Yachtman during the last stretch. In spite of his rating fourth in this race, Willi remained first in the general classification, advantage which



he consolidated during the fourth day, his primary goal then being to maintain the lead over the American competitor.

Victory of «all-weather» Yachtmen

After a three-day break, which Cadet Kuhweide spent recuperating from an injured eardrum, the races were resumed in gorgeous weather. Kuhweide kept his lead, while Barret slid back to third place. At the outcome of the penultimate race — with overcast skies and moderate wind — the classification was as follows: 1st - Kuhweide (6 859), 2nd - Norgard Wind, Denmark (5 888), and 3rd - Barrett (5 700).

Once the battle was won, the young cadet gave the following account of the last race: «I could not blindly bet on victory. I had to be both sailor and tactician, keeping a vigilant eye on my two direct rivals: Barrett and Wind. I noticed that they hampered each other and this was instrumental in my sailing to victory. I am glad that Sagami Bay features such varied weather conditions for this seeming deterrent in fact ensured the success of «all-weather» navigators.»

Four soldiers of the Bundeswehr at Tokio

Other members of the German Armed Forces were also selected in the Olympic team. Let's mention: 2 Lt. John Hinrich, hurdler champion (110 m - 14"1); Lt. Hans Kaupmannsennecke, pistol shooter; Lt. Wolfgang Schillkoski, high jumper - 2,06 m.

Major Hans Georg UHL
(Germany)

Another aspect :

Help of the Japanese Armed Forces

During the Olympic Games in Rome, a Japanese delegation studied in detail the Olympic Unit "ROM" which was created by the Italian Army.

Detailed plans came to conclusion in 1963 when a "Headquarter

for Olympic Assistance" was established at the General Staff of the Japanese Army.

The various tasks were divided among Army, Navy and Air Force : Transportation, Communication, Shooting ranges, sailing

and Modern Pentathlon facilities, etc.

The strength of the Olympic Unit :

7 000 men of which 2 000 were sailors

750 cars

70 boats

12 planes

900 various implements for communication, radio, telephone, etc.

The Olympic Group was directed by an Army General, assisted by numerous Senior Officers.

Statistics :

N°	Items	Germany	Austria	Belgium	Korea	U. S. A.	Finland	France	Italy	Marocco	Netherlands	Tunisia
1	Athletes in the delegation	182	57	62	153	290	90	128	178	28	NC	8
2	Military athletes	4	7	9	27	52	10	22	27	7	15	5
3	Percentage	0,38	12	14,5	12	18	11,8	13	17	25	14,2	60
4	Officials, leader, referees, etc.	—	1	3	2	8	1	2	4	—	3	—
5	Gold medals	1	—	—	—	8	1	—	3	—	—	—
6	Silver medals	—	—	—	1	5	—	1	1	—	—	1
7	Bronze medals	—	—	—	—	7	—	4	3	—	—	1
8	Olympic diplomas 4th, 5th, and 6th placing.	—	3	—	3	4 world records 1 olympic record	1	5	13	—	—	—

Conclusion :

This limited survey authorizes some conclusions :

- military sports play an important role
- the best cooperation between civilian and military sports must be developed
- our contribution to the Olympic ideal is worth consideration.

FLASHES

SENEGAL AND THE IVORY COAST BECOME MEMBERS OF THE CISM

FRANCE

The French Armed Forces are going to work hard at rowing.

KOREA

Korea has asked the CISM's permission to sponsor the XXIst General Assembly in 1966.

USA

The American Armed Forces are seriously considering the establishment of a sports battalion.

TUNISIA

Gamoudi, who won a silver medal in Tokyo for the 10 000 m race is still going strong. After having won the Rabat Cross Country race, he won another important one in Tunis.

CISM

CISM has joined the International Council for Physical Education and Sports. The President of this Council is Mr. Noël Baker (Great Britain) who has been awarded the Nobel Peace Prize.

USA

Soccer is becoming more and more popular. New organizations are being formed. Between the 20th of September and the 30th of November 1964, 82 inter-collegiate games were played within the San Francisco area.

AFRICA

The first African Games will take place at Brazzaville (Congo) between 18-25 July, 1965.

PORTUGAL

Eusebio, once more, will be the big star of the National Military team of Portugal.

USA

The first inter-army championship of Parachuting was organized at Fort Bragg in October, 1964.

GERMANY :

A FAST GENERAL

« Only 30 men in my Air Force command are better in sports than I am. » This statement was made with a big grin by Lt General Hannes Trautloft, 52 year old commanding General of the German Air Force Group South in Karlsruhe. Together with the more than 30 000 members of the Air Force Group, the General took part in the military competitive sports tournament 1964. He ran 50 meters in 6,9 seconds; broad jump 4,17 meters; shot put 9,60 meters; 3 000 meter run in 17,02 minutes. This gave the General 31st place in the overall classification and also qualified him for the Golden Sports Emblem — which he already possesses. The 30 airmen who placed better than he did received each one day special leave from the fast General.



Fit for the future

by Dave HULL (U.S.A.)



Throughout history, Marines have faced one basic reality; in order to win battles and stay alive, it is necessary to be in top physical condition. Realizing that fitness is a constant requirement, the Corps places more emphasis on physical readiness than ever before. Because of this, Headquarters Marine Corps recently looked into its overall fitness program, and came up with some important changes, some of which will affect not only Marines, but may, in time, help thousands of other Americans. One of the key men in developing this new program is Major George Otott, the Corps' Physical Fitness Coordinator. The major long has been recognized in Marine and civilian circles for his participation in physical fitness, and is regarded as an authority on the subject. A holder of the «Master of Fitness» award (highest level of achievement in the Corps' body building program), and twice All-Marine weightlifting champion, the major is also the author and initiator of many «shape-up» programs.

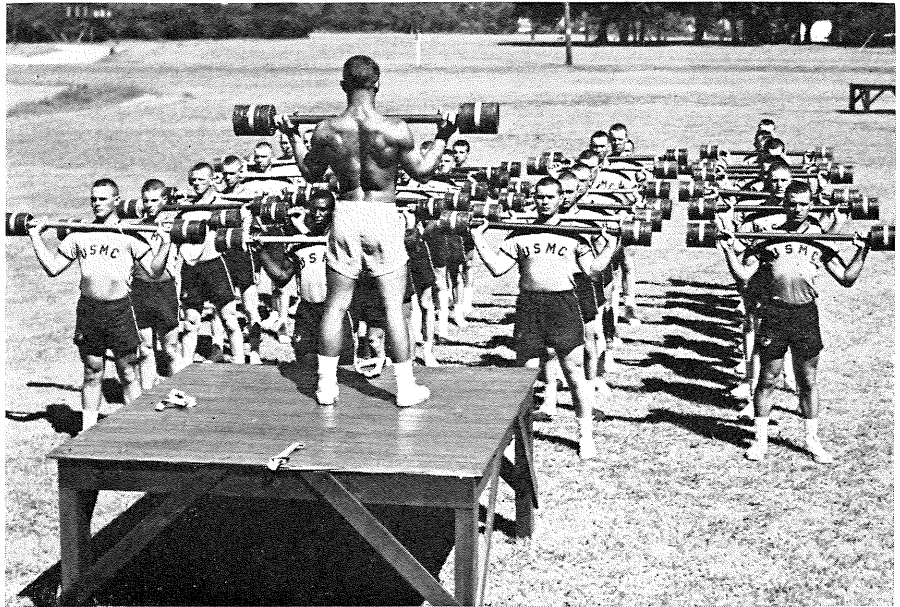
For these reasons, Gen Wallace M. Greene, (then Chief of Staff), ordered Major Otott to HQMC in 1962 for the purpose of discussing physical fitness. Understanding the importance of keeping a Marine in a state of readiness throughout his tour of duty, and knowing the fitness problems for those who work in inactive assignments, the general directed that an evaluation be made of current training methods to assess those areas which might be subject to improvement. He asked the major to draw up a list of recommendations for consideration. Three days later the list was in, and after a close study of the recommendations, the general gave the go-ahead signal.

A primary target was to be the development of effective physical conditioning programs for Marine personnel. Another was to provide commands with modern and appropriate physical training facilities, based on the personnel requirements. The general wanted these facilities to have the most effective and popular conditioning apparatus available, and for each item to be thoroughly evaluated through actual usage prior to distribution.

Initially, the major reported directly to Gen Greene as the newly appointed Physical Fitness Coordinator for the Marine Corps, and kept the general informed of each day's progress. As the program developed, the major was placed under the Assistant Chief of Staff in G-3, as a permanent billet of the General Training Section.

As a result, the Corps now has the finest facilities and physical fitness programs in its history, with improvements still being added. Already there have been 70 small fitness centers, and 22 large ones for Marine bases and stations. These, along with the eight already in operation, will reach 90 per cent of Marine personnel within the next two to four years. In addition, the equipment for these Centers, along with instructions on weight-training, isometrics, and other proved physical-conditioning programs, will be provided by HQMC.

The Fitness Center is basically a modern gymnasium, containing the most effective physical conditioning and body-building equipment available. It is supervised by a full-time physical training instructor, provided by the command concerned, and comes with various conditioning programs which include weight-training, isometric,



calisthenics, and gymnastic exercises developed for individual application. The Center includes equipment and exercise instructions which can be used by men, women, and children, and will accommodate up to 30 individuals at a time. It is designed to handle anticipated participation of commands of approximately 2 500 personnel.

The Center itself, has more than 30 different types of conditioning apparatus, all of which have been the subject of a comprehensive evaluation to substantiate effectiveness and popular appeal among Marine personnel. The Center is envisioned as a focal point for physical training, particularly for those Marines who cannot, or do not, engage in unit physical training. It will provide an excellent means for supervising weight control, for corrective exercise therapy, for the general conditioning of Marines, male or female, and for dependent fitness programs. The Center also requires a full-time physical training instructor, provided by the command concerned. It has an indoor area of at least 1 200 square feet, and the overall equipment cost of \$ 3 000 is paid by Special Services of HQMC.

The Fitness Center includes a scaled-down version of the Center itself, called the Physical Training Gym. This is designed for commands under 2 500 personnel, and employs selected items of physical training apparatus. Instruction supervision is not required as in the larger Center, so maximum training effectiveness is provided through fully self-directed programming. The standard equipment layout requires a minimum of 180 square feet of indoor space. This consists of an incline sit-up board, an isometric rack, and a versatile weight-

training apparatus which will provide up to 90 per cent of the training effectiveness of the larger Fitness Center. It can accommodate 50 persons in one hour, and is ideal for commands such as embassies, Marine barracks, and detachments aboard ships.

In addition to these Centers, the Corps has increased its literature output on conditioning programs. One of the most popular publications is a pamphlet on isometric exercises, many of which Maj Otott devised himself. These exercises can increase a person's strength up to 100 per cent in as little as 20 weeks, and can be performed by a person while sitting at a desk, without equipment or aids.

