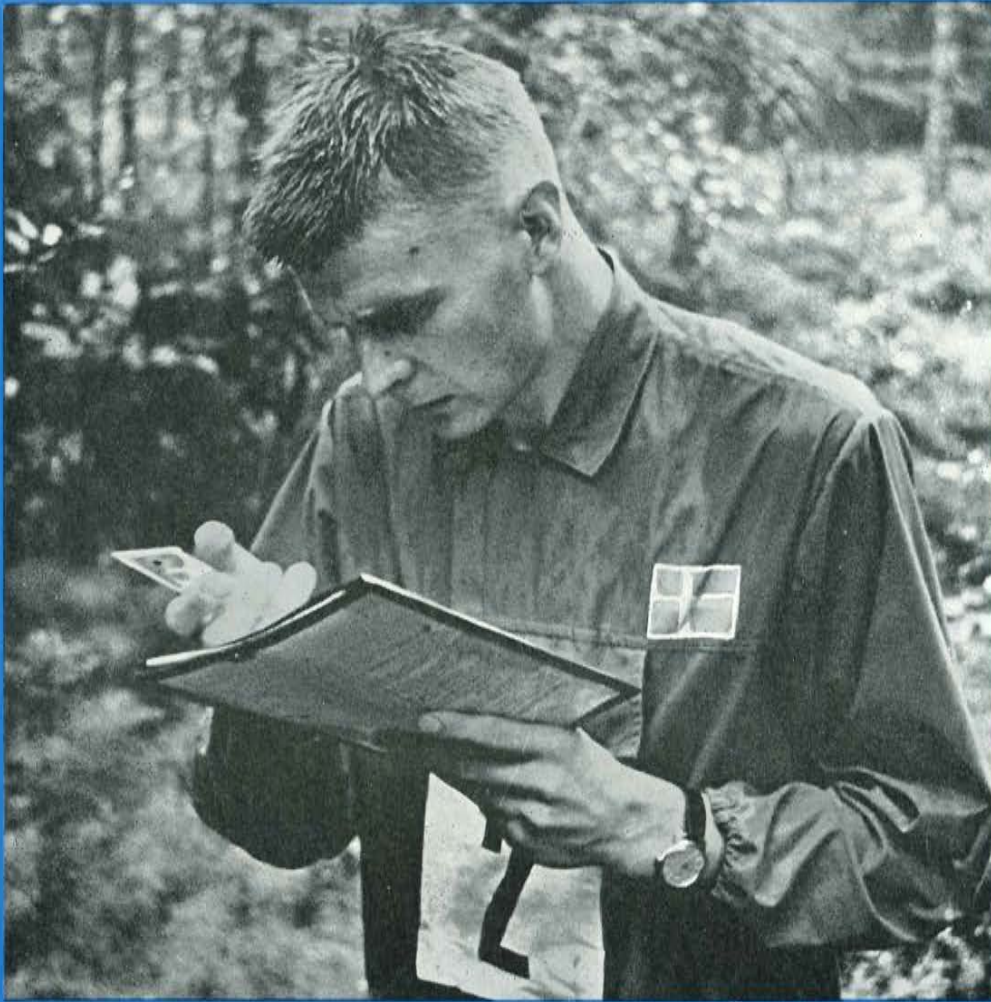


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## Contents

### Editorial :

*CISM in Tunis* 3

### Military :

*Sabaudia, the Italian Armed Forces Rowing  
Center* 4

### Technique :

*Consideration on methods of instruction  
in collective games* 7  
Prof. Raymond Chapuis (France)

### Doctrine :

*A worldwide running game for everybody* 10  
Prof. Lauri Pihkala (Finland)

### Coaching :

*Power training for fencers* 16  
Raoul Mollet (Belgium)

### Technique :

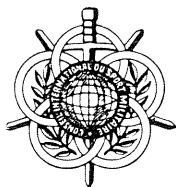
*Modern training and the Olympics* 18  
Zvetan Zheliazhov (Bulgaria)

### Life at CISM :

*Tunis : Executive Committee Meeting* 22  
*Trieste : XIXth Boxing Championships* 28  
*Finland : The Ski Week* 28

*Korea : Host Country  
of the XXIth General Assembly* 30

*The cover photo introduces the 2nd orienteering Championship  
sponsored by Norway.*



# EDITORIAL

*At the occasion of the 1st Executive Committee Meeting held at Tunis, CISM made important steps towards new developments of its activity, in the three main fields :*

*Expansion, Sports research, Sports programme.*

*At the same time the CISM authorities presented to H. E. Habib Bourguiba, President of the Tunisian Republic the CISM highest award.*

*President Bourguiba, in accepting the CISM Membership of honour made the following statement.*

« I am particularly touched by the marks of esteem which you have been willing to express to the Chief of « the Tunisian State.

« I would like to carry them over to the Tunisian Army, the Tunisian Authorities and the entire Tunisian « Youth for which we work in order to make them become men and valuable citizens

« For me, this medal is a subject of pride, as it comes from an Association aiming at the encouragement « of the Military Sport. The development of sport in the armies is fundamental.

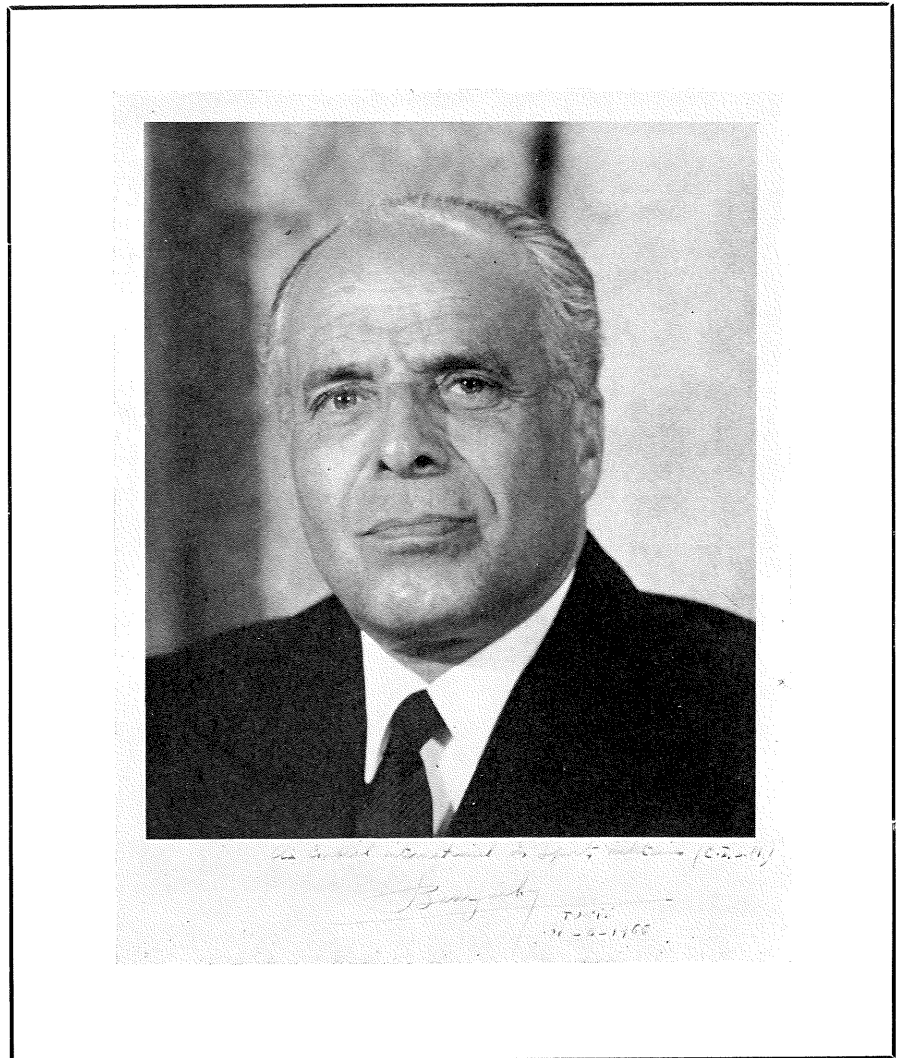
« We have been occupying ourselves very much with sport in this country and broken off with old « practices.

« We have incorporated Sport into the national traditions in order to make a very important element out « of it in the formation of our youth.

« We have made efforts to make sport at school a must, introduce it into the examinations both elementary « as well as secondary education.

« We had to change many of the old traditions since we know that sport not only improves the physical « health, but also schools the character.

« It enables the young to master their passions, at the same time acquiring a sense of loyalty and fair « play. I have always been very severe when the excitement of the sport made forget the fair play. Each « time I estimated that a certain limit had been overstepped I took sanctions.



« The competition, to be valid and useful, should not exceed a certain degree of passion. If it should create  
« chauvinism, hate of the partner, envy, then it becomes detestable.

« Sport, in reality, should serve to destroy or at least to temper those instincts which unfortunately exist in  
« human nature and which we must dominate. This conception, for which we have done so much in  
« our schools and high schools, we are happy to develop in the Armed Forces.

« Because in our opinion the Armed Forces is a school for civism, loyalty and professional pride.

« We are convinced, that the work of CISM is a work of peace, of physical and moral health which can  
« nothing but favour in a very large extent a better understanding between the nations.

« For these reasons I am particularly moved by the presentation of CISM highest Award.

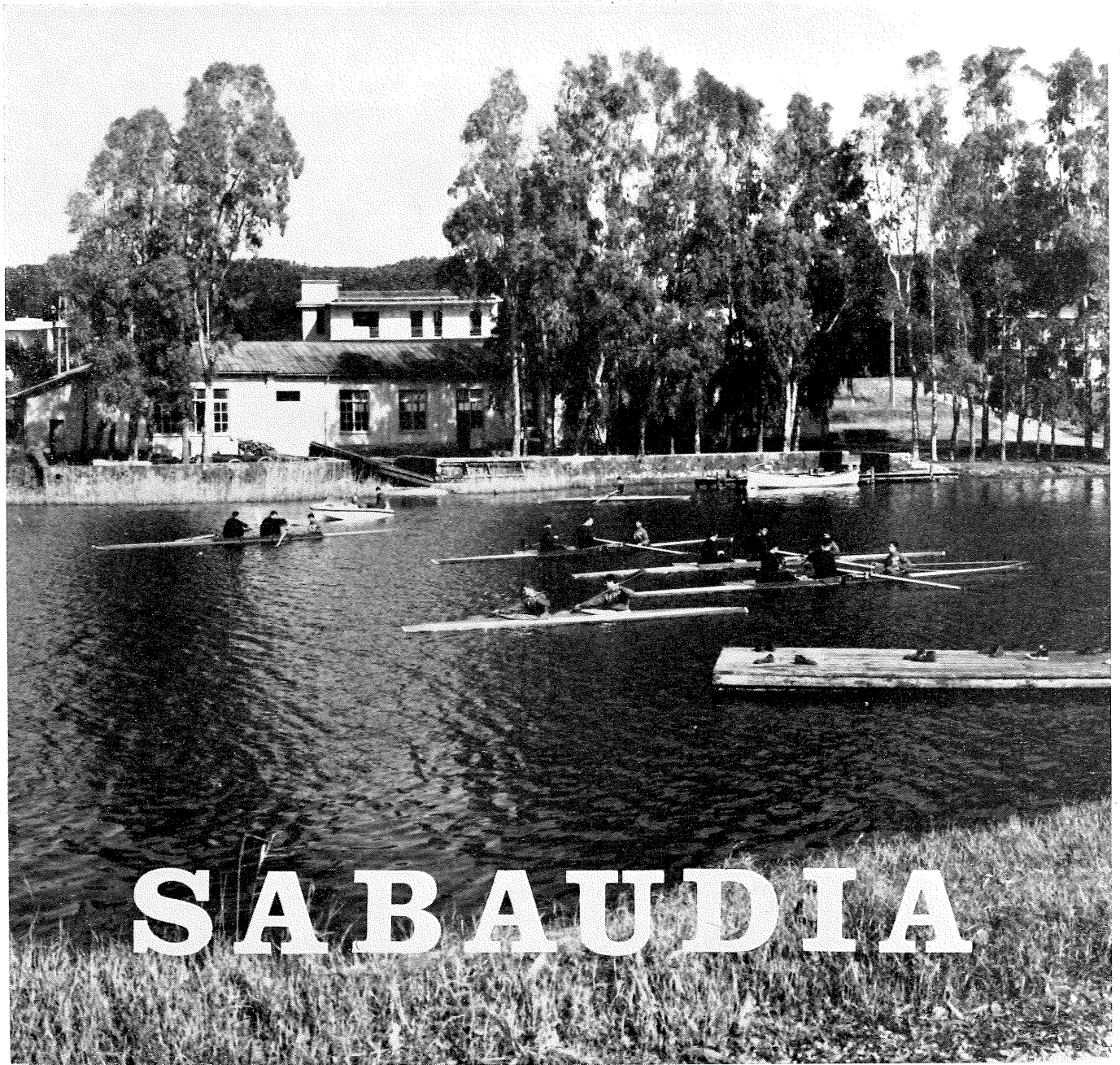
« I wish that all the countries of the world become members of your Association in a near future.

« I also express my satisfaction that the CISM liaison Office for Africa has been entrusted to Tunisia.

« We will do our utmost to deserve this confidence and to see that many of the African nations take  
« part in your activities.

« Your presentation, which honours Tunisie, is highly appreciated. I wish to thank you. To CISM my best  
« wishes of success and progress. »





The Italian Armed Forces Rowing Center was established in November 1963 at the Italian Navy Central Rowing School at Sabaudia. Its primary mission is to recruit, select, and train military oarsmen with aptitudes such as to warrant good placings in national and international competitions, the ultimate goal being to form highly qualified crews for entry in the Olympic Games.

The tasks of the Center can be summarized as follows:

- Scout the recruiting centers for promising oarsmen;
- Select gifted individuals with a view to forming inter-service crews;
- Select and plan sports activities;
- Partake in the planning, organization and implementation of inter-service events;
- Assist in the organization of national and international championships sponsored by the Italian Rowing Federation;
- Plan, organize and conduct advanced courses for military athletes participating in regional or national events;
- Organize and carry out group training of military athletes with a view to ensuring high caliber performance in international events.

The Armed Forces Rowing Center makes use of the facilities of the Italian Navy Central Rowing School at Sabaudia and receives technical guidance from its instructing personnel.

# THE ITALIAN ARMED FORCES ROWING CENTER

Equipment and facilities placed at the Center's disposal include over 100 boats, 2 rowing banks (for 8 and 4 oarsmen respectively), 1 canoeing bank, 1 gymnasium, 1 power training room, 1 volleyball court, 1 basketball court, a fully equipped dispensary including a « sport medical room » used for check-ups.

From a federal standpoint, the Center is a standard rowing association with a Board of Directors comprised of a Chairman (Head of the Navy Sports Office), 2 deputies and 3 directors (Heads of the Sports Offices of the other branches of service), 1 Technical Director (Director of the Navy Central Rowing School), 1 phy-

sician (Head of the Navy Sports Office Medical Section), and one Secretary (Commanding Officer of the Navy Barracks at Sabaudia).

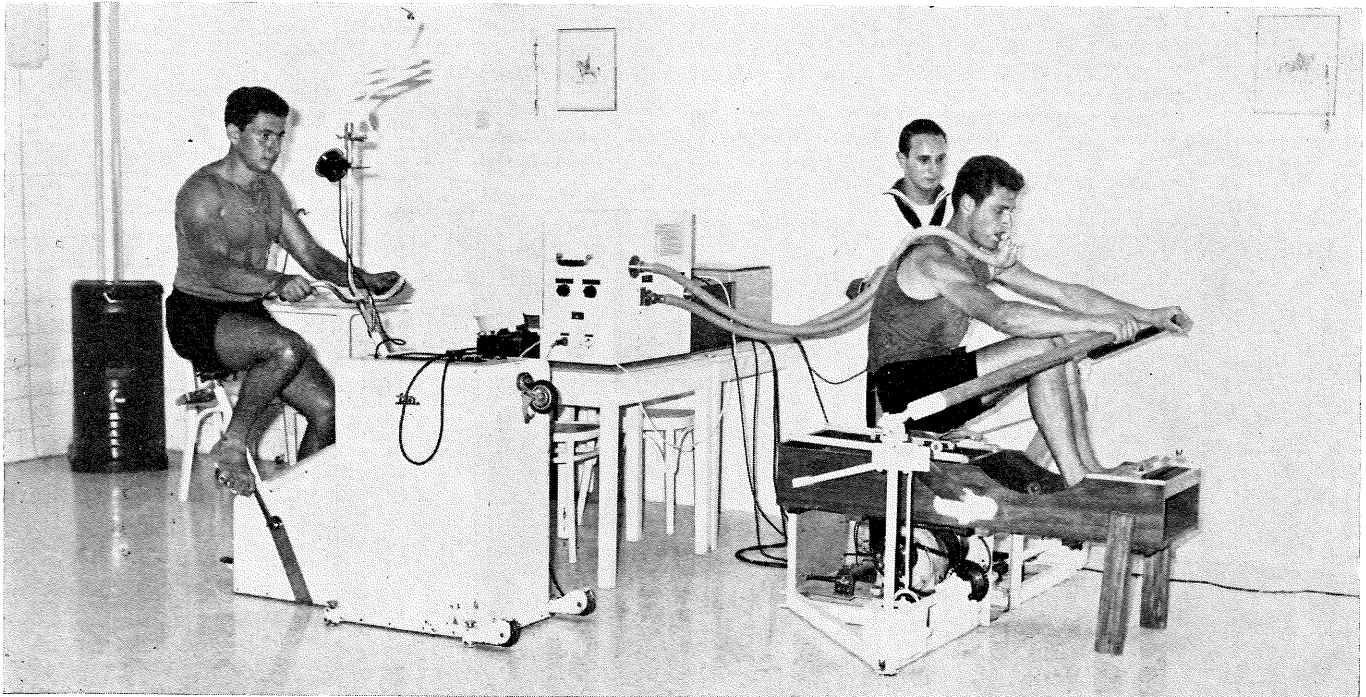
The Navy is, in Italy, the strongest element in the field of rowing, a predominance resting on seniority and performance. However, the other branches of service have followed suit and are now also taking part in national events; all oarsmen, regardless of their branch of service, are assembled at the Rowing Center for important international competitions.

The activities of the Armed Forces Rowing Center began the participation of its team in several events

during the 1964 rowing season. The following results were recorded :

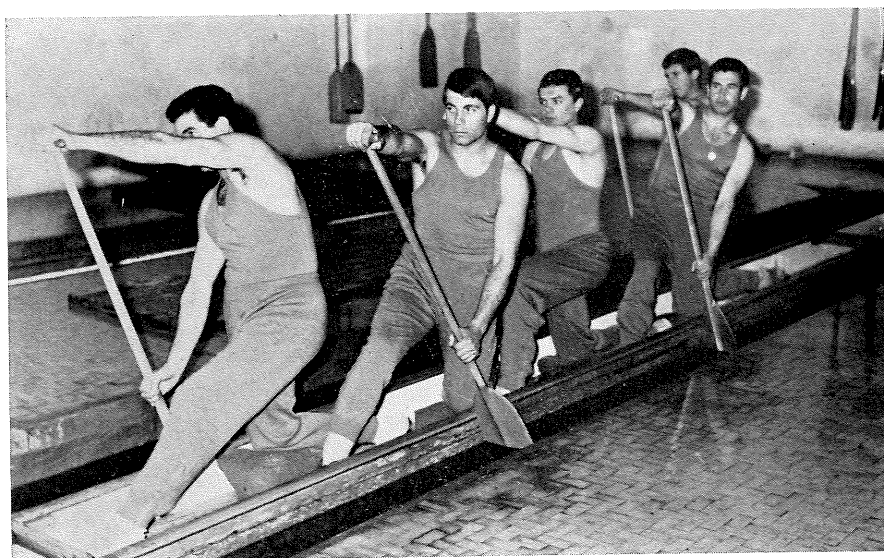
- participation in 9 international races abroad : 6 victories, 3 losses;
- participation in the European Championships in Amsterdam, in which the Italians ranked 4th out of 8 participating crews;
- participation of six oarsmen in the « eight », and one canoeist in the K 4, with both qualifying as finalists in the Tokyo Olympics.
- In addition, the following national championships were won :
  - outrigger eight, seniors;

A modernistic sports medical room is used to check the oarsmen's condition. Sabaudia pays careful attention to this training aspect

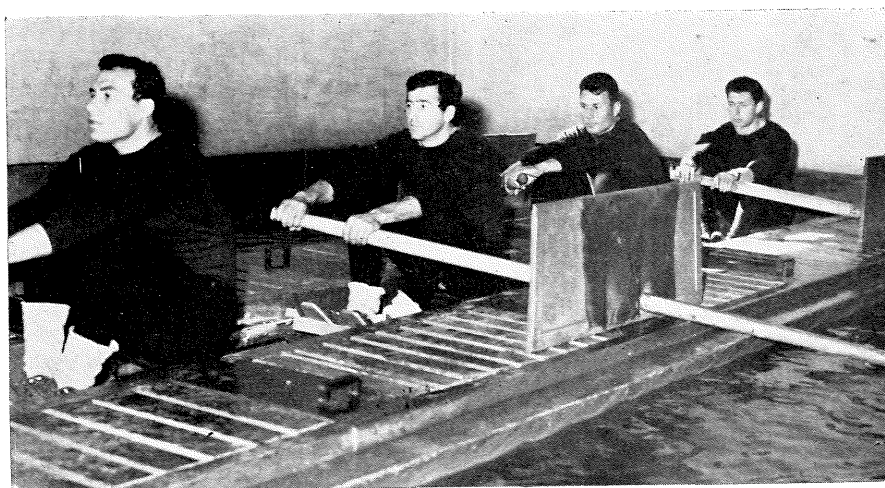




Ground training : Oarsmen are seen checking their pulse counts at the end of a « Cross-Promenade ». Conditioning is conducted on the lines indicated in 1957 by R. Mollet who introduced in Italian rowing the principles of « Total Training »



Rowing bank : Here technique and skills are improved. Defects noted in rowing practice are corrected



- outrigger eight, juniors;
- open clinker eight;
- open clinker four;
- canoe C2, 1,000 and 10,000 m, seniors;
- canoe C1, 1,000 and 10,000 m, juniors.

These initial results were followed by the following achievements the 1965 season :

- participation in five international races abroad, with 3 victories, one 2nd and one 4th placing;
- participation in the European Championships at Duisburg, which resulted in a 5th placing out of 9.
- on the national level, victory in the following events :
  - outrigger eight, seniors;
  - open clinker eight;
  - open clinker four;
  - canoe K1, juniors, 500, 1,000 and 10,000 m;
  - canoe K2, juniors, 1,000 and 10,000 m;
  - canoe C1, seniors, 1,000 and 10,000 m;
  - canoe C1, juniors, 10,000 m.

The Italian Armed Forces also rowed their way to victory in a CISM event, during the first full-scale Sea Week event which took place at Karleskrona in 1964.





## Considerations on methods of instruction in collective games

The methodological aspect of sports instruction is closely related to its counterpart in the field of intellectual training.

Education is based on two primary concepts; one favors the traditional method, in which memory is the all-important factor and repetition the prevalent means of instilling knowledge; the second — often advanced as more realistic — contends that instruction through observation and practice can be more easily suited to the mental capabilities of the pupil.

While the traditional method gives the child an educational background tailored to his power of understanding, the second concept gives more room for personal initiative; it stimulates the taste for research and prompts the child to seek active participation.

This distinction between educational patterns is equally valid in the area of sports instruction.

While the purpose remains the same, i.e. the promotion of a higher degree of technique and a better understanding of the game, the methods take widely

divergent, if not altogether opposite paths.

Certain instructors prefer the traditional method and train their pupils by making them repeatedly go through the notions involved in a tactical move.

Others believe in placing the trainees in the actual situation of a game. Caught in the action and faced with the intricacies of the game, the players discover the solutions to tactical and technical problems as they arise.

What are we to think of this methodological problem?

In our opinion, complete and unreserved allegiance to either concept, without an attempt to grasp the actual goal and without an analysis of the mental mechanics involved in reaching such goal, is very likely to lead us to a dead end.

Obviously, if the goal is purely educational, the child will derive more benefit from the fruit of personal experience.

The process of adaptation requires initial understanding of the facts

and the formulation of adequate solutions.

In this case, technical instruction can be based on actual practice alone.

Correspondingly, if the sole purpose is to reach a high level of competitiveness, it is equally obvious that apprenticeship through repetition of technical motions will promote the ability to cope with tactical problems.

This oversimplified presentation inevitably leads to the arbitrary adoption of one or the other stand. However, the reality of the game renders the situation infinitely more complex.

On the premise that education must never be severed from the basic sources of interest and that competition constitutes a strong motivation, we must grant that the educational and competitive factors branch off a common trunk, a fact which can neither be discounted nor ignored.

Experience has proven that the child's foremost objective is to win and that, in order to do so, he is ready to accept any sacrifice.



The error therefore lies in stating that the only means of ensuring victory is to provide as much technical knowledge as possible in the shortest period of time, or else to submit that the mere fact of being placed in the reality of the game automatically produces the desired criteria in terms of reactions and physical output.

**To select and blindly follow either method represents confinement to the narrow setting of a game removed from the realities of life and action.**

Before going to the very core of the problem of methodology, we would like to shed some light on the process of conscious participation.

An analysis of the mental mechanics involved in the implementation of a thought reveals that they engage consciousness in a dual motion which brings it in contact with outside realities.

Consciousness is never impartial toward these realities, but is — to use the vernacular of phenomenologists — « intentionalized », or, in other words, influenced from the start by the psychological condition of the individual.

This psychological condition governs conscious selection and is, in turn, moulded by such factors as the degree of knowledge, the material possibilities of expression, and the emotional make up of the individual.

Consciousness is, therefore, both receptive and productive, passive and active. It must be receptive enough to permit the assimilation of outside factors, yet active in its choice, interpretation, and fruitful utilization of the stimuli which generate concrete action.

This dual attitude equally applies to the area of knowledge.

Acquisition of knowledge is more than the mere assimilation of outside information. It generates a new form of thought, an altered capacity for adaptation to the outside world.

This will be our point of vantage in reconsidering the problem of education in the field of collective

sport, for a more superficial analysis of the facts might well lead us to a deadlock.

We observe that the mental mechanics of grasping the various phases of a game are identical to those mentioned above, in as much as they, too, engage the mind in a form of « shuttle ».

Consciousness and outside signals travel toward each other until they reach a point of contact.

The selection of given elements of knowledge is dictated by the individual's psychological condition. He makes such choice in order to acquire a better understanding — and hence the basis for sounder exploitation — of the situation at hand. His mind selects such information as will better explain the concrete situation of the game, but he then becomes influenced by the discovery of new elements and this entails a new psychological dilemma... hence the need for further selection.

The intricacy of psychological phenomena requires a more thorough analysis of the goals of instruction in collective games as well as of the means to reach these goals; such analysis should reveal a better approach to the problems of methodology and pedagogy.

Both goals and means are, above all, the products of the inner motivations which guide the player's behavior.

Two psychological factors determine the attitude of the player in action.

A player's greatest reward is to win and all his efforts to achieve good performance are set on this target. It is futile to attempt an explanation of the game concept without allowing for this fundamental truth. No sound explanation can be divorced from the realities of life.

The actual pedagogical problem can therefore be spelled out as follows :

**One must provide rapid and sound instruction so as to allow the player to do right in order to win.**

The instructor must orient his teaching toward this reality. He will unavoidably be influenced by

the requirements of the player faced with the problems of the game.

How can two seemingly contradictory necessities be reconciled ?

### **To do a good job and do it fast**

Reverting to the two methodological concepts mentioned above, we can see that both lead to a hopeless situation for, taken individually, neither can reconcile speed with effectiveness.

In the perspective of the traditional concept, a player who goes through a mere process of passive assimilation of the motions without becoming acquainted with the problems encountered in action, will rapidly achieve physical readiness to master hypothetical situations.

Unfortunately, such situations are often far remote from the realities of the game and the player will find his training of little use since it failed to condition him to unforeseen eventualities.

In other words, the player will possess a whole gamut of technical procedures suited to situations which may never arise in the actual game.

Correspondingly, if we were to consider the problem from the alternative standpoint, could we justifiably assert that training should be confined to rehearsals of the actual game and that, in the long run, such practice would generate an adequate degree of knowledge and technique for adaptation to various situations ? The fact is that both concepts contain a measure of truth, but not the whole truth.

But let us return to the subject matter.

*What we must do is teach fast and well so as to provide the player with the skill he needs in order to win.*

Our first observation is that this concept satisfies the inner motivations of the player. It gratifies his « individual ego » as well as his « social self ». It satisfies the individual ego by fulfilling its fundamental aspirations : the need for assertion, the will « to be ».

It satisfies the SOCIAL SELF by bringing out the need for communication and the desire for moral betterment.

The determination to « play well in order to win » hinges on the player's moral commitment to mobilize and pledge all of his capabilities.

Good performance is bred by the successful combination of two factors : *quality* and *rapidity* of action.

Therein lies the whole methodological problem.

Can these two seemingly contradictory elements be blended ?

In order to avoid the pitfall of blind adherence to one or the other doctrine, we propose opening this controversial debate with a simple question : « Just what does the player expect from us in order to attain his objectives, i.e. :

### « Play well so as to win »

In this phenomenological perspective, we are quick to observe that the game becomes a challenge between conscious determination and material means of expression. In more concrete terms, the player must not only be quick to notice, weigh and grasp the situation, but also react with speed.

Quick perception, judgment, and understanding require mental readiness to absorb outside factors.

Quick and effective action stems from a trained will served by rich and diversified technique.

Receptiveness and creativeness are but two facets of a same psychological phenomenon.

We therefore believe that the two above mentioned methodological concepts must complement each other in order to fulfill the concrete requirements of collective performance.

— Receptiveness requires direct contact with concrete situations; this facet of consciousness can be satisfactorily served by a methodology primarily based on observation of actual facts.

— Creativeness, on the other hand, is contingent upon the availability of alternative means of

expression; it therefore justifies the pedagogic concepts which lead to heightened technique — a must in the successful implementation of tactical plans.

While receptiveness binds us to the outside realities which dominate our perception of things, creativeness liberates us from such bondage by reconstructing and organizing outside factors in function of inner motivations.

On this level, technical means are less dependent on the realities at hand than on tactical intentions.

If we can understand the importance of technical training in facilitating concrete action — just as vocabulary facilitates the expression of thought — we can also understand the necessity to make each studied motion as natural and effortless as possible.

If a trainer is content to teach his pupils a series of rigid, stereotyped motions which are alien to creative thinking, his teaching will, of necessity, depart from the realities of actual performance.

If, however, the trainer selects such motions as will be required in the game and if these motions serve to promote keener sensitivity as well as various psychomotive combinations, he will then succeed in satisfying the dual requirement of speed and effectiveness.

The experienced coach is well aware of the fact that an educational program removed from the realities of the game is practically worthless.

His pedagogic effort must be two-fold; the basis of successful instruction lies in achieving a blend of creative thinking and concrete means of expression.

He must also ascertain the fluidity of the technical knowledge instilled by confronting his pupils with concrete game situations.

He must, lastly, be able to provide his pupils with the technical means of implementing creative ideas and the capacity of intellectually master a given situation without becoming completely detached from it.

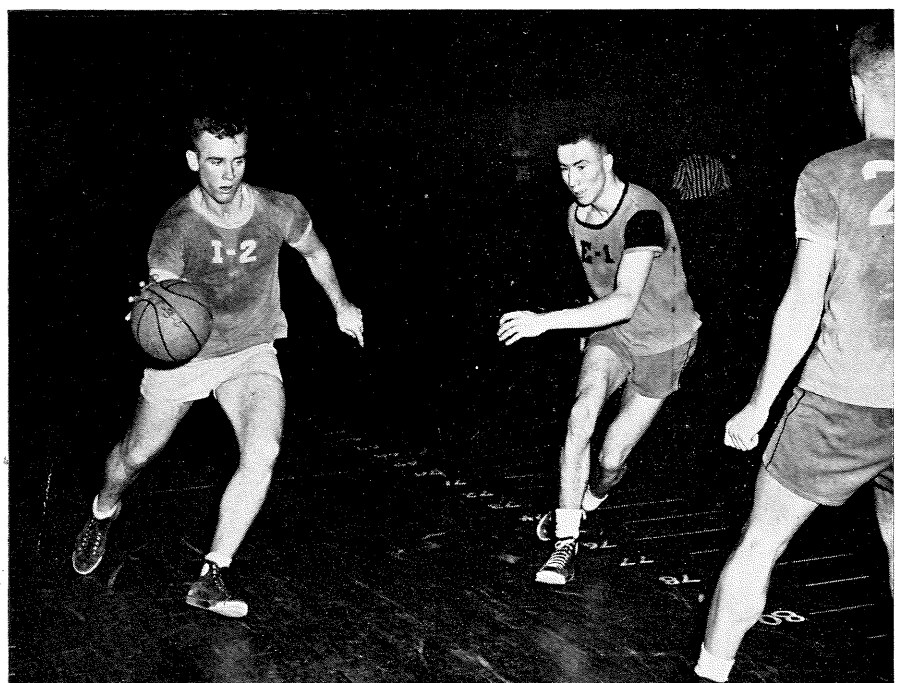
The respect of concrete reality does not necessarily hamper creativeness. It is a necessary phase in the emancipation of intellectual faculties. Creativeness requires a free and receptive mind. Collective action takes place in two correlated phases :

A first phase, in which the player is, so to speak, in the bondage of the structures and dynamics of a given situation, and another phase during which he sets himself free in order to devise and implement a line of action based on his tactical concept.

Technical instruction is, therefore, necessary, but the core of the problem is to place it at the service of all the ramifications of creative thought.

It then becomes, to action, what speech is to thought.

Professor Raymond CHAPPUIS  
(France)



# Wanted:

## A WORLDWIDE RUNNING GAME FOR "EVERYBODY"

### The place of running in our life

To run fast and/or far, not only indicates top motor fitness but may also be described as the greatest common factor in building it up. During no period of life does its significance appear as clearly as in the years preceding school age. Scarcely having acquired the skill of walking, normal children hurry to learn and practice running. As a matter of fact they spend their walking hours practically on the run, stopping only to regain breath or to look around where to run next.

This is their way of life until a radical change takes place when the child enters school. From then on, the playing and running child — « *infans ludens atque currens* » — becomes the poor sitting man — « *homo sedens* » !

That this is neither a biological necessity nor a desirable condition is convincingly illustrated by the fact that continued practice of running and suitable care of the body would improve one's speed and/or endurance up to the age of 25-35 years or even later and enable one to enjoy running and youthful health for a few more decades.

According to the experience of adequately numerous elderly addicts of running, some ten to fifteen minutes effortless jogging keeps one fit better than, perhaps, a 45 to 60 minutes walk, in a considerable degree owing to the effect of running as unconscious and thus the more practical and effective warning against overeating and obesity.

Incorporation of running into the way of life and in particular, into the position it has had always in childhood and in primitive life is accordingly of first rate significance, especially in these days when technical progress threatens us with elimination of all vitally important activities from our daily habits.

### But how to manage the counter-revolution of running ?

Primarily by means of the foremost agency nature employs for promoting children's and teenagers' motor activities and growth on the whole : by PLAY.

Among all this motor activity, running games are of extraordinary importance. Their prototype may be seen in the game of TAG : « A children's game in which one of the players pursues the other until he overtakes and tags (touches) any one of them », a dictionary defines it.

In the past, such primitive running games progressed to combative and organised games between two teams fighting for victory which was achieved when the ball was carried into the goal, the equivalent of the enemy's headquarters.

### Some criticism

To-day, only two team games — soccer and basketball — can be recognised as really world wide ones, but nether of them is, as *practised* by average participants, a genuine running one.

As to basketball, of rather decent design, it certainly involves plenty of running, but owing to the somewhat arbitrary and artificial bouncing of the ball, running with it is awkward, in addition to which the crouched position adopted is not conducive to good running technique. The overwhelming importance of throwing the ball into the basket focuses most of the practice on this drill at the expense of running, which is readily neglected. Actually most of the practice consists of jogging leisurely in file past the basket, everybody in turn trying to throw the ball into it.

Since bouncing calls for a smooth surfaced area, this item necessarily will limit the « market » for basketball, especially where the game is according to the original idea (of Naismith & Gulick) aimed to be primarily an indoor one. Neither is the role that the participants' height plays in the game, suited to make it everybody's pastime.

Likewise soccer presents a lot of busy and strenuous running, but for the majority of players at a speed and in a style which is spoiled by the basic, admired, would-be natural, but actually perverse feature of the game, its major rule which disallows « hands » and creates dribbling the ball with the feet during which one assumes a prone, speed-checking posture. In common with basketball, soccer games continue without many « breaks » which allow the necessary rest intervals to maintain top speed all the time. Moreover the decisive importance of « handling » the ball by the feet and kicking the ball at goal tends to confine practice to ball skills, meanwhile the majority of players below top level neglect running and sprinting practice for which proficiency in soccer calls.

### A dispersed family of running games

There exists, however, abreast with soccer and basketball — regionally even overshadowing them — a family of ball games whose history leads a way to the solution of our problem. Rugby « football » had been initiated AD. 1823, in a moment when, we are told, a teenage schoolboy William Webb Ellis caught by a whim at the end of his schools' great annual match, « with a fine disregard for the (hands-off) rules of football as played in his time, took the ball in his arms and ran with it, thus originating the distinctive feature of the Rugby game ». Strictly speaking, the boy was, however, hardly the « first to run with the ball », for it can be proved quite definitely



General-Brigadier R. Hatch in an amical conversation with Professor Lauri Pihkela, « Finnish Father of Cross-country Skiing »

*Last winter at the annual CISM Ski Week on the hills of Hammenlinna, Finland, could be seen daily the 78 year old father of cross-country skiing in Scandinavia. Still an accomplished and enthusiastic outdoorsman, Professor Pihkala skis as part of his way of life — a way of life he has pioneered for his countrymen. Although having reached the time of life when most men are content to relax, the Professor is constantly busy revising and improving the sport for which he is known in his country. This month's article is a case in point.*

that in the ancient and original fighting mass games the ball was *carried*. The hands-off rule must have been a later invention, obviously calculated to safeguard participants against accidents in the turmoil of the primitive and fierce catch-and-kick as you-can game and to save the violent pastime's face before growing criticism recorded in documents still with us to day.

When the « Rugbeians » then in 1840's offered their game for wider adoption in other schools, it was soon described explicitly as a « running game » in contrast to the prevailing « dripping game ». The majority of other schools, however, rejected the heretic innovation and together with a few clubs joined in 1863 to found the very Football Association that would control « soccer ». After some futile efforts to reach a compromise, « rugbeians » & Co., returned to pure « rigger » and eight years later formed a *Union* of their own.

Why was it then that the two factions could not unite to form one single game?

Perhaps a fusion could have been brought about if the negotiators could have foreseen the tremendous and far reaching significance of their task. It is unfair to blame those schoolboys and freshmen for their incapacity to carry this through. However highly esteemed outdoor playing activities might have been in Merry Old England during « Tom Brow's School-days », there was, after all, « only play » at stake — technical problems were not to be taken too seriously!

The genuine, « hands-off » football held its position as the principal game of its type in England. But although beaten, rigger yet acquired a good second place and is nowadays played by hundreds of thousands of active participants and witnessed by crowds occasionally amounting to tens of thousands at one game. The explanation of rigger's eclipse by soccer in England is simple and self evident. Years of conditioning had made it seem sacrilege to handle the ball in a game and what must have seemed the result of the momentary whim of a boy stood little chance of overwhelming the established order.

But rigger was to get a fairer chance when both games began to spread abroad with the English speaking world to virgin countries where they met a less biased reception than within the conservative old country.

Anyway, Ireland has its variant of rigger while another blossoms to-day in South Africa as her principal game and recreation — likewise in New Zealand, the home of internationally victorious teams. Australia is crazy about its variant of rigger and USA adopted Rigger « as a better game » early in 1870's and then began to change it to suit conditions and temperament over there. Canada has also its own variation of rugby.

Meanwhile rigger spread swiftly across oceans to remote countries, in the process assuming subtle adaptations in the different countries adopting it. Soccer on the other hand was firmly consolidated in England and spread from there slowly but surely, being for many years literally ruled by England's rather autocratic Association. Because of this, soccer acquired a structural and functional strength of organization which compared with rigger's corresponding assets reminds one of Rome's monolithic catholic church versus the dispersed denominations of protestantism.

It seems also as if soccer's world wide popularity, compared with the limited spreading of rigger type games, could be attributed — in some degree at least,

to the easy technique — to run and to kick — and to the simplicity of its structure and rules — « Hands » and « off side ». On the other hand, the first impression of rigger is rather confusing, since it consists of different skills, running with the ball, catching, throwing and kicking as well as tackling and pushing opponents. Consequently, its rules are more complicated.

As to tackling which usually causes the two or more players concerned to somersault or fall heavily, a stranger cannot help wondering, whether this detail is an asset or burden with regard to the game's spreading. Certainly, it is spectacular for spectators and interesting for a good many players — in particular for « huskies » — and provides a manly test for taking punishment. But are the players of a more slender build also fond of this and do they derive benefit from it? And according to the British view rigger necessarily calls for grounds with rick thick turf, while the American game requires heavily bolstered outfits. Yet it is an *inexpensive* game we are after both physically and economically within reach of *everyone* from childhood onwards in order to get *all people* running.

### « A tree is known by its fruits »

But the superior popularity of this or that game, here or there — which can be a matter of mere chance, usually a case of « first come, first served » — is not necessarily proof that in fact, it is better. Also their *effects* on mind and body ought to be compared and taken into account.

Comparison is futile with regard to the mind, both games calling for and developing equally the fine qualities of true sportmanship and citizenship. The effect of the games on the mind and character are pretty independent of the game structure, at least there is no particular difference between soccer and rigger in this respect; it is the environment and the atmosphere that decides this question.

A greater difference can be noted in their efficiency for building physical fitness and form. Few branches of sport seem better suited for testing physical vigour and agility than track and field events. When reading particulars of famous Anglo-American runners or track and field athletes in general, we are informed that this one or that one is prominent in football too. Practically without exception, such cases refer to some variant of rugby.

The only European in the 100 m final in the 1948 Olympics, Corquodale of England, was a rugby player



who had been persuaded to sacrifice the game temporarily for track work. Rowe, the British champion shot putter of Europe turned professional at rugby, which was obviously his pet sport. Fuchs, the American shot-putt champion, had to abandon football because of too many accidents which made him a « magnificent wreck ». The latest product of football among American cracks is sprinter Hayes, the fastest of them all — to date ! Halberg of New Zealand, the Olympic 5 000 m champion, had likewise to leave his original fancy, rugby, because of a withered arm. Reading of the tremendous interest in Rugby on the Australian continent where it occupies a monopoly position, we can safely figure it as a background for the proficiency of Snell, Power, Clark, etc., dazzling representatives of a nation small in numbers.

A mind and body building game of this type and character would indeed deserve a world wide spreading. This however seems impossible unless it is presented as some new, *tempered, simplified* and unified concoction which could be within reach of « everybody » with normal sound organs and limbs and practicable enough to be played on almost any surface. As to tempering, this part of the problem is solved by means of *Touchball* in which the vicious tackle of the rugby type games is replaced by mere touching or tagging properly the opponent with the ball. But since the many variants of rugby have their own preliminary or introductory minor games leading up to their major game, the confusion of different rules grows worse. Therefore the game longed for is one single unified and universal *Touchball*.

## A tentative game of « Lightningball » in Finland

Experiments with *Touchball*, aiming at the purpose described above, although for domestic use only, have been carried out lately in Finland under the supervision of its British designer, Mr. James B. Hogg, Director of Physical Education and Games Master at Dalziel High School, Motherwell, Scotland. Owing to the game's entirely virgin environment in Finland, he had the advantage of being independent of any traditions or « rites » tying or burdening the game.

### *The barest outlines of the game*

#### Teams and Ground :

*Standard* team consists of nine players : 4 forwards, 2 halfbacks and 2 backs requiring an area of 90-105 × 55-65 metres.

*Medium size* : 3 + 2 + 1 = 6 players, area 55-65 × 35-40 metres.

*Midget size* : 2 + 1 = 3 players, area 30-40 × 20-25 metres.

*The Object* : to carry the *oval* ball over the opposing team's rear line and to « plant » it on the ground there. The goal area is divided into 3 equal parts — 3 points are given for touching down in the middle area and 2 points for the sides.



*Fundamental Rule I.* The ball must be carried forwards; it may not be kicked. The ball must be passed backwards and may not rebound forward from any part of the body or be passed forward otherwise the opposing team gains possession for this infringement.

*Fundamental Rule II.* When a player carrying the ball is touched by an opponent *on the back* between the neck and the knees, he must release the ball at the latest before his third stride will be completed. (In accordance with Rule I the ball should be passed backwards to one's team mate so that the team in possession still retains possession of the ball).

The rest of the rules are details to be fixed under international agreement.

### *An appraisal*

1. *Space saving.* Both teams attempt to make progress forwards by running with the ball and passing backward but when they lose it to their opponents the same progress, more or less, is made by them so that play swells back and forward in a relatively small confined area.

2. *Grounds available « everywhere ».* Since the ball is carried, the surface doesn't need to be smoother than just satisfying the demands of safety. It can be played in a « thin » wood and in snow up to 20 cm deep.

3. *Inexpensive equipment.* No special outfit is necessary. Thanks to off-the-ground play, wear of the ball is confined to a minimum.

4. *Simplicity of rules.* Because of this, the game can be played with beginners within a quarter of an hour. The only practical difficulty will be met in the backward pass ere it becomes a natural skill. On the other hand, a backward pass exempts both players and referee from the rather distracting observance of the off-side rule, since any player who receives a correct (backward) pass shall in the best interest of his team, rush forward to the head of the advancing « wedge » which is formed by his team mates, who slow their speed to be able to receive a correct backward pass if it be required. This habit is acquired by means of the indispensable basic practice of passing the ball between 2 or 3 players.

5. *Compelling interest to sprint...* intermittently and, accordingly, all the faster! This holds true not only in an actual match but also in practice. The movement may be start with an easy jog or even a leisurely walk, the ball being passed from man to man, but as the receiver of the pass must hurry to the head

of the « wedge » and his team mates aren't able or willing to slow down, then the speed of the sprint forward will be irresistibly increased to its maximum until a rest interval occurs through an infringement.

6. *But...* does a Touchball game without the decorative rites of scrimmage, etc., of the « Big » games, contain enough technical, practical and strategic « depth » and richness required in the long run? Aren't its « ingredients » too scarce and scraggy to engage one's mind and interest permanently? Can we fancy a player of Touchball answering like the old golfer when asked to tell the main reason for his interest in the game : « that I never learned to master it, but hope to do so ».

The double act constituting the pass, i.e. throwing and catching, seems simple and easy enough, but to direct it to the « right » teammate at the « right » time i.e. to judge the situation as a whole before doing so, is made extremely difficult when done at full *speed*. In short, Touchball can be learned quickly and hold the interest of a beginner but the technique and tactics are never mastered sufficiently to bore.

7. *Touchball as an aid to field games.*

Another « but » question may be presented : Is there any more room vacant for a new game in the already overcrowded programme to-day amongst the well known field games : soccer, basketball, lacrosse, field hockey, field handball with the numerous variant of rugby and their still more numerous « satellites » of the touchball family.

The Answer : We can never build fields, to say nothing of indoor areas, in sufficient numbers or of suitable quality to engage « all people » to the extent deemed desirable. Again, there are people who never can acquire the technical skills enabling them to enjoy any of the « finer » games. Therefore, a simple game like illustrated Touchball is sorely needed to keep busy those who cannot exercise within the limited areas available or are too clumsy ever to learn finer skills beyond catching a big ball, running with it and passing. Therefore Touchball would serve as the last bulwark in our defense against the prevailing want of exercise and opportunities for having it.

8. *An elementary, basic, auxiliary and introductory exercise.*

Can we imagine any exercise, being elementary and basic to such a degree, with deeper and stronger biological root than the game of catching, running and passing — « Run and Pass » as one variant of the touchball family is called? Owing to these characteristics, and never forget, its *fun*, it builds up the general fitness required (but generally neglected) by active

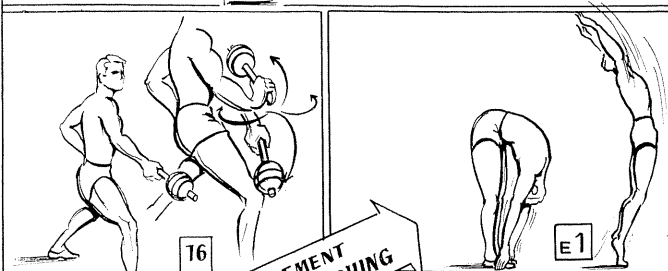
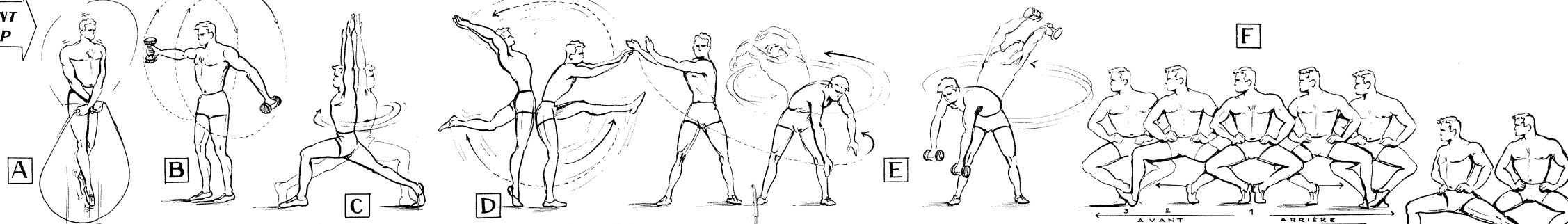
« customers » of almost all sports ranging from boxing to chess.

Above, we pointed out rugby's efficiency as a means of developing speed — in fact, one form of Touchball is known as « speedball » — and stamina as well. Because of this, Touchball is in general almost indispensable to a good many other ball games and events in competitive athletics, which in themselves do not develop enough speed for their own needs. A long list of events could be enumerated e.g. cross-country skiing, orienteering, cycling, modern pentathlon, fencing, boxing, rowing and perhaps even such a self-contained sport as swimming.

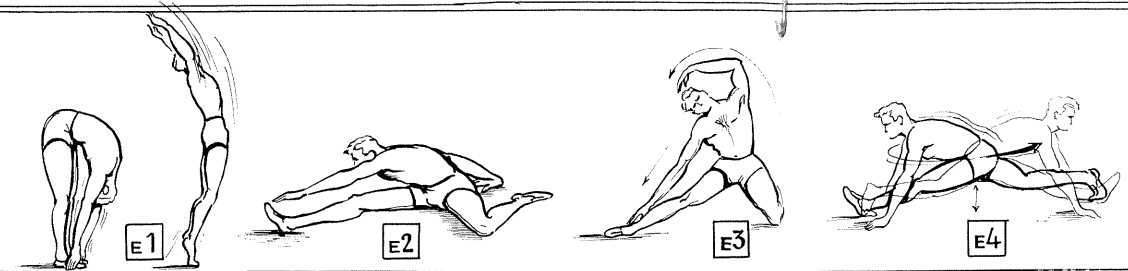
On the other hand, the interesting, intensive, breath-taking and intermittent bursts of speed in Touchball seem still more commendable for adherents of such branches of exercise which tend to one-sided development of the muscular system at the expense of the inner organs e.g. weightlifters, wrestlers, throwers, downhill skiers and even acrobatic gymnasts.

And finally in its relation to the major games of rugby, the British original, the Australian version, etc., up to American College Football, Touchball is a perfect introduction to any of them and need not be an end in itself but a progression to the more advanced games.

ECHAUFFEMENT  
WARMING-UP

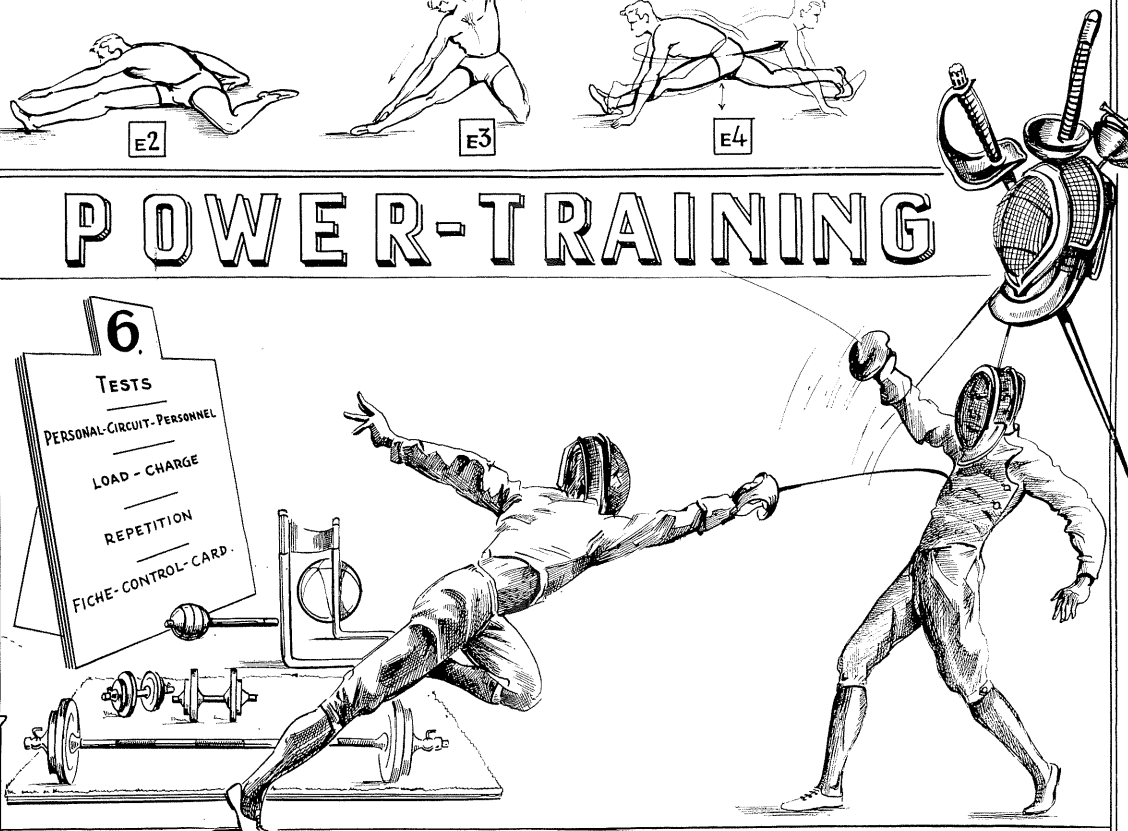


ÉTIREMENT  
STRETCHING

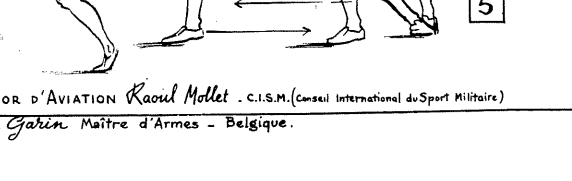
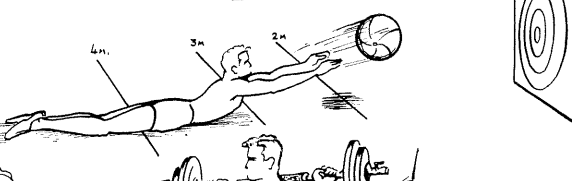
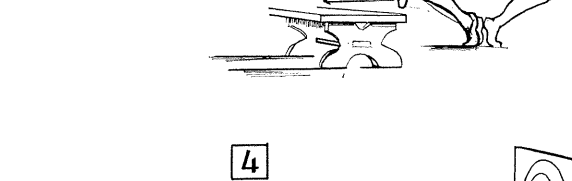
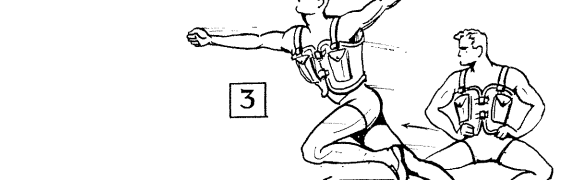
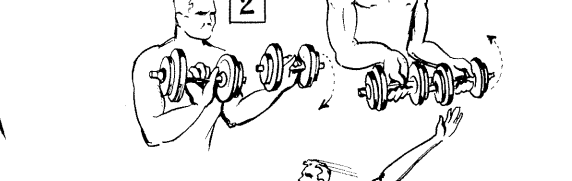
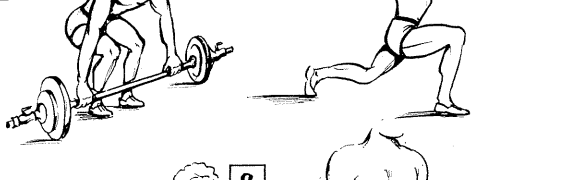
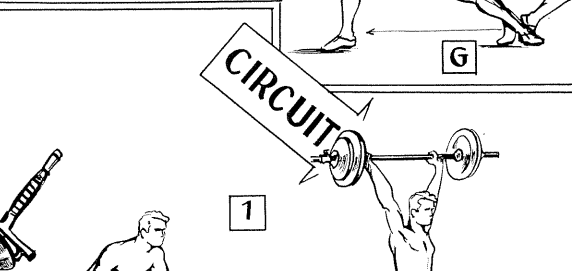
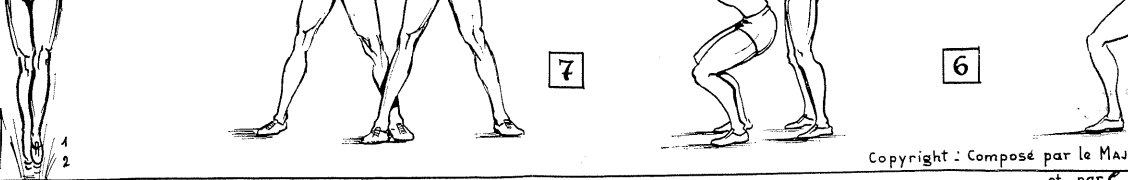
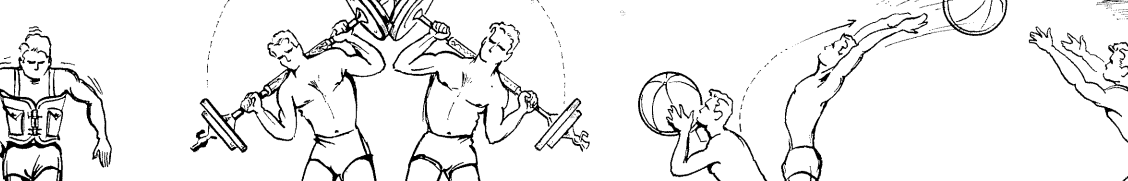
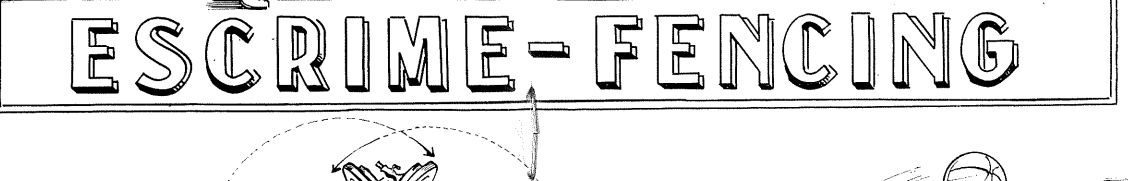
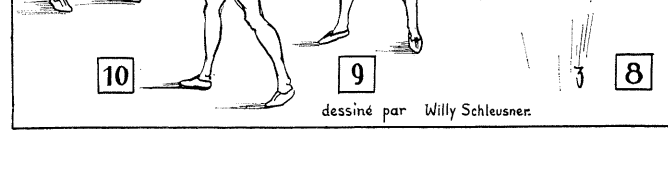
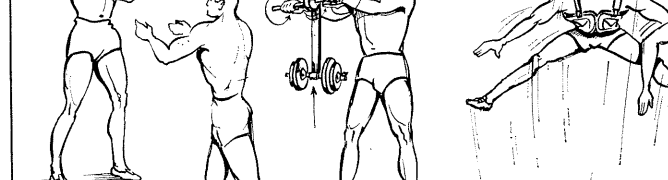
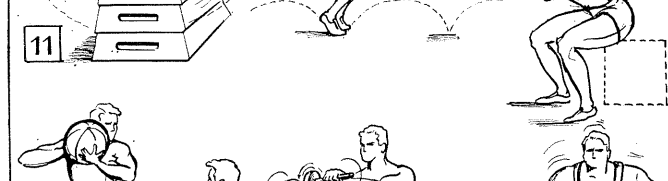
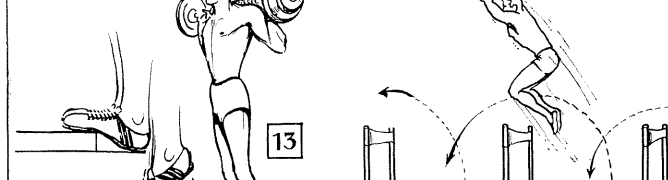
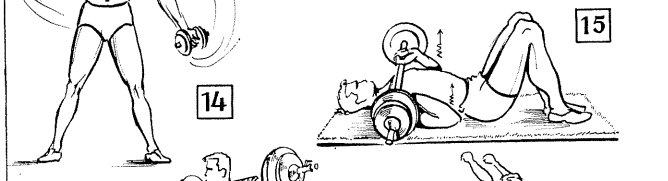
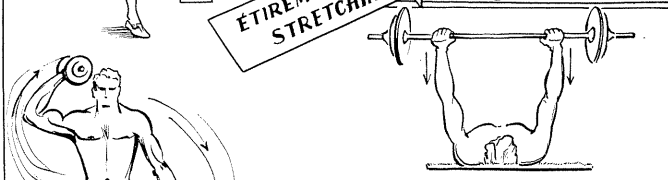


# POWER-TRAINING

6  
TESTS  
PERSONAL-CIRCUIT-PERSONNEL  
LOAD-CHARGE  
REPETITION  
FICHE-CONTROL-CARD



# ESCRIME-FENCING



dessiné par Willy Schleusner.

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et par C. Gabin Maître d'Armes - Belgique.



## MODERN TRAINING AND THE OLYMPICS

Man has pitted the best of his physical and mental abilities to reveal the secrets and uniform laws of Nature. The great scientific discoveries and best achievements in the artistic and cultural field have come about as the fruit of persistent struggles in quest of the unknown, and the satisfaction of achieving near-perfection, acting as a stimulus towards still higher knowledge, values and virtues.

Sports over the centuries have accumulated a vast store of experience. Taking over, science in our modern times has further stimulated human endeavour, producing the phenomenal results which we all witness every day in the world of sports. The Tokyo Olympics crowned the sportsman's effort towards the peak of perfection. But these successes were only relative, because much like former Olympics, the Tokyo flashy records left no lasting trace. Soon after the Tokyo Games and during the whole of 1965 the breaking of world records on scores of occasions showed the vast and still undiscovered potentialities of the human organism. These results in the field of sports have gone parallel with and appear to be the function of man's general economic, scientific and cultural advance. Better sporting accessories, electronic timing devices, higher living standards and fairer rules are all factors conducive to higher results.

Training methods have always been decisive. A brief survey will show that new and better training methods are directly related to the rising level of Olympic performance. In the early period of sports, training methods were primitive, and were usually reduced to a repetition of some specific work-out.



The first, and especially the second Olympic games raised the problem of systematic training. These were the days when the dominating view was that « **technique does the trick** ». The years after, the problem of tactics, especially in the team sports and events was raised.

A new turn in modern athletics was witnessed in the « thirties » when a number of athletes like Nurmi, Ritola, and later Harbig and Hägg showed that the general toning up of the **functional capacities of the organism** are the surest basis for top level performance. The period after the Helsinki Olympics was characterized by a slow but sure increase in the volume of training stress, until the Games in Rome and Tokyo brought up the **importance of psychological conditioning**. This has brought to the fore the problem of intellectual background and development of will power in the modern sportsman, integrating the qualities expected from a harmoniously developed personality.

### No top level performance is possible without an all-round preparation

Modern training schedules follow various lines, based on theoretically substantiated and practically tested principles. Our knowledge

and experience today makes it possible to control and direct the structural formation and improvement of the organs and systems in the human organism, and especially the **important functions of the nervous system**.

Numerous tests in the days of Vedenski and Pavlov proved that the size of the responsive reaction (that is, of structural build-up and autoregeneration) is directly proportional to the functional stress resulting from important recuperative processes taking place in the organism of the sportsman during the rest period. This fact is of utmost importance in athletics. **Accordingly, heavily stressed training schedules form one of the most essential elements in every modern training method.** From here arise a number of questions which are far beyond the measure of coaches and trainers, and involve the cooperation of a broad circle of scientific researchers, doctors, physiologists, pedagogues, engineers, and others. This, in turn, leads to the creation of whole specialized institutes, and special care on the part of governments and authorities.

### Need for international cooperation

The theory and practice of modern sports will form the source of further improvements in training methods and results.

On the one side there is the tendency to adapt the training process to the individual athlete. On the other — systematic generalization and overall solutions, applicable to all in principle. It is here that international cooperation among specialists and scientific workers has proved useful.

Priority should be here given to the choice of means and most rational methods of developing man's functional potentials. We know that hard training schedules have taken incredible proportions : we have the example of the Scandinavian skiers and skaters, New Zealand athletes, American swimmers, Soviet weightlifters and distance runners, and others. But this leads to an enormous expenditure of physical energy and mental strain, reaching the border of complete exhaustion in competitive sports. All these reasons pose the problem of education, psychological conditioning and development of will power and moral values.

### **Training and rest**

One of the main problems in this field is the correct dosage of training and rest. The practical experience of the best coaches and athletes in the world has shown that modern training schedules follow undulating curves. Of particular importance here are the so-called microcycles, characterized by variable stresses. This makes it possible to maintain a high level of physical output by giving the nervous system periodical respites.

### **Early training**

Of growing importance is the problem of **early training and early specialization**. Sports like swimming, figure skating, fencing and others, have made bold strides forward. This fact raises many problems regarding the proper organization of physical education schedules in the schools, and specialized training methods for the growing generation.

Daily regime, rest, physical fitness, hygienic habits and diet are other important aspects where more ought to be done in spite of the considerable progress achieved so far.

### **Culture and sport**

Modern training specialists face a complexity of problems relating to the improvement of the intellectual level, general education and personal conduct of sportsmen in their charge. The composition of the Olympic groups has been steadily improving, and college education has become a common feature. Our present world record holders and champions are above all people with a high general and specialized cultural levels, with interests far beyond the narrow frame of athletics. The famous Yuri Vlasov has said : « The present world records are quite high. They can be bettered in the future only by talented, hard-working people with a high level of general culture, who have discovered their specific talents by early, and later intensive training. »

### **Olympic Games are an ideal forum**

These and other complex issues of modern sports can find generalized solutions only through close collaboration among sportsmen, instructors and leading executives. The Olympic Games are an ideal forum of noble competition, giving the best possible opportunities for close contacts, exchange of knowledge and experience, and direct observation of results. One of the major acquisitions of the Games is the fact that make possible an exchange of scientific data and practical experience. The scientific congresses and conferences organized on Unesco lines and on the initiative of the Sport Federations are of outstanding importance to improve the professional level of both coaches and scientific researchers. The experience of leading sportsmen and coaches is made accessible to all, and there can be a

useful exchange of documentation on the building of sports centres, equipment, the release of educational films, literature, etc.

The Olympics often prove the right place and time to decide important problems of judging and refereeing, change of rules, and new techniques and tactics in the development of the various sports and events.

One such issue is the composition of the Olympic delegations raised before the IOC by the National Olympic Committees in 1965 at Rome. Participants in the Games are given better and better specialized care. It is not that athletes are getting soft, or spoiled. They really need the services of more coaches, doctors, masseurs, psychologists, translators and technical advisers. **Consequently the size of an Olympic delegation should depend upon the level of sporting achievement.** The fears that the Games may crumble under their own weight seem to be exaggerated, as proved the numerous candidatures of cities desiring to

play the host. There are always organizational difficulties, but the advantages of technical progress and electronic equipment are being increasingly felt.

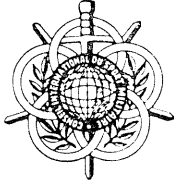
The leading personalities and institutions of many nations are manifesting keen interest in the Games at Mexico. Specialists realize the value of cooperation of joint workouts and training, exchange of theory and practice between coaches and researchers.

We trust that the International Olympic Committee will take an important step in the interest of the Olympic Movement, and that it will find a way to increasing the permitted number of accompanying officials.

Zvetan ZHELIAZKOV  
Coach (Bulgaria)

*(Article printed with the kind permission  
of the Bulgarian Olympic Committee)*





# LIFE AT CISM

## TUNIS 1966 : 1st EXECUTIVE COMMITTEE MEETING

### ● Reception

The high Tunisian authorities accorded a hearty reception to the CISM representatives.

The presentation to H. E. Habib Bourguiba, President of the Republic with the CISM highest award was made in presence of numerous dignitaries and gave occasion for expression of great regards for our organization.

- The City Mayor of Tunis also played host for a lively reception.
- At the parade held in conjunction with the opening ceremony the CISM-Africa's flag was handed over to Mr. Ben Amdar, Chief Liaison Office.

### ● Working activity

Plans were drafted for new progresses in the three main fields of activity which are specific in CISM :

#### Expansion

Important efforts were decided aiming at introducing CISM philosophy and programme in Africa, Central and Latin America, Far-East.

Reports received from the Liaison Offices are extremely encouraging.

About ten non-member countries expressed their desire to join CISM or to get better contacts.





Mr. H. Ben Ammar  
introduces Colonel C. Garcia Riveras,  
CISM 2nd Vice-President,  
to H. E. H. Bourguiba,  
President of the Tunisian Republic



Among them : Jordan, Republic of Congo (Kins-  
hasa), Republic of Congo (Brazzaville), Thailand,  
Vietnam, Canada.

Presents at the meeting were : Commandant Loubaris  
(Morocco) and Lt. Kokolo (Congo-Kinshasa). It  
allowed for interesting views for the future of our  
organization in Africa.

## Academy

Two main aspects were considered :

- The strengthening of the three sections by addi-  
tion of a secretary and distinguished specialists.
- The drafting of an important programme to be  
submitted to the XXIth General Assembly.



## CISM relations

### with civilian governing sports bodies

The « Open Session » at the XXIth General Assem-  
bly will be devoted to a discussion on this subject.

### Conditioning methods and experiments

The physical training displays presented by the stu-  
dents of the Tunisian Military Center arouse great  
interest, as they proposed the integration of interval  
and power training in the teaching of sports skills  
and the study of conditioning recruits by way of  
boxing fundamentals.

The Executive Committee  
is smiling after the reception  
at the presidential residence





The CISM flag is presented to Mr. Ben Ammar by the President. In turn he hands it over to the first athlete who in 1961 won a CISM Medal at Fort Dix (Boxing)

The President and Air Commodore M.M. Piracha (Pakistan) 2nd Vice-President visiting the CISM exhibition

## Atmosphere

During the whole Executive Committee Tunis has been « CISM minded ». Newspapers, and radio kept the public informed of the various aspects of the meeting.

A splendid exhibition, the best ever in CISM, has been arranged in a important central store. Thousands of visitors witnessed the exhibition.

## Conclusion

Well done Tunisia and many thanks !



## Well done Denmark !

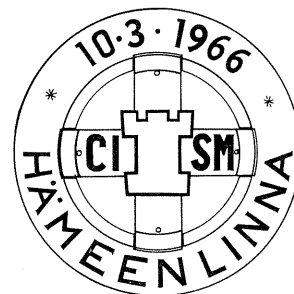
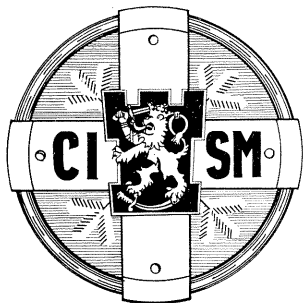
It's never to late to correct a mistake. In previous issues the PAIM Swedish team was wrongly indicated as the winner of the 1965 PAIM air rally. (Probably because it has become an habit with the Swedish air force teams to win everything in PAIM.)

Well, this time and for the first time the Danish team made it.

Hence the smiles and the picture... with our apologies and compliments.

# THE PRESIDENT OF THE REPUBLIC OF FINLAND ATTENDS THE SKI WEEK

**A new addition ! The 4 x 10 km relay.**



Chairmen for the ski week : Brig. General R. Hatch, CISM Representative and Major-General Hannila, President, Sponsoring Committee

## THE PLACE :

Hämeenlinna the capital of Häme province was founded in 1249. The town lies on the shore of lake Vanatavesi. Jean Sibelius, the great composer and freeman of the town was born and resided here. The competition of the modern pentathlon in the 1952 Olympic Games were held at Hämeenlinna.

## THE SPONSORS :

The Organizing Committee was presided over by Major-General Matti Hannila Commanding General of the Armoured Brigade.

## THE PROGRAMME :

The opening ceremony took place at night in the Town Square which was lighted with torches and tar-pots.

After three days devoted to training the following events were scheduled :

- 10 March: Military Cross-Country Race — 15 km.
- 11 March: 4 x 10 km Relay Race. This new event met with a good success.
- 12 March: Slalom.
- 13 March: Military Patrol Race — 25 km.

## THE AUTHORITIES :

Demonstrating once again that long distance and cross-country skiing was for the Finns a « Way of Live », in attendance, and on skis, were the President of Finland, M. Kekkonen, the Chief of the Armed Forces, Lt. General Keinonen, and the Commander

of the Armoured Brigade Major-General Hännila. The Ministers of Defense of Norway and Finland also appeared.

The 78 year old Professor Lauri Pihkala « the father of Cross-Country Skiing in Scandinavia » was present daily on the hills and on skis.

## THE PARTICIPATING COUNTRIES :

Austria, Finland, France, Italy, Sweden, Switzerland, Norway, USA.

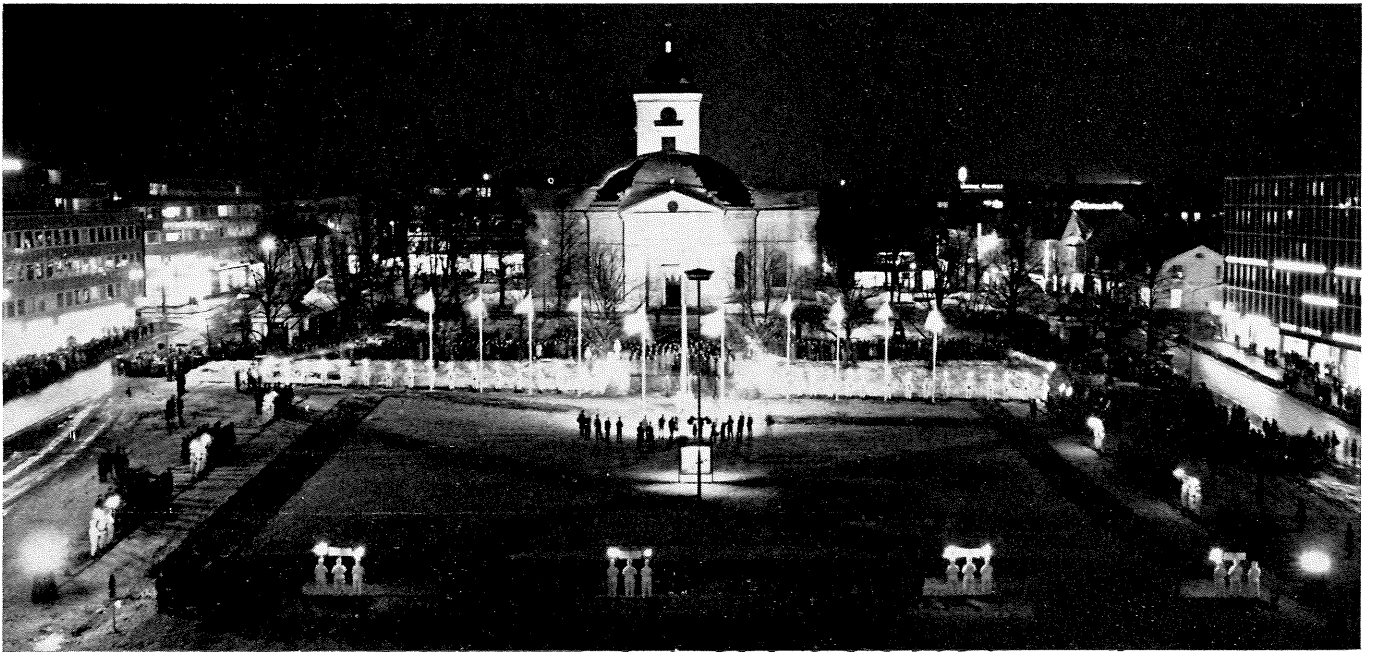
## THE WINNERS :

### Alpine combined

- |                     |       |
|---------------------|-------|
| 1. LY (Norway)      | 38.61 |
| 2. ARNESEN (Norway) | 53.02 |
| 3. MALM (Norway)    | 65.42 |

### Patrol race

- |  |             |
|--|-------------|
| 1. FINLAND I.<br>(Auvenen, Pusianen, Luuhkanen, Makinen)     | 1.40.04,5 h |
| 2. FINLAND II.<br>(Herranen, Tiainen, Minkkinen, Suoraparvi) | 1.42.49,3 h |
| 3. NORWAY II.<br>(Norkild, Tveiten, Roen, Dahlen)            | 1.43.50,0 h |



Torches and Tar-Pots made the Opening Ceremony impressive

**4 × 10 km Relay**

1. ITALY I (Deflorian, Nones, Stella, Maufroi)	2.06.49,5 h
2. NORWAY (Norkild, Andreassen, Haugen, Tveiten)	20.10.42,4 h
3. FINLAND (Lumateinen, Hyvarienen, Luuhkanen, Okarainen)	2.11.00,2 h

**Slalom (Team)**

1. FRANCE (Auger, Rossat-Mignot, Ramus)	159.71
2. ITALY (Valentin, Mussner, Plazzalunga)	160.28
3. Switzerland (Gerber, Grunenfelder, Besson)	161.61

**Slalom (Individual)**

1. AUGER (France)	52.40
2. ROSSAT-MIGNOT (France)	52.46
3. GERBER (Switzerland)	52.77

**Cross-Country (Team)**

1. NORWAY (Norkild, Tveiten, Andrassen)	2.49.30,7 h
2. SWEDEN (Gidlund, Halvarsson, Wistrant)	2.55.45,0 h
3. FINLAND (Auvinen, Tiainen, Luuhkanen)	2.58.27,6 h

**Cross-Country (Individual)**

1. TVEITEN (Norway)	55.12,0 h
2. ANDREASSEN (Norway)	56.30,2 h
3. WISTRAND (Switzerland)	57.34,9 h

The Finish team at the shooting range



**THE CONCLUSION :**

Brig.-General R. Hatch, President, represented CISM.

There could not be a better conclusion than his report's final remarks :

The Defense Forces of Finland are to be commended for this excellent Ski Championship. This championship will undoubtedly be remembered as one of the most outstanding in the history of CISM. In addition to the events, numeral cultural tours were available to the athletes during their short periods of free time. The attitude of all people, both military and civilian, associated with the championship, was in accordance with the highest ideals of CISM.





Military Patrol Race : The winning team  
Mäkinen, Auvinen, Luukkanen, Pursiainen (Finland I)

4 × 10 km Relay : A brilliant Italian team scored,  
a impressive victory



CROSS-COUNTRY  
CHAMPION



Ivar Tveiten (Norway)

The start for the 4 × 10 km relay  
a new CISM event which was well accepted



# TRIESTE : THE XIXth BOXING CHAMPIONSHIPS

Trieste was the happy selection of the Italian Delegation as site for the XIXth Boxing Championships and the research days of the CISM Academy.

Under the patronage of General Nanni the event knew a complete success.

83 competitors came from Ivory-Coast, Korea, Spain, United States, France, Italy, Irak, Netherlands, Pakistan, Tunisia, Turkey.

This large geographical representation is significant of the vitality of the Military Boxing.

Algeria was represented by an observer.

— Italy and USA were as usual sharing titles and medals.

Germany and Tunisia confirmed their good standing of Boxing.

— Excellent progresses were apparent in the field of refereeing and judging.

— The fights were of outstanding quality. Progresses were noted especially in the boxers of Pakistan, Iraq, Turkey, Ivory-Coast. Korean athletes appeared in constant improvement.

— The Academy research days were held at the University of Trieste under the chairmanship of Professors La Cava and Venerando.

The following representations were applauded :

Dr. Donddio : Pathology of Boxing.

Dr. D'Argais : Uulse frequency and Psychological efficiency of a group of boxers.

Prof. La Cava : How can we reduce the dangers of boxing ?

Prof. : Tatarelli : Medical and Technical Problems at Mexico City.

Prof. : Venerando : Sport Medicine and Boxing.

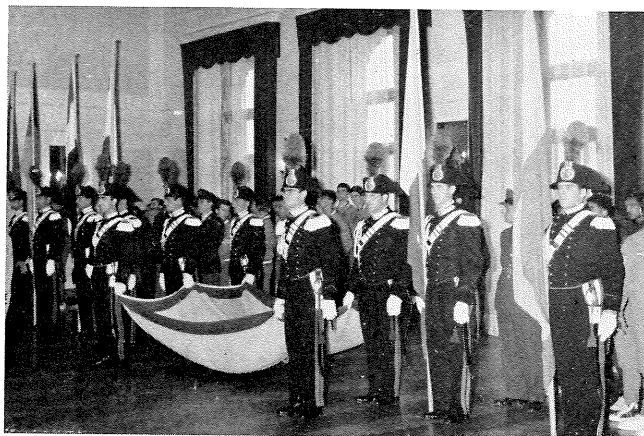
Dr. D'Argais : Medical and Psychological Aspects of Boxing.

The session was opened by Lt. Colonel H. Hamouda (Tunisia) whon introduced the topics which were the prolongation of the previous discussion held in Tunis in 1964.

Cap. Dr. Van Win (Netherlands) was the only « foreigner » lecturer.

He spoke of « the measurement of physical condition as a protection for the boxers ».

The military officials line up after lying a wreath at the war memorial



Opening Ceremony

— High personalities were in attendance. Among them :

General Nanni;

The Mayor of Trieste;

G. Onesti, President of the Italian Olympic Committee;

M. Garroni, Secretary General, Coni.

— CISM was represented by Rear-Admiral F. Casari Member, Executive Committee and Lt. Colonel H. Hamouda (Tunisia), Official Representative.

— With the agreement and cooperation of the « Amateur Association International Boxing », an examination was arranged.

Successfull were as Referee and judge : Lt. Naji (Iran), Colonel Rachid (Pakistan), Colonel Uitmen (Turkey).

As judge : Lt. Akki (Algeria), Lt. Slim (Tunisia).

— The Technical Jury was directed at every one's satisfaction by Lt. Colonel De Wijk (Netherlands).

## RESULTS

### *Fly :*

- |               |       |
|---------------|-------|
| 1. Mencarelli | Italy |
| 2. Harbley    | USA   |
| 3. Juarez     | Spain |
| Yoggkan       | Korea |

### *Batam :*

- |             |         |
|-------------|---------|
| 1. Fabrizio | Italy   |
| 2. Oueslati | Tunisia |
| 3. Heide    | Germany |
| Garcia      | Spain   |

### *Feather :*

- |             |       |
|-------------|-------|
| 1. Robinson | USA   |
| 2. Song Un  | Korea |
| 3. Wahib    | Irak  |
| Pinna       | Italy |

*Light :*

- |              |       |
|--------------|-------|
| 1. Victoria  | USA   |
| 2. Haeng Sok | Korea |
| 3. Velasquez | Spain |
| Pasotti      | Italy |

*Super light :*

- |               |         |
|---------------|---------|
| 1. Zampieri   | Italy   |
| 2. Wallington | USA     |
| 3. Kiuu Wan   | Korea   |
| Petter        | Germany |

*Welter :*

- |          |         |
|----------|---------|
| 1. Amara | Tunisia |
| 2. Riga  | Italy   |
| Barrera  | Spain   |

*Super welter :*

- |            |         |
|------------|---------|
| 1. Meier   | Germany |
| 2. Panseri | Italy   |
| 3. David   | USA     |
| Tekezin    | Turkey  |

*Middle :*

- |            |          |
|------------|----------|
| 1. Casatt  | Italy    |
| 2. Wichert | Germany  |
| 3. Sultan  | Pakistan |
| Kuran      | Turkey   |

*Light heavy :*

- |             |         |
|-------------|---------|
| 1. Reddeni  | USA     |
| 2. Barrieri | Italy   |
| 3. Arte     | Turkey  |
| Mitzger     | Germany |

*Heavy :*

- |              |     |
|--------------|-----|
| 1. Pettigrew | USA |
|--------------|-----|

## **Conclusion**

Warm congratulations go to the Italian Delegation for this new and important contribution.

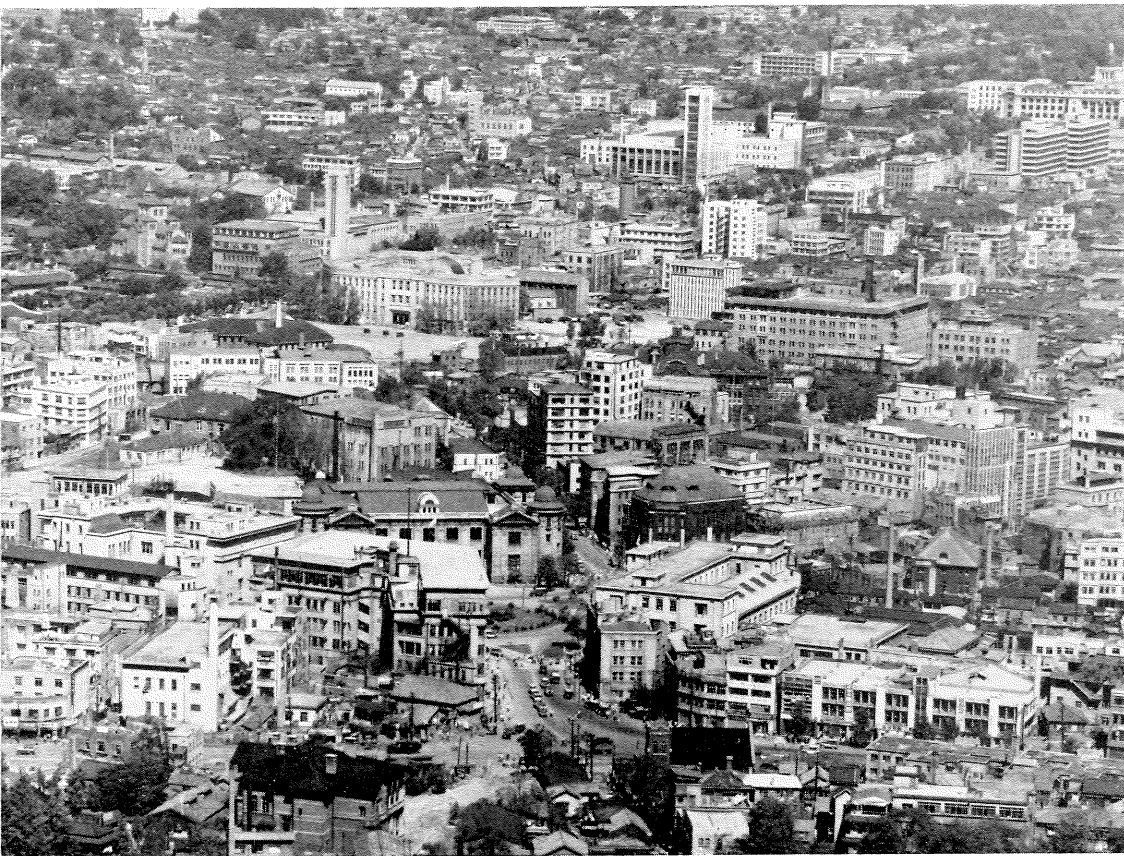
Once more CISM proved that amateur boxing when properly conducted, when its leaders work in close co-operation with dedicated sports doctors and competent referees has very little in common with professional boxing, its reprehensible methods and constant haggling .

CISM is grateful for the presence of military boxers who came from faraway countries to show the ever increasing vitality of this sport.



Meier (Germany) is congratulated by Lt. Colonel H. Hamouda, CISM Official Representative





Seoul is the capital of the Republic of Korea. Its present population is estimated at 3,6 million. It was in the 31st year (1393 A.D.) of the reign of King Taejo, the founder of the Yi Dynasty, that the city was chosen as the capital of this country. The city preserves many invaluable national cultural treasures as well as modern entertainment facilities suitable for tourist attractions. The climate is mild. The year-round average temperature stands at 10.9 C. Summer breezes are balmy and the autumnal skies are bright blue. Seoul is, indeed, the best place in the Republic of Korea for foreign tourists to visit.

한국

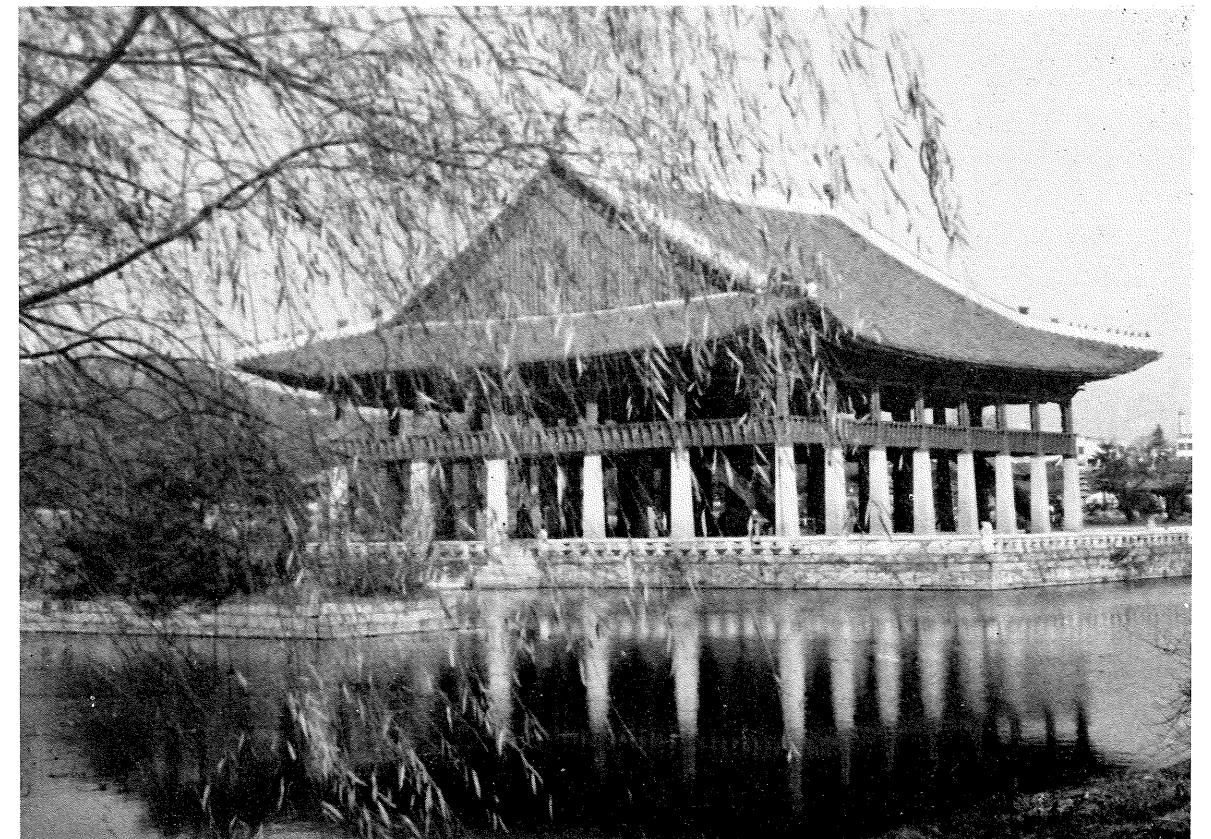
*The Host Country of the XXIst General Assembly*

**KOREA**



**PAGODA PARK**

This place is actually more of a historic spot than a park. Here visitors will find a very unusual pagoda, which has been standing placidly in the same spot for the last five centuries. Engraved on every side of this beautiful thirteen-storeyed pagoda, erected with delicate reliefs of Buddha and Guardians, it is one of the rarest creations found in the Far East, and is believed to be of Lamaistic influence.

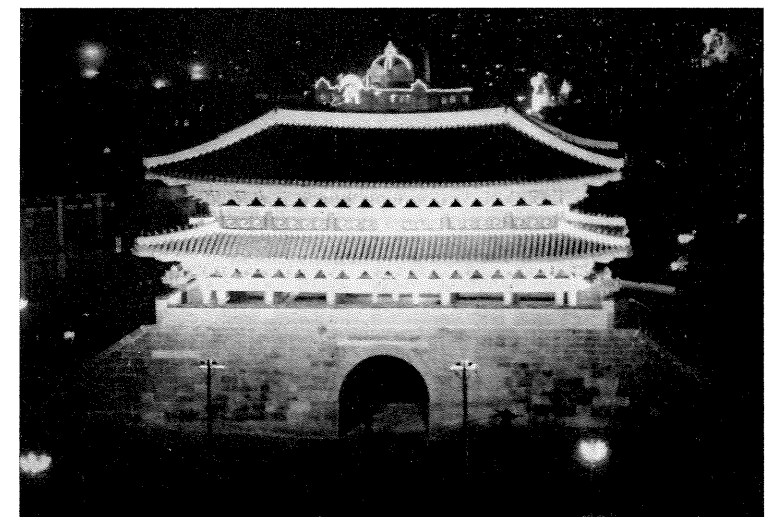


**KYONGBOK PALACE**

This is the oldest and the largest of its kind in Korea. It was built in 1394 by the first ruler of the Yi Dynasty administered state affairs. This structure is considered unique in the admirable union of its far-projecting roof while the substructure harmonizes perfectly with the pitch of the roof. The whole gives an effect achieved nowhere else in the Far East.

**GATEWAYS**

Four large and four smaller gates, named after the points of the compass, lead into the city. Of the four main gateways, the Great South Gate, or Namdae-moon, and the Great East Gate, or Tongdae-moon, now remain. These gateways are actually great pavilions set into the wall. The two-storeyed, wooden gatehouses, with richly decorated beams and massive roof, stand on a heavy granite archway. The present Great South Gate, National Treasure No. 1, is 388 years older than the famous Arc de Triomphe de l'Etoile at Paris and is one of the most ancient architectural remnants of the beginning of the Yi Dynasty, the last dynasty in Korea (1392-1910).







#### SECRET GARDEN

Landscaped in 1623 for royal recreation, this garden is famous for its magnificent beauty, and is full of legends and anecdotes. One of the most fascinating features of the garden is a square lotus pond with curious pavilions around it. The twenty-sided Puyong-jon (Lotus Pavilion), whose two pillars are submerged in the water, is one of the world's rarest examples of geometrical architectural design. A total of 44 buildings of curious shapes is scattered in the 78-acre garden

## *Pretty persuaders*

