



CISM  
magazine

N° 32/E

1 9 6 6



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 :  
CISMILITAIR-BRUSSELS.

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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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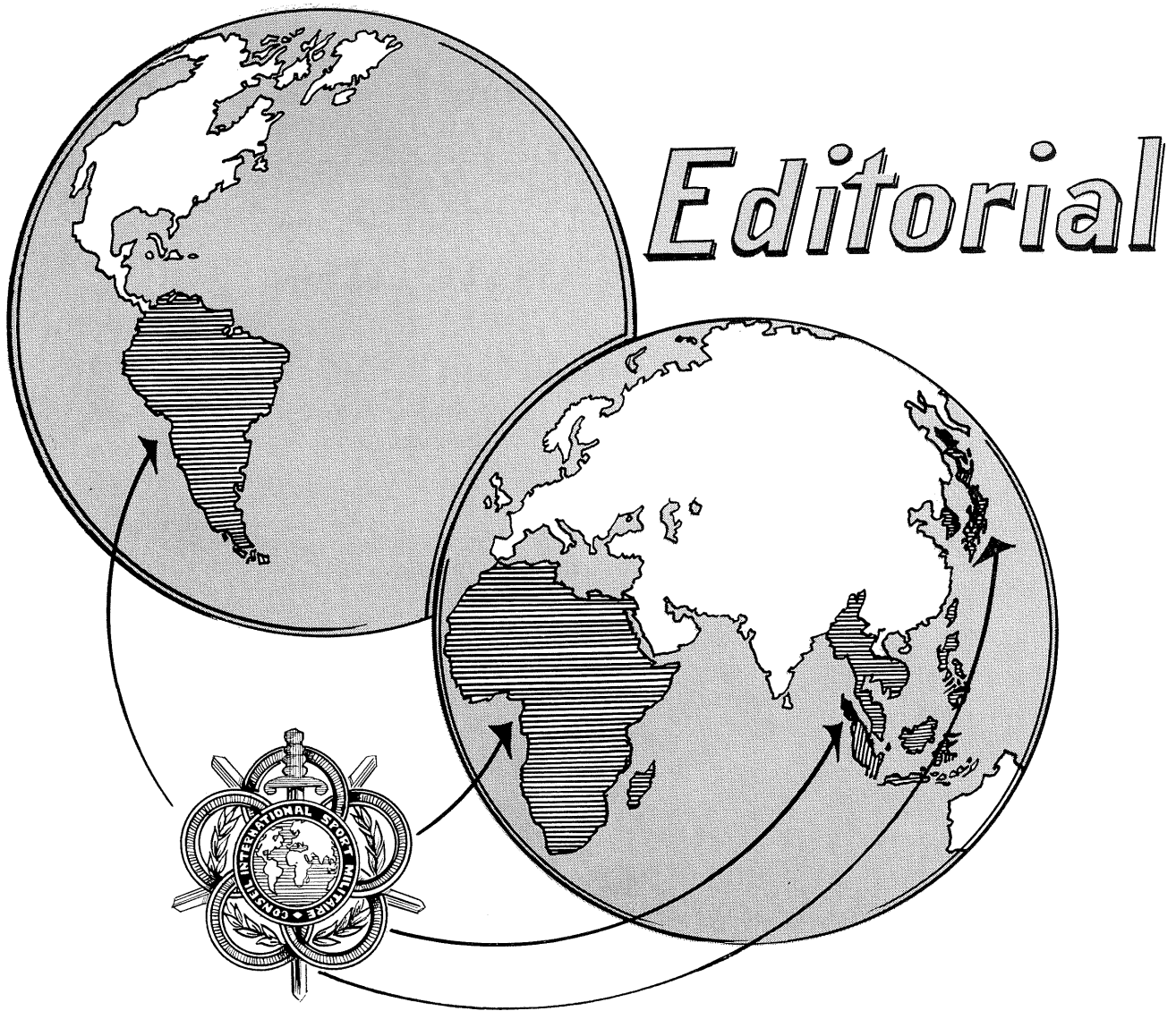
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*The cover photo : Military pentathlon : swimming event.*



## ***Is CISM heading toward a new expansion ?***

Since the creation in 1946 of the Allied Forces Sports Council followed by the inception, in 1948, of the International Military Sports Council, it has been my privilege and pleasure to attend each and all of the twenty-one General Assemblies convened by these organizations.

As one of CISM's founding members and in my capacity as Member of the Executive Committee and Secretary General, positions which I have now held for 14 and 12 years respectively, I have

followed, step by step, the gradual expansion and growth of our Council.

Here are the facts :

In 1948 : 5 member nations;

In 1956 : 19 member nations;

In 1966 : 36 member nations.

In other words, our membership has practically doubled in the past ten years.

In 1948 : 6 events;

In 1956 : 22 events;

In 1966 : 48 events (championships, soccer matches, Research Days, Committee Meetings).

Established in its own premises since the acquisition, in 1965, of CISM House, in Brussels, our organization has reached the stage of rightful self-confidence and can now resolutely engage in further pacific escalation.

Such a project has been very carefully prepared by the Executive Committee.

The various stages of this groundwork progressed from the Tunis meeting to the most fruitful trip to Mexico, Lima, Buenos Aires, Rio de Janeiro, and Caracas.

Then came the 2nd Executive Committee meeting in Cairo, from which our organization emerged better consolidated and stronger.

And now, lastly, comes the XXIst General Assembly convened in the Far East at the invitation of our Korean friends whose own efforts toward CISM's expansion in the Far East have, indeed, been considerable.

#### WHAT COULD BE THE CONCRETE ELEMENTS OF SUCH AN EXPANSION ?

- The admission of new nations which have, in the course of numerous contacts established this year, affirmed their strong desire to join us and whose military sports organization satisfies all criteria.
- The speedy implementation of wide-scope projects for which the way has been paved in Latin and Central America.
- The establishment of a revised concept for the final phase of our championships, which would foster mass participation in the preliminary phases.

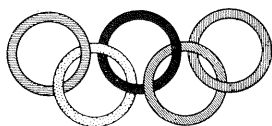
- An intensified action by the Academy, highlighted in 1967 by such events as a large-scale Soccer Clinic and several Research Days on Fencing, Parachuting, and Track & Field.
- The gradual implementation of a program of technical assistance to the emerging nations which have joined our association.

And thus, on the strength of an Annual Calendar to be challenged by no other sports organization, aptly supported by its Liaison Offices in Africa, Latin America, the Far East and, perhaps soon, in the Middle East, gearing its action to the modern concept of close cooperation between leaders, athletes, coaches, and doctors, CISM will be able to boldly set out on the last leg of a journey which will bring it on a par with the most prominent sports organizations.

Regardless of the road taken, CISM will continue to strive toward its ultimate goal, drawing always closer to the concrete illustration of its basic philosophy. PAX PER LUDOS — PEACE THROUGH SPORTS — PEACE THROUGH FRIENDSHIP IN THE STADIA.

R. MOLLET  
Permanent Secretary General

**Rome 1960**



**Rome 1966**

# **ITALY OPENS ITS OLYMPIC STADIA TO YOUTH**

The convention in Rome of the 64th Session of the International Olympic Committee brought back memories of another session held in the great Italian city on the occasion of the 1960 Olympic Games. Gay, colorful pictures flashed back to mind, bringing life to the well-remembered sports structures which have become an integral part of the city, as are its ancient monuments, its old sections, its bridges and fountains.

In those happy days, Rome was welcoming the protagonists of the XVIIIth Olympiad.

On the 25th of August, the great stadium came to life.

Rising to the occasion, the city sprouted a series of new facilities geared to the requirements of modern sports.

Following a brief trial period, these installations became the background for unforgettable events.

However, the Olympic Games cannot be viewed as mere sports events; they are the factual expression of an ideology which professes that sports ethics are the strongest bulwarks of pedagogy.

CONI has attempted to implement the teachings of Baron de Coubertin in the best possible way. It has opened its stadia to all those who wish for a place in the thrilling world of sport amateurism.

For CONI believed in making these stadia a common ground for both the Olympic champions who had triumphed there and the youths who would henceforth be welcome in what used to be a territory reserved for the sports elite.

They are bound by the same ideals, motivated by common aspirations. The mutual goal of champions and beginners is to find cheerful, fraternal relationship and engage, side by side, in sports activities for the very sake of exercising.

Each day, hundreds of children over six years of age enter stadia and gymnasiums throughout Italy with the earnest determination to imitate their glorious predecessors.

In Rome, this sight is more appealing than elsewhere.

The handsome structures lend their imposing and suggestive background to the frolics of active children.

From the « Marmi » Stadium to the Foro Italico, from the Small Sports Palace to the Flaminio Stadium, from the Three-Fountains to the Olympic Cycling Track, one witnesses an endless succession of sports activities, team games, organized training, and competitions.

The first born of CONI's Youth Centers was dedicated to the « Chicks » (Track & Field). Then came the Center for young « Sharks » (Swimming). These facilities are swarming with splendid specimen — children whose harmoniously developed bodies are a tribute to exercise and outdoor life. They have grown in stature and in strength — they are happy.

The Rome Center now numbers 3,200 « Chicks ». More than 5,500 boys benefit from a well-rounded program of rational and progressive activities.

Among the thousands of youngsters who proudly walk off with a diploma from the Track & Field, Soccer, Rowing, Cycling, Gymnastics, Hockey, Swimming, Baseball, Basketball, Water-Polo, Roller Skating, Fencing, Tennis, or Diving Centers, lie the seeds of tomorrow's Olympic champions.

Madame Renata FALONGO LA MEGHA,  
Quarterni dello Sport, CONI



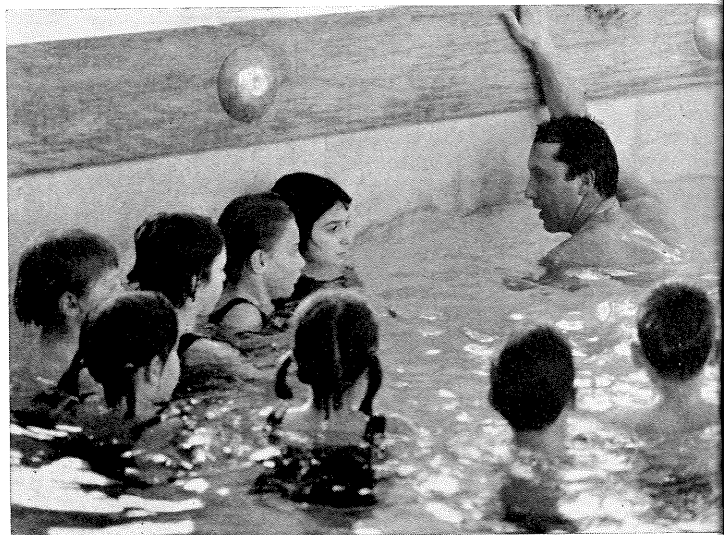
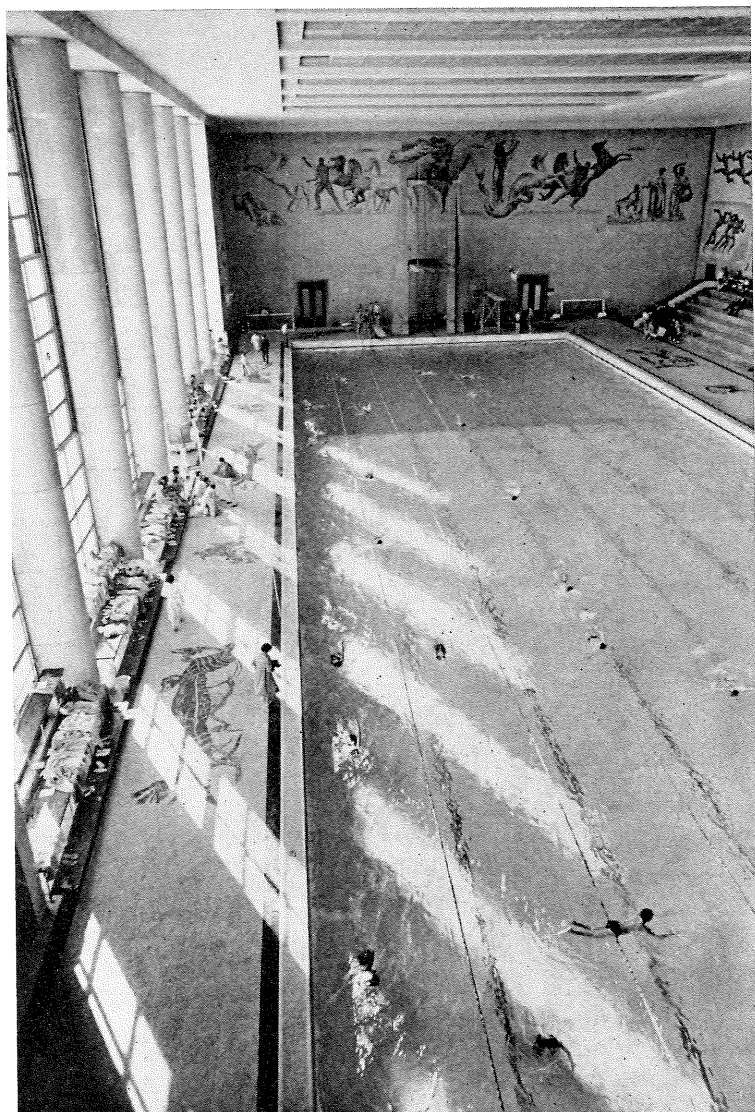
*Of all sports, soccer is the most popular among children. Their enthusiasm must be channeled and controlled at an early stage.*

*Athletic training is a requisite upon which hinges eventual success.*

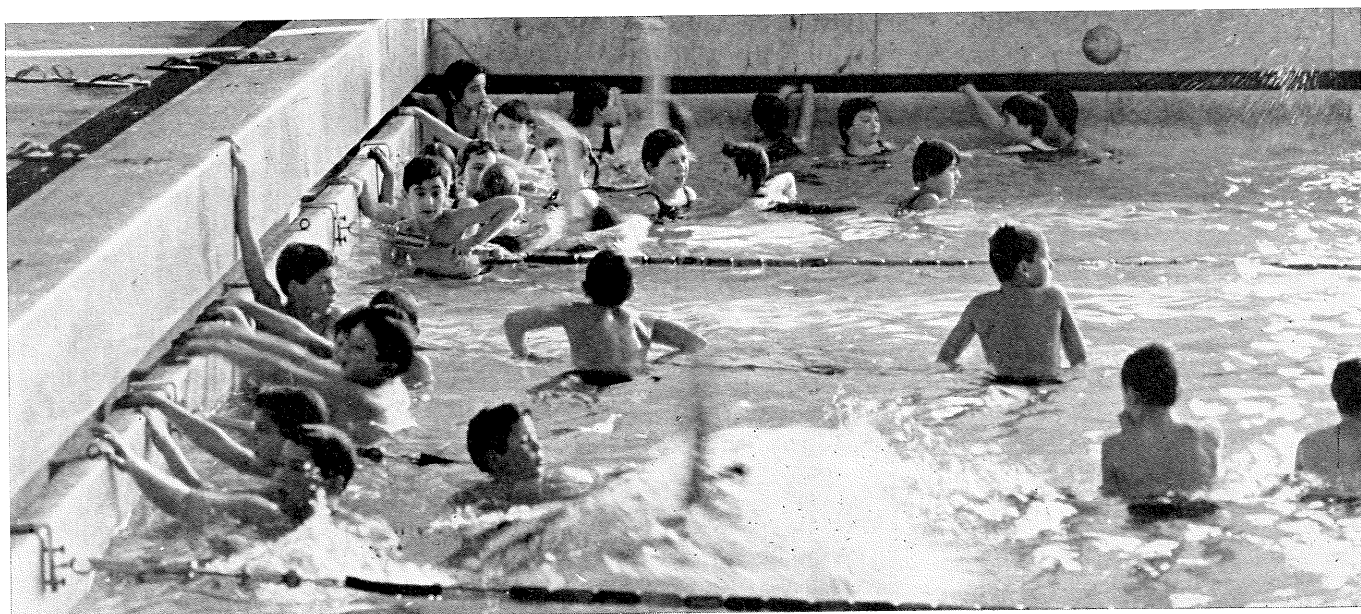
*The dual problem of athletic prowess and technical skill has been solved in CONI's Centers.*

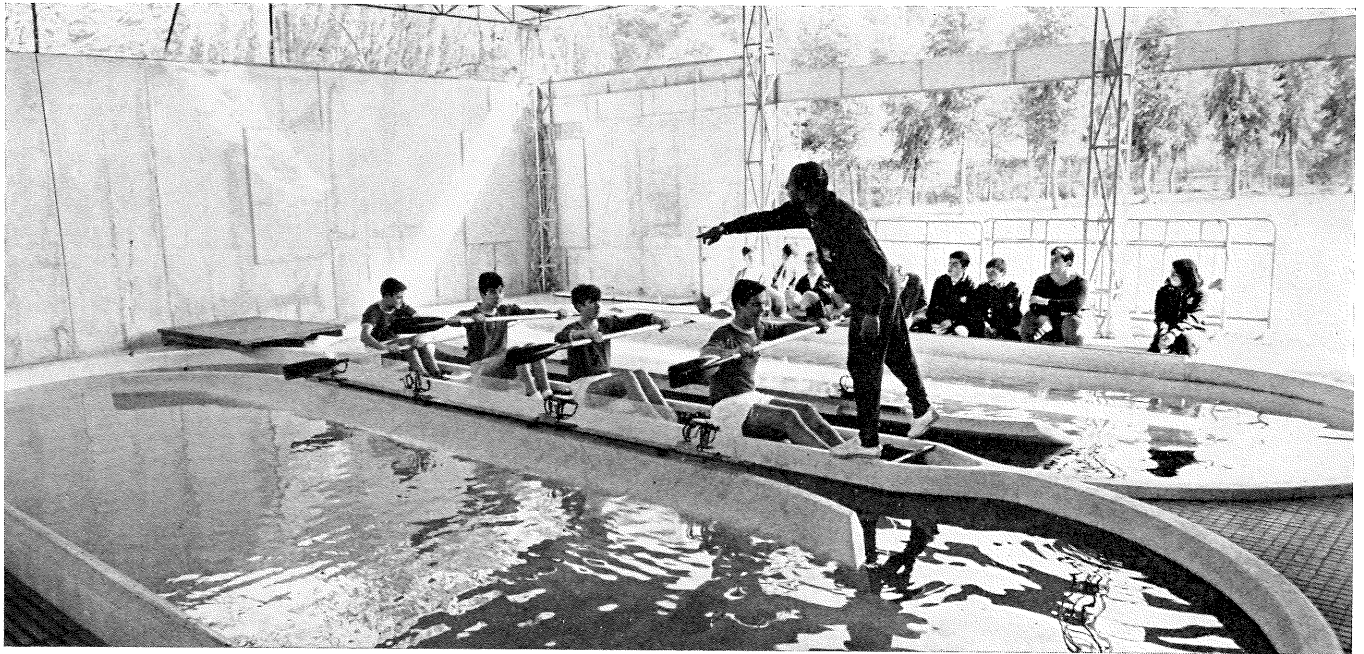
*The children engage in competition from the very start, but participation in the « big game » will not take place until they have become small athletes.*



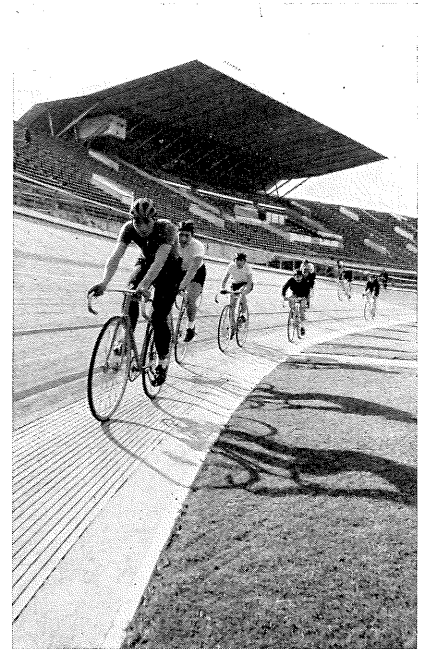


*An early initiation to swimming is as important as timely lessons in reading or writing. In the indoor swimming pool of Foro Italico, where Larson, Dewitt, and Fraser trained in 1960, children six years old and over are taught to swim under the guidance of qualified coaches. They may join the club of their choice upon turning fourteen.*





*Among the birch, willow alder trees and green lawns, splendidly framing the installations of Acquacetosa in Rome, training Center for the olympic athletes in 1960, the small champions of tomorrow practice every day canoeing, football and swimming.*

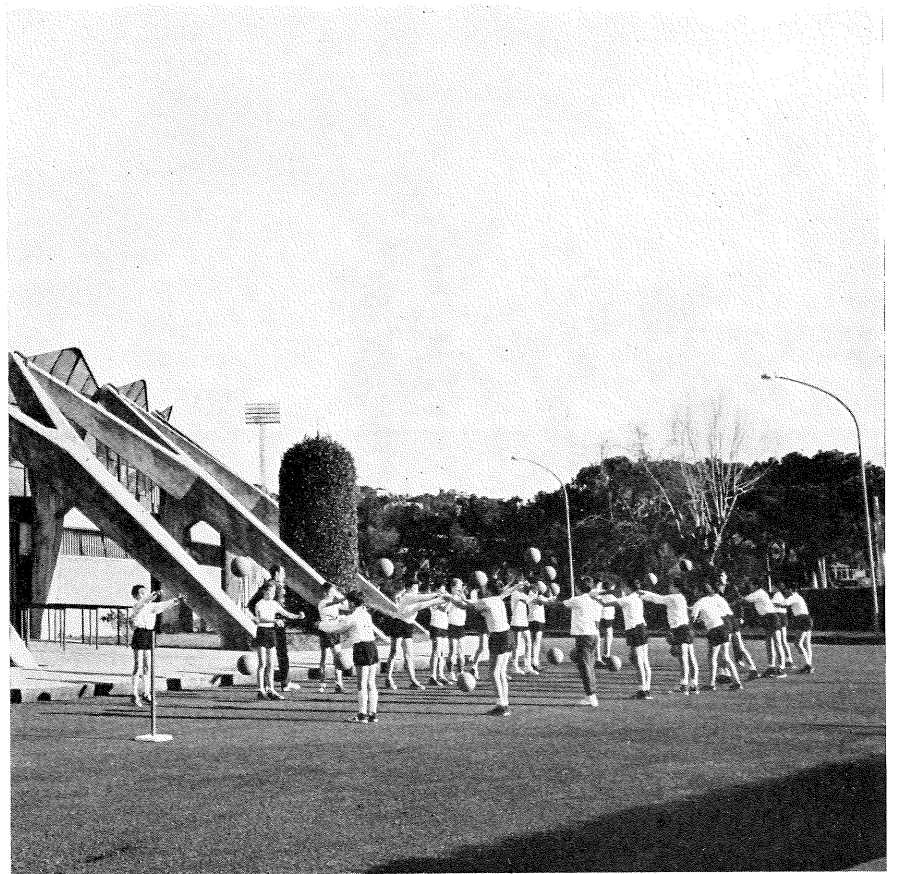
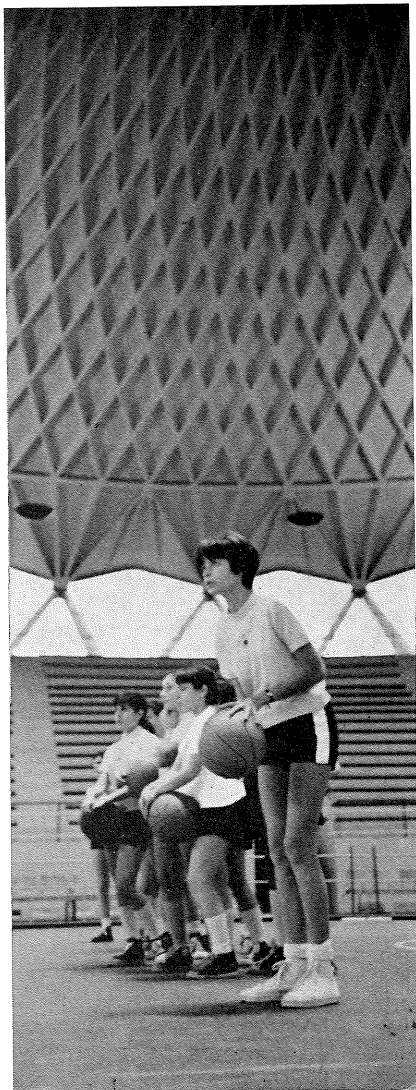


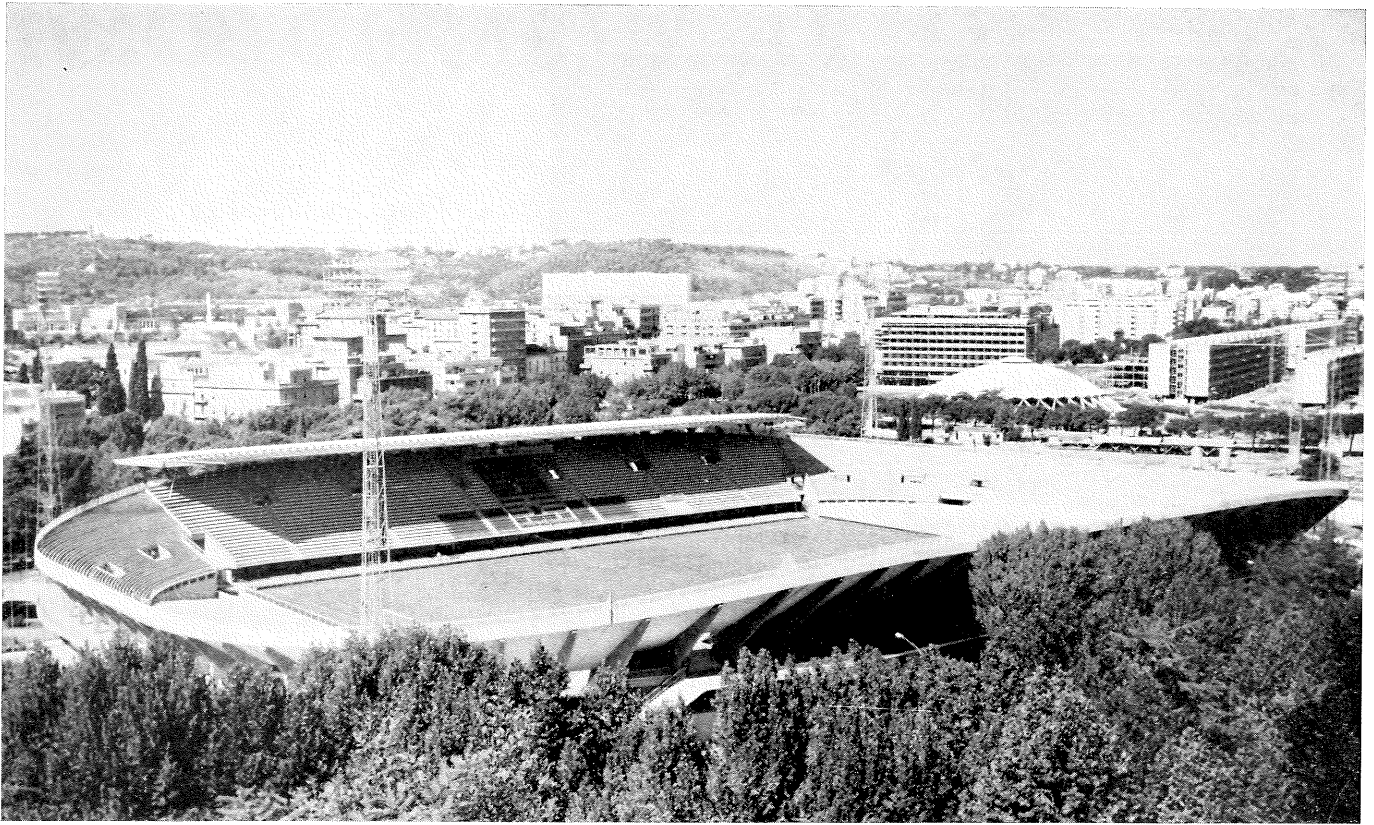
*At the « Three Fountains », on the cycling track which saw the triumph of Giardoni, children from Coni Centers run, skate, play tennis and hockey, or train in cycling themselves.*



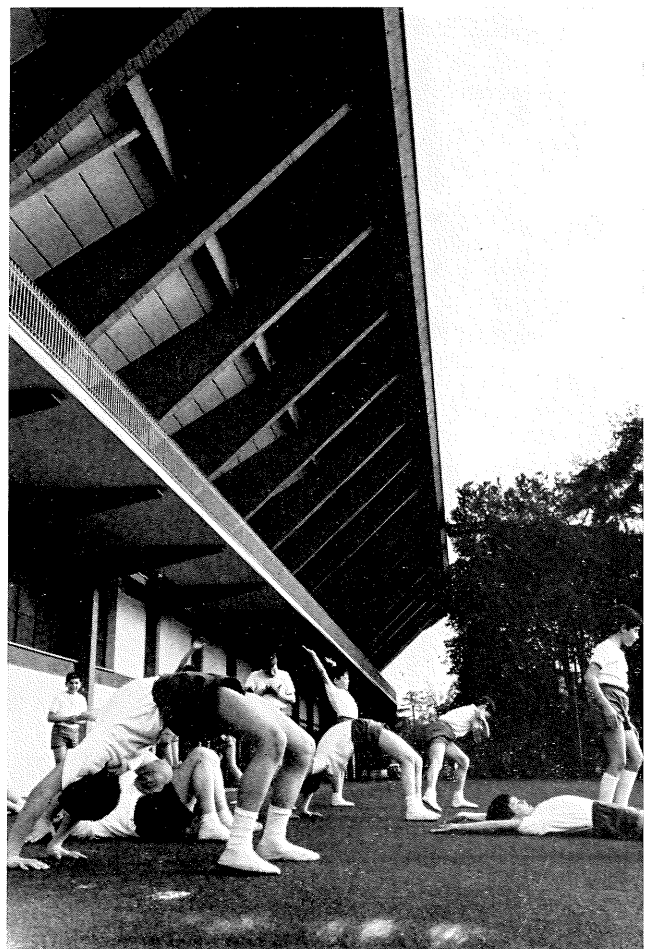
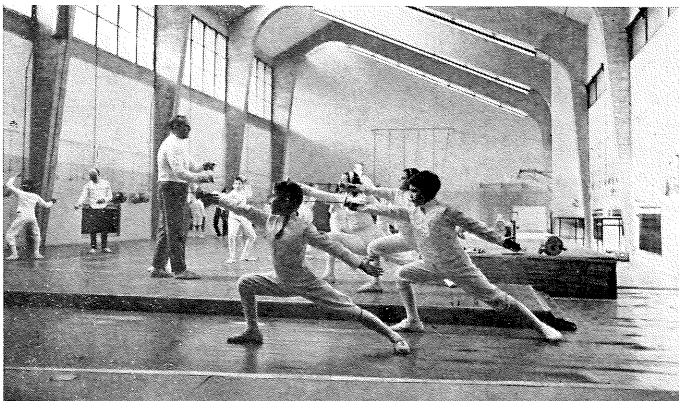


*The ball is the great friend of boys. The photos in this page show small players of Centers Coni practicing basketball. The training is done at Palazzetto dello Sport, where basketball competitions and boxing matches were held at the time of the 1960 Olympic Games of Rome. Above a panoramic view of Palazzetto and Stadio Flaminio.*





*The Flaminio Stadium, temple of Olympic Soccer, has opened its gymnasium to CONI-sponsored children. In these magnificent facilities, the youngsters learn the rudiments of gymnastics and fencing.*



# BOXING IN THE GERMAN ARMY



Walter Eckert (X) is assigned to the German Army Sports School at Sonthofen in the capacity of national coach-advisor. Each year, with steady competence and dignity, he leads the German military team to CISM's Boxing Championship. He takes pride in the fruit of his efforts, crediting his success to his training method which he calls «The School of the Left». To our mind, however, his greatest asset is an unerring and thorough knowledge of boxing.

This picture shows him with (from left to right) : Sgt. Hillman, his assistant, Cpl. Meier, CISM Champion in 1963, 1964 and 1966, Sid. Wichert, CISM Champion in 1965.

Sports training in the German Army features two distinct areas : General Training and Specialized Training.

General training covers all compulsory sports, while specialized training centers on voluntary activities; boxing falls into both categories.

The difficulties encountered by Boxing throughout the world have been very clearly described by R. Mollet in an article published in Issue 29 of *Sport International* under the heading « Boxing and its Problems ».

These very same difficulties exist in the German Army as well.

A large number of soldiers take up boxing of their own free will and often enthusiastically. This contention is borne out by the fact that, within a surprisingly short period of time, the German Army was able to achieve creditable results in CISM championships.

Compulsory boxing at unit level presents some problems which call for appropriate remedial measures. Boxing, in its competitive form, is a rough discipline. It cannot be arbitrarily incorporated in the list of compulsory sports as may be done for Track & Field and Swimming.

Furthermore, a relatively limited number of recruits join the Armed Forces with prior boxing experience.

This entails a shortage of assistant-instructors and requires a stepped up program of training to produce such personnel.

In order to cope with the situation at unit level, two courses of action were brought forth :

- The adoption of a form of boxing suitable to all recruits, i.e. a revised concept providing for a lesser degree of roughness.
- The simplification of methods of instruction so as to allow officers and non-commissioned officers to become assistant-coaches within a reasonably short period of time.

Such is the perspective in which the « Basic Training in Boxing » was devised. The above method is based on an extensive use of the « left ». As a rule, the left hand is the weaker one. It is used exclusively as an agent of « impact ». The **right hand** — which delivers the most dangerous blows in competition — is used for defense purposes **only**.

## Advantages :

- Elimination of excessively hard blows.
- Deflection becomes easier inasmuch as the right hand is reserved for that purpose.
- The beginner learns the art of boxing — the finer points of « fist-fencing » — from the very first day. The concept of « battle » is not tolerated.

## Here are the fundamental principles of this form of boxing :

### 1. Basic elements :

- On-guard position.
- Jab.
- Footwork.

### 2. Passive Defense :

- Block guard.
- Parry.

- Side-stepping.
- Retreat.

### 3. Active Defense :

- Block guard with counter to the chin.
- Deflection with counter to the chin.
- Side-stepping with counter to the body.
- Retreat with counter to the chin or body.

### 4. Practice of counterattacks with left jabs, free style.

Selection of defender and attacker. The defender waits for the attack. Initially, the call is for a series of left jabs and one « Counter ».

### 5. Attacks — only left jabs are permitted.

### 6. Additional attack — call for a « double » left.

### 7. Other facets of the training program :

During phases 1 through 6, training is complemented with rope-skipping, shadow boxing and exercises with the punching bag.

Beginners. Lesson No. 2 : without gloves. Subject of the lesson : the art of parrying. Background : the Bavarian Alps. Place : the Sports School at Sonthofen.

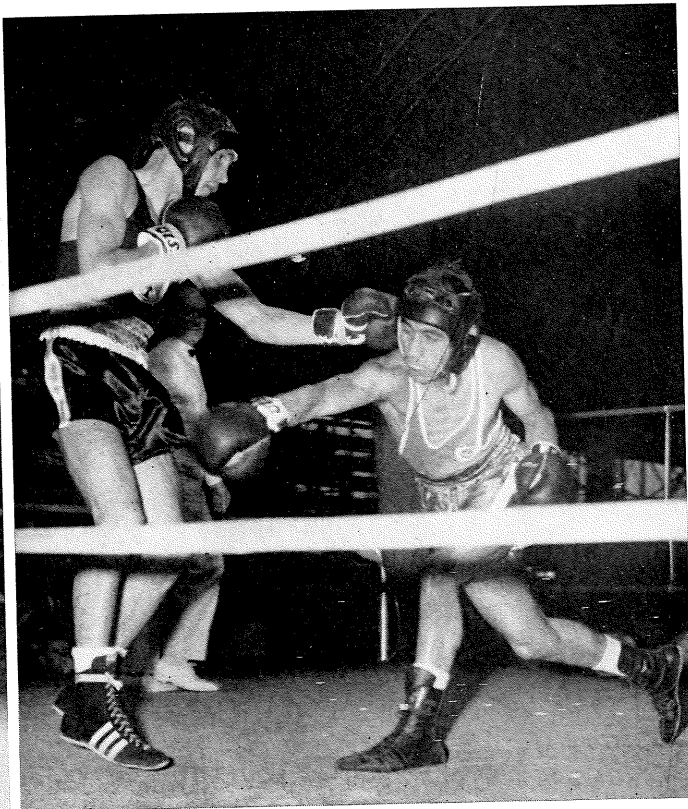
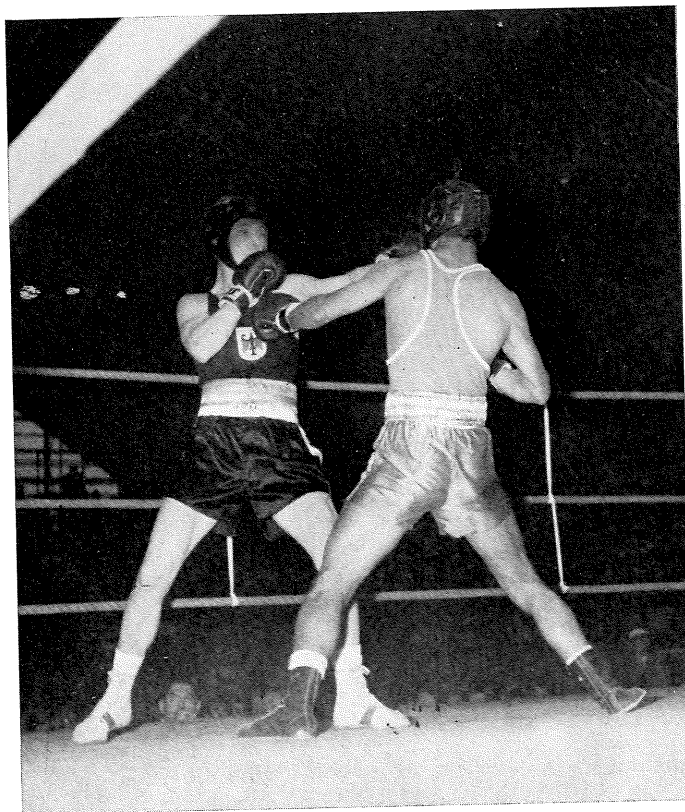




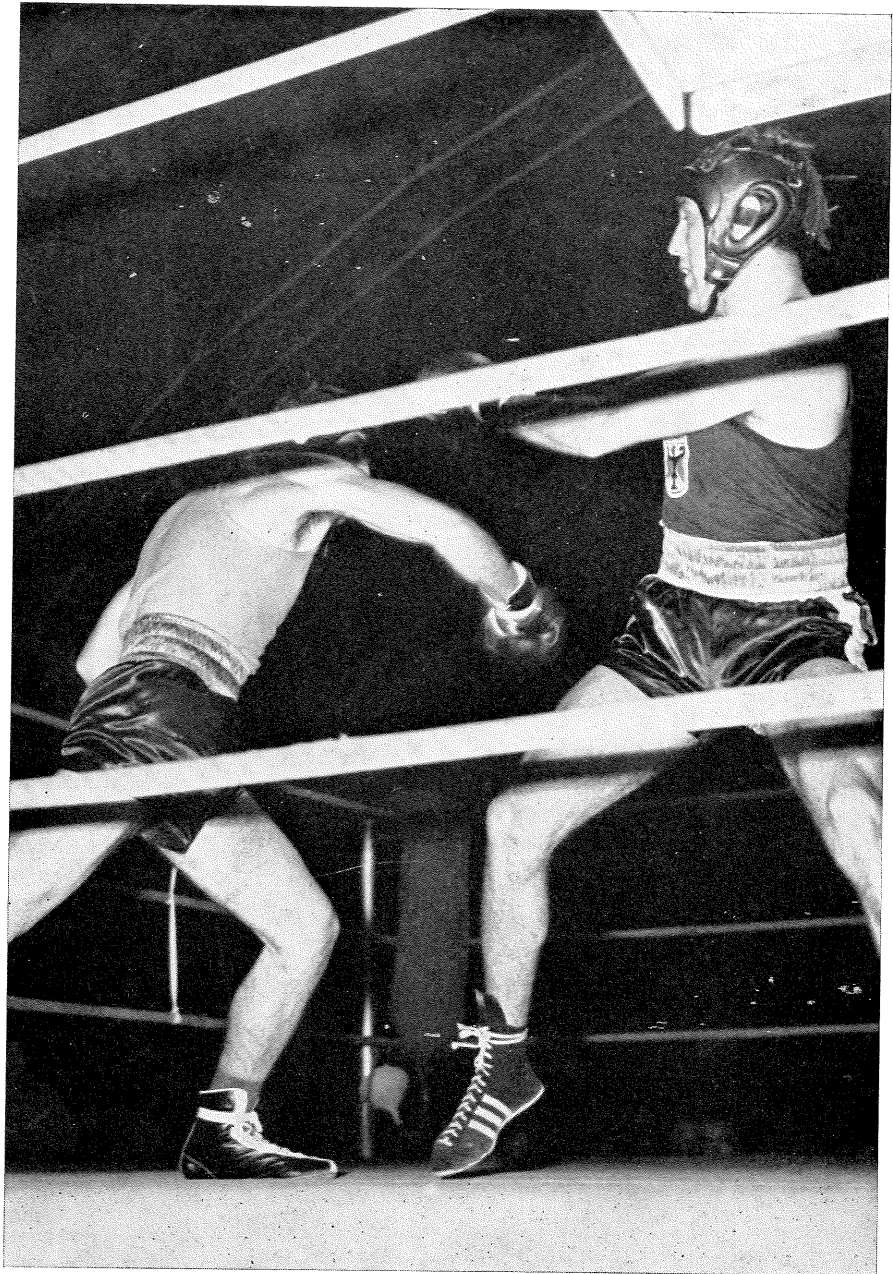
Left jab and training in passive defense

« Voluntary » Boxing. CISM Championship, Trieste.  
 Sldt. Johannpeter in action : block-guard with  
 counter to the chin, during a bout in which he defeated  
 opponent Bel Arta (Tunisia)

An excellent illustration of side-stepping with left hook  
 counter



Cpl Meier (3 time German and CISM champion) during his bout with Galvez (Spain)



Adherence to this form of boxing permits the staging of bouts after a relatively short period of time without risk to the boxer.

The concept does, however, provide for the retention of what degree of roughness is required to preserve boxing's value as a character-builder.

The basic training may be extended to include initiation to the left hook. This, however, must be the final stage in this form of training. This phase is generally omitted in view of the time shortage entailed *by the requirements of the compulsory sports program.*

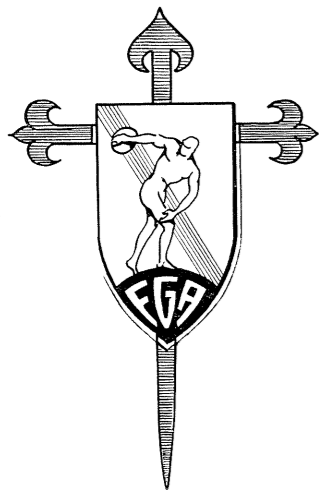
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The practice of Amateur Boxing in accordance with the regulations and criteria of the International

Federation is left *entirely optional* in the Bundeswehr. Servicemen who choose to take it up are often those who have had prior experience in civilian clubs. Those displaying above average skill look toward participation in CISM championships. They are not assembled in one unit, but rather disseminated throughout Germany with a view to permitting easy access to their clubs.

Twice a year, they are sent to the Sports School at Sonthofen for training in preparation for CISM and other international events.

During such periods, training is carried out on the basis of universally recognized methods in which, however, one can still detect the influence of the « Left Jab » School, which is the focal point of the German system.



# Track & field :

## 1st International military criterium meet

### La Coruna (Spain)

A measure of confusion prevailed throughout the year as pertains to Track & Field.

No offer to sponsor one of the most important event on our Calendar came forth at the XXth General Assembly. Then came the telegram that saved the day.

Gathered around the local authorities, the Chiefs of delegation and athletes pose for the « family picture »



The Coruna Federation, whose assistance to the Spanish Delegation has been highly instrumental in the success of their championships, was volunteering to sponsor the 1st International Military Selection Meet, with the addition of a few civilian contests.

The terms were that participation would be limited to eight athletes per country; however, the participating nations could, at their option, enter several runners in one race.

CISM accepted this generous offer, a decision which proved most rewarding.

There were, of course, a few discrepancies :

Certain contests were characterized by uneven performance as a result of ill-matched participation. In the relays, for instance, times were rather poor.

The belated arrival (missed connection) of several athletes, Ottoz and Ginnastasio among others, was slightly detrimental to the opening day. Furthermore, the absence of some Spanish athletes was the subject of unrestrained comments by the local press.

However, what little cloud gathering did occur was rapidly dispelled by the overwhelming success of the event :

Participation : 12 nations.

Enhanced by the presence of athletes from the Ivory Coast, one of the most recent additions to CISM's membership roll.

Records :

Six CISM records were bettered.

Two national records were broken :

— Spain : Javier Alvarez Salgado — 8'38.4 in the 3,000 meter steeple.

— Tunisia : Ayachi Labidi — 8'42.2 in the 3,000 meter steeple.

A fireworks of brilliant performances !

28'4.4 in the 10 000 meter race by Gammoudi (still improving).

13,6 in the 110 meter hurdles by Ottoz (Italy).

2.09 m in high jump by Sechillkowski (Germany).

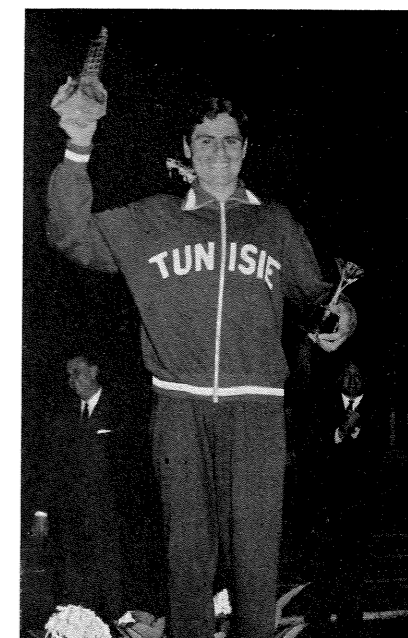
80.16 m javelin throw by Wakalina (France).

— The event was highlighted by the presence of several prominent personalities, among whom the Civilian Governor of the Province, the Alcade of the City, and the Chairman of the Royal Track & Field Federation.

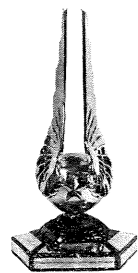
— 15,000 spectators attended the two-day championship.

Summary : This experiment proved highly beneficial since it afforded military athletes of 12 nations the possibility to dispute their annual contest as well as the opportunity to enjoy that warm Spanish hospitality.

Our heartfelt thanks to the « Federacion Corunesa de Atletismo ».



The Coruna Trophy was awarded to M. Gammoudi, for his 10,000 meters in 28'40"6, which tantamounts 1,038 points on the Table of Equivalence



# Plea on behalf of P.A.I.M.

Once again and for the third time in the last few years, no sponsor could be found for the International Military Aeronautical Pentathlon. Notwithstanding the glorious reputation it has earned, this magnificent championship seems to have lost all attraction in the eyes of the fighter pilots of several countries which had once been enthusiastic participants :

Belgium, home of the 1952 winning team, and of the 1958 runner-up; Italy, whose team placed first in 1953, Turkey, and Greece (which did have an individual winner).

Only the Scandinavian countries and France, which created this unusual contest at the initiative of Colonel E. Petit, have preserved their original interest in this event.

Following a course of instruction under my supervision, Spain's military athletes entered the PAIM competition for the first time thanks to the initiative of Colonel Del Valle.

We thought that our appeal to the fighter-pilots — those true soldier-athletes — should be illustrated by the photographic coverage of the 1965 Championship held in Ljungbyled, Sweden.

We trust that it will prove interesting to all and sincerely hope our plea will fall on receptive ears.

R. MOLLET

## What is required for the organization of a P.A.I.M. ?

- A competent organizing Committee



You will recognize Colonel S. Lampell (center) who took part in several CISM championships and Captain H. E. Hausson, coach and staunch supporter of CISM

- Daring, smiling pilots

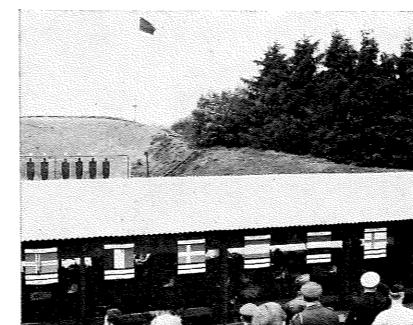


The Danish team, winner of the Air Rally

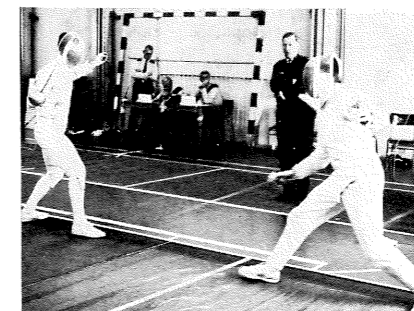
- A simple and dignified opening ceremony



- A firing range, similar to that used for Modern Pentathlon



- Fencing strips for epee bouts (three hits)



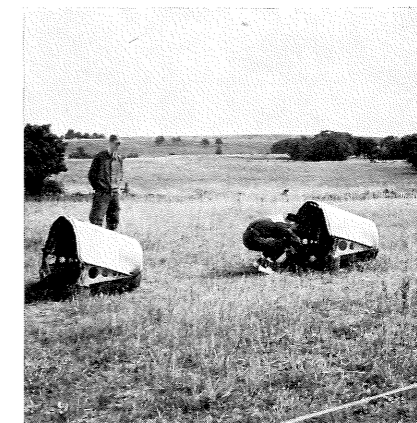
- A Basketball court for the all-around player contest



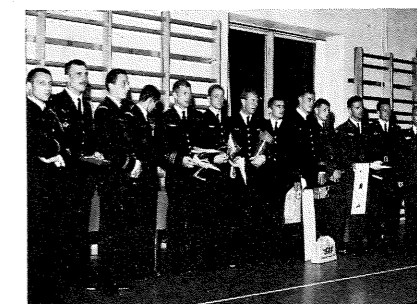
- A swimming pool for diving and utilitarian swimming (with obstacles)



- Suitable terrain over which both obstacle and escape courses may be mapped



- ... and sports-minded fighter pilots



*Now then,  
will this challenging  
event be doomed  
to idleness  
in a showcase?*

# XVIIIth Military Pentathlon Championship

MINISTÈRE DES ARMÉES

LE MINISTRE

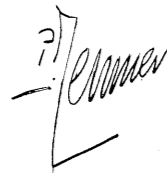
MESSAGE DU MINISTRE DES ARMÉES FRANÇAISES.

Je suis heureux d'accueillir à BORDEAUX les représentants des Nations qui participent au XVIII<sup>e</sup> Championnat International de Pentathlon Militaire organisé cette année par la France.

Bienvenue donc à vous qui avez choisi de pratiquer cette discipline militaire par excellence et qui, plus que tout autre, réunit dans ses équipes le maximum de cadres de carrière en exigeant d'eux les qualités majeures du "COMBATTANT".

Je vous souhaite le meilleur succès dans les différentes compétitions où vous allez pacifiquement et loyalement vous affronter.

Que votre séjour parmi nous et les luttes sportives que vous aurez menées vous laissent le souvenir de la grande et sincère amitié de la France.



CISM's XVIIIth Military Pentathlon Championship was held in Bordeaux, France, 1-11 July 1966.

## Background

In 1946, a French officer, Major H. Debrus, one of CISM's founders and its first President, had the original concept of creating a sports event of a strictly military nature.

It is in Frankfurt-on-the-Main that this attention was drawn to an unusual method of physical training then practised by the airborne units of the Dutch Army. This type of exercise required that a parachutist, dropped over a given area, cover a 20-kilometer obstacle course (to include jumping over various obstructions and crossing waterways) while performing simulated combat actions (shooting and grenade throwing).

The idea of adopting this training exercise as a sport contest was rejected by

the Inter-Allied Sports Council. The French representative then decided to use the original concept as a guideline for a modified version. Eliminating the parachute jump and revising the other phases of the exercise, he came up with a contest which, in his mind, represented the ultimate in ground Armed Forces training. The improved regulation which ensued was subsequently adopted by the French Army Staff and the competitions described in such document received full recognition throughout the French Armed Forces under the name of Military Pentathlon.

The International Military Sports Council became interested in turn and endeavored to disseminate this new sport among the Armed Forces of other nations through the organization of an annual international championship.

After a modest start in 1950 (three participating nations), the Military Pentathlon has been gaining in popularity from year to year. Widely practised within the Armed Forces of several countries in the form of national championships, the Pentathlon has become the most important sports event on CISM's Calendar.

Certain countries have adopted it as a touchstone to assess the value of their training programs and the sports aptitude of their military personnel.

## Contest

Each nation is represented by a six-man team.

Classification falls under two headings: Individual Classification and Team Classification (on the basis of the results obtained by the four best placed contestants).

Each contestant must participate in the following events, in the order given:

### Shooting:

comprised of two tests: precision and speed.

The target is placed at a distance of 200 meters.

### Obstacle Course:

features twenty obstacles distributed over a 500-meter course.

### Grenade Throwing:

includes an accuracy test and a distance test.

Weight of the grenades: 550/560 grams.

### Utilitarian Swimming:

over 50 meters, with four obstacles.

### Cross Country:

Eight kilometers over various type terrain. Individual starts at one-minute intervals.

## The XVIIIth Championship

Fourteen nations participated in the event:

Germany — the United Arab Republic — Austria — Belgium — Brazil — Denmark — France — Greece — Italy —

Norway — the Netherlands — Sweden — Turkey.

The Ivory Coast sent an observer. The contest took place under excellent conditions.

Indoor firing range at Luchery.

The Obstacle Course and Grenade Throwing contests were held in the vicinity of the firing range.

The Swimming event was disputed at the Bordeaux Municipal Pool (Olympic pool — water temperature: 26 degrees centigrade);

The Cross Country event benefitted from the truly marvellous setting of the Moulens estate.

A few showers marred the Obstacle Course event.

All other events enjoyed glorious sunshine.

The opening and closing ceremonies were held in Bordeaux's magnificent Municipal Stadium. The awards were personally presented by the Minister of the Armed Forces.

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Distinguished spectators. Among them H. E. M. Messmer, Minister of the Armed Forces and General Abid El Latif (U. A. R.), CISM representative



Chief of Staff Abd el Latif (UAR) brought to his function of CISM Official Representative a wealth of warmth and tact, which the organizers acknowledged with deep appreciation.

From a technical standpoint, in view of the different facilities used from year to year and as a result of changes in atmospheric conditions on each occasion — or even for each contest — it is extremely difficult to draw any conclusive comparisons between scores obtained in each phase of the championships.

Thus, the best shooting average was achieved in 1964; 1965 proved favorable to the obstacle course and grenade throwing events, while swimming reached its peak in 1966.

The overall progress can be more accurately assessed through a comparison of total scores obtained from year to year, since the conditions may be considered roughly similar when pertaining to *all five* contests.

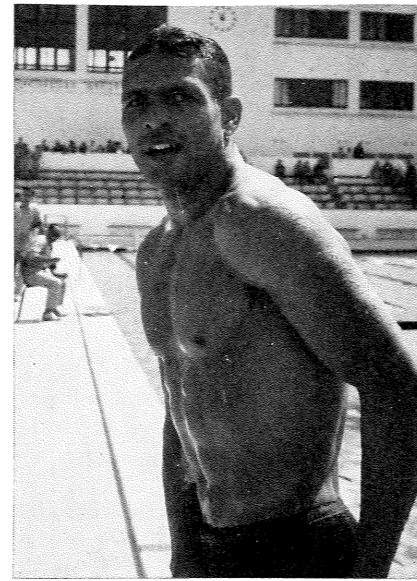
Confining our evaluation to the two last years (since the adoption of the new Table of Equivalence), we can establish the following comparative chart:

### