

CISM  
magazine

Nr 27 / E

1 9 6 5



# SPORT *international*



OFFICIAL PUBLICATION OF  
THE INTERNATIONAL  
MILITARY SPORTS COUNCIL

Editorial staff — Subscription:  
General Secretariat, CISM-House,  
119, avenue Franklin Roosevelt,  
Brussels 5 (Belgium) — Tel.:  
72.19.18 — Telegr. address:  
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SUBSCRIPTION RATES: Cur-  
rent copy: 25 Belgian francs. Per  
year, (4 vol.): 100 Belgian francs  
(\$ 2.00) Ac. N° 427,885, CISM,  
Banque de Commerce — Place  
Royale, 6, Brussels, Belgium.

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Cover photo : Military sports - PAIM 1964 - Athens Air Rally - Jets fly over the flags  
Editorial : Military sports again - 2nd Parachutism championships Rio de Janeiro - A most unusual picture of the Sugar Loaf





# EDITORIAL

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## THE THREE DIRECTIONS



From the very beginning, the CISM was deliberately developed in three directions :

### *Sports activities*

An exceptional annual sports calendar is organized which comprises 14 events of the Olympic program. On the average, 2 500 military athletes take part. Here, the C. I. S. M. co-ordinates with the national and international federations for the purpose of helping these large organizations.

### *Military competitions*

C. I. S. M. has its own championships. These are as follows : Military Pentathlon, Aeronautical Pentathlon, Naval Pentathlon, Ski week, Combat Swimming, Parachuting.

In a strictly military fashion, these competitions prove how important physical training is in making a soldier an athlete.

### *Scientific research in the field of sports*

Wrapped up with the idea that physical and sports training should also arouse the medical side of sports as well as research, C. I. S. M. insists upon and takes full responsibility in order to have the closest contacts possible between sports medicine, technicians and athletes. This it accomplishes by its Academy and active participation to various international congresses and meetings.

Its recent membership to the International Council of Sport and Physical Education is one of its new enterprises.

Such a program has gone past the limits of the military realm and has touched upon the highly developed plan of national and international activities.

Moreover, the C. I. S. M. is proud to make a great effort toward developing international friendship..... this providing a peace factor and a mutual comprehension.



# The olympic movement and its influence physical education

IN order to fully understand how the modern Olympic idea was able to influence physical education, one must explain what the idea was originally, as conceived by Frenchman Pierre de Coubertin, the renovator of the Olympic Games.

## A humanist and an educator

Pierre de Coubertin's concept of sports was that of a humanist and an educator. Historian, philosopher, poet and pedagogue, man of sense, generosity and will-power, de Coubertin devoted his life to the cause of sports which, according to him, were to play an essential role in the field of education.

He was a prolific writer and his works have been subject to a variety of interpretations.

It must be granted that Coubertin's thinking is not always easy to analyze or condense. It is rich and diversified and might puzzle the reader by apparent contradictions.

Such is the case for his attitude towards physical education, which he seems to oppose to sports. This, however, is a misleading impression for, in reality, de Coubertin's thought was far remote from such an opposition.

His goal was, in fact, to revive the concept of « life's eurythmy » which was the trademark of Greek Olympism: unity of body and soul, quest for a balance between a degree of paganism (the joys derived from a healthy and vigorous body) and an ideal (search for beauty of the body, harmony of movements, etc.).

## A difficult balance

Let us evaluate, from de Coubertin's cherished standpoint alone — that of education — the actual results of these generous ideas and educational principles. Without going into details — so very much could be said on this subject — let us simply admit that it is indeed difficult to make a fair assessment of the human value of current sports: It is Good and it is Evil, alternately subjected to unrestrained praise and violent cri-

We shall then examine the « provisional point of arrival », that is to say just what current sports represent and try to draw a balance sheet of their assets and detriments to the field of education. We shall try to determine what basic elements triggered the evolution which

« The Olympic thought is, in our view, the concept of extensive muscular training, based on both a spirit of chivalry — the Fair Play — and on the Cult of Beauty and Gracefulness » (Speech at the London Olympic Games, 1908). Psycho-physiologic equilibrium, physical and moral worth, feeling for beauty: aren't these the very goals of any full-scale system of physical education? As for the means to these ends, de Coubertin had very definite ideas. They are clearly defined in his works and we could make many a quotation. However, let us try to summarize them in a few points:

- Education and sports cannot gain popularity without a strong interest on the part of the individual.
- « One cannot expect to acquire followers if physical exercise is preached in the name of beauty and hygiene. (Chapter on « Utilitarian Gymnastics » in publication entitled *A 21-year-old campaign*)
- A more powerful motivation is required, such as a genuine passion for sports, expressing itself to the point of « freedom of excess », or the increased chances for success in the struggle for life, acquired through

ticism. It cannot be perfect, it is said, for it is a human thing. True! but isn't our duty to always strive for improvement, and resist any tendency which bears the stamp of decline or degradation?

The desire alone to ignore evil or underestimate its influence does not solve the problem. One must first objectively analyze the basic factors, determine their

took place. And, since our duty is to remain active supporters of education through physical training, we will conclude by submitting formulas which, we hope, might help preserve the human value of sports practiced in compliance with the Olympic ideals as defined by Pierre de Coubertin.

conditioning to effort and training for competition.

- And, as a consequence of the aforementioned, one must have the willing cooperation of the individuals to be educated.

This is the thought of Thomas Arnold, taken up by de Coubertin:

« The adolescent builds his own virility with the means at hand and no one can do it for him ».

Beyond the field of « Sports Pedagogy » itself, as advocated by de Coubertin, one must, in order to promote this pedagogic revolution, strike the mind of the masses, induce the following of the crowds: whence the idea of renovating the Olympic Games which will serve the dual purpose of illustrating the sports ideal and awakening people's interest in physical education.

These pedagogic ideas, based on high-level humanism — against his times as well as his social background, de Coubertin was an internationalist and a democrat — have obviously triumphed. Sports have conquered the world and the Olympic Games remain one of the greatest and most beautiful international events

cause, and only then attempt to submit possible solutions.

## I. In which respects are sports favorable to education?

Without claiming to make a full-scale analysis, let us point out the following:

- Sports are obviously a valuable component in physical training. Many

P. SEURIN, General Secretary of the F. I. E. P.

youngsters submit to rational physical Education ») because they realize it is necessary to the achievement of the physical condition required for performance.

This is one of J. Dewey's laws of interest: « A genuine interest in an ideal generates an equally keen interest in all the intermediary phases leading to the expression of such ideal » (*The School and the Child*).

- the methods of general training in the field of physical education have become increasingly scientific and correspondingly efficient, as a result of the observations and experiments carried out on athletes.
- Sports activities (primarily games and training, and competition under certain conditions) constitute a pleasant and efficient means of general functional training and of psycho-motive education.
- Sports also offer multiple opportunities to exercise and train moral qualities. Let us bear in mind that sports were considered by numerous educators — Thomas Arnold and de Coubertin — as being fated to play an all-important role in character formation.

And the fact is that they have often fulfilled this mission.

- Let us add that the sport fad and the example set by champions have undeniably contributed to raising corporal hygiene standards as well as promoting the practice of physical exercising.

## II. Yet, from the standpoint of physical education, sports have also introduced many an adverse factor

- The often too-rigorously applied principle of competition and selection has frequently discouraged or eliminated the weaker, those precisely who have the greatest need for proper physical exercising.
- The maximum effort required by sports remains in most cases diametrically opposed to the policy of dosage which must govern any rational physical education program.
- The emphasis placed on the study of sports techniques and ultimate achievements has, in the mind of many pupils and, alas it must be recognized, of a certain number of coaches, overtaken physical education's primary objectives, which are physical and moral health and general psycho-motive conditioning.

- « Physical education through sports » often drifts into « Physical education through play », which is a « teaching of pleasure » quite understandably opposed by many educators.

- Finally, modern sports are too closely linked to other interests which are remote from educational concepts (of a financial or political nature, to quote but a few) to remain aloof from the « influence of the environment », even if it does claim to be educational. Youngsters are allegedly more and more interest-conscious rather than passion-prompted. This is not entirely their fault. The current structure of sports, based on continuous and rigorous competition, is the great culprit. It is the leaders themselves who, often in good faith and in order to meet the requirements of a championship, enhance the prestige of their club or country and occasionally for their own personal gain, offer youngsters « advantages » which are hard to resist in an era where material considerations are foremost.

\* \* \*

An accurate appraisal is, we repeat, difficult to make. This would require an objective study, undertaken in the form of a large-scale scientific enquiry.

However, it cannot be denied that the current trends in the evolution of sports jeopardize their educational value.

It, thus, becomes obvious that the educators and all sports and physical education officials should unite — and to this end make an effort toward improved mutual understanding, particularly when they believe to be in adverse camps — to salvage what can be salvaged, attempt to create other forms of sports activities and promote conditions more conducive to a valid educational action.



# Competition for ever !

Pierre de Coubertin's strength and, to a certain extent, the success of his ideas stemmed from his rejection of the « Happy Medium ». « Moderation or happy media are utopias in any field » (Speech « Olympia » 1929). « Collective muscular activity and sustained general emulation thrive on passion, prowess, the champion and even « excess ». »

The famous pyramid, based on the « astonishing prowess » and erected for the ascension toward « the hundred who practice physical culture » clearly illustrates this idea, which was one of de Coubertin's basic concepts.

This principle inevitably leads to endless competition : with oneself, with others.

Competition with oneself, auto-emulation, is a thing of beauty with undeniable moral value. It is the expression of a basic need which characterizes the human being : need to assert oneself, to grow, to reach pinnacles.

In this context, it should be noted that the spirit of competition implies, in certain sports, at least as much auto-emulation as sense of rivalry (defeat the other).

This is true of Track & Field performances, in which the athlete derives as much pleasure from breaking his own record as from defeating the opponent; true also of mountain climbing where the conquest of a difficult peak — be it a tenth performance — has more importance than the speed record; true again of gymnastics where proper completion of the exercise is the primary goal, etc.

These sports are first of all a test of oneself, because the individual faces the difficulty alone. The main opponents are time, distance, weight, or a tricky passage. The challenge of human opposition provides the opportunity for the effort and an added incentive (an « alter ego » who forces me to go to the very limits of endurance, just as I force him to do) and it thus often becomes mutual assistance rather than rivalry.

This is probably more apparent in combat sports where the opponent becomes a necessity (without him I cannot test myself). In that case, fair-play becomes an imperative rule and the slightest cheating is easily controlled and severely penalized.

It is understandable that, in these types of sports, the spirit of competition has little dangerous connotation, except if such spirit is whetted by club or national rivalries, or otherwise spurred by a partisan social circle or financial interests.

Our action in this area must confine itself to moderating passions, stressing the very relative importance of victories as compared to that of loyal and full participation. This is a matter of edu-

cation. This is the purpose of schooling, a relatively easy goal, providing, however, that the educators themselves avoid the pitfalls of passion and sectarianism.

We must, however, point out that the spirit of competition is, in current sports in general, and team sports in particular, primarily applied in its second form : the contest with opponents and generally under such conditions that any match, any encounter, assumes a decisive quality.

The main thing is to win... no matter how !

Let us not forget that all individuals involved (protagonists or spectators) imprint their own moral qualities or shortcomings on sports and that a climate of passion, the typical psychology of crowds, favor the display of their bad rather than good sides.

Let us not pass a judgment on sports on the sole basis of our purely theoretical premises or by considering the case of those champions only whose moral value may be set as an example.

Let us note that Pierre de Coubertin's principles, which fostered the brilliant success of both the modern sports and the Olympic Games, have nevertheless driven sports towards forms which he himself condemned.

And this is the core of the problem !

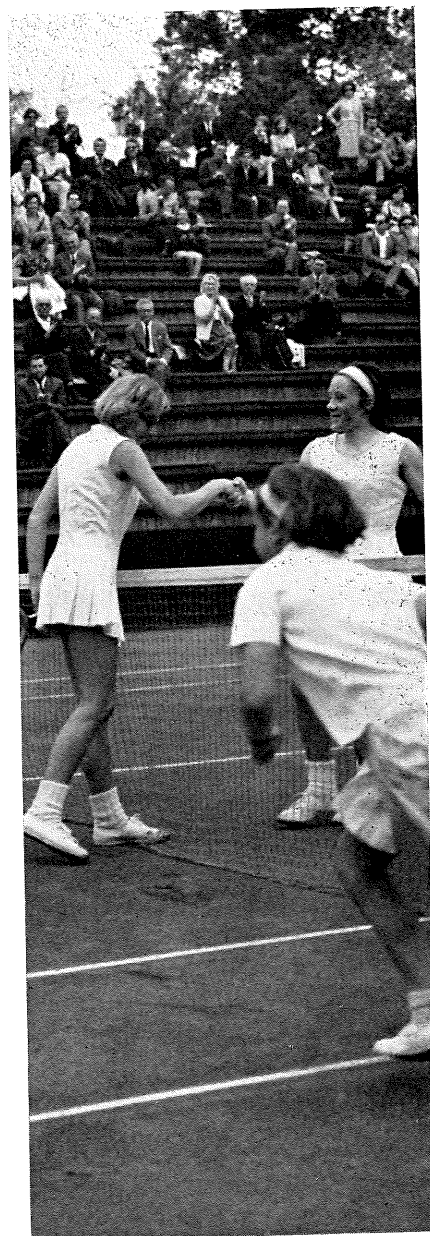
The spirit of competition is unquestionably deeply rooted in human nature. It is a fundamental instrument of activity, an undeniable element of progress; it is the trademark of sports. Hence, it is not that spirit which is to be blamed, but rather certain forms of competition which make abusive use of it to veil other ambitions (social or material gains).

How can we exploit the competitive spirit and yet minimize its adverse by-products ?

In other words, is it still possible to salvage the true meaning of sports so that it may become a more effective medium of education ?

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(1) « 800 dead or wounded for a refused goal » (Soccer Match in Peru) titled the French Press lately, another striking example of the excesses bred by partisan passion. Unfortunately, it must be owned, this, too, is often a part of sports.





## Some suggestions

We do not claim that we can offer an immediate solution to this problem. It is a very delicate and complex one, requiring long-winded effort by a large team of educators and officials motivated by common principles.