In fact, the Marine Corps was one of the first organizations to take isometric exercises seriously, having used them as early as 1958. Today it is an accepted way of training for thousands of persons throughout the world, and it is used along with weight-lifting as an excellent means of body building.

To stimulate interest among Marines in physical fitness, the Corps has initiated several improvement programs with quarterly achievement awards to motivate enthusiasm among the participants. Even the regular Physical Readiness Test, which most Marines are required to take during the year, has had new time limits and challenges added for those who would like to try it. By using a stiffer system of scoring for each event, new interest is put into a test which has been routine for many.

Prior to the final acceptance of these new physical fitness programs, HQMC evaluated

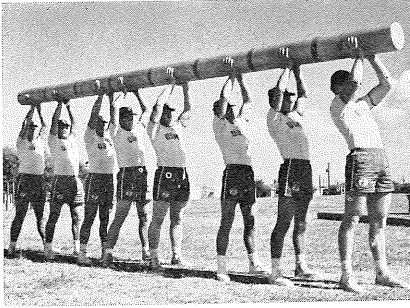
the equipment and training procedures to be sure that each method was best for the individual Marine.

An important facet of the Corps' overall fitness effort has been its recent emphasis on research and physical training techniques, which will benefit Marines in the future space age.

As an example, a series of tests (which has been highly publicized), was run from July to October last year at Henderson Hall, in Arlington, Va., trying four types of fitness ideas on Marines. Forty-seven men, ranging from 19 to 30 years of age, were divided into four groups, each undergoing a different type of training for a nine-week period. Group « A » underwent treatment by electrical stimulation from a machine called an « Isotron »; Group « B » trained with weights; Group « C » worked with static exercises, otherwise known as the isometric system; and Group « D » participated in recreational swimming for the first six weeks, and in volleyball for the last three. The sessions took place on Monday, Wednesday and Friday, with each group spending from 30 to 45 minutes per period.

Before training began, and after it was completed, the subjects were measured for height, weight, upper arm girth, forearm girth, grip strength, arm flexion, and extension strength. In addition to the before-and-after testing, the subjects were measured once during the fourth week of training to see if the program should be modified. The final evaluation was based upon the pre- and post-measurements.

Much interest was directed toward Group « A », since the Isotron machine (invented



by Doctor John Ziegler of Olney, Md.), had been developed for the purpose of medical applications. By applying harmless electrical impulses to certain parts of the Marines' bodies, the Isotron strengthened and enlarged the muscles. The conclusion was that the machine is not practical for general conditioning of troops, but it is recommended for physical rehabilitation, and has great potential for astronauts who are unable to move about freely and must remain in a confined space for long periods of time.

In the weight-lifting group, each exercise was arranged for one or two repetitions. When the man had progressed to six repetitions, the load was increased. He then worked his way back up to six. This training was followed throughout the first five weeks, during which each subject performed the entire routine of eight exercises twice. During the last four weeks, the number of sets was increased to three. In order to compensate for the increased work demand, the minimal number of repetitions was changed from two to three, and the maximal number from six to eight. The

Marines recorded their own daily progress in terms of weight lifted and the number of repetitions.

Group « C » has a routine arranged to compare as closely as possible with the weight training. This consisted of eight exercises involving the same muscle groups as the weight-lifters, with isometric movements involved against an immovable object for a period of 10 seconds. An electronic evaluator, consisting of a platform on which the Marine stood or reclined during the training, was connected to a recorder, and used to indicate the level of force exerted throughout the 10-second period. Daily progress was followed by averaging the maximal and minimal scores.

The routine for the last group consisted of going to the swimming pool three times a week for 30-minute periods. This was for the purpose of relaxing, and so the Marines were instructed not to participate unless they desired. The main reason was to determine the effect of rest and sunshine on the men's physical performance. The final three weeks were spent in virtually no activity, except for a few informal volleyball games.

The conclusions also showed that the isometric group outdid the control trainees on every test, and that the weight-lifters beat the control members on all but the right hand grip. Marines using the Isotron were better than the control group on four of the 10 measurements, including the right upper arm girth, lower left arm girth, right and left arm extension. However, the interesting thing to note was that the newly found facts reinforced the Corps' faith in isometric exercises.

Those who used the isometric rack in the test averaged 90 to 95 per cent of the same effects as those who worked with weights.

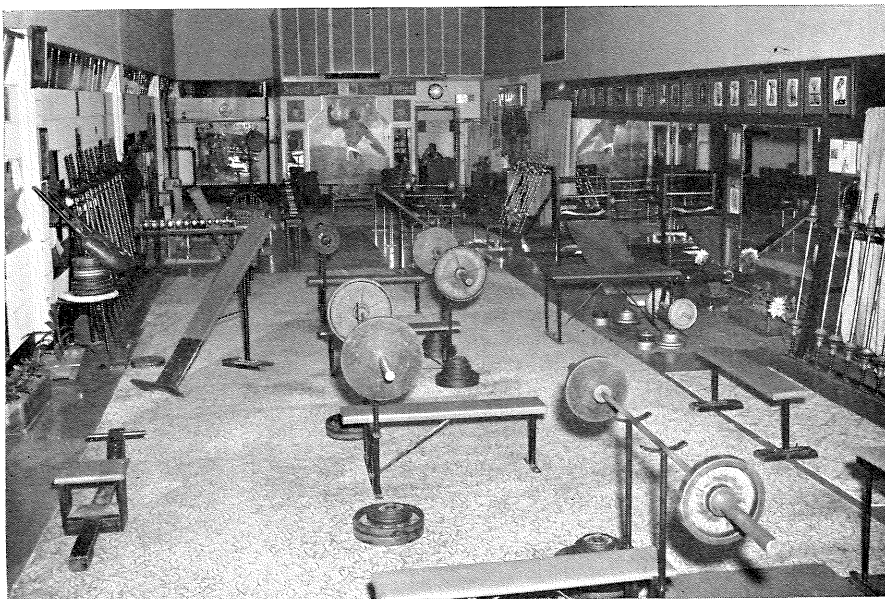
The rack, also invented by Dr. Ziegler, consists of two upright pipes in which a crossbar can be fitted in holes at various heights to provide a means of resistance.

« This test », says Maj Otott, « strongly indicates the value of isometric training in the development of muscular strength and size. »

The test proved two things — that there had been more to learn about physical fitness methods and equipment, and that the individual Marine could effectively benefit by this new knowledge. It was the answer to Gen Greene's question when he directed an evaluation of the Corps' fitness training nearly two years ago. This is one reason why other physical training research projects are currently being tested by HQMC, the results of which may have an important impact on not only the Marine Corps, but on the American public in general. The Corps-sponsored physical fitness program in 1222 high schools, reaching more than 300 000 young men is an example. In a sense, this has put even more responsibility on the Marine Corps' fitness standards.

Yet, as far as the military is concerned, the main purpose of being physically fit is to be able to do one's job as a Marine rifleman. All the tests and facility improvements lead to this end result, for a rifleman must have the stamina to hit fast and hard, seize an enemy objective, hold it, and move on.

Knowing this, and realizing that all Marines are riflemen, Gen Greene has continued to demand the highest standards in physical fitness.

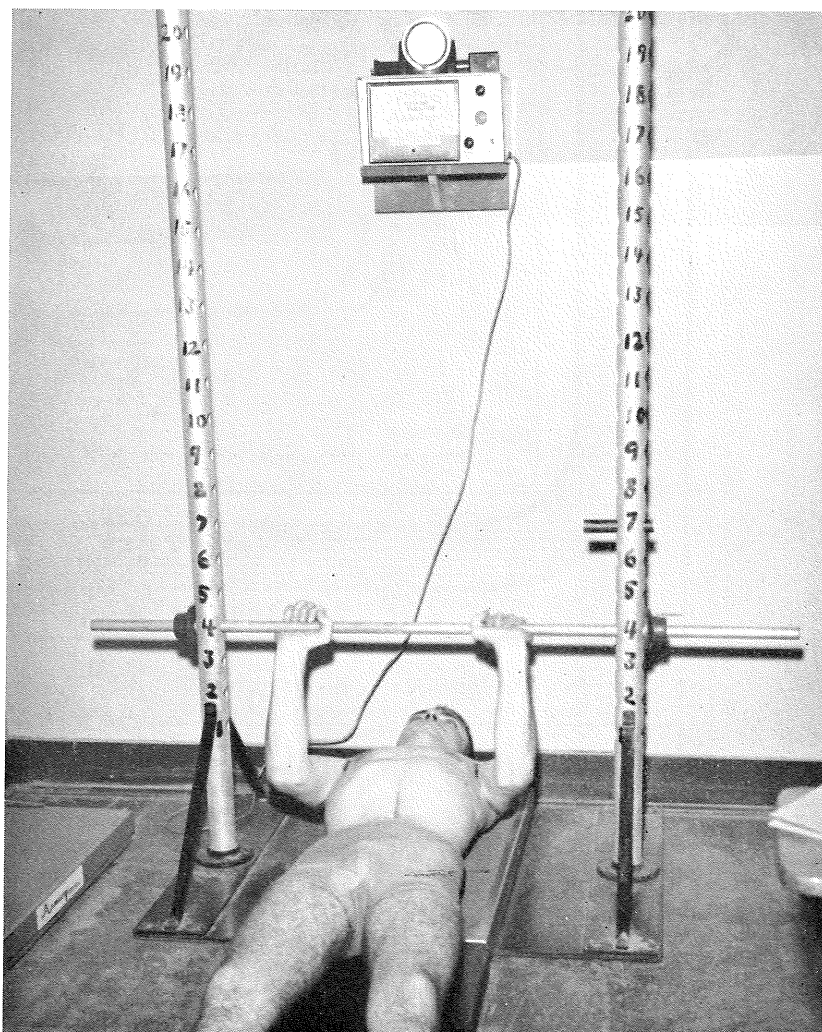
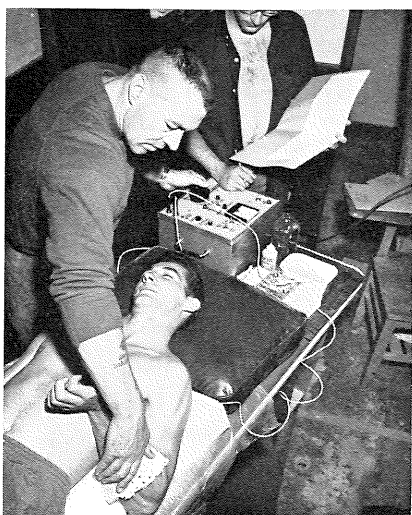
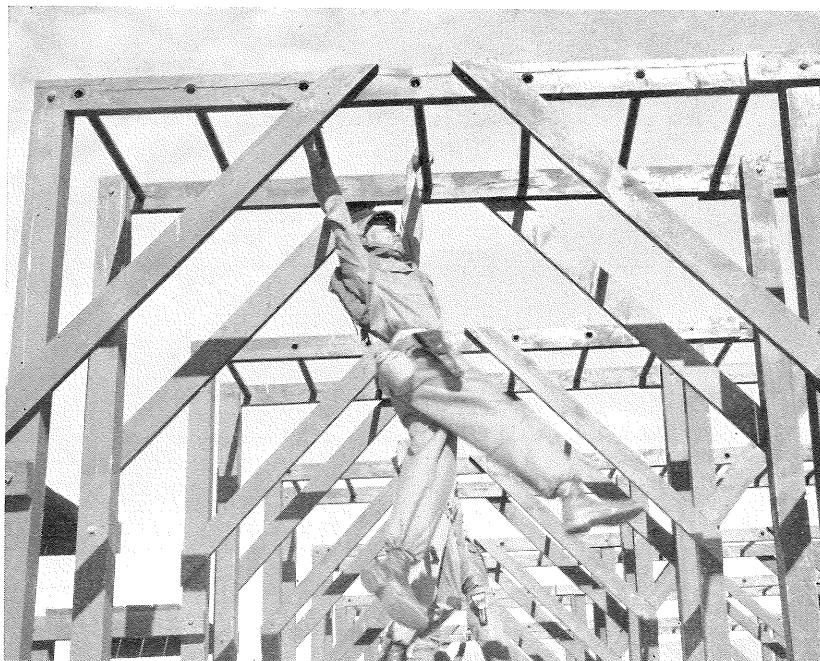


The « Fitness center » has replaced the « Gym »

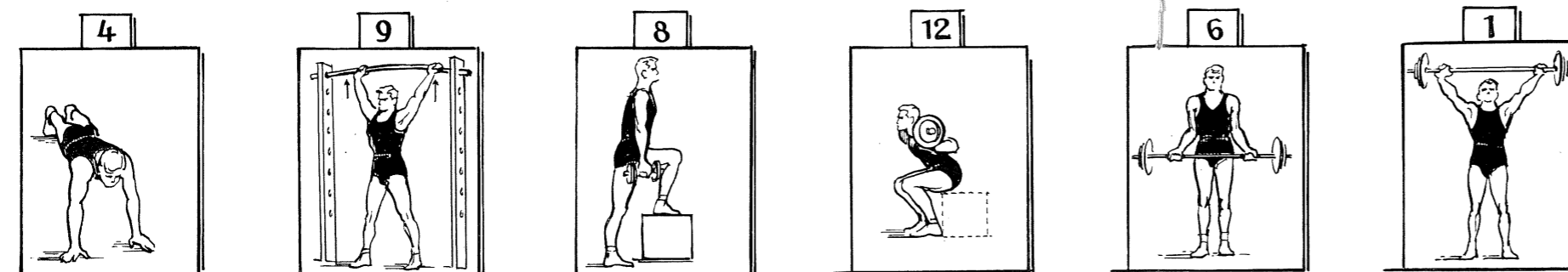
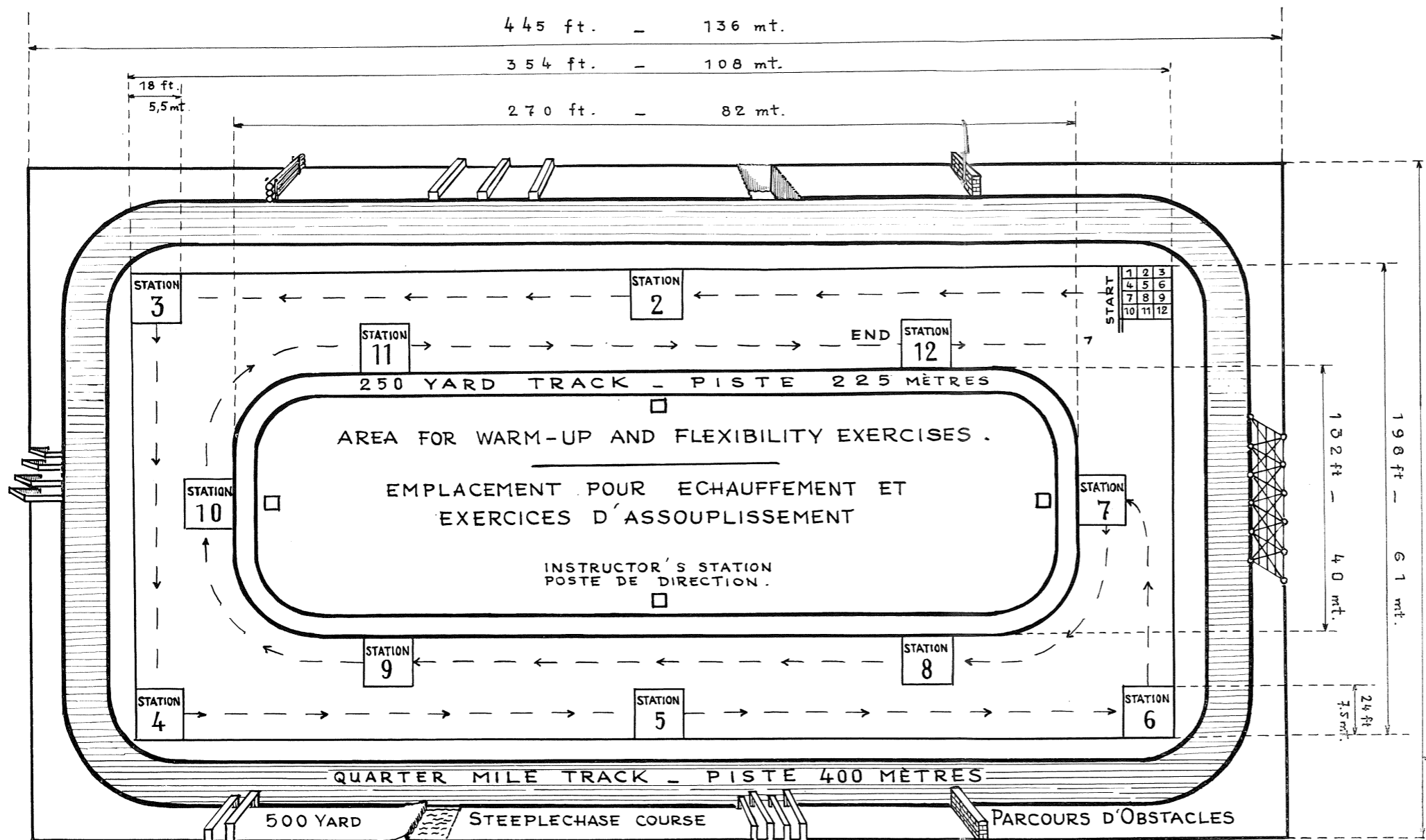
Aspects of the Physical fitness training at the Marines Corps :

- Obstacle-race
- Medical control
- Isometrics

(Official USMC Photos)



Field circuit for physical training and combat conditioning — Stade d'entraînement physique et de combat



Throughout history, Marines have faced one basic reality: in order to win battles and stay alive, it is necessary to be in top physical condition. Realizing that fitness is a constant requirement, the Corps places more emphasis on physical readiness than ever before. Because of this, Headquarters Marine Corps recently looked into its overall fitness program, and came up with some important changes, some of which will affect not only Marines, but may, in time, help thousands of other Americans. As a result, the Corps now has the finest facilities and physical fitness programs in its history, with improvements still being added. Already there have been 70 small fitness centers, and 22 large ones for Marine bases and stations.

Another improvement is the creation of **Field Circuit for physical training and combat conditioning** based upon Circuit training (Adamson and Morgan) and Power training (Mollet).

Purpose: This Course is designed to provide for the most effective physical conditioning in a minimum of time, through the progressive utilization of a variety of interesting and challenging events, selected for their proven effectiveness and scientifically arranged to elicit maximum results.

Accommodation: 288 trainees.

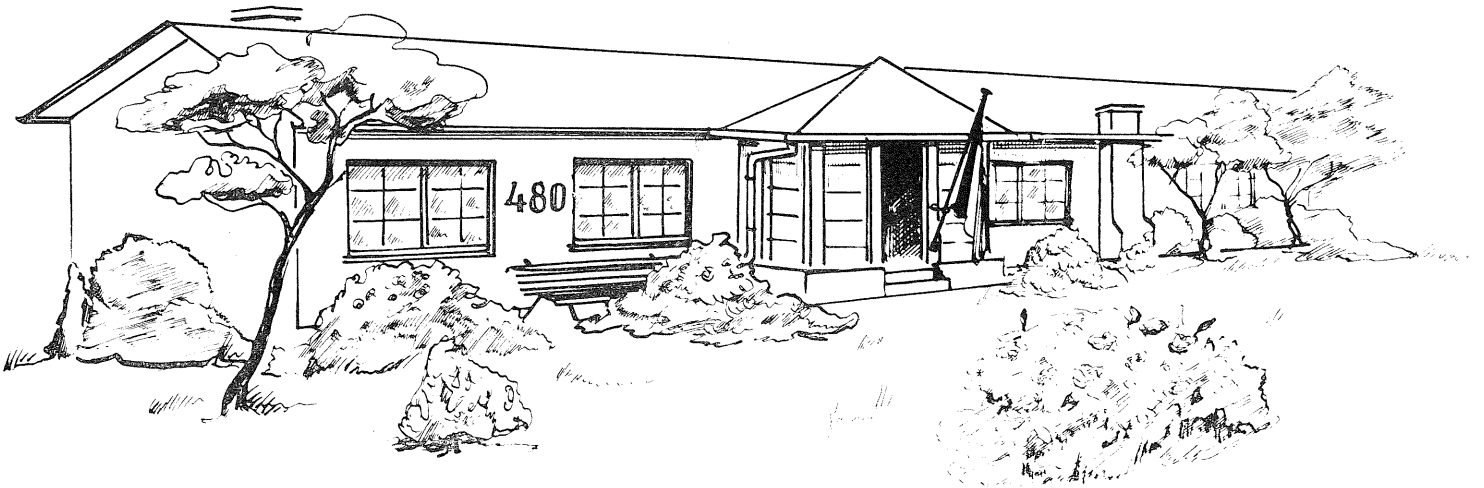
Facilities:

- A 12 station circuit to include:
 - weights;
 - isometric racks;
 - pull-up bars;
 - parallel bars;
 - logs;
 - selected apparatus;
 - body resistance.
- A 250 yard track.
- A 112' x 250' warm-up area.
- A quarter mile track.
- A 500 yard steeplechase course with 10 obstacles.

Overall Area: 280' x 445'.

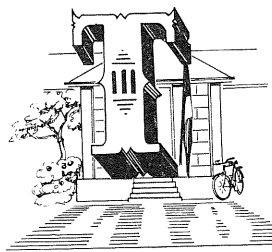
Details

- In the Power Training stations, each exercise is illustrated by a drawing placed at a conspicuous spot just off the training area itself. This makes things easier for the instructor and it also shows the correct way to do the exercise.
- At each station, each exercise is carried out by a maximum of 12 recruits and this exercise lasts one minute. After the exercise is finished, they jog to the next station.
- Obese recruits do only one exercise out of two. But between each exercise, they must jog a full lap. In the advanced training, an obstacle course replaces the one without obstacles. This is part of the Interval Training program.



Glimpses of my village

by Raoul MOLLET



HE cousins, all the cousins, boys and girls, coming from the far corners of the globe, have assembled in Tokyo for the big family gathering.

In their luggage are dress suits for the "big days" and

"fatigue clothes" for everyday wear at the village.

Some of the 94 countries which they represent are still so young, so unsettled that they may well change flags during the Games. But, never mind: the youngsters are here and the older generation is smiling at them.

Ours is a peaceful village. It is, like other villages, a garden filled with flowers and birds, with here and there, some little monuments ignored by all. For theirs is a tale of war and handsome youths who died under open skies.

Overpowering the sorrowful mementos are the youth, vitality and high spirits of the handsome, laughing youngsters, lighthearted-

ly teasing each other, eager to live and confidently awaiting the day when they will win.

Their warm-up outfits serve as identifying tags: blue prevails in a lighter shade for cheerful Italy, silkier texture for the wealthy American cousins, worn with calculated casualness by the English gentlemen, and typically elegant for the French (rumor has it that the French uniform was designed by the Esterel fashion house).

Australians wear green. Poles have chosen a somewhat melancholic hue of brown, while red is the color of Japan (spelled Nippon and pronounced with a definite stress on the last syllable).

The bicycle has regained its lost popularity, to the detriment of the slow, majestic bus which tirelessly tours the village with but few passengers other than the unruffled, white-gloved hostess.

800 bicycles, donated by a Japanese firm, are subjected to the frantic onslaught of the cousins who feel a sudden impulse to outdo Merckx, Sercu and



Morelon... acrobatic starts and wild sprints.

Every 100 yards, an air-pump rests in vigil, leashed to a lamp-post.

And, scattered here and there along the side of the road, one sees battered bicycles which gave under the odd 285 lbs of one of Vlassov's cousins.

They will be picked up at dusk by understandingly nodding attendants, patched up and ruthlessly returned to duty the following day. The ever-present and never-seen authority will thus come to voice the trainer's veto, cycling having revealed hitherto unknown muscles.



The villagers get adapted and make discoveries

Last night, as was the case for the night before, those cousins who alit from the big jets awoke at 2 o'clock in the morning, feeling chipper and rested. They have discovered all the noises that populate silence.

They have cursed the eerie, hoarse screeches of the large shiny crows which haunt the camp.

Of course, in Europe, it is time for dinner...

One must then compromise and kill time by leisurely establishing the menu for a hearty breakfast and the program for a brand new day.

* * *

The four local highlights are the Meiji Park, the foliage and rolling lawns of which serve as frame to the village, the weight-

lifting room, the Track & Field course and the "masterpiece", the cathedral of sports: the swimming pool.

The elite of the world of sports has gathered within this one-square-kilometer area; they are all there, the swimmers, racers, weight-lifters, wrestlers, ball players, renowned athletes and candidates to fame.

6 o'clock:

The Meiji Park becomes the kingdom of « cross-promenade »

All is peaceful. The lawns are soft. Little winding paths trace harmonious lines under the foliage.

Up on the hill, the temple with a curved roof shelters the "Gods of Sports".

Very early this morning it was drizzling. Under the trees, gathered in small groups, the Russian athletes performed their morning work-outs with the quiet determination which is the trade mark of the conscientious worker. The marathon runners were off on their two-hour race, while the walkers swayed in cadence along the wet paths.

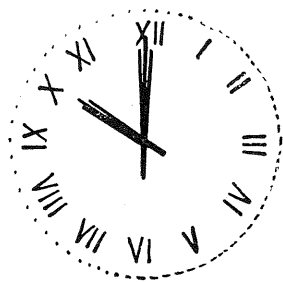
All of a sudden, out of nowhere, a Japanese youth came into view, his large white robe and floating



sleeves making a strange contrast with his leather hat and black wooden shoes. In his arms he carried two long-stemmed white lilies, sight which the onlooker

could not fail to associate with our Pentecost processions. His steps were probably taking him to the temple for an offering known to him alone. Such was

his nearly supernatural beauty in its aura of archaic mystery that, to this day, I believe I witnessed the return to earth of a God of Sports whose mission was to smile and encourage us.

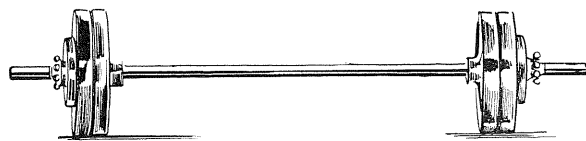


Power-Training

Tremendous impacts, such as those of a pile-driver striking an obstinate stake. An astonishing spectacle: 10 platforms, each surrounded by all the modern gear, weights, inclined boards, weighted shoes, pulleys with sliding weights and, in their midst, shining with its nickel plating, isolated in its rigor and stark

brutality, the heavy barbell. A silent effort, punctuated by raucous outcries and shattering collapses. Strength and power. The statues of muscle are pointed out, identified ... unbelievable series are witnessed. Now come some of the greatest: Vlassov, Jabotski.

The role of the physician starts



when the athletes perform with barbells weighing 190 to 200 kilos. The doctor then checks heartbeats and arterial tension, while masseurs get busy on arms and powerful shoulders. 200 kilos are then shouldered and thrown off almost angrily, as if man meant to insult the monstrous bar.

16.00 hours : The Gods of the Stadium are no more

The Track & Field course has become the center of attraction. 300 athletes are intensifying the last phase of their training. They are all gathered here, all the faces, all the profiles rendered familiar through appearance in specialized publications or on television. All the coaches are here and all the reporters. This gathering fosters

the emanation, as from within the track, of a mounting feeling of energy, courage and hope. In the village, at 1 600 hours, the heart of world athletics throbs majestuously. During this final phase, interval training is the unchallenged ruler. All is being compared, discussed, questioned. It is the great market for methods.

And the Gods of the Stadium suddenly become mere mortals for their most recent medals were won four years ago.

Roger Moens, Marcel Hansenne and Emil Zatopek wile away the time armed with their competence, nostalgia and serenity.

19.00 hours : Bath time

The "tub" measures 50 by 20 meters, a bare minimum for those American "crack-babies". They can be recognized by their shoulders — which, since Rome, seem to have embellished, acquired a more "explosive" quality yet. Theirs alone is that typical relaxation, that smile... Wonderful Americans!

A while back, my friend Samy Lee and I ran into a young lady swimmer. The following dialogue ensued: "Congratulations, I hear that you broke a world record last night during training.

Happy?" The young lady retorted: "I did break a record, but I came in third and it was just for the relay!" and, shaking her angel's head, she sadly drifted away. I never found out who she was...

Both sides of the vault are being lowered, giving the impression of a curtain play in the world's most impressive sports theater. Vertical partitions rise from the air vents, much as heavy canon muzzles protruding from the flank of a battleship.

Below, in successive waves emulating the progress of a school of porpoises, the "fish-men" trace bubbling furrows: the 50-meter sprint repeated ten, twenty times. Interval training! From selection to selection, from performance to performance, they have swum their way to this fairy-tale pool, the most beautiful in the world.

For Schollander as well as for Hayes (sprint), the big challenge is over: they won their medal in the United States before coming over.

My Village at meal time

What a step forward since Rome ! The combined efforts of coaches and doctors have borne fruit. The modern athlete's diet has improved. His once merely substantial nutrition has now become rational. This improvement has come as a gratifying surprise to those of us who have, over a decade, endeavored to put some order into the erratic meal systems. Breakfast has regained its rightful importance. Common sense has defeated the "calorie ghost" and refuted elaborate theories which neglected the factor of individual requirements. But the value of vitamins has gained unanimous recognition. They now come with attractive coatings displaying all the colors of the Olympic rings,

while their intricate names evoke mysterious powers. Vitamin, how many errors have been endorsed in thy name ?

* * *

Ours is a Latin restaurant. We are, with Italy and Luxembourg, France's guests. And France proved to be a marvelous host.

It spared no effort, overlooked no detail. To make sure that things were not short of perfect, France appointed Dietician Creff who, taking time out from his activities — and from savoring two steaks ("rare") — busily autographs his book. France also stocked on

good red wine which, while fully appreciated, faced the competition of Belgian beer. The fact remains that our is, and by far, the best restaurant in the village. It is also, at meal time, the background for thrilling conversations, for its patrons include Bobin, Sauvestre, Maigrot, Vianey, the delightful Jazy and Michel Bernard, all in high spirits. There is also Morale's and Berutti's beards, the latter's spectacles and the proverbial joviality of General Fabre who was the supervisor of the Olympic Village in Rome.

"Gaston" is being paged... (not once did I hear the name Roelants).

Our restaurant is, as it were, an encyclopedia of sports.

The Village at the hour of thought

The first medals have been awarded. One finds himself whistling the U.S. national anthem. One casts a bantering glance at the Russians: "Just

what makes them tick?" one wonders, while jokingly commenting on the fate of poor Mr. Krushchev who can boast more

cosmonauts than Olympic champions.

And all at once, one becomes serious: again: it is time for thought and planning.

Boxing and its Problems

While taking a walk, I met the charming Dr. Blonstein of the AIBA Medical Commission. In him is found all of the English amateur boxing tradition. He told me that out of 259 matches, 42, or an average of one out of six, were stopped on account of face cuts. Thus, the AIBA is going to enforce the wearing of protective headgears. This measure was put into effect two years ago by the CISM. He remarked to me that amateur boxing ranks third among

the various sports of participating countries.

He also told me that it was the decision of the International Olympic Committee to separate, once and for all, amateur boxing from professional boxing.

* * *

The U. S. A. is taking steps. The government has asked Arthur D. Little, Inc., Cambridge research firm to conduct a complete study on the methods used by the main

countries as far as preparation for the Olympic Games is concerned.

General James M. Gavin, former Ambassador to Paris, and Mr. Bruce head a research team.

* * *

Can we expect that IBM machines will take care of the necessary details concerning this study: conclusions; necessary budgets, even predicting the number of medals which will be won in Mexico ?

The six races of Peter Snell

Snell arrived here considerably thinner than usual.

Within an eight-day period he had run six races, winning two gold medals for the 800 and 1500 meters.

Has one ever stopped to think of the unfathomable reserve of training required to successfully carry out such a series ?

In my opinion, such a feat requires

four to six years of progressive and sustained effort under a carefully planned and well-conducted program. One could almost advance this simplified equation :

A race at the Olympics equals two years of preparation. Three years allow participation in the semi-finals, four years in the finals, and so forth.

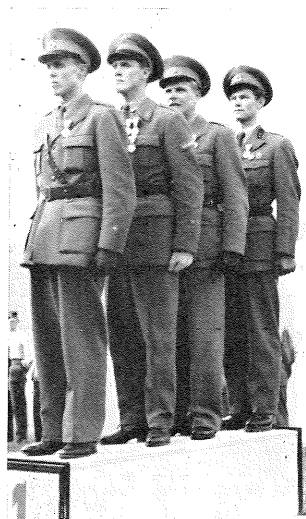
One fact remains certain: results can be achieved only by careful planning and preparation over a protracted period of time.

Even the staunchest believers occasionally have their moment of doubt: "It is worth the effort, the planning, the investment ?"

(Continued page 39)

The new CISM event :

ORIENTEERING

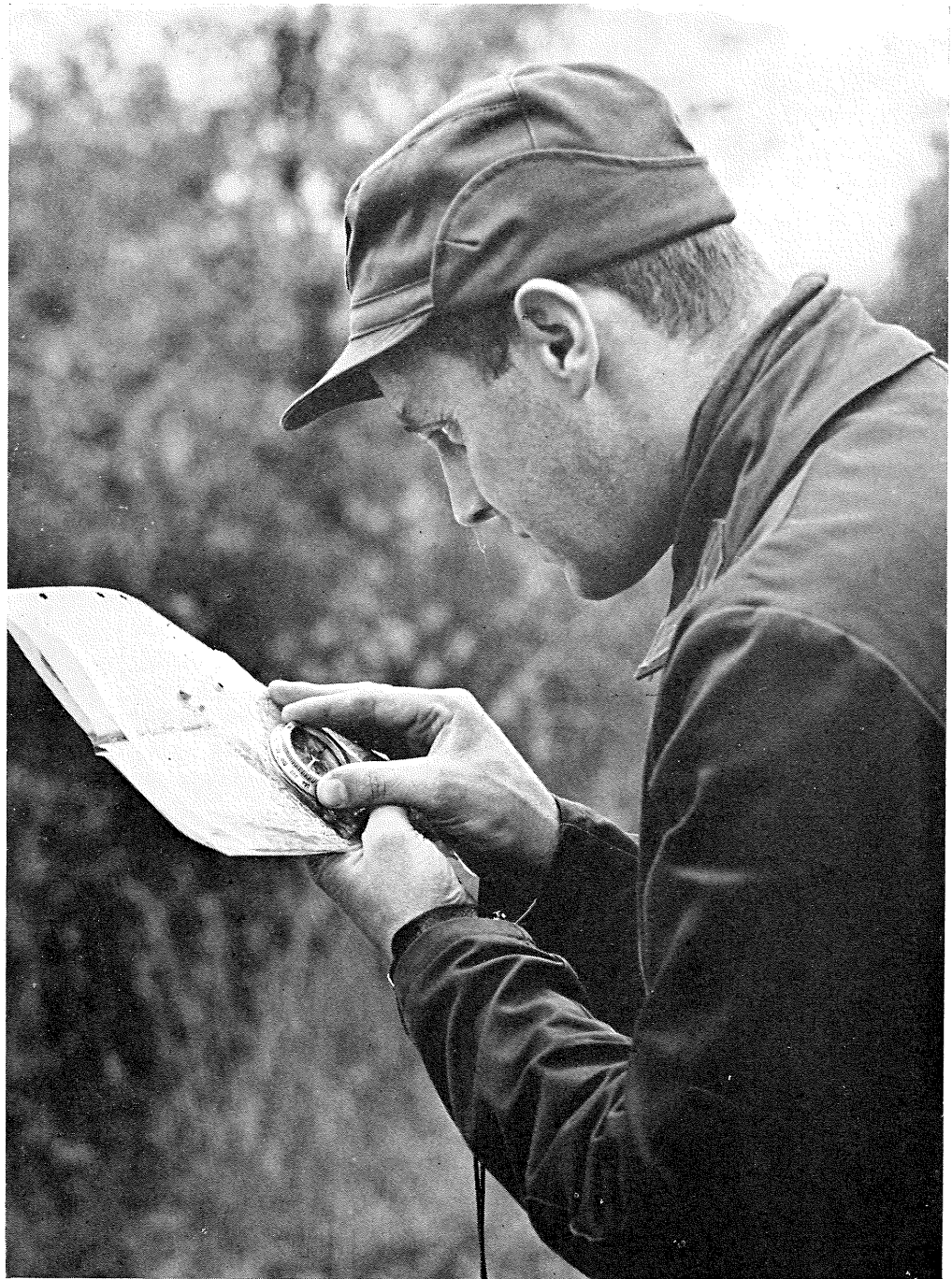


Captain LORICHS (Sweden) was twice a brilliant winner in the CISM Military Pentathlon.

As member of the Swedish delegation in Mexico City he was a convincing lecturer on "orienteering".

As a consequence the XIXth General Assembly decided to include this event in its annual Calendar.





Orienteering is a new CISM sport. The first championship will be arranged in Sweden in September, 1965. These decisions were taken by the General Assembly in Mexico City. Could that be considered in view of the present situation with five CISM championships cancelled in 1964? Could it then

be sensible to introduce another event in to the Calendar?

The questions are relevant, but so are the decisions. Let us see if you don't agree with this when you have finished this article.

Orienteering is the sport of finding a way through unfamiliar countryside, often of

wooded, moorland or hilly nature. Those who wish to take part in the sport must learn to be really skilled in reading the map and identifying the ground features it represents, in handling a compass so as never to be lost when visibility is limited, in selecting the fastest and safest routes across unkn-

own ground, and in judging the distances.

Consequently, orienteering is strongly connected with military activities of all kinds. The men as well as the officers must be able to handle the keys to the wilderness — the map and the compass. The clever tactician is also a skilled map-reader; the infantry and the ordnance soldier, the ranger and the truck driver, the pilot and the naval officer — all of them must know the fundamentals of orienteering. And in addition to that every soldier in the world must be physically fit for his arduous task. Orienteering

improves his competence in all these respects.

Orienteering, as a competitive sport, started in Sweden some 50 years ago. It was then a strictly military sport. In the early twenties, however, civilians also became interested and set about practicing the sport. In the beginning it was mainly a means in the training-schedule for cross-country runners. In the thirties, orienteering had developed into a large scale sport, and a special association was established.

Orienteering had also spread to the other Nordic countries and the first international competitions bet-

ween these nations took place. During the second world-war, when the military activity increased even in Sweden, orienteering became something of a national sport in this country. At the same time, a similar progress was carried through in the other Scandinavian countries. Hundreds of thousands of people of all ages take part in orienteering-competitions in these countries every year.

After the war, Switzerland and several other nations in Europe adopted the sport. In Switzerland, competitions have assembled more than 7 000 competitors on certain occasions.



In 1961, the International Orienteering Association was founded. It is called I. O. F., der Internationalen Orientierungslauf Föderation, the official language of the Association being German. Twelve European nations have joined the association up to now.

In 1962 the first European championship was arranged in Norway. In September, 1964, the second championship took place in Switzerland.

In the last two years, international military Nordic championships have been arranged in Sweden and Finland. Competitors from the armed forces of these two nations and from Denmark and Norway have taken part in the events which have been very successful.

The governments of the Scandinavian countries, Finland and Switzerland strongly support the game. It is considered very good schooling for the children. Accordingly, orienteering is a compulsory subject of education in the schools. Boys and girls begin at twelve to learn the fundamentals of

the sport. When they grow older, several school competitions will be arranged every year. A large number of the youngsters become addicts of the game. They join a club and start competing. In Sweden, there are about 30 000 orienteering competitors registered.

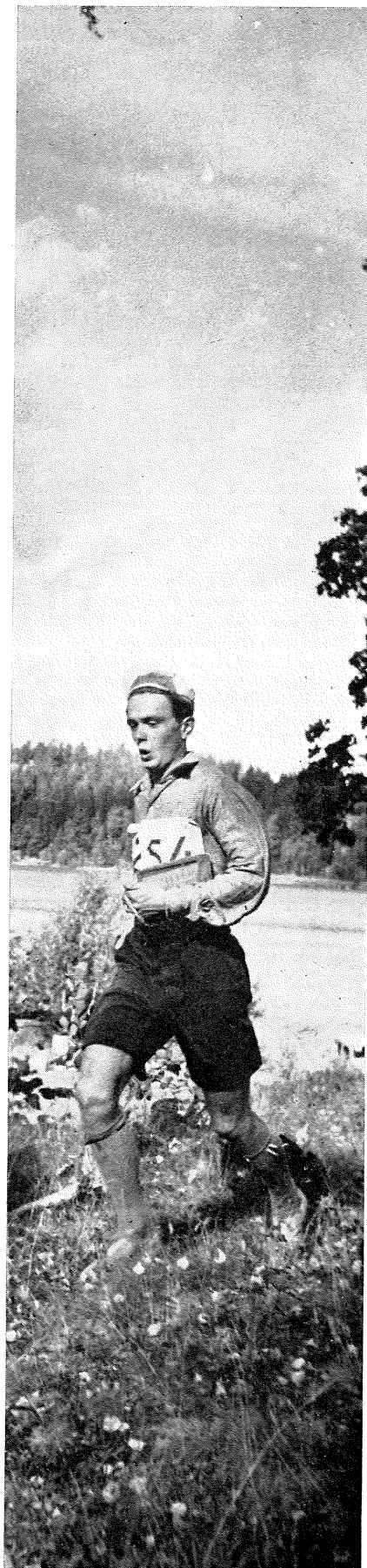
When the young men serve their time in the Armed Forces, they all get a thorough training in orienteering whichever branch of the service they belong to.

The Chiefs of Staff of the Swedish armed forces make heavy demands upon the officer's and the non-commissioned officer's ability in this respect. Everybody, irrespective of rank, must take part in at least four competitions each year, of which one event should be held in darkness.

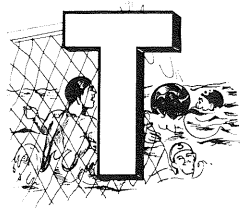
Army championships are arranged each year both as an individual contest and as a relay-race in which every unit of the Swedish army has to take part. In the Swedish Army championship in relay-orienteering of 1964, 74 teams and about 400 competitors took part.

*Extract from the 1st CISM
championship regulations*

- Every competitor is required to take part in two individual orienteering races, each of which shall be of about 8-10 km in length.
- The general individual classification will be obtained by adding the times achieved by each competitor in the two contests. The winner will be the one whose total time is the shortest.
- Each nation should be represented by a team of a minimum of 4 and maximum of 7 competitors. The four best times of the classified competitors of each team in the general individual classification of each event form the results of the team in each event. The winning team will be the one with the shortest total time for the two days team result.



Brotherly rivalry at the Olympic Games



THE dream of every athlete is to participate in the Olympics. This takes a lot of determination, will power, and especially training. The amount of training required varies with the individual and the coach. For instance, let's

take a look at the training schedule of the Van Dorp brothers, who were pitted against each other in the Tokyo Olympics. Twenty-eight year old Tony Van Dorp, a Staff Sergeant with the US Air Force in Wiesbaden, was a goalie for both the US Olympic Water Polo team and the US Armed Forces CISM Water Polo team. His brother, twenty-six year old Fred, played left forward for the Netherlands in the 1960 Rome Olympics and, more recently, in the 1964 Tokyo Olympics and both spend a great deal of their time training. Both have played for the Amersfoort Swim Club of Holland, to which Fred belongs.

Fred started training for the Olympics in January 1964. On weekends the team members would meet in Amsterdam. Saturday's training consisted of three hours of various swimming exercises. Some of the exercises were as follows :

- 400 meter warm-up
- 250-500 meter butterfly
- 250 meter backstroke
- 250 meter breaststroke
- 20 x 50 sprints.

The team stayed at the swimming pool Saturday nights and trained from six to eight o'clock the next morning, doing the same exercises as on the previous day. Each Thursday two hours were devoted to

overall training exercises for physical fitness development. The most important of these exercises were those for the shoulders. These were especially designed to give the team a harder shot in the water. These team sessions were supplemented by individual training. This took approximately thirty minutes each day.

During the summer months, the whole team trained on Wednesdays. These training periods lasted two hours and took place in the evening because each team member had his own job to do during the day. In the summer months various water polo matches were played against other club teams from Holland and teams from other countries. The training sessions were intensified as the team neared its goal — the Olympic games in Tokyo. The whole training program was closely watched by a physician, who at regular intervals, examined each player to ensure top physical condition.

Tony played with the CISM Water Polo team in 1963. The training for this game began in Berlin, where the US Army maintains a 50-meter swimming pool. The nine players picked for the team practiced 6 hours a day for 4 weeks, a very short time for creating a team. The US CISM team ranked 5th out of 8 entries.

The training program for the US Olympic trials in New York City was established as follows :

- First two months : 0600 - 0830
1900 - 2130
- Last three months : 0630 - 0900
1330 - 1530
1900 - 2200

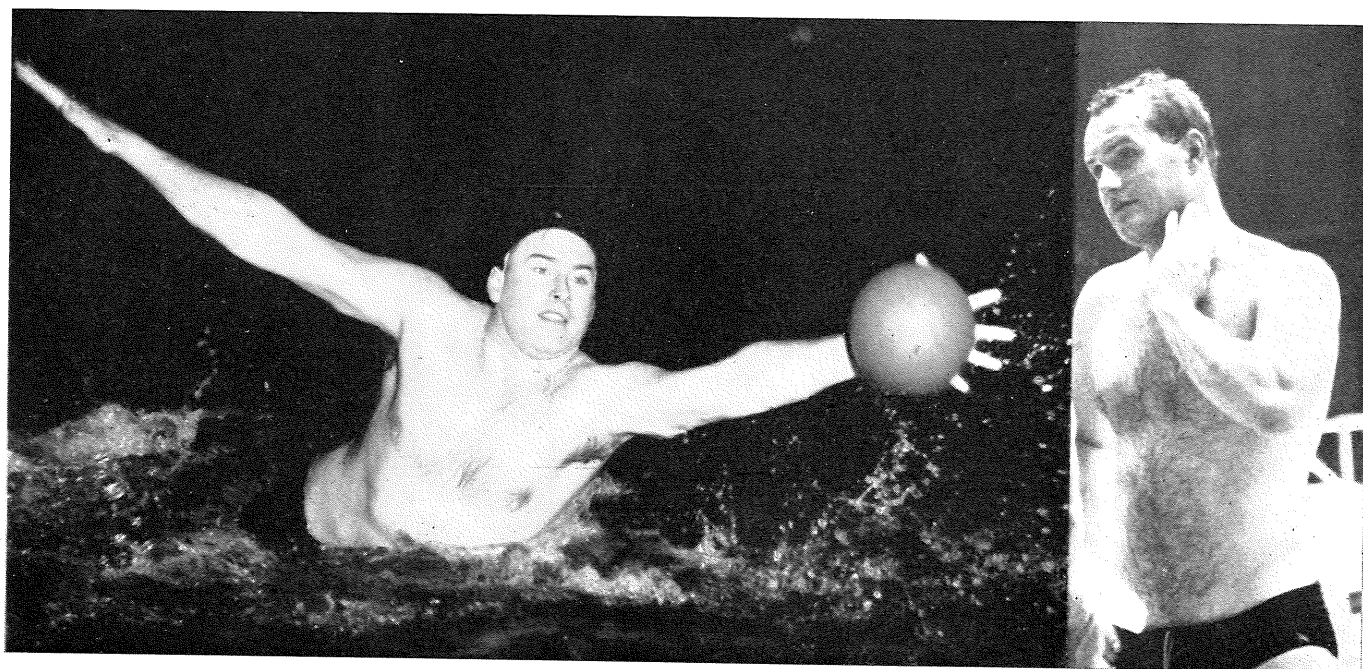
The last three hours of each training session were devoted to a scrimmage between two teams composed of players attending the training periods. This was done to familiarize the players with the other participating members, so that each team member would know what was expected of him in certain situations.

After the US Olympic team was chosen, the training schedule decreased somewhat, but still consisted of five hours of training a day. This training schedule was maintained until departure for Tokyo. Once in Tokyo, training periods were short. Practice games were played against the other nations until the actual Olympic competition began.

Then the day came when brother faced brother. This is what happened in the final match of elimination. It was the first time they had played against each other. In the first minute of the first quarter of the game, the brothers came face to face. Fred took a long pass and charged toward the American goal. A lightning throw and the ball whizzed by Tony for the first goal by Holland.

In the final quarter, however, Tony evened things up. Fred lunged a penalty throw at the US goal. The ball bounced off Tony's right hand and sailed into the stands. The Netherlands won 6-4.

Out of the water, the brothers are very close. Tony, who left Holland eight years ago and now lives in West Springfield, Mass., often goes back to Holland to see his brother.





MEXICO, olympic city

Mexico City, which has been designated as the site of the 1968 Olympic Games, has at the present time a population of 5 million. In 1968, this will probably grow to 6 million. Mexico City is the capital of a country of 36 million inhabitants and has an area of 1 969 367 sq./km.

In Mexico, colonial monuments, large and richly ornated, which recall to mind the vice-royalty of New Spain, were constructed in 1535. They attract the attention of everyone. Among these, the cathedral, which is a great work of the Spanish renaissance of the XVIth century, the oldest in America (1525), shows with what generosity Spain baptized the New World. It was built in the same place where once was found the temple of the god of the Aztec war, Huitzilopochtli. The other monuments are: the Plaza de Toros, which is the largest of the Spanish world; museums of history and of prehistoric Mexicans; monuments dealing with the revolution and monuments of great men.

You see frescos on public buildings, works of great Mexican sculptors: Diego Rivera, José Clemente Orozco and David Alfaro Siqueiros. These merit special attention. In these works one sees not only the tragic Mexican history, but also the battle of a people against slavery and against people who wanted to rule.

Among the monuments that you should visit, there are: the Basilica of Notre Dame of the Guadeloupe; the Cité Universitaire, where the library is decorated exteriorly by impressive Aztec motifs; the Park of Chapultepec, which is comparable to the Bois de Boulogne in Paris and to the «Tiergarten» in Berlin; the Walk of the Reformation and the Statutes of the Aztec hero Cuautlémoc; and the Palais des Beaux-Arts.

Not far from the capital is the beautiful city of Cuernavaca where, since the time of Porfirio Diaz, nearly all of the Mexican presidents have built their summer homes. The house of stone which was built by Herman Cortés in 1523 and which is a museum to-day is also there.

In another neighbouring village, which has an altitude of 3 000 m, the convent fortress of the Dominicans of the Nativity, founded in 1559, can be seen, although it is abandoned.

Forty-five kilometers from the capital, the mines of the sanctuary-city of Teótihuacan, with its Sun and Moon pyramids, can be seen. These are samples of the Toltec culture, which was prior to that of the Aztecs, and which flourished between the 2nd and 3rd centuries A.D. These ruins such as those of Xochicalco, Uxmal, Chichen Itza, Mitla and others, belong to various groups of people and to different civilizations who are actually developing the Mexican territory.

After having chosen Mexico for the 1968 Olympic Games, the plan of universalizing these games has taken effect as we have seen previously with the games at Melbourne and at Tokyo. It's a fine incentive for the Latin American Nations.

In order to cope with the event, Mexico City has a great number of modern sports installations. Only 77 of these were cited since the President of the Mexican C. I. O. said that there were more than 2 000 different places and that these 77 were the principal ones.

In the «Cité Universitaire» (University) there are: 8 soccer fields; 9 basketball courts; 1 baseball field; 8 courts for basque

pelota; 2 volleyball courts; 4 tennis courts; 1 power training room; 1 archery field; many olympic swimming pools.

There is also a fine athletic stadium that, architecturally speaking, is rather odd. It resembles a fishing net used in the Patzcuaro lake (in the center of Mexico) and it also resembles the sea turtles that symbolized the goddess of the water in the pre-Hispanic times. There are exits that were so well conceived that 105 000 spectators can be evacuated in 15 minutes. There are no stairs. For participating athletes, there is a tunnel which is 12 m long. On the outside, you can park 1 000 cars and the trolleycars and taxis are very near.

The ground of the athletic field, one of the fastest in the world, is made of a mixture of volcanic earth and clay which provides elasticity as well as consistency.

The Olympic pool has 4 different lanes two of which are reserved for professional swimming and diving with under-water divers. The diving pool has two boards of 1 and 3 m respectively and platforms of 5, 8 and 10 m.

There is also the «Magdalena Mixhuaco» a sports park of 229 acres, one of the largest of its kind in the world. It contains: 64 soccer fields; 30 basketball courts; 26 baseball fields; 22 volleyball courts; 3 tracks; 3 olympic pools. Besides that, there is an automobile track, a bicycle track, and various gyms.

Even though there is plenty of cloak-room space, this will be enlarged and bettered for the olympic games.

The «City of Sports», in the center of Mexico City, is located on Rebels Avenue which is 27 km long. It runs in a North-South direction and divides the city into



will be room for 106 000 spectators and over two-thirds of this stadium will be covered. There are equally many sports fields which belong to the social security as well as private clubs such as the « Spanish » and the « Libanese ».

Although these sports centers are far apart, there are many large highways which make connections between them quite easy.

The **President Calles Park** is a large one. It covers 150 acres which include facilities for the following sports : physical training, track, soccer, basketball, baseball. There is also an indoor gym for basketball etc. and there is even room for children to play. This park is used primarily as a physical training center for young people and children as well as for the general population. There are always instructors at hand to teach them the fundamentals. There is perhaps no other nation in the world that has such a wealth of national folk dances. These come from the pre-Hispanic period and there are some which were introduced during the colonial period. The spectacle of the two thousand children dressed in their native costumes while performing these folk dances was one of the features of the IInd Pan-american congress of Physical Training held in Mexico in 1946.

The Mexican Olympic Committee does not deem it necessary to build any more sports' facilities; but if any federation thinks that there is a need of more sports' facilities for the 1968 games, Mexico will be glad to begin construction two years before the games begin.

Two housing facilities have been considered: one for men and one for women. These will be constructed on a large piece of land not far from the « Cité Universitaire », the « Magdalena Mixhuca » and the Aztec Stadium. These housing facilities will contain the following services : restaurants, banks, postoffices, telegraph offices, medical centers, etc. Various roads will be constructed between these olympic housing facilities as well as between the housing facilities and the various sports' centers. These roads will be constructed in such a manner so as to make it easier and quicker for the participating athletes to reach their destination at any time of the day.

Mexico City is a big capital city which has been the center of international events many times. It has been our experience to find that each time, everything was well organized.

It is hoped that the 1968 Olympic Games will help further the concepts and wishes of Pierre de Coubertin which were threatened quite seriously by the world political situation as well as by the sports progress in our countries.

D^r Louis BISQUERTT'S
(Chili)

two parts. This « City » has an oval stadium, open, containing hockey and soccer fields and having a capacity of 50 000.

There is a private sports club in Mexico City called the « Chapultepec Sports Center ». This club has a membership of over 200 000. This sports center contains accommodations for all types of sports. There are 4 tennis courts of which one has a covered tribune capable of handling 3 000 spectators. There is a large pool equipped with diving boards and platforms. There are also basketball facilities as well as basque pelota facilities. To continue would show you that besides all of these activities there is also a room for gymnastics, boxing, volleyball, etc. All of this is found in this six-story building which is laid out in such a way so as to offer maximum comfort.

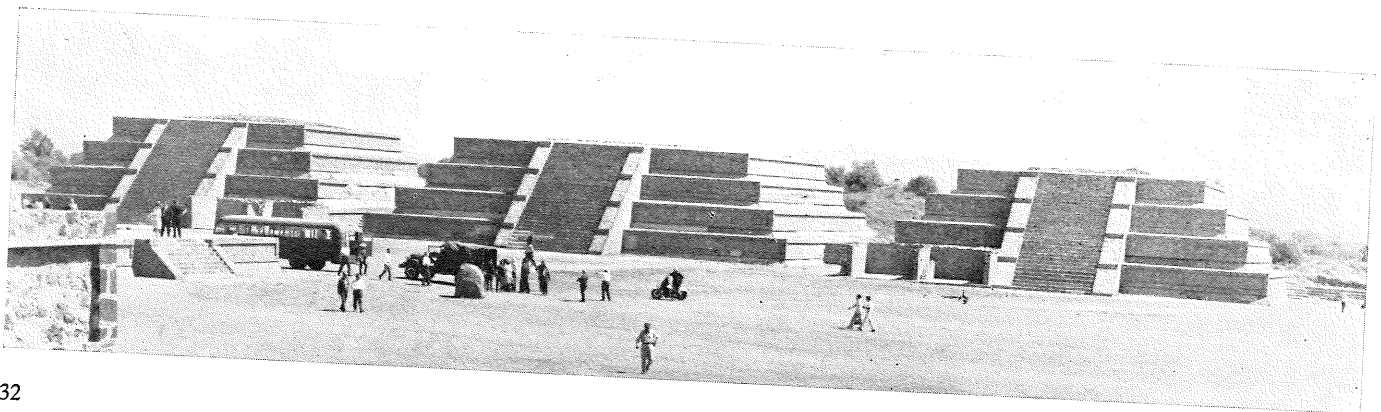
The **National Auditorium** which is the center of Chapultepec Forest can handle 18 000 spectators and can be adapted to any sporting event.

The « **Mexico Arena** » is in the center of town. It holds between 12 to 16 000 spectators and is an indoor arena. There, they have boxing, basketball, ice hockey and tennis games.

Less than 5 km from the city is a polygonal shaped firing range. This range has four parts with the largest of these serving as a precision firing range for targets at 25, 50, 100 and 300 m. More than 80 shooters can compete at the same time.

Twenty kilometers from the capital, there is a lagoon called Xochimilco. This is where the rowing competition is held. This competition takes place on a rectangular canal which is 2 200 m long and 100 m wide. The extraordinary thing about this canal is that there is no wind, no waves, and no current.

The **Aztec stadium** has been completed since the end of 1964. This is situated on a site of 30 acres at the south end of town and will be used exclusively for soccer. There



MEXICO

Athletes and altitude

Athletes, coaches and trainers, sports medical authorities, the press, and the man on the street, at one time or another and at varying degrees have thought about and discussed the next Olympics with emphasis on the altitude at Mexico « Will our sprinters suffer from the altitude at Mexico, since they are used to sea-level climate? » « Will the competitors from countries with high altitude have an advantage and how much? » Mr. A. G. Bianco (USA), Chief of the 3rd Section of the CISM Academy has done some research on the subject, particularly studying findings available at the US Air Force Academy in Colorado — where similar altitude conditions prevail. He has come up with amazing factors — amazing for the lay-man, not for the scientist of course. Scientists have long borne out his findings.

The youth of the world has been called to assemble in Mexico City in 1968 for the XIXth Olympic Games.

Much has been said already concerning the climatic conditions at the site of the next games — specifically — will altitude affect the performance of the athlete and to what degree.

For the past several decades, leading scientists throughout the world have studied this matter and if we briefly summarize their findings, the following facts evolve.

The altitude at which the body's effort to compensate for decreasing pressure begins to be *noticeable*, ranges from about 6 000 to 10 000 feet. *Difficulties are not experienced below 10 000 feet* (3 050 meters).

Mexico has an altitude of 2 240 meters (approximately 7 360 feet). This means the altitude will be noticeable, but will

not create any problems if the athletes are given an acclimatization period.

Opinions on the period of time required for the acclimatization vary from 2 to 10 days for the average person. In the case of athletes, who of necessity are in top physical condition as compared to the average person, it can be safely assumed that athletes most likely require less of an acclimatization period.

This brings us to a factor which must be given foremost consideration. We know physiological reaction is secondary to the psychological aspect. The athletes must be mentally conditioned to the proven fact that the altitude at Mexico will not affect their performance. We must instill in the athletes complete confidence of this fact. An extended acclimatization period will most likely assist to put the athletes "in the right frame of mind". Therefore an acclimatization period of 3 weeks is recommended.

Although this is not necessary from a physiological standpoint, the benefits gained on the psychological side warrant the recommendation.

Undoubtedly another aspect will be a most controversial subject. Do the athletes who are acclimatized to altitude by virtue of their residing in similar climates have an advantage over the others?

Extensive studies of this matter show that as a rule, this is not the case. For instance, during expeditions to the highest peaks of the Himalayan and Andean mountains, it was found that the physical performance of the native porters was not superior to that of the mountaineers who were acclimatized for a relatively short period of time only. There was no marked difference in the actual work capacity of both groups and that at an altitude twice as high as in Mexico.

During Pan American Games in Buenos Aires, Sao Paulo and Mexico, Olympic and world records were bettered by athletes native to sea-level climates — defeating fellow athletes from high altitude countries.

At the recent CISM General Assembly in Mexico City, Dr. Eduardo Hay, a member of the Mexican Olympic Committee, noted physician, and Professor at the Faculty of Medicine, addressed himself to what he rightfully called "The Altitude Ghost".

Dr. Hay said: "From a medical and physiological standpoint, adjustment to the altitude of Mexico takes place within a 24 to 48 hour period... athletes are basically healthy, vigorous and young specimens, well trained in the sport of their choice. Their resistance and power of assimilation are therefore superior to

those of other individuals. ... no athlete ever suffered any adverse physical reaction during the various international encounters staged in Mexico to include the Central- American and Pan American Games and the Pentathlon World Championships. ... the controversial ill-effects of altitude on the athlete are in fact non-existent. ... the morale factor is all important; the physiological reactions are void of danger. Care must be taken that the athlete does not lose confidence.

If any doubt or fear exists, it is preferable to send the athletes to Mexico beforehand so that he can see for himself what the conditions are."

Dr. Hay believes complete adjustment of the Olympic athlete to Mexico's climate requires a period of 8 days — in some cases a longer period may be preferable from a psychological standpoint. We believe a period of 3 weeks is the ideal solution to erase the slightest in anyone's mind.

Whatever the decision will be by the various participating nations — the subject of altitude and athletes was well illustrated by Dr. Hay's statement: "I never heard a champion complain about altitude. I did, however, notice that many losers chose to use this factor as an excuse".

A/G. BIANCO
(USA)

Modern methods of physical training

On 8 August 1964, CISM sponsored a Scientific Research Conference at La Coruna, Spain. One of the highlights of this event was an extremely interesting statement by Captain E. E. van Win (Medical Corp - Netherland) on the subject of modern methods of physical training. The following is a brief digest of his remarks.

The primary goal of CISM's Academy is to study means of devising modern methods of physical training and to demonstrate the practical value of these methods in the area of military physical education. However, since such methods are often centered on the promotion of individual specialization, they are of relatively small value to the military personnel as a group.

Let us quote an example: In order to derive the full benefit of the "Interval Training" method advocated by Professor Reindell and W. Cersmler of the University of Freiburg, each subject must undergo regular and thorough check-ups designed to reveal varying cardiac frequencies. Such tests must obviously be carried out on an individual basis, by means of either electric or electronic instruments such as the cardiograph.

A further elaboration of the existing training methods — which are already

quite taxing in the case of most individuals — is rendered all the more dangerous by the fact that modern civilization has an undeniable adverse influence on the physical condition of the young generation, particularly in the field of motive ability. An effort to offset this widespread deficiency must be triggered by general basic training as opposed to specialized training.

Service in the Armed Forces currently provides young men from all countries with an opportunity to considerably improve their often poor physical fitness.

It goes without saying that medical control is to be an inherent part of any training program, or even a prerequisite for its success.

Armed with the findings gleaned through experience with well-trained athletes, sports medicine is well equipped to provide a valuable assistance in bettering

the condition of hosts of recruits who join the Army without any prior training. Does this imply that every soldier should become a highly specialized athlete? Certainly not! The "super-athlete" is a very vulnerable, delicate blend of psychological and somatic elements, while the making of a good soldier rests with sound physical fitness based primarily on resistance and endurance.

I wish to put special emphasis on the need for subjecting military personnel to proper physical training for I fear that lacking such training, our soldiers will become spoiled by the comforts and easy-living which are the trademark of modern civilization.

I have conducted a study based on the results achieved by 1200 men running a 1500-meter distance, and have thus determined that the average time was approximately 6'30". I have

also come to the conclusion that 4'30", which would amount to a mediocre performance for a well-trained athlete, was, in this case, almost a feat!

And yet, one persists in trying to further improve modern methods calculated to better the performance of adequately trained athletes. I object!

Attention should be focussed on the ordinary, average soldier, and not directed to the athlete who already enjoys the benefits of proper training and constant medical attention.

It is the role of sports medicine, let us say of "civilian sports medicine", which has already achieved sizeable results in its field of endeavors, to alert its military counterpart and help it in improving the highly unsatisfactory

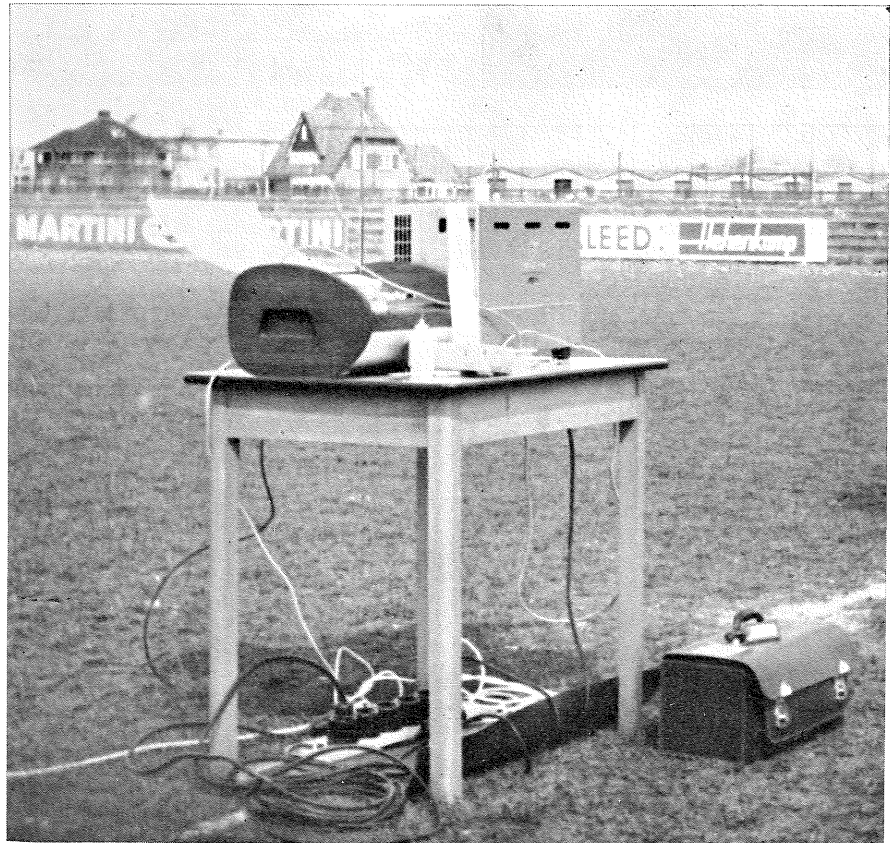
standards of physical fitness which prevail in most western armies.

I am therefore advancing two conclusions:

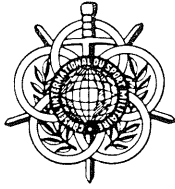
1) All modern armies should have a sports center including a medical section devoted to military athletes and a research center with the task of establishing appropriate methods of physical training.

2) Modern methods of physical training must be suited to the needs of the non-athletic military masses whose physical condition falls short of desirable standards.

I trust that, in this respect, the efforts of CISM's Academy will serve to contribute to the physical fitness of our youth.

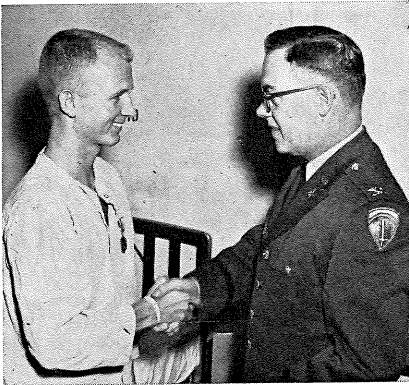


More and more athletes are examined on the Track field; often during their effort.



LIFE AT CISM

Sp4 Johnson awarded army commendation medal for coaching Syrian Basketball Team



Sp4 Richard A. Johnson of the U. S. Army, Europe, standout basketball player with the USAREUR champion USASAE "Big Blue", has been awarded the Army Commendation Medal for his achievement in coaching the Syrian Army basketball team from June to September in Damascus, Syria.

Syrian Army cagers, showing the benefit of Johnson's three-month hardwood tutelage, captured third place in this year's Conseil International du Sport Militaire (CISM) Basketball championships.

Col William F. Ahern, Chief of the Special Services Branch, P & A Division, Hq USAREUR, presented the medal to Johnson at the U. S. Army Medical Center in Landstuhl where the former University of Georgia cager is recuperating from a bout with hepatitis.

The Atlanta, Ga. soldier was cited for an "unusually effective talent in dealing with people that enabled him to achieve outstanding results with the Syrian basketball team and to develop harmonious relationships with his Syrian associates".

The citation emphasized the fact that "mainly as a result of Specialist Johnson's coaching the Syrian Army team finished third in the 1964 CISM championships. Through exemplary conduct, professional acumen and skillful diplomacy, Specialist Johnson distinguished himself in such a way as to foster international respect and good will".

The American Ambassador to Syria, Ridgway B. Knight, took note of Johnson's contribution to international understanding in a letter addressed to General Paul L. Freeman, Jr., CINC. USAREUR: "Specialist Johnson not only succeeded in performing his mission but he also managed to achieve with his Syrian counterparts a special rapport which is so-sought-after by all of us here in our person-to-person contacts. Johnson has left a measure of good feeling for the U. S. among his Syrian associates".

The former Southeastern Conference ace will return to private life in June and plans to take up this coaching profession in the "Peach State".

Johnson was a member of the victorious U. S. Armed Forces quintet that won the 1963 CISM Basketball Championships in Salonika, Greece. The U. S. did not compete in this year's basketball championships.

Playing varsity-basketball with the University of Georgia, he was named Georgia's "college player of the year" and won all Southeastern Conference hardwood honors for this sterling play with the "Bulldogs" in 1962.

XIXth General Assembly of the CISM

The XIXth General Assembly was held at Mexico City from the 4th to the 12th of November 1964. This Assembly, which was expertly organized by General Jose de Jesus Clark Flores, President of the Mexican Olympic Committee and Brigadier General M. Valle Alvarado, was a great success.

The following are the main decisions of the Assembly:

1. J.F. Kennedy was awarded posthumously the title of "Member of Honour".
2. *Elections*
 - President of CISM: Brigadier General R. Hatch (USA).

- Members of the Executive Committee: Colonel J. J. F. Borghouts (Holland), Colonel F. Pottier (France), Lt. Colonel G. Riveras (Spain), Captain G. Fahss (Lebanon).
- Chief of the 1st Section of the Academy: Lt. Colonel H. Hamouda (Tunisia).



XIXth General Assembly — Opening session presided over by H. E. General Agustin Olachea, Minister of the National Defense.

— Mr. A. Bianco (USA) was re-elected as Chief of the 3rd Section of the Academy.

3. Admission to CISM

- Ivory Coast
- Kuwait
- Ethiopia
- Lybia
- The Phillipines.

4. The setting up of a Calendar which would be better adapted to the CISM structure and expansion.
5. The acceptance of two new languages other than French and English as official languages of the CISM: Spanish and Arabic.
6. A study of intercontinental transports.
7. Given the title of Member Emeritus were the following: General M. Belotto (Italy) — Lt. General Rahman

- Amin (UAR) — Colonel (Res) P. Lavanga (France) — Brigadier S. Urgen (Turkey) — Commander B. Gard (Norway) — Lt. Colonel K. F. De Wijk. (Holland).
8. Participation to the 400th anniversary of Rio de Janeiro: Volleyball and Parachuting Championships.
9. The Secretary General's new address is as follows: 119, avenue Franklin Roosevelt. Telephone: 72.19.18. Telegram: CISMILITAIR, Brussels.

Soccer Championships situation

ASIA :

Turkey - Syria	Turkey	} Turkey - Iran : 1-0 Iran - Turkey
Iraq - Iran : 2-1 Iran - Iraq : 2-0	} Iran	

EUROPE :

Spain - France : 1-1 France - Spain : 0-1	} Spain	} Portugal against Spain	} Final Tour
Greece - Portugal : 1-1 Portugal - Greece : 5-0	} Portugal		
Belgium - Germany : 3-1 Germany - Belgium : 2-0	} Belgium (test-match)	} Belgium against Netherlands	
Netherlands - Luxembourg : 1-2 Netherlands - U. S. A. : 2-0 U. S. A. - Netherlands : 0-6 U. S. A. - Luxembourg : 0-2 Luxembourg - U. S. A. : 8-2 Luxembourg - Netherlands : 0-2	} Netherlands		

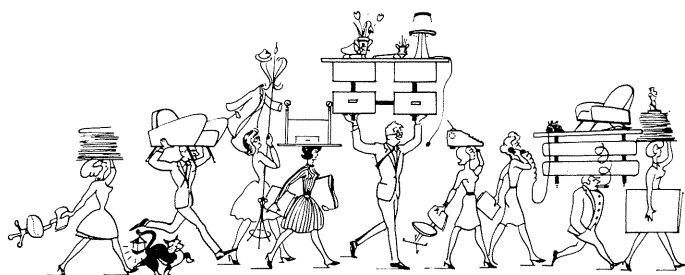
AFRICA :

U. R. A. - Ethiopia	U. A. R.	} Tournament
Senegal - Ivory Coast : 1-4 Ivory Coast - Senegal : 2-1	} Ivory Coast	
Morocco - Tunisia : 3-1 Tunisia - Morocco : 0-1	} Morocco	

CALENDAR 1965

No.	Month	Championship	Sponsor
1	28 February - 8 March	Ski-week	Switzerland
2	28 February	Cross Country and Short Clinic	Spain
3	19 - 27 April	Parachuting	Brazil
4	3 - 10 May	Fencing	Lebanon
5	June	Soccer - Final Tour	to be fixed
6	10 - 22 July	Military Pentathlon	Netherlands
7	2nd fortnight of July	PAIM	Sweden
8	1 - 8 August	Sea-week	USA
9	31 July - 1 August	Track and Field	Greece
10	3 - 11 September	Modern Pentathlon	Tunisia
11	September	Clinic on Boxing	Tunisia
12	6-12 september	Orienteering	Sweden
13	1 - 15 October	Boxing	Germany
14	18 - 25 October	Basketball	Brazil
15	1 - 5 May	1st Executive Committee	Spain
16		2nd Executive Committee	Belgium
17	November	XXth General Assembly	to be fixed

Please note ...



*... our new adress :
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Bruxelles 5
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