We can only attempt to offer our modest contribution in the form of a few suggestions.

\* \* \*

We must put some order in the current sports situation. This is possibly the most difficult phase, but an essential one if we are to assemble the people of good will — with confirmed educational goals — who can be found within all the forms of modern sports, even in professional sports.

*Let us start by not rejecting professionalism — in spite of de Coubertin!*

It is, in any event, linked to interests lying beyond and above the educator's territory and, as things stand, an attempt to challenge them would be futile.

But it can also be of human and social value. It can be an honest trade and, as such, even its greatness. Its social impact, as a spectacle and center of attraction can be very strong. It is, from the standpoint of the audience, a relatively wholesome means of entertainment with sometimes remarkable dramatic qualities. It is also a « catharsis, a purge for passions and instincts » (R. Maheu, Director of Unesco).

But if it is to last and endure, its aims must be clarified and its organization assume a more « social » and rigorous character.

For example, let it be said openly that « catch » is an athletic farce rather than a genuine sport! Let it be urged that the relations between the « worker » (the pro) and the « employer » (the club) be clearly defined in the light of the uncertainty and short life of sports careers.

Let the relationship between professional sports and the State or communities be similar to that existing between professions in general and the Public Authorities. Let us think of the normal reactions of all the « non-sportsmen » — and, for that matter, of many sportsmen as well

— in the face of favors granted to a special category of « showmen » by the Public Authorities (municipal sponsorship to cover the losses sustained by professional clubs, for example) and by the Press.

Let us also consider that, as we see it, professional sport could very well exist, stripped of its selective competition aspect — the championship — which breeds partisan passions. The « Kramer Tour » (tennis) and the « Harlems » (basketball) are, in our opinion, glaring examples. The object is to replace people's interest in the « victory of their team » with the appreciation of a beautiful game performed at the highest technical level.

This is not an easy task. However, neither is it an impossible one and we shall demonstrate it.

\* \* \*

The greatest difficulty in putting some order into the situation resides in the area of « elite amateur sport », which includes national and international events as well as the Olympics.

Mr. Jean Borotra, Vice President of C. I. E. P. S., made a remarkable study on this subject. His report was approved by the International Council and termed « clear and courageous » by Mr. René Maheu, Director General of Unesco. We believe that this study constitutes a very solid base for the promotion — maintenance or re-establishment, as the case may be — of a junction between elite amateur sport and professional sport through an action which would sacrifice neither the individual nor the high moral values of sports.

In any event, professional sport or high-level amateur sport will remain the realm of an exceptionally gifted minority.

If we truly intend to vest sports with an educational purpose, as per de Coubertin's fundamental idea, we must devise a formula of « Sports for all ». The development of such a concept requires a revision of the prevailing conditions and attitudes.

Let it be understood that « Sports for all » cannot be based on the current championship structure, which is a form

of continuous competition on an almost inevitably decisive level.

Such a formula systematically leads from selection (hence, elimination of a number of potential participants) and victory at any cost, to chauvinism and the gemut of all-too-well-known excesses which we deplore.

« Sports for all » will above all be a « Sport Game ». It will, by comparison to current sport — even when the latter claims to be a « sport for masses » — require more liberal regulations, a relaxation in the organization of encounters, an increased independence from the public and from the customary financial burdens. It would also gain by being spiced with a measure of fantasy.

It will first be a school and college sport, later a military sport, exclusively entrusted to the care of educators. It will be organized within the scope and spirit of general physical education and based on formulas providing for wide participation, to include the weakest, in a carefully controlled program.

It will be the family sport, the corporative sport at leisure time : open air outings, friendly matches with family or friends. And, in tomorrow's world, which will undoubtedly provide for increased leisure, the role of sports may acquire great importance.

For many sports clubs it will become the long-awaited genuinely friendly match, no longer bound by age and duration restrictions, rules pertaining to the replacement of players, or chauvinistic considerations.

It will, more often than not, be a sport without paying spectators. Its greatest need will not be large stadiums (which will nevertheless be used for propaganda events), but rather game fields, gymnasiums, meadows, woods, mountains and beaches.

This « Sport Game », or « leisure sport », truly meant for the masses, will naturally reveal the existence among the youth of a physical elite which will meet at high levels in the stadium, just as it does now, but perhaps in a different spirit, for the sake of a « purer, more chivalrous, clearer and calmer sport » as de Coubertin wanted it to be.

## The force of a sports' education

*Is all this mere utopia? That remains to be seen!*

Granted, the process calls for reversing a powerful trend. It requires initiating a revolution in the minds and actions against an overwhelming combination of powers — financial considerations, local and national passions, deep-rooted habits, etc.

But one must have faith in the power of education.

We must remember that de Coubertin was, at the beginning, a completely misunderstood Don Quixote and that, in spite of this, he did triumph. (Partial triumph, of course, but then isn't « partial » the very measure of humanity?). Quite probably his action was timely — which explains its success.

It took place at the beginning of the century when the pedagogic revolution was in full swing and filled a gap in the requirements of youth.

Our own efforts to create a « Sport for all » also occur in conjunction with a world-wide pedagogic movement which is revising the concepts of interests. The purpose of this current social trend is to provide increased amounts of leisure time, which in turn will require the creation of wholesome occupation and thus put greater emphasis on the need for physical activities.

Many requisites have been — or will be — met in order to fulfill this task.

But it also shares the common need of all great causes : the kindling flame, the « power thought » — and the will of all educators united within a common ideal :

That, tomorrow, the school will actually fulfill its primary mission in the area of physical education : give the child and the adolescent a lasting taste for physical exercise and endow him with the physiological and technical possibilities of deriving more pleasure from his leisure time and more reward from work.

That the Army will take over this program where the school left off, and thus provide the youth with lifelong advantages.

## A work of conviction

*In order to undertake the desired experiment, we must convince :*

First, the educators. We believe this will be a relatively easy task. It calls for an expansion in the exchange of ideas and human relations in order to promote increased knowledge of, and respect for, each other and to perceive the fact that differences of opinion on techniques are not so important when the basic goals are the same.

Then, convince the leaders and various social authorities. This will unquestionably be more difficult.

Those among the men who are interested in the question — and all sports administrators and leaders fall within this category — are nearly always high-caliber sportsmen or ex-sportsmen themselves. They have, therefore, a somewhat favorably biased outlook on physical activities, which they pursued with passion and success.

Competition was actually the key to their formation and has given them great rewards. They generously wish to extend this gratification to all youngsters.

The first misconception is precisely to think that a personal success experienced at a given period of our life can be repeated by others in the corresponding period of their life.

The second error is to reason from the standpoint of youth along.

Let us clearly realize that modern sportsmanship is developing a social background which has undergone many changes since the days of our youth. Let us quote as examples the increased possibilities of effortless entertainment — car, motorcycle, movies, etc., which constitute a serious threat to sports. Many a youngster no longer hesitates between the Sunday car ride and the struggle in the stadium, particularly when the outcome of the latter is almost certain defeat. Sport, based on competitive selection is inevitably the loser as far as its claim to being a « sport for the masses » is concerned.

Let us also consider that, today, the proportion of athletic youngsters represents but a minority of the youth and an even smaller percentage of those who will have to follow rational programs of

That, tomorrow, governments and social authorities perform a « reversal of priorities »; that, instead of devoting the lion's share of their power, time and often generosity to the glory of champions (this new social aristocracy), they launch a vigorous and sustained information campaign for physical education and its merits in the form of health, hygiene and recreation; that, to this effect, they put to use the powerful means which heretofore were almost exclusively the privilege of professional or elite amateur sportsmanship : the press, television, movies, great shows, etc. That the public be provided with playing fields or gymnasiums rather than stadiums for spectators.

physical education throughout their life to offset the effects of our « civilization of the sitting man ».

It is therefore the physical educators — as well as those leaders who have already joined the cause — who must demonstrate, through reasoning and facts — that other aspects are available, beside selective competition.

We already have solid arguments. A mass campaign for physical exercise has already been launched in several countries, often under the name of « Voluntary Gymnastics ». Numerous surveys (Sweden, Bulgaria, France, Poland, etc.) have determined the main inducements for participation. They may, allowances made for variations due to age or background, be listed in the following order, which illustrates the « average reaction » :

1. Recreation. Escape from professional worries, etc.
2. Satisfaction of the need for movement.
3. Gratification from group action; opportunity to form congenial circles.
4. Quest for health, well-being, improved physical appearance.
5. Pleasure in achieving physical improvement.
6. Enjoyment of competition.

That such a project be undertaken, on an experimental basis — over a sufficient period of time, for results in educational areas require patience — in a certain number of countries or even within less important social groups. Then, and then only, shall we be able to tell whether it is possible to create another concept of sports, a different sport reality.

The dice have not yet been tossed. The current trends in sports are not irreversible.

« The unchangeable human nature is not unchangeable, but can — and often has been — deeply modified ». (A. Huxley, *The Means and the End*).

The spirit of competition is thus far from ranking first. Yet, the surveys were conducted on groups including a large proportion of youngsters.

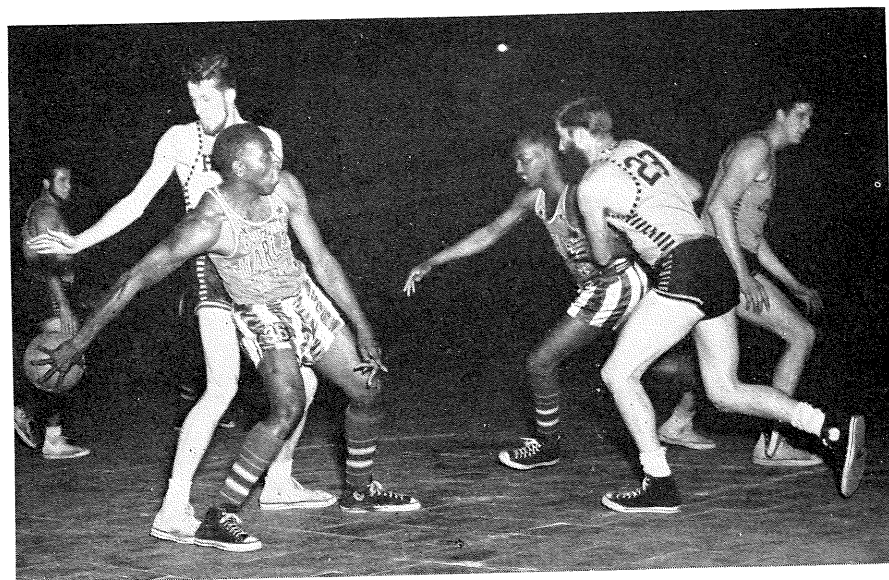
We therefore come to the conclusion that the conception of a drive for exercise based on hygiene and recreation rather than on organized competition is in no way utopic.

Data based on experiments are also available. In various countries the State or independent organizations have demonstrated that « sports for masses » can really exist and be motivated by physiological and social concepts other than that of competition alone.

Such arguments and examples must be rationally exploited in convincing both the leaders and the public that efforts must be concentrated on the creation of the « Sport Game », the « Sport for Masses ».

The initial step in this direction must be taken by us, in the reappraisal of our own approaches. This is a tall order and will require both courage and renunciation.

But at this price only will we save educational sport, sport such as dreamt of by de Coubertin.





# Sports program of the German Armed Forces (Bundeswehr)

*The Bundeswehr totals 425 000 men — draftees, men on extended service, regulars, enlisted personnel, NCO's and officers. Combat readiness of the services — Army, Air Force, Navy and Territorial Defense Forces, depends of the effectiveness of the individual.*

*Proficiency in the use of weapons and other technical implements is not enough — even in the 20th century. Character traits, physiological and psychological factors make up the effectiveness of troops, as has always been the case in history.*

*The ability to unitedly strive for a common goal, and the willingness to accept hardships and even sacrifices in order to reach this goal, molds the multitude of soldiers into a military unit, which is combat ready.*

The training of a German soldier is very eclectic. Modern Pentathlon holds a place of honor



## Sports fosters the competitive spirit

At all times, it was an accepted fact that good athletes make good soldiers. Sports in the sense of the Olympic ideals set forth by Pierre de Coubertin and Carl Diem, based on the Hellenic tradition, fosters the characteristics of a good soldier. An athlete always strives for top performance and endeavors to continuously better this performance by further training. He overcomes complacency — a trait inherent to human nature — and attempts to defeat his opponent. Sports is an infallible means for a person to measure his ability, give him self-assurance and prevent over-estimation.

Not only in sports competition — also in the «heated» battle of weapons — the outcome largely depends on a sound judgment of ones capabilities. Sports train people in common planning and common action. A rowing event is not won by the fact that the boat is manned by eight good rowers, but by the rythmical strokes, synchronized to a fraction of a second — working like a man's hart beat.

The German Armed Forces soccer team has proven in the 1964 C. I. S. M.

championships that team spirit and team work of eleven unknown players could top the performance of internationally recognized Greek and Arabic soccer stars.

Because sports fosters the competitive spirit, physical education and sports are part of the soldier's training ever since humanity has united to defend common ethical and material values. This applied to the athlete in Hellenic times as well as to the competition in tournaments in the Middle Ages. In contrast to former armies, serving in today's modern forces requires top physical fitness of soldiers to enable them to cope with the physiological and psychological pressures.

« The gunner in the tank, the jet pilot, the radar observer, the machinist in the submarine are all tied to their places for hours. In spite of their physical immobility, they must remain alert, body and mind must function perfectly to achieve instant reaction in the decisive moment. Sports release the soldier of the pressures of the job, providing opportunities for physical exercise corresponding with human traits ».



Cross Country skiing is a discipline well suited to the Bavarian Alps

## Olympic sports in military training schedules

The German Armed Force, from their inception in 1956, have included sports in the training program. Based on the experience factor gained in the first 6-7 years, the Ministry of Defense has established a regulation « Sports in the Armed Forces ». This regulation uniformly covers the organization of sports programs for all services (Army, Air Force, Navy and Territorial Defense Forces) and contains practical hints for the conduct of the program. *The troops should devote, if at all possible, three 90-minute periods to sports in the course of a week. As a rule, this is usually only possible during basic training. In any case, commanders are required to schedule at least two 90-minute sports training periods during the week.*

The program of the « General Sports Training » includes small games with or without implements, track & field, swimming, boxing, skiing and team sports. Training in these sports can be adjusted to individual proficiency, affording the beginner an opportunity to gradually progress. In addition, the Armed Forces provide specialized training to outstanding athletes in Modern Pentathlon, Fencing, Shooting, Parachuting, Judo, Football and Handball.

All soldiers up to the age of 40 are required to take part in the scheduled

sports training. Personnel over 40 years of age, however, are excused from competitive sports. The officers and NCO's responsible for the sports programs in the units, are assigned this responsibility as an additional duty. They are trained for this function while attending Officer and NCO Academies. In addition they receive specialized training at various courses at the German Sports School in Sonthofen, situated in the Allgauer Alps. This school was established in 1957 and is commanded by Lt Colonel Soellner, who won a Gold Medal in the last Olympics before World War II in four-man rowing. The faculty of the school — as in other Armed Forces schools — consists of civilian Physical Education teachers who were educated at appropriate civilian institutes. The result is that all personnel responsible for the sports program are being trained according to the latest techniques in the classrooms, gyms, athletic fields and swimming pools. In addition to the regular courses for the sports leaders in the units, special courses are being conducted for company commanders, staff officers and medical officers. Specialized courses are conducted for specific sports such as boxing, swimming, skiing, handball, basketball, soccer, volleyball, judo, modern pentathlon, gymnastics and track & field.





Exercises with logs  
use only the cheapest of materials!

## International Sports

Aside from their primary responsibility, the German Armed Forces Sports' School in Sonthofen has assumed the task of selecting and training soldiers who will carry the colors of the Federal Republic in C. I. S. M. championships. As early as 1958 — 2 years after their inception, the German Armed Forces were represented in one of the championships — (which are also noted in the civilian sports world) skiing. In 1959 they took part in cross country and skiing. The performances at that time did not bring any medals. However, the opportunity of friendly competition in the field of sports with soldiers of other countries is invaluable in any case. By now, the German Armed Forces have participated in 33 C. I. S. M. championships, winning 13 gold, 26 silver and 24 bronze medals for the Federal Republic in addition to gaining 23 third places in boxing.

German soldiers excel in track & field, swimming and boxing. Last year, for the first time, the German Armed Forces participated in Modern Pentathlon and Soccer. The German entry won 2 silver medals — team and individual classification — in a highly competitive field of seven nations at the event in Texas. This brings back to memory the fact that before the war, Germany with Sweden, USA and Finland were the world's leading competitors in Modern Pentathlon. In Soccer, the German eleven, in their first participation and among a field of 16 nations progressed to the finals and wound up third. This is no small accomplishment, considering the fact that the team was not an organized group — in contrast to other countries — since players were assembled from all parts of the Federal Republic.

## A quarter of a million compete in the Military Sports' Tournament

The competitive factor is a vital part of sports. Competition enables one to measure one's capability and encourages increased performances. This idea of high and highest performances is fostered in C. I. S. M. championships. Top sports achievements are only of value to the Armed Forces if these achievements stem from the masses. Therefore, last year a military sports tournament was established which will be an annual event. It is a four-event track &

field competition including 100-meter run, broad jump, shotput, 5000 meter run, conducted within companies, squadrons and other corresponding units. All soldiers up to the age of 40 are required to take part. Modified events are scheduled for older and disabled personnel who may volunteer to take part. The 1964 military sports tournament was based on the experiences, competition and organization — gathered by the Army in the past 2 years, when they conducted the

« Army Sports Day ». In 1962, 183,358 and one year later 193,724 soldiers took part in this event. 10% of the participants accumulated more than 50 points in the overall classification which is equivalent to the qualifications required for the Germans Sports Emblem.

The year of 1964, when the German Armed Forces established the military

sports tournament, is significant because exactly half a century ago the first Army Championships were conducted in Germany. Carl Diem mentions this fact in his book « World History of Sports », which was published in 1960 by Cotta: « The first Army championships held in 1914 in the German stadium — later known as the « Reichs Sport field » in which a Hohenzollern prince — Fried-

rich Karl of Prussia (killed in World War I) won the 400-meter run, were the birth of a new concept of physical conditioning. From there on, the Armed Forces, which included almost the entire male youth, became the « nursery » of sports — sports in the truest sense of the word — on a voluntary basis in which friendly competition prevailed among all ranks.

## Hand-in-Hand with civilian sports organizations

In discussions between the German sports Federation and the Federal Minister of Defense, the German Sports Federation has authorized the Armed Forces, effective 1 January 1964, to qualify members of the Armed Forces for the German Sports Emblem. In addition, the German Sports Federation has entrusted the Armed Forces with the training and nomination of qualified judges in the German Armed Forces area of responsibility in the sports of Track & Field and Swimming, therefore authentication of test results also rests with the Armed Forces.

These measures indicate the close cooperation between representatives of civilian sports organizations and the Armed Forces. The association between the German Sports Federation and its bodies and the Federal Ministry of Defense is complemented by friendly relations between local sports clubs and the local troops. The Armed Forces like to see their members take part in the activities of local sports associations since this serves a twofold purpose — it deepens the relationship with the local citizenry and fosters physical fitness of the soldiers. This is the reason why intentionally and purposely no military sports

associations are established. Only on a few isolated posts, where civilian sports clubs are practically non-existent, have military associations been established.

Sports equipment and facilities of the individual units are available to the soldiers in their leisure time. Many of them take advantage of this opportunity to train for the German sports Emblem and the military sports tournament. Outstanding athletes have the possibility of regular training to maintain and improve their proficiency — and advantage to an extent they will not have later on in civilian life.

## Mission of the Armed Forces — Sports for the Masses

The Armed Forces do not intend to provide special training for top athletes during duty time other than the general sports training, for the following reasons:

1. According to the mission of the Forces training of the soldier has to be such as to prepare him for his military duties-defense. This does not warrant training of a small group of top athletes.
2. The Armed Forces provide three 90-minute periods weekly to sports activities to provide an opportunity for all soldiers to foster those mental and physical traits necessary for a healthy human being.

The Armed Forces will limit competitive sports to Modern Pentathlon and Biathlon, since these are competitions inherent by nature and tradition to armed services

— military and police. In addition, the Armed Forces assume the function of civilian sports organizations which are non-existent in these sports.

Recognized top athletes will be afforded special considerations within the framework of the amateur rules, to give them the opportunity for sufficient training. This includes transfers to posts where training centers for the various events are located.

The basic concept of the Armed Forces as pertains to fostering of high level competitive sports is in complete consonance with the standpoint of the German Sports Federation. President Willi Daume, on the occasion of the Sports Press Conference of the Ministry of Defense, 3 July 1953, stated (quote from conference notes):

« ... There are examples in Eastern countries and also in the West where

the military practice a new form of sports... There are entire sports regiments. The much discussed trial case of Joinville, in France, has been studied by us separately at the site and we have commonly come to the conclusion that this solution is not debatable for us. I refuse to believe that it will lead to better results than our liberal concepts of competitive sports. I am sure; the near future will bear me out. »

The daily paper « Die Welt » quotes Daume along the same lines:

« Connections between sports and Armed Forces function without sports' battalions. »

Based on these reasons, the Armed Forces see no need to change their propagated and consequently adhered to basic concept concerning fostering of the sports elite. The Armed Forces will continue to see their prime mission in mass participation.

## Lack of Sports Fields, Gyms, Swimming Pools

A sound sports' training within the units, will only be possible if adequate sports' facilities are available. The building-up of the Armed Forces has progressed at such a fast pace that the construction of sports field, multiple purpose halls, swimming pools has not been able to keep pace. As an interim solution it has become necessary to rent appropriate facilities from community and sports' clubs to conduct the military sports training. The Sports manual contains suggestions as to how to conduct the program with limited resources.

At the end of 1963, the Armed Forces within their 330 posts had 150 Armed Forces owned and 110 rented sports

fields. Only 23 smaller garrisons do not have any facilities. To provide every battalion and corresponding unit their own sports field, it is planned to construct another 160 sports fields. Furthermore it is planned to construct 120 sports halls, which means that together with the presently available 190 halls practically every post will have a multiple purpose hall.

The daily papers and the sports press in Germany and foreign countries have repeatedly covered the subject of sports in the Armed Forces. It was pointed out that today's young men when entering the service are unsufficiently conditioned. This is a result of civilization

developments which so far schools have been unable to remedy. This means many young people are physically underdeveloped and awkward when they enter the service. In this area of physical education and fitness the Armed Forces have to make up what civilization has neglected to do for young men between 14 and 20.

« The Armed Forces carry out this responsibility, because physical fitness belongs to the soldier as much as modern equipment. The entire German sports therefore owes gratitude to the Armed Forces. »  
(Neue Züricher Zeitung, 13 November 1963).



# Middle- and long-distance races, marathon and cross country

## RECOMMENDATION

The requirements of modern racing no longer permit an equal concentration on both the full track season and the Cross Country season. The long-distance runner must intensify his training, particularly in winter, and this implies the necessity of choosing the type of training

which will be best fitted to his program and conducive to a gradual progression. In other words, Cross Country must be used to build on the capital of endurance by means of a controlled and rational process.

## REQUISITE QUALITIES FOR LONG DISTANCE AND CROSS COUNTRY EVENTS

These may be listed under two headings :

— *Moral assets*, with emphasis on will-power.

— *Physical assets* :

ENDURANCE,

RESISTANCE.

The achievement of adequate mental reaction hinges on the individual's psychological tolerance to training (conditioning to prolonged effort, mental and

physical hardship). Training develops the power of resistance, particularly in the case of long-distance specialists, by gradually adapting the athlete to an increased « volume » of effort. The goal may be :

— either to emphasize the factor of « *quantity* », in which case the effort is focused on ENDURANCE

— or the achievement of better results in the area of « *quality* » in the sense of intensity and frequency, which demands RESISTANCE.

## INFLUENCE OF TRAINING FOR ENDURANCE AND RESISTANCE

1° *Training towards increased endurance and resistance* first of all results in improved cardio-pulmonary capacity. It provokes a decrease in the heart beat, which can easily be checked at rest

(preferably in the morning). The heart of a well-trained athlete beats at a rate of 50 or less pulsations per minute. In the case of certain champions, it is common enough to register a rate of 40

Jazy, leader of the French distance runners



or even less, while a normal, untrained individual's count is around 70.

A trained hart is primarily more muscled and has greater power of recovery. Due to its enlarged volume, the process of intake and ejection is more efficient and thus allows for longer periods of rest (Dr. Andrivet).

2° *The more specific aim of endurance*

*training* is to strike an equilibrium between the supply and demand in oxygen and the production and elimination of carbon dioxide at muscle level. Both stronger reactions are promoted by :

- a better utilization of the capillary vessels;
- the action of the liver, which regulates the distribution of sugar.

Let us also mention that the elimination of waste products created in the course of a sustained effort depends on the proper functioning of the agents of disintoxication (liver, kidneys, etc...).

3° *The primary goal of the resistance effort* is to inure muscles to withstand considerable oxygen output. By its very intensity, this type of training refines the neuro-muscular qualities.

## TRAINING OF LONG DISTANCE AND CROSS COUNTRY RUNNERS

Taking into consideration the already taxing requirements on most of France's young athletes, it appears hardly possible to add to the training program outlined below (warming-up included). The

chart covers training on all terrains or at the stadium with a view to developing either endurance or resistance. In this case all depends on :

- the seasonal period ...and the particular individual's objectives.
- the « periods » of each personal program (actual competition to be included in these averages).

Category	Number of sessions per week	Average Duration of session		Average Weekly Mileage		For outstanding, well-trained individuals
		Beginner	Confirmed athlete	Beginner	Confirmed athlete	
Women	3 to 6	30 to 40 mn	45 to 70 mn	20 km	30 to 45 km	Seniors only up to 90/100 mn 60 km
Men (minima)	3	Never over 40		15 to 20 km		Nil
Men (Junior Novice)	3 or 4	30 to 40 mn	40 to 50 mn	15 to 20 km	20 to 30 km	Nil
Men (Junior Varsity)	3 or 4	40 to 50 mn	60 to 80 mn	20 to 25 km	30 to 45 km	Up to 90/100 mn 50 km
Men (Senior)	4 to 6	40 to 50 mn	60 to 100 mn	25 to 40 km	50 to 90 km	Up to 120 min 100 to 140 km

### Notes on training of youngsters

From the word « go », stress the importance of :

1° — prolonged and complete warming-up (slow pace, exercises for ankles, knees, hips and shoulders; movements to strengthen joints and muscles; exercises for increased nimbleness and relaxation. If

faced with a choice, the latter method is to be selected.

2° — learning how to clear various obstacles either by the stride itself or by incorporating a leap.

3. — the program including indoor sessions (twice weekly if possible) in order to concentrate on special muscular exer-

cises determined in function of noted weak points.

4. — priority being given to various courses on different surfaces during technical sessions. This will accustom the youngster to running over difficult terrain.

## DEVELOPMENT OF ENDURANCE

The goal is to minimize the amount of movement. Training is gradually increased.

### Means :

- Training on diversified terrain.
- Repetition of short distances (100 to 400 meters) at 2/3 the current maximum speed.

### TRAINING OUTDOORS (all terrains)

The courses must be varied, the surfaces diversified (nature and profile).

*Nature* : Alternate soft and hard surfaces.

*Profile* : Look for courses including :

- Flat stretches.

— Mildly hilly stretches (at worse a ditch or a bank).

— Steep grades (60 to 100/120 meter long).

The above may be combined within a closed circuit.





Team sports also requires an adapted form of distance running

## REPETITION OF SHORT DISTANCE RACES (interval training)

Training consists in repeating distances of :

100 and 150 meters : well-trained women and youths.

100 to 300 meters : juniors and middle-distance specialists.

200 to 400 meters : specialists of 5 kilometers and over.

### 1. — Speed intensity

Perform at approximately  $\frac{2}{3}$  the current maximum speed over repeated distance. Ex. : In the case of an individual capable of covering 100 meters in 12 seconds, repeat race in  $12 + 4 = 16$  seconds.

In other words, the athlete's performance is to be 33 % below maximum speed. Gradually increase speed between November and March to reach, in the case of better runners, up to 25 % below top speed:  $12 + 3 = 15$ . In any event, take ground condition into consideration and require longer times for performance on muddy, snow-packed or otherwise difficult surfaces.

### 2. — Interval inter-race

equal to the distance covered (back track). For youngsters and beginners : walking stride; for others : alternate walking and jogging.

It is preferable to group repetitions in series of 4 to 6, with « inter-series » intervals consisting of slow racing on varied surfaces.

### 3. — Number of repetitions

2 to 5 series of 4 to 6 repetitions, depending on individual's age, degree of training and objectives. Distances can also be combined in the case of Juniors. For example, one session may include :  $5 \times 200$  m;  $5 \times 400$  m;  $5 \times 200$  m.

Notes : The currently prevailing formula consists in incorporating short distance running into the session devoted to running over all types of surfaces.

### 1. — Utilization of natural obstacles

*Flat terrain* : to be used for gradually accelerated « straight lines ».

*Hilly terrain* : is favorable for winding races (20 to 30 crossings).

*Uphill course* : used for progressive acceleration.

### 2. — Technical Advice

— For winding race (also called 'Toboggan') :

— Stick to the ground, hence firm support (good leverage). Foot in the air should be pointing opposite the direction of forward movement.

— Check exhaling over period of 3 to 4 footfalls.

— Nimble movements by ankles and knees in order to ease uphill and downhill running.

— *Uphill practice* : (to be carried out in series of 4 to 6 repetitions).

Distinguish three phases :

— Progressive start (20 to 40 meters).

— Powerful stretching (thighs and back) every time the foot touches the ground (20 to 40).

— «Fast start», but not full speed be maintained on the flat stretch for 20 to 30 meters.

During this practice :

— Put feet down, don't stomp.

— Ensure compensatory action of arms (each sequence spans over time taken by elbow to reach its farthest outside rear positions).

Notes : Races during the interval in repetition work will be performed by alternately jogging and walking for 4 mn to 2 mn for beginners and youngsters and 2 mn to 1 mn for well-trained athletes (set a standard closed course for these sessions).

## DEVELOPMENT OF RESISTANCE

While being less taxing than sheer speed effort, resistance work requires more muscular work than demanded by the process of endurance development. The quality of this form of training is determined by the intensity of the effort

made. The purpose is to help the body withstand the effects of an imbalance created by insufficient oxygen, coupled with a stepped up production of carbon dioxide (oxygen debt).

This type of effort is more specific and is connected with the maximum speed which an individual can sustain for a given time, the pace-setting speed, or « Usable Speed ». Practical examples :

Goals	Usable speed over 100 m at 100 %	Intensity of repetitions at 90 %	Intensity of repetitions at 105 %	Intensity of repetitions at 110 %
3,000 : 9' (Juniors) 50,000 : 15' (seniors)	18 mn	19 <sup>s</sup> , i.e. : 1 mn 39 s over 500 m., 3 mn 18 sec per km	17 <sup>1</sup> i.e. : 51 <sup>s</sup> over 300, 68 <sup>4</sup> over 400, 1.25 <sup>s</sup> over 500 and 2mn 51 over 1 000	16 <sup>2</sup> -48 <sup>6</sup> at 300 m, 64 <sup>s</sup> at 500, 1.21 mn at 500  Not recommended for 1 000 m
5,000 : 14'	16 <sup>s</sup>	18 <sup>4</sup> i.e. : 1mn 32 s over 500 and 3 mn 04 s over 1 000 m	16 i.e. 1mn 48 s over 300 — 300 — 64 over 400, 1mn 20 s over 500 and 2 mn 40 s over 1 000 m	15 <sup>1</sup> : 45 <sup>s</sup> over 300 — 60 <sup>4</sup> over 400 — 1 mn 15 <sup>s</sup> s over 500

The following conclusions emerge :

● *The first stage of resistance training within the winter program can be carried out over middle distances (500 to 100 m) at a pace corresponding to 90-100 % of the usable speed (November-December-January). This is but an evaluation intended to establish a pattern. In reality, if the endurance factor is insufficient, the coach should not hesitate in setting an intensity inferior to 90 % (particularly in the case of youngsters).*

During this period, the resistance training merges with the endurance training.

*After January, the distances will be shortened. It is to be repeated and an intensity ranging from 100 to 105 % of usable speed may then be required in February-March, or 105 to 110 % in April-May.*

The resistance work, which constitutes  $\frac{1}{4}$  of the effort (against  $\frac{3}{4}$  for the endurance work) during November, December and January, evens up in February-March and even slightly gains in importance during April-May.

● *The range of usable distances covers (from November to May) :*

For women and trained youngsters : 500 to 100 m;

For Juniors (3 000) : 1 000 to 250 meters;

For Seniors (over 3 000) : 2 000 to 500/400 m.

● *The number of repetitions varies according to distance, from 10 to 15 for series of 3 to 5 repetitions over short distances; 3 to 5 over middle distances.*

● *Recovery period depends on the individual requirement of each runner. In any event, one should not consider cardiac recovery alone for it often occurs before neuro-muscular recovery.*



Tokyo — Heat 5 000 m : Halberg leads — Norpoth and Gammoudi are following



2. — In the case of high caliber athletes, resistance development should be supplemented by so-called « fractional » training in spring (acceleration of the pace). This form of training is designed to place the athlete within a uniform pace around 100 % of the usable speed, over the distance of his speciality and those immediately shorter in length.

For the 3 000 m : 1 000 - 2 000.

Beyond : 1 000 - 2 000 - 3 000 - 4 000 - 5 000.

It is recommended to previously run several shorter distances so as to « get a feel » of the required speed. Example : in the case of a runner aiming at 8 mn 40 s over 3 000 metres :

2 × 500 m in 1 mn 24 s / mn 25 s at 6 mn interval;

Walk and jog 10 mn.

2 × 1 000 m in 2 mn 49 s / 2 mn 50 s at 10 mn interval;

Walk and jog 10 mn to 12 mn.

1 × 500 m in 1 mn 24 s / 1 mn 25 s.

or 3 × 250 m in 41 s to 42 s.



A striking figure of the recent olympic games : Brightwell (Great Britain)

NOTE :

The long distance and marathon runners must develop this pace at the highest degree.

The « passage times » are very important for they serve as control points, allowing to regulate the pace. A given runner, with unusual resistance, who covers 5 000 meters in 15 mn automatically knows that he can run the 10 km in less than 30 minutes (the second part of the

race generally being faster than the first).

On the basis of 3 mn to the kilometer, 5 000 meters are covered in 15 mn, 10 km in 30 mn and 20 km in one hour.

This formula was adopted by both the Czech Zatopeck (29.9.51) and the New-Zealander Baillie (24.8.93) when they achieved their respective 20 km 052 and 20 km 190.

Marathon runners as well must know that the pace of 3 mn 20 s to the kilo-

meter leads to 18 km per hour (2 h 20 mn 9 s in the marathon).

Following is a chart illustrating the above formula :

This type of training may be carried out on a track, which facilitates the controlling process. However, the marathon runner can just as well practice his « rythm » over distances of 9, 5, 7 (1/6 of a marathon), 10 and 14 km (1/3 of a marathon).

Anticipated result over 42 km 195	100 % intensity in the following repeated distances					
	200 m	400 m	600 m	800 m	1 000 m	2 000 m
2 h 18 mn	40 s	79 s 4	1 mn 59 s	2 mn 38 s	3 mn 17 s	6 mn 34 s
2 h 25 mn	41 s 4	83 s	2 mn 04 s 4	2 mn 45 s 6	3 mn 27 s	6 mn 54 s
2 h 35 mn	44 s	88 s	2 mn 12 s	2 mn 56 s	3 mn 41 s	7 mn 22 s
2 h 50 mn	48 s	97 s	2 mn 25 s	3 mn 14 s	4 mn 03 s	8 mn 06 s

## CONCLUSIONS BEARING ON TRAINING FOCUSED ON ENDURANCE AND RESISTANCE

The coach-athlete team must:

1° — Respect the period of initiation and preparation as a basic «must» in the formation of the young.

2°. — Give due consideration to individual personal reactions; once the stage of performance has been reached (athletic maturity), the athlete must, with the assistance of his coach, find the work cycle best suited to him (alternation of intense phase — in general 3 weeks — and mild maintenance phase — 7 to 10 days).

FOR :

— If a large number of kilometers must be absorbed, the body should be given time to assimilate them.

— The heart needs a given period of adaption in order to fully benefit from the effort which it must produce. This is why it is recommended that intensive training sessions (both in terms of quantity and quality) be alternated with milder training in the scheduled weekly program.

3° — Thorough knowledge of physiology and dietetics is required, for in this field success depends on it. The basic rules may be summed up as follows :

● The inter-effort stage, starting point for a new repetition, is located in the neighborhood of 100 pulsations per minute — for the young.

For the well-trained athletes which already possess relatively slow heart beat, the phenomenon occurs at 120 to 110 pulsations per minute (endurance work).

● Wholesome and abundant nutrition must, above all, be balanced. The meal preceding a competition must be finished 4 to 5 hours prior to warming-up (eventually provide for an interim ration). The meal following the competition must be light, consisting primarily of soup, fresh vegetables and fruit. Care must be taken not to add to the fatigue of a somewhat dehydrated and intoxicated constitution, which would be further taxed by an excessive intake of food.

After distance events, it is recommended to absorb liquids (mineral water, preferably non-gaseous) to the level of 1 to 1½ liter within the 4 to 5 hours following competition.

● The use of steam baths (sauna), massage and hydrotherapy (showers and baths) is a requisite to ensure dis-intoxication.

● Finally — and the fact should be impressed on organizers — during the hot summer days, it is recommended that

events over 3000 meters be organized toward late afternoon hours (1800 to 1900 hours) in order to avoid accidents provoked by sun and heat (congestions, fainting). During this period it is advised that athletes practice in the «cool hours». However, if training still takes place in unusual heat, which results in heavier perspiration, it is recommended to absorb liquids (lukewarm, if need be), containing one or two pinches of salt to an ordinary glass of water.

M. MALLEJAC

Some good military runners :  
Allonsius (Belgium), Max Truex (USA)  
et Clerckx (Belgium)



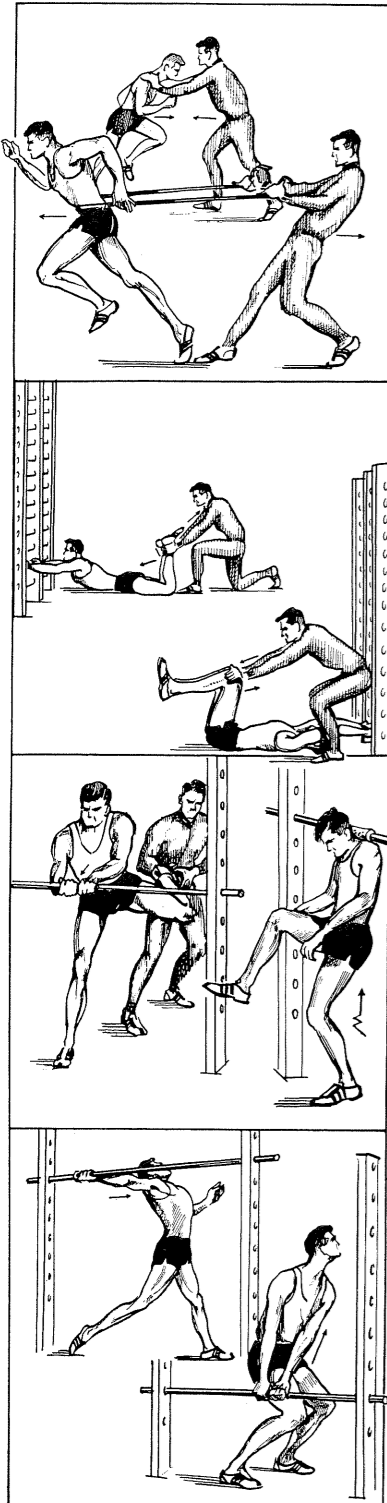


# *PRETTY PERSUADERS*

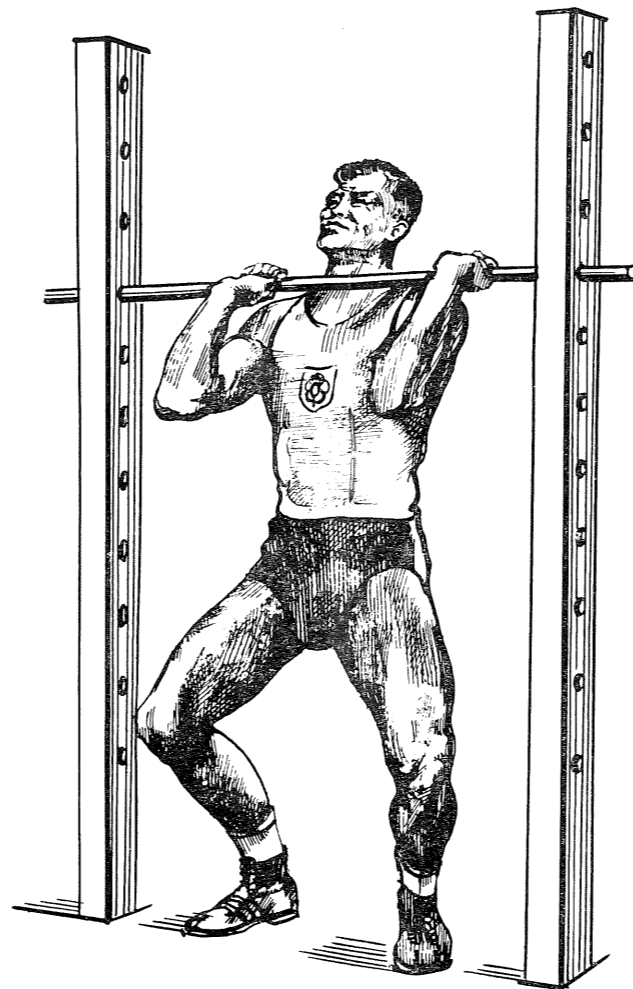
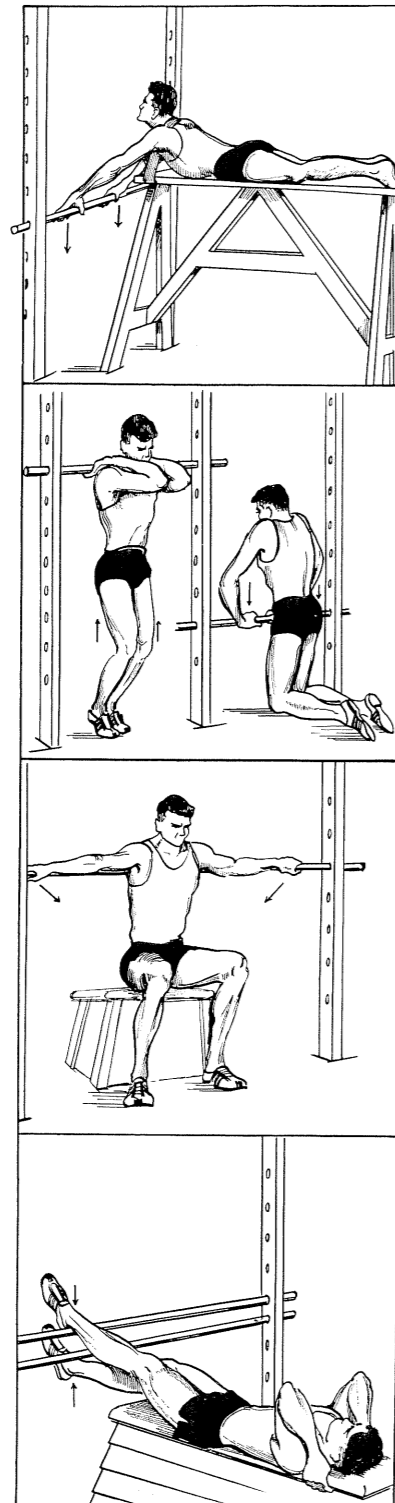


# ISOMETRICS

ISO - TRACK



ISO - SWIMMING



Where should Isometric Exercises be placed in the Power Training program? What are the ways of carrying them out? Intensity, duration, repetition? What is the future of Isometric Exercises?

It is certainly impossible to answer the above questions briefly. But it is possible to give sufficient general indications as long hours have been spent in research and practical experience.

1. It should be advised to replace heavy weight lifting by isometric exercises.
2. In the Power Training circuit, about 15 % of the exercises, can be isometric.
3. It should be advised to change the application angles and for the same exercise, two or three different positions should be used.

4. METHODS :

- These are variable considering the goals in mind : strength, resistance, endurance.
- Intensity — 40-100 % of maximum strength.
  - Duration — 15" (40 %) - 2 to 3" (100 %).
  - Repetition — 3 - 5".
  - Rest period — according to the goals desired.
  - Action — relaxing.

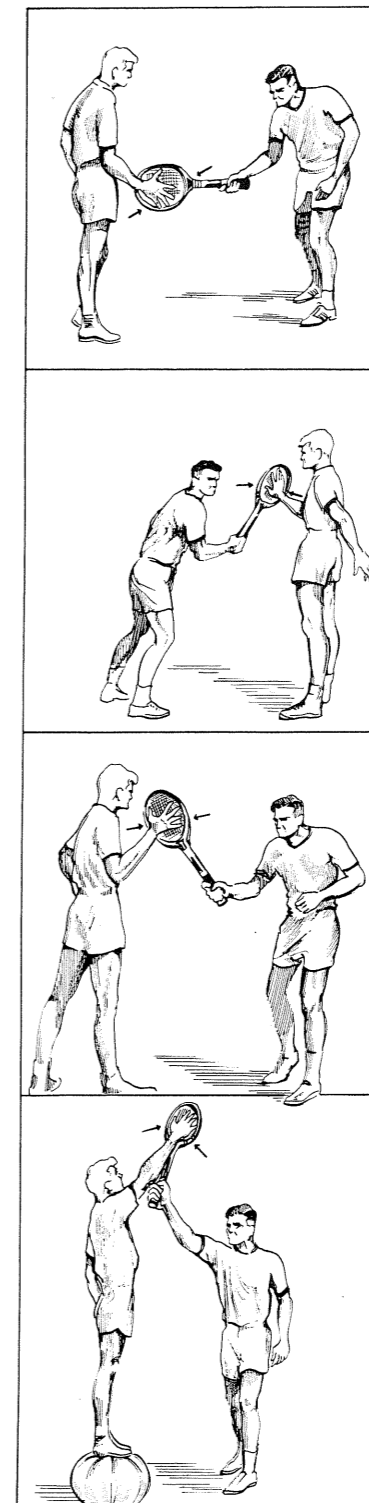
**PRINCIPAL QUESTION :** Are isometric exercises useful in the preparation of athletes whose movements are dynamic?

**ANSWER :** It is probable that, during the competitive season, isometric exercises will be of good service in the sense that they will help to conserve strength and muscular tonus.

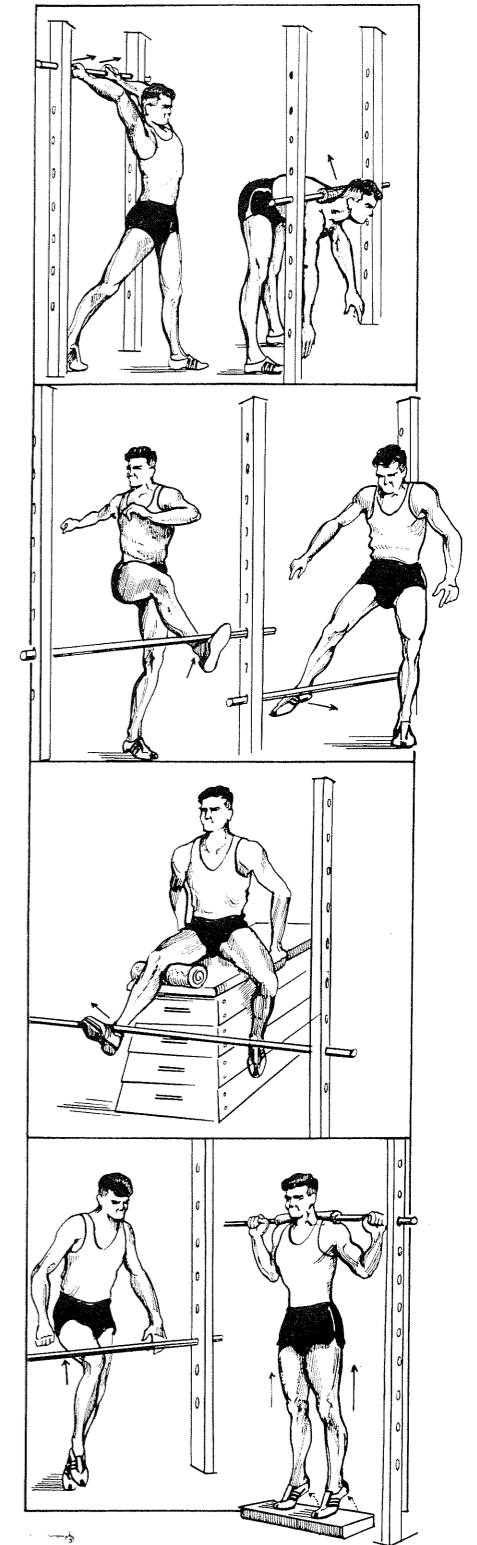
It is certain that isometric exercises are extremely helpful in the rehabilitation process after sports injuries.

# and POWER TRAINING

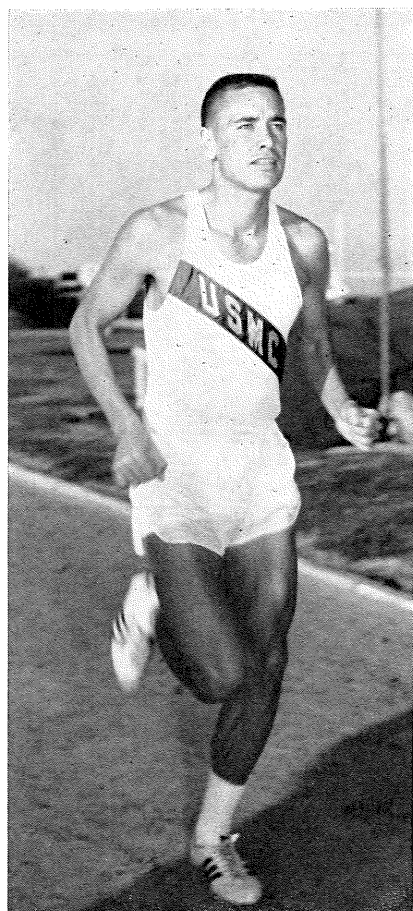
ISO - TENNIS



ISO - FOOTBALL







Lieutenant Bill Mills (Marine) already has formed a great career for himself. This was crowned during the 18<sup>th</sup> Olympic Games in Tokyo, during which he set a new olympic record of 28'24"4 in the 10,000 m

# BILL MILLS

Marine Lieutenant Bill Mills is still running and still winning. But a look at his training schedule would give today's « time conscious » track coach the jitters.

Although Mills has increased the pace of his daily workouts since his 10 000 meter upset victory at the XVIIIth Olympiad, he learns toward unorthodox methods to achieve his goal, and works without the benefits of a coach.

Like most track stars, Bill is somewhat reluctant to reveal his « personalized style » but is quick to point out : « No tricks, I just run ». And run he does. He can be seen most any morning along a back road in one of Camp Pendleton's isolated areas. He avoids the heavily traveled roads, and will pace himself according to his needs. Mills sets no time limit on his cross-country work, and may cover from 5 to 15 miles a day — averaging 65 to 85 miles a week. The variety in his road work is carried through to his afternoon session, also a daily chore, and performed in the vicinity of Camp Pendleton's outdoor track along with other thinclads.

His method of training here also depends on his need, which he has been quick to judge by his performances on the heavy indoor track schedule.

Bill's afternoon sprinting session may begin with a half-mile run, then 110-yard jog followed by a 330-yard run. Another 110-yard jog, then on with an 880-yard run. He may stop right there, or he may continue this pace for the remainder of the afternoon.

His unusual training habits sometimes have observers in a turmoil. Once, with a group of spectators nearby, he ran 200 yards, jogged 50 yards, turned around and jogged another 50 yards. He had planned to turn around at this point to run another 200 yards but instead he went into his run in the opposite direction around the track. This unique reversal on the oval had Mills answering questions for the better part of an hour. Said Mills, « I was just too lazy to turn around ».

Mills likes to slack off on his training about mid-week, or mid-way between meets. He picks up the pace again a day or two prior to competing, and always works out with a brief loosening-up session on the morning of the day the meet is scheduled.

An example of this would take us back to an October day in 1964 when Bill Mills — unmolested by a single reporter and with less thought from track fans — kicked the day off with a three-mile run.

That same afternoon he stunned the track world with his upset victory in the 10 000 meter run with a new Olympic record time of 28'24"4, just 8"8 short of the fastest time ever.

Although Mills does his own coaching, he gives a great deal of credit to Camp Pendleton track coach « Tommy » Thompson. The 1920 world record holder and Olympic Champion in the high hurdles, Thompson gave Mills the moral support he needed when he was still an unknown.

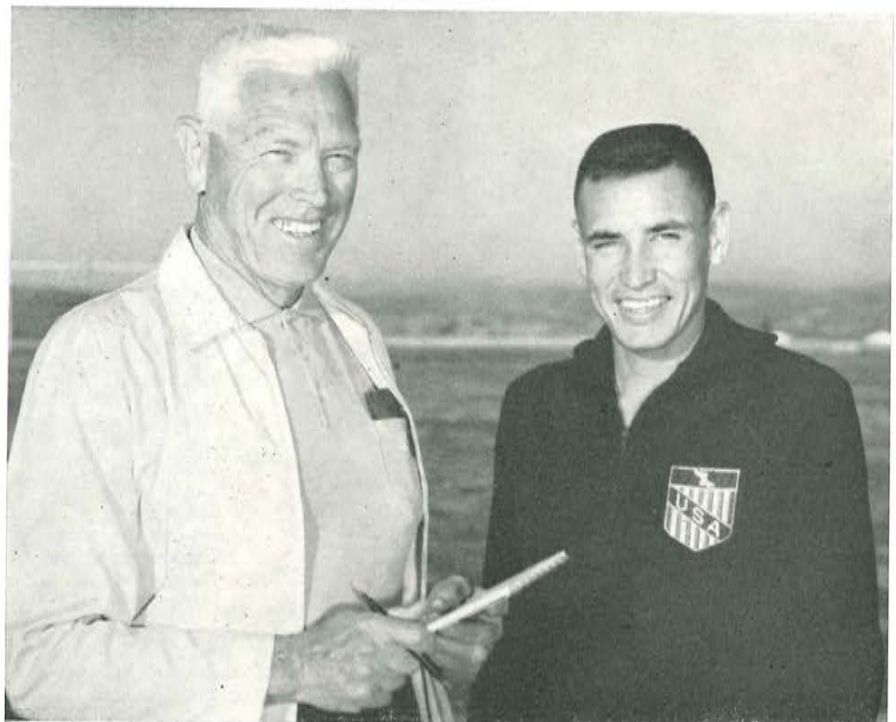
Mills feels that mental attitude has a great deal to do with a distance runner's performance, and it was here that Thompson gave him his biggest boost.

Mental attitude, tempered with the pressure of competition could be the key to Bill Mills' success as a great distance runner. It could also be the key to his unique method of training. He « feels » what he needs today, and works on it. Even as he enters a race Mills rarely can predict what tactics he will use. He will adjust his tactics to the way the race develops.

Each year Mills sets a goal and then does whatever seems necessary at the moment in keeping with his goal. This year his sights are set on the opening A. A. U. National Championships. First of the big meets on the outdoor circuit is set for San Diego, California, June 26-27.

Mills will compete in either the 5 000-meter run or the 10 000 meters. Then he plans to make the European tour this summer with the United States team. This will include meets at Moscow, Poland, West Germany, and England. And once again Bill Mills will be facing the world's great distance runners: Ron Clarke, Mohamed Gammoudi, and Leonid Ivanov. And at the end of the '65 tour, the world will know that Marine Lieutenant Bill Mills is the greatest distance runner in modern track history.

West MILLER





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# THE BASQUE PELOTA

The Basque Pelota game is a variation of the « Jeu de Paume » (an old fashioned version of tennis), whose origins can be traced to ancient times, to the Persian and Egyptian civilizations. The Romans inherited the « Jeu de Paume » and named it « La Pila » (ball for playing). Reference to this game is found in the works of Pliny and Seneca, and numerous lavish establishments were erected for its indoor practice.

During the XVIth century, the Short Paume's popularity soared throughout Europe, extending to Sweden. In 1596, Paris' 300 000 inhabitants enjoyed 250 Jeu de Paume facilities; today there are but two left : the Jeu de Paume at the Tuileries and that of the rue Lauriston...

In 1740, the era of rubber and of bouncing balls gave birth to the « Pelota » game, which consists in throwing the ball against a wall.

Pelota has, for centuries, been the favorite past-time of the Basque people, residents of the Franco-Spanish border area in the Atlantic Pyrenees. The Basque Pelota is one of the trade-marks of the Basque people who have always aroused interest due to their mysterious origin, their peculiar language and their fierce love of freedom.

In his book entitled « The Basque Region », Gaeton Bernoville says : « ...this game was made for the Basque people whose physical qualities of strength, endurance, agility and skill ideally fulfill the game's requirements, as does the strange blend of ardor and restraint, impetuosity and patience, which is the core of their personality.

It must be noted that the Basques have distinguished themselves in other sports derived from the Jeu de Paume :

- In the game of Short Paume : Etchebaster, Paume player in Paris and New York, world champion from 1928 to 1956, retired undefeated.
- In tennis : Borotra, renowned champion.
- In Golf : Massy was, in 1907, the first foreigner to win the title of Champion of Great Britain and subsequently won many professional championships.

## Technique of the game

It is indeed very simple. It basically consists of throwing a ball or « pelota » against a wall or « fronton », either by the most natural means : with the bare hand, or with a special instrument which is either fastened to, or held by, the hand.

## The Pelota

The size of a small orange, weighing approximately 90 grams, the pelota is made of a rubber center covered with tightly wound woollen yarn with an outer layer of two sheep or dog skins.

Thrown by a strong arm and thus reaching a speed of 25 meters per second, it becomes a dangerous projectile. It is therefore not surprising that it lies at the base of many a tale. During the French Revolution, the great player Per-kain, who was given a death sentence by the Bayonne Revolutionary Tribunal, felled the People's Commissioner who was to arrest him with a pelota stroke between the eyes. Chiquito de Gambo, Pelota champion drafted during World War I, allegedly set records in grenade throwing against the German trenches, thanks to his powerful arm.

## The Wall-« Fronton »

Erected either outdoors or within a covered court, the wall called « fronton » is just another wall...

## The Gear

The same cannot be said of the different type hand gear which serves to increase the speed and impact of the pelota, while affording some protection to the player's hands.

This equipment can be separated into three categories : the glove, the « pala » and the racket.

The glove or « chistera » is made of wicker and is shaped like a narrow curved gutter. (The word « chistera » as well as the shape of the gadget reportedly originated in Egypt where, at the time of the Pharos, a somewhat similar tapered racket was called « sis-tral »).

The « pala » is a small, oval-shaped board with a handle : a sort of smooth, solid-wood racket.

The third item is, to a certain extent, reminiscent of the tennis racket. It is seldom used.

## The Game

The game features two primary styles : the « blaid » and the « rebot ».

In the first case, the ball is thrown against the wall. Due to its buoyancy, it bounces back and falls within a given distance and restricted area.



The « blaid », which is remarkably simple, lends itself to a wide variety of schemes and requires great stamina, nimbleness and speed.

The « rebot » is the original and more beautiful version of the game. It is somewhat similar to a tennis game without net or to the game of Long Paume.

## Value as a sport and corrective qualities

In this context, let us quote the following excerpt from Dr. Etchepare's thesis entitled « A few remarks on the Pelota Player ».

« The Pelota game is remarkable in that it involves action from all parts of the body.



Not one muscle remains idle. All movements — within the normal range — have to be made, and rapidly at that. Both arms are in constant action, the chest serving as a compressed-air fulcrum. The neck and eye muscles are ceaselessly in play.

To make a long story short, all organs, in their interdependent entirety, give rise to more marked physical and chemical reactions and the whole constitution benefits from the increased vitality of each of its parts. From this standpoint, the superiority of the Basque Pelota over football, fencing, boxing or any other sport is obvious.

We can readily state that this sport is thoroughly adequate to promote the regeneration of our race whose physical qualities have undeniably weakened. It will never be repeated enough that we do not die from illness, but rather from atrophied muscles and overworked brain.

At the risk of being called prejudiced, we would like to say that Pelota deserves, more than any other means, to become one of the effective instruments for the improvement of our physical fitness. Its obvious assets are : practical implementation — a wall and a pelota and nothing else; its unquestionable aesthetic superiority; its high value as a sport and its educational qualities; its originality; and, finally, the fact that it has long proven its case. The Basque people owe this sport credit for their good physical condition, their nimbleness, their resistance to fatigue and their exceptional immunity to the rigors of weather.

We will summarize by saying that in our opinion the Pelota game, when practiced with moderation, is the most harmless of all, the one best fitted to combine the advantages of low cost and regular exercising of the whole body. »

« The Basque Pelota game's value extends beyond its sports aspect to the field of corrective methods.

Children practicing this game are usually very strong, suffering from neither rickets, nor arthritis, infantile paralysis or adenoids. They are, in other words, less vulnerable to all ailments which may eventually result in scoliosis.

Any serious physical defect would, in any event, preclude the possibility of their taking up the game.

On the other hand, it would be advisable to recommend Pelota to children afflicted with scoliosis; the required movements and the repeated bending motion would both warm up and lengthen the shortened ligaments, strengthen the more or less atrophied muscles of the vertebral cradle-splints, and progressively correct the pathological stiffness. Perhaps one could thus achieve without special apparatus — but simply by wearing a plaster cast during periods of rest — the same results as those obtained through the Lorenz-Redard method. An additional advantage would be the improved general nutrition resulting from increased appetite acquired through outdoor exercising. »

## Educational value

Pelota is just as beneficial from an educational standpoint as it is in the field of sports and as a means of correction.

Let us once more quote Dr. Jean Etchepare :

« All through the game, each player protects his position without ever leaving it. Pelota is characterized by order and

harmony. The personal value of each participant emerges more clearly and the competitive spirit is keener among the players; the will is steeled, as it were, by the feeling of a neighboring will and the effort increases.

Furthermore, a team being the aggregate of individual energies, a strict discipline is needed to achieve victory : « All are better than one ».

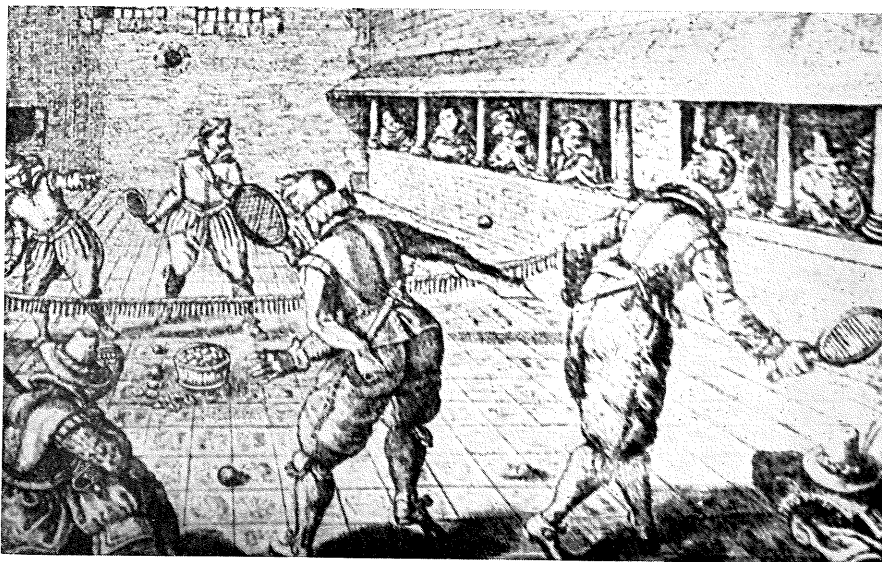
A collective rather than individual game, Pelota is the school of solidarity and willpower.

It is also a teacher of respect. Should a point of contention occur during a game, it is immediately stopped; a jury of unbiased amateurs — the « Hellanodices » of the Olympics — convenes in the middle of the court, hatless; its ruling prevails, its verdict is final. As soon as it is pronounced, the game resumes without comments. Admirable obedience, true to the great antique spirit !

Elevated to the level of a cult, the Pelota game has other repercussions on the social life. It is a powerful deterrent against alcoholism and debauchery. It brings new health to both body and mind. It is an agent of civilization of unequalled value, in the broader and better sense of the word ».

Let us add that tradition remains strict on the attitude to be observed by a Pelota player when he appears in the court : spotless attire, self-respect and respect of the audience. The Basque expression « plaza-gizon » qualifies the player with such an attitude.

The « plaza-gizon », in his white uniform, must remain dignified under all circumstances. During the game, he must display faultless discipline, self-control and calm, respect for the opponent's fatigue, no attempt to cheat, no self-



The game of « corte paume » is an ancestor that a great many sports would like to have. This, the sports of tennis and pelota possess. Here a reproduction of a french engraving of the 17th century of a part of a paume game

consciousness — he must dispute all point with courage. Everything must be sacrificed for the sake of clean-cut situations and « fair play ». Whether he loses or wins, he must never allow any change in his noble and elegant bearing.

A quotation by Claude Farrere on the subject of Pelota aptly illustrates this attitude : « The 'show-offs' are not admitted. This is a sport for knights ».

## The realm of Basque pelota

Pelota is an international game.

In 1924, the National Federations from most of the countries where this sport is practiced merged into an International Federation called : « Federacion Internacional de Pelota Vasca » (F.I.P.V.). The following countries are affiliated to the Federation :

*In Europe* : France, Spain, Italy.

*In America* : United States, Argentina, Bolivia, Brazil, Chile, Cuba, Mexico, Uruguay, Venezuela.

*In Asia* : The Philippines.

*In Africa* : Morocco.

Every other year, the Internacional Federation of Basque Pelota organizes world championships, alternately held in various affiliated countries. These events always meet with great success.

## The game and money

In certain countries betting is authorized during the encounters. The game played by professionals is a variation called « cesta punta ». It is a highly attractive

game, combining stamina with speed. The balls used in this contest are very buoyant, covering distances of 30 to 40 meters and making the game a matter of virtuosity, even acrobatics.

The « Jai-Alai » is an enclosed, covered court with bleachers seating from 2 000 to 5 000 people.

At the beginning of this century, Havana's « Jai-Alai » attracted large numbers of gamblers. The fad later extended to Egypt and Brazil and then on to Miami, Shanghai and Tien-Tsin (the latter two « Jai-Alai » have been closed since the Chinese revolution), Manila, Mexico and Acapulco. The heaviest betting now takes place in Florida (in Miami an evening's betting involves over \$ 100 000, for a period of four months). Other cities include Dania, Tampa West, Palm Beach and Orlando.

## The future

Although it has spread throughout the world, the Basque Pelota Game has not become as popular as it should.

Yet, this game is a complete sport, drawing on all faculties : speed, thought, reflex and endurance.

It is, furthermore, relatively easy to play and much less taxing than rugby, boxing or judo. It requires but inexpensive equipment.

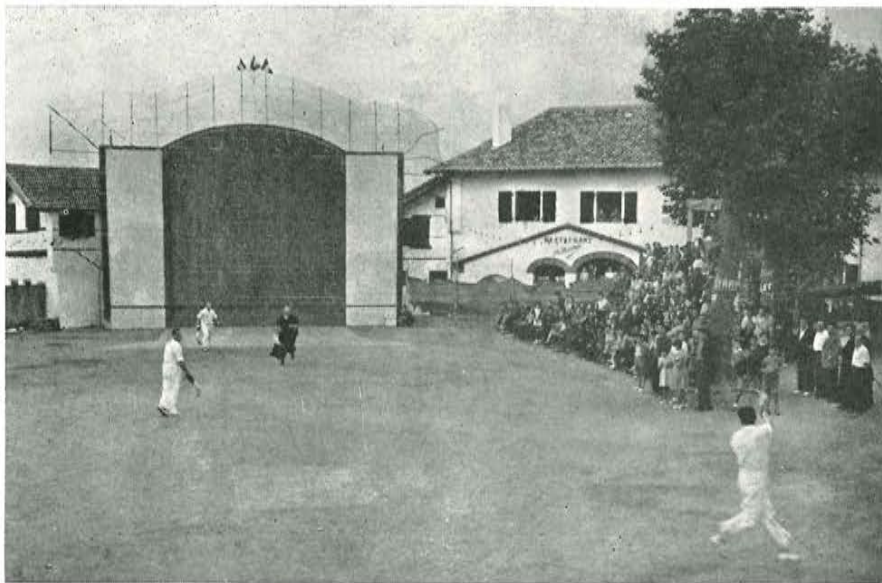
The Basque people do not claim a monopoly on this game; they play it with passion because they feel gifted with special aptitudes to leap on a ball and send it back with precision; but such aptitude is not the Basques-alone. Pelota players, the « elite of the nimble and strong », as Pierre Loti called them in *Ramuntcho*, may be recruited under other skies.

The game's failure to gain popularity undoubtedly stems from a misconception of its enormous value as a sport and as a means of education, or perhaps simply from insufficient knowledge of its principles.

However, one of the many beauties of this sport is the admirable dedication of unknown and modest leaders and promoters who devote their free time to a little-known sport with a restricted scope, prompted only by their love for it in an era where realism is the password.

« The Basque Pelota is eager to soar, no borders, the little Queen will make its way ! », thus spoke with conviction President Ybarnegaray, Founder of the « Federacion Internacional de Pelota Vasca » during a meeting held in 1924 at the Racing Club in Paris.

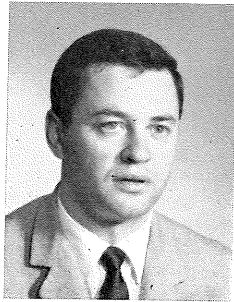
This 40-year-old prophecy is gradually coming true, in spite of everything. The Basque Pelota, practiced with dedication as it should be, needs as much faith as vigilance. But, when all is said, one can be optimistic about its fate.



Demonstrations of « Pelote Basque » will figure on the program of the Olympic Games of Mexico



# What's wrong with modern soccer?



J. Hereng of the « Soir »  
is a young  
talented Belgian sports writer

Is interest in soccer really on the decline? Judging from the statistics of recent months, you might think so. There's no question that ticket sales have fallen off in Europe. But figures don't always tell the whole story and it would be a mistake to say soccer is on the way out on the basis of these gate receipts alone.

There is a decline in the public's interest for soccer that can't be denied. The main reason for this is the rise in people's income which makes new forms of leisure activity available.

Yet soccer is still the world's most popular sport and will probably remain so for a long time to come. Proof of this lies in the increasingly fanatical interest shown in high-level soccer competition,

particularly the European Cup play for champion clubs.

The trouble is that this passion for winning international matches may also be generating a real danger to soccer. The danger is what soccer officials call « anti-play ».

## What is anti-play?

People have been talking about anti-play for months. But what does the term really mean? Is it the equivalent of Italy's « catenaccio » or is it a revised name for Switzerland's old « bolt ». Is it a new expression for « super-defensive play »



There's certainly room for a lot of interpretation but the fact remains that soccer has definitely gone through a process of change in the past few years.

The importance of winning big international matches has led to a calculating, almost ruthless approach toward the game by many top teams. There seems to be an increasing emphasis on defense in which the players try harder to keep the other team from scoring than to score themselves.

This new approach to soccer was demonstrated by Milan's « Inter » against Madrid Real in the 1964 European Cup final at Vienna. But was this a show of anti-play? We didn't think so.

You have to remember that victory is the strongest incentive in sports. As long as the means are ethical, it's the results alone that count. And nowhere is this truer than in Italy.

But let's go back to the famous finale at Vienna, for it might well have marked the turning point in the history of soccer.

The behavior of Italy's champions was significant. Helenio Herrera's players marched on the Prater's lawn ready to make all the sacrifices necessary to beat Real of Madrid. They were fully prepared, both physically and mentally. They used every legal means at their disposal to achieve their goal. And they achieved it.

Madrid's Di Stefano tried his hardest, but he was mastered by Tagnin. Mazzola got the ball only a few times, but managed to score two goals for Milan. Santamaria made only one mistake, yet it triggered the bells' toll for the Madrilenos. It was efficiency's triumph over romanticism; a triumph that even the losers graciously applauded.

Milan's calculating « catenaccio » tactic can't be criticized when it is used to foster a more effective counter-attack by the defense. It is simply a different approach to the game that, incidentally, is not suited to everyone's disposition.

And wouldn't soccer become monotonous if every team used the same technique? Where would the unexpected come from? What would become of the secret gimmick? Like art and literature, sports

need opposing ideas for life and substance.

Giraudoux wrote that soccer is « intelligence on the move », and he had a good point. It is important to give each player the freedom of individuality and to avoid trapping a great game in the snares of overly rigid concepts. The trainers must make the decision on the best way to use their players.

Soccer's change toward a reinforcement of defense and the increased importance of backs is a natural reaction to the improved techniques of the offensive players. If any less emphasis were placed on defense, you would have at least ten goals scored in every match.

It is doubtful that an increase in scoring would make the spectators happy. Excess is harmful in anything and the making of a goal, which triggers so much enthusiasm today, might lose a lot of its attraction if it happened more frequently.

## Stop unnecessary roughness

One thing that must be condemned in soccer is the recent outbreak of excessive roughness when players lose their self control. Soccer is sometimes rough, but not necessarily because of any ultra-defensive tactic. Sheer brutality is often the last-resort weapon of a team that has no other chance of victory.

The danger of excessive roughness strikes us as particularly important since it could mean the death of soccer in a few years if allowed to go unchecked. In any case, the game has no place for the wrestling exhibitions that have marred the outcome of certain matches recently.

The International Federation has a heavy responsibility in this matter. It is expected to provide some stern measures.

An outstanding corps of referees must be formed. Not that we are criticizing the present group. They do what they can under conditions that are often difficult. But they need help in doing their jobs which are trying, to say the least. There has been a lot of talk about an amendment to the current soccer regulations. Even the English, who are usually so conservative, are said to be in favor of such a move.

We would like to advocate the suggestion voiced by our colleague, Jacques Ferran, in an editorial of France-Football. His plan has three main points with the common purpose of giving the game officials some much-needed help. First, Ferran suggests that the referee be allowed to withdraw a penalized player from the field for a limited time as is now done in Hockey. Secondly, he would enlarge the penalty area or make certain fouls committed outside the present 16.5-meter area subject to penalties. Finally, he proposes the elimination of the « off-side » ruling for free kicks. This would make such kicks more dangerous when they occur in the vicinity of the penalty area.

Other ideas to curb excessive roughness are also being considered and it's hoped they will materialize in a sound solution to this problem.

## What will the World Championships be like in 1966 ?

Right now we are wondering what the picture of modern soccer will be like in the next world championships to be held in England in 1966.

Will Brazil succeed in winning the Jules Rimet Cup for the third straight time? In spite of their disappointing European tour, Brazil's famed Pele and his team mates are hoping for the best.

Now that the 4-2-4 scheme is no longer a secret, the Brazilians will have to devise new tactics. There is a rumor that they will use a 4-3-3 system this time aimed at holding the center of the field that is deliberately surrendered by the followers of « catenaccio ». So a new controversy will be coming up.

How do you find out what is true in a sport that is constantly changing? We are back to our original question without an answer. We can only conclude that soccer is a human activity. What is right or wrong in the game depends on the behavior of the players. And it is this human element that will maintain soccer's great popularity.

Jacques HERENG



# « CAPOEIRA »

## *The Brazilian art of self-defense*

Capoeira is, today, the odd name of an odd sport. It describes Brazil's national art of self-defense, a peculiar form of wrestling which emphasizes the importance of leverage and provides for hitting, kicking and butting.

Capoeira was not created but, sharing a phenomenon common to the majority of wrestling methods, made a spontaneous appearance during the 17th century. Its basic features originated among the African slaves brought to Brazil by the Portuguese colonists at the time of their settlement on the east coast. With no weapons at their disposal, the slaves concentrated on improving their sole means of defense: wrestling. They devoted much time to careful training, carried out under the cover of their traditional dances and games.

During the XVIIIth century, the Portuguese settlement was attacked by Dutch troops and, while the opponents waged war, thousands of slaves escaped and founded their own villages. Still unarmed, they resorted to their much practiced ballet-like, wrestling to protect their newly acquired freedom.

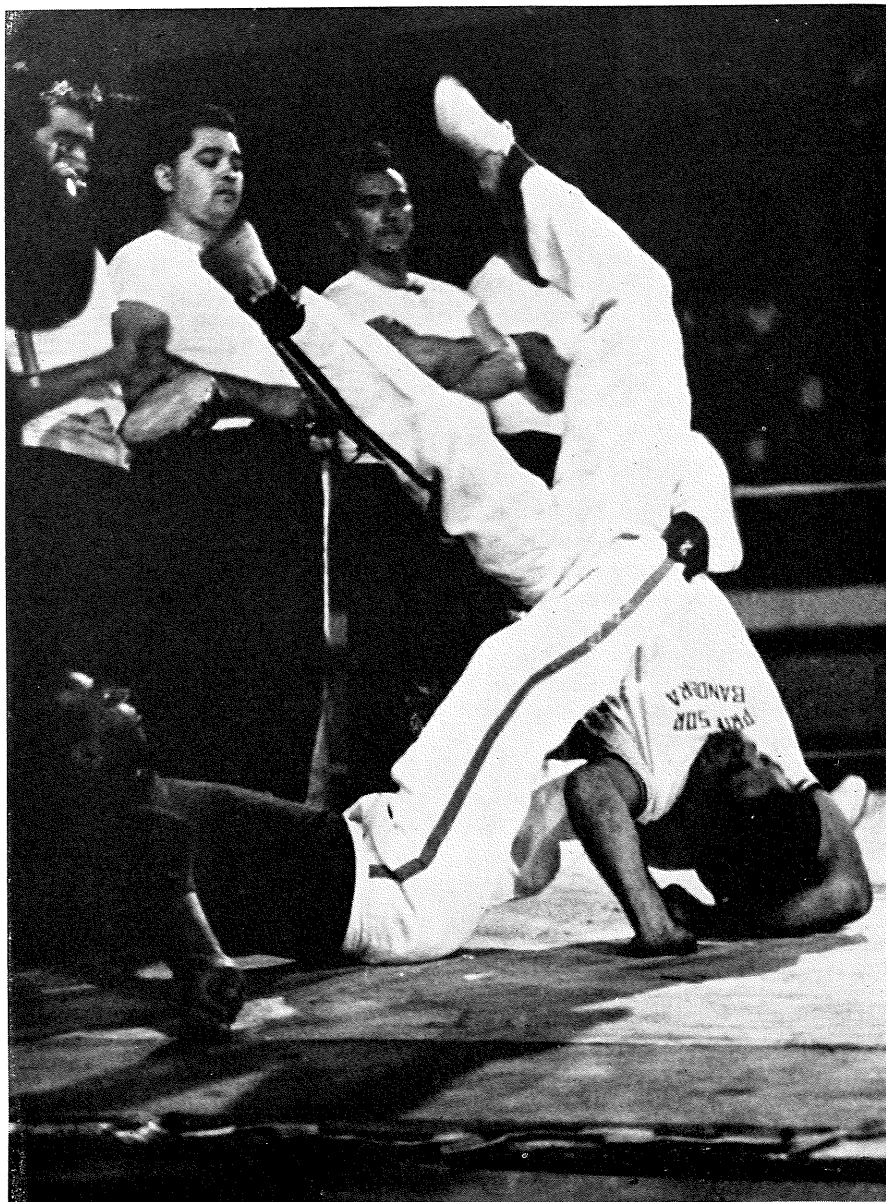
« Capoeira » (men of the bushes) started its career as a nickname given by the Portuguese soldiers to their former slaves. The latter, well ambushed, appeared out of nowhere, ready to meet the enemy in a merciless handfight. The word « Capoeira » then extended to describe both the man and his way of fighting.

During the 18th century, this form of fighting was taken up and further developed by the Mulatto who was, and

still is gifted for all sports requiring speed and nimbleness.

Logically enough — and sharing the fate of wrestling methods in Japan — « Capoeira » became a favorite of criminals. And thus, the name broadened its

meaning: it was used to designate hard-boiled criminals and, presumably by association, colonist bodyguards who, emulating the Japanese Samurais, donned peculiar robes and sowed fear among the population.



Here's a hold that certainly wins a black belt in Judo!





Capoeira is a kind of Karate. Rather than being an art of attack, it's an art of defense. Women can also excell in this.

Capoeira, as a method of wrestling, then entered a long period of stagnation due to normal attrition of its users and lack of interest in its preservation. It was spared total oblivion by its affiliation with the national folklore: «Capoeira» continued its career as a dance, inspiring songs and rythms and thus fostering the creation of a percussion instrument called «berimbau», which has become its symbol.

Nowadays, Capoeira has evolved into a sport. It is taught in a few schools for physical education as well as in the Army. Consideration has been given to the creation of an official organization whose task will be to draw the regulations and promote the introduction of this sport abroad.

Technically speaking, «Capoeira» belongs to the group of so-called «positive defense» wrestling. This means that the defense consists in both shunning and counter-attacking. Shunning must serve the double purpose of avoiding blows and placing the wrestler in a position favoring counter-attack.

The offensive may open with an initial blow forcing the opponent to retreat and placing the aggressor in a more advantageous position. This is followed by a direct, felling blow which leaves the recipient in a most precarious situation. Five basic moves are strictly defensive, six others serve to provoke a loss of balance and there is a multitude of intermediate possibilities. The basic moves are easy to learn and require few lessons in the case of a pupil with physical aptitudes for acrobatics. However, several years will go by before he will be able to efficiently meet any given situation.

The main advantage of «Capoeira» is that it enables the wrestler to face several opponents simultaneously. Training requires no special equipment, a punching bag hanging from a roof being adequate. Practice may also be taken up by women and children.

In spite of the fact that most blows may be fatal, this sport can, if controlled by appropriate regulations, become void of real danger.

Demonstrations on the principles of the «Capoeira» will be staged next year in conjunction with the C. I. S. M. championships to be held in Brazil.

Captain  
LAMARTINE PEREIRA  
DA COSTA

All information or supplementary detail relative to Capoeira can be had from the author, a member of the CDUIFA at Palacio Monroe, 4° andar, Rio de Janeiro, GB, Brésil.

## ... MORE ON ALTITUDE!

The article on altitude (no. 1965/1) from Mr. A. Bianco, Head of the 1st Section, C.I.S.M. Academy, aroused a great interest.

Several sports magazines requested the permission to reprint it. Some interesting opinions were expressed.

We received a long and very interesting letter from Mr. Gaston Meyer, (L'Equipe). Here it is.

Paris, 23 March, 1965

Dear Friend,

I was somewhat... shocked that a highly knowledgeable publication like C. I. S. M. Magazine should carry the study entitled «Athletes and Altitude» and was even more amazed by the quotation of Dr. Hay's conclusion: «I have never heard a champion complain about altitude; however, I did notice that many a loser used it as a pretext to justify...».

This is altogether too simple. For altitude actually poses a basic problem of physics.

That oxygen is rarer at 2 400 meters than at sea level is undeniable. In order to provide the body with an adequate amount of oxygen, one must necessarily *breathe faster*. One of the clearest illustrations occurs in air travel. At the very moment when the aircraft enters the stratosphere, the passenger suddenly becomes aware of a new noise; the motor is running differently. This procedure is known as *supercharging*.

The very same is true for the human body.

Furthermore, a mere glance at the results achieved at the Pan American Games, or, for that matter, a casual look at Mexican records establish that:

1) Due to the lesser resistance to forward motion, the athlete betters performances which require short efforts — 60 seconds or less. This also applies to action based on relaxation.

2) The caliber of performance starts showing downward trends with the 800-meter event and this decline assumes considerable proportions in the case of the marathon: 2 h 59' 9" 2 at the 1955 Pan American Games in Mexico.

3) Results fall off in discus throwing, due to the lesser density of the lifting element. But this, of course, is of no importance...

1955 Pan American Games: 100 m: 10"3; 200 m: 20"7; 400 m: 45"4 (latter performance by Jones, who broke the world record; Jones remained on the track, in a dead faint due to suffocation, or over 10 minutes). Broad jump: 8.03 m; Hop, skip and jump: 16.56 m (world record).

— 800 m: 1'49"7 (Sowell, who, at the time was good for 1'47" or less); 1 500 m: 3'53"2; 5 000 m: 15'30"6; 10 000 m: 32'42"6 (Suarez was known to run in 14'30" and 30'20").

*Mexican Records*: All the short distance and athletic records were broken in Mexico: 100 and 200 meters (and let me stress the case of the mediocre Plaza: see Olympic Games) in 10"3 and 20"6! All Mexican middle distance records: 800, 1,500 and 10,000 meters were won at Kingston (Jamaica) 5 000 at Austin (U. S. A.), steeple in Chicago (U. S. A.). Why?

Of course, doctors claim that one will easily adapt to altitude. True: in spite of an intensification in the cardiac rhythm one lives and sleeps well in Mexico. This, however, has no connection with the physical cardiac effort: breathlessness, occurs sooner, no matter how adapted the body may be, unless, perhaps, in the case of congenitally immune individuals (Ethiopians), and even this remains to be proven.

On these premises, can one claim that the best men will win in Mexico? They may... and then they may not. Perhaps the schrewder ones will, those who will have better distributed their effort and managed to «curb» themselves.

Example: an eight-man rowing team, with an average of 36 strokes per minute, should have the foresight to bring this average down to 30 strokes if it wants to preclude the risk of collapsing.

Granted, the altitude in Mexico will be the same for all. But to state that this altitude will have no sizeable influence is a dangerous misrepresentation. All the world records will perhaps be broken in short distance races or competitive events (exception made for the discus), but *certainly not in middle- or long-distance events, where results will fall short of normal performance.*

This is not important, perhaps... but why attempt to conceal what is striking evidence (1).

Gaston MEYER

(-) And, if I am not mistaken, the death of several horses during the 1961 Modern Pentathlon.

## XV INTERNATIONAL MILITARY CROSS COUNTRY

*The Tunisian Gammoudi wins*

*The Spanish carry away the team victory*

The Spanish running sport was always one of the best in Europe. In the « Cross des Nations », which was run for the first time in 1929 and then from 1951 until the present time, the Spanish were quite good on grass, dirt, trails, and plowed fields. The Spaniard is a strong man, very resistant, very tenacious, and he has a lot of will power and drive. All of these facts and virtues have brought many victories to Spain. But they did not magnify our own personal optimism in so far as is concerned the C. I. S. M. International Cross Championship, because we were familiar with the teams that came here... the fighting unity of the teams from the various countries who were to be our rivals.

### **The surprise of the Spanish victory**

The « Casa de Campo de Madrid » which is a wonderful natural park, was chosen as the site of the XVth International Military Cross Country Championship. There are at least 1 000 different paths which can be used as courses. This is a famous track, as the Elola Trophy was recently run there.

In spite of special training being done on this course, the hopes of

a Spanish victory are quite dim. The pronostics say that the Spanish can hope for no more than a 3rd place as there are too many difficulties to overcome. Before the race, the strength of three teams was highly considered : Tunisia - Morocco - Belgium. But there was a big surprise; Spain was the winner of the XVth International Military Cross Country Championship. On the team were two members of the militia : Sergeant Guerrero, and the policeman, Eloy Martin; the 1st Chief Carlos Perez and the following soldiers : Jesus Fernandez, Lorenzo Gutierrez, Antonio Gomez, Javier Alvarez Salgado and Jose Miguel Maiz.

Of course the Tunisians were favored, what with Olympic vice-champion Mohamed Gammoudi leading them. This team was well established and had a great deal of experience in international races. But the idea of favorite was soon forgotten on the golden fields of « Casa de Campo », when eight men in red and blue, who were regimented by the tactics of foot races, put themselves in a position to make a final last try just at the right moment. Thus, if two athletes fell behind, there were others who took their place. Then, coming as a surprise to everyone, even the best technicians, Spain won the International Military Cross Country Championship for the first time. This was a great success which will not





The winning team of the XVth International Cross Country Championship of the C. I. S. M.  
How proudly they covet the wonderful winners' trophy !

be easily forgotten and, what's more, it will act an incentive to future contestants.

### A great winner

A keen rivalry between Gammoudi, Clerckx and Allonsius was expected, but did not take place. The Olympic 10,000 m vice-champion knew his own possibilities and he said : « If anyone is better than me, then he has to prove it to me during the race ». No one was better than him. Only his friend M'Haddeb had a chance to follow him. Even further behind was the Moroccan

El Ghazi. Allonsius lost himself in the group non-favorites and Clerckx had to try and hold off four Spaniards, who, being very united, attacked incessantly with force and intelligence. Gammoudi quickly took the lead and put forth the fast pace of a champion.

He side-tracked a lot of people by his short but rapid stride. He never relinquished first place.

With every lap, the Tunisian came into full control of his possibilities and continually increased his lead. His team-mate M'Haddeb put forth all his efforts in order not to lose too much ground. He was just behind Gammoudi.

There were moments when M'Haddeb could have created a real surprise; but Gammoudi is

too much of an athlete to be overtaken and, when he arrived 400 m from the finish line, he took off like a shot to win by a large margin. He was a big winner... the one who replaced last year's winner, Francisco Aritmendi.

### Experience and Know-How

El Ghazi ran a fine race. He was in 3rd position from the beginning until the end of the race. The Belgian Henri Clerckx, who had won this race three times, was right behind Ghazi in fourth position. But Clerckx was being held up by a coalition of 5 men :

Lorenzo Guttierrez, Carlos Perez, Jesus Fernandez, Eloy Martin and Janvier Alvarez Salgado. But even so, Clerckx passed them up. Even the Moroccan Cukbouch was able to get past this coalition to come in 7th. But the first five Spaniards were not in the least bothered by this and they ran a race in the manner that it should be run... mutually helping each other. It was like this that they became victorious.

## Conclusion

Found in the tribune of honor were : Lt. General Cavanillas, Central Headquarters Chief; the national delegate of Physical and Sports' Education; many important persons, national and foreign, military and civilian.

The prizes were awarded after the race. For Gammoudi, M'Haddeb and El Ghazi... gold, silver,

and bronze medal respectively. The Spanish team won the trophy for the best team. The band played the national anthems of the winning countries... then... silence. In front of the presidential tribune were 3 flags : the center one was that of Spain. This Spanish victory will forever be engraved in gold letters.

Pedro ESCAMILLA



The individuals winners :

1. Gammoudi (Tunisia)
2. M'Haddeb (Tunisia)
3. El Ghazi (Morocco)



# LIFE AT CISM

## MESSAGE FROM THE PRESIDENT

On behalf of the International Military Sports Council I take great pleasure in congratulating our Permanent Secretary General Raoul Mollet, for his recent election as President of the Belgian Olympic Committee.

This distinction is an honor for our organization.

Brigadier General R. Hatch  
President, C. I. S. M.

## RESULTS

### P. A. I. M. 1964 :

#### AIR-RALLY

##### Single Aircrafts

- |           |           |
|-----------|-----------|
| 1. Greece | 4 757 pts |
| 2. France | 4 168 pts |
| 3. Sweden | 4 122 pts |

##### Dual Aircrafts

- |            |           |
|------------|-----------|
| 1. Norway  | 3 756 pts |
| 2. Holland | 3 231 pts |
| 3. Denmark | 3 175 pts |

#### PISTOL SHOOTING

- |                       |            |
|-----------------------|------------|
| 1. Andersson (Swed.)  | 20/190 pts |
| 2. Papadakis (Greece) | 20/189 pts |
| 3. Bellias (Greece)   | 20/182 pts |

#### SWIMMING

- |                         |        |
|-------------------------|--------|
| 1. Gravemaker (Holland) | 1.10.2 |
| 2. Andersson (Sweden)   | 1.13.2 |
| 3. Blom (Sweden)        | 1.15.3 |

#### ESCAPE TEST

- |                           |        |
|---------------------------|--------|
| 1. Papadakis (Greece)     | 9 pts  |
| 2. Katsilierakis (Greece) | 16 pts |
| 3. Andersson (Sweden)     | 16 pts |

#### FENCING

- |                    |         |
|--------------------|---------|
| 1. Blom (Sweden)   | 22 vic. |
| 2. Holter (Norwak) | 21 vic. |
| 3. Oinert (Sewden) | 19 vic. |

### ATHENES : P. A. I. M. 1964



The 1964 Aeronautical Pentathlon was hosted by the Hellenic delegation. A visit to the Acropole was a highlight of the event.

(Other results page 39)



## IN MEMORIAM OF LIEUTENANT BOUILLON PERRON

### FRENCH AIR FORCE CITATION

BOUILLON PERRON, Gérard Alain, Lieutenant, Air Base n° 115.

« Fighter Pilot of exceptional talent, with a great sense of duty, and passionate by flying.

During his entire career, he showed that he had no fear. His comportment during his missions earned him the Cross of Military Value with four citations of which two came from the Air Force.

For five years, he participated sucessfully in the Aeronautical Pentathlon. Being elected captain of the French team, he began to train intensively for the international tournament which took place in Greece in 1964.

He died while giving his utmost during the last test, the 21st of August, 1964, for his team and his country.

He accumulated 2 546 hours of flying of which 1 429 were accomplished while flying a jet plane. »

Paris, 22 September, 1964

General MARTIN, Chief of Staff, Air Force



P. A. I. M. 1964 : The infortunate Lt. Bouillon clearing an obstacle during the « Escape race »



P. A. I. M. 1964 : The remains of Lt. Bouillon borne by members of the Greek team to the plane that will take them to France

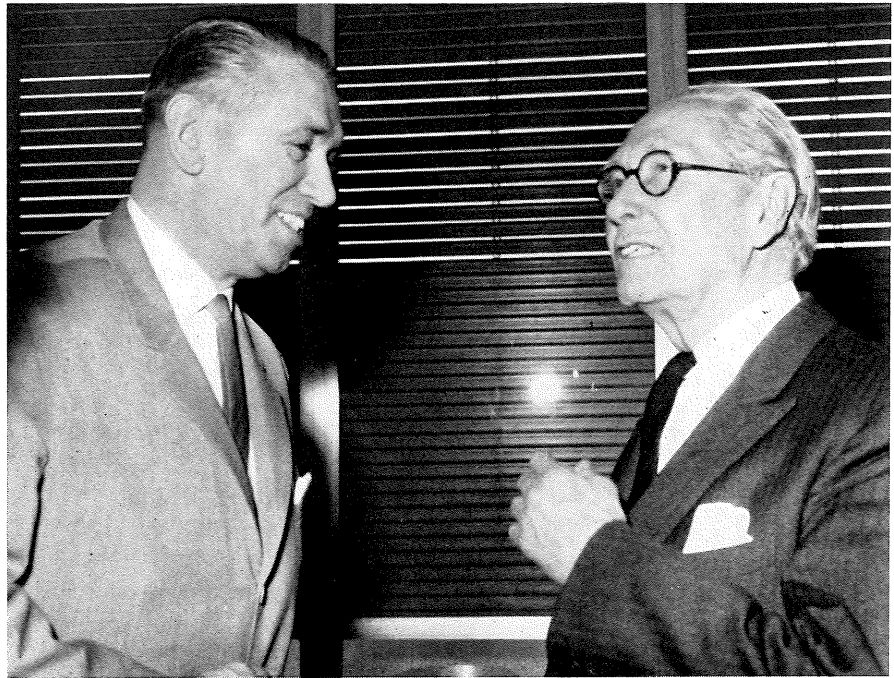
## CISM and UNESCO

C. I. S. M. recently became member of the International Council of Sport and Physical Education (UNESCO).

At Tokyo, the Permanent Secretary General, R. Mollet, has been elected a member of the Executive Committee of ICSPE.

The President of the Council is the Right Hon. Noël Baker (Great Britain), Nobel Price for Peace. He is shown here in conversation with Raoul Mollet, at the recent congress held in Rome.

The participation of C. I. S. M. to this world organization constitutes a new participation to the continually expansion of sport in the modern world.



## Armed Forces team wins national A.A.U. Basketball title

Armed Forces all-stars, rank outsiders when the 58th National A.A.U. Basketball Tournament tipped off in Denver, Colorado, on March 22, combined a devastating zone press defense and the tireless hustling of a pair of little guards to capture the National A. A. U. basketball title.

The small servicemen, representing all four services, weren't supposed to win against the towering big name quintets, with their star studded rosters of famous college players, but they simply would not be denied. In the final they squeezed past the favored Capitol Federal team of Denver, Colorado 77-75, in one of the most thrilling upsets in A. A. U. history.

At the start of the game the servicemen sank four quick goals to pull away to an eight point lead. But poor accuracy from the foul line disapated that lead and the half found them only two up, 38-36.

The second half shaw the score tied nine times, starting in the opening minutes when Denver tied the score at 40-all. During the final five minutes the crowd went wild as the two teams exchanged basket for basket and free throw for free throw until with 1:15 remaining PvT. Verne Benson, USA, fouled out and was replaced by 1st Lt. John Peloff (Marines) who came off the bench for his first action of the night. At the time, his team was down one point, 75-74. The cold Peloff then brought the crowd to its feet with a dazzling one handed jump shot from 15 feet out at the one

minute mark, pushing the Stars ahead by one point.

Play continued as Denver rushed down court for a jumper that hit the rim and refused to go in. Grabbing the rebound the Stars were off for their own basket when the fated Peloff was fouled. There were only 35 seconds left to the play. Stepping to the line he put one of his two shots through the hoop to score the final point. The Armed Forces All-Stars, which included two players with only

high school experience, emerged the 1965 amateur champions of America.

Two players, PvT Verne Benson, and PvT. Don Reid, both of the Army, were selected for the 10-man A. A. U. All-American team. In addition, Benson was voted most valuable player after scoring 22 points in the final game and high for the tourney with a four-game total of 93 points.

WILLIAM G. McNAMARA

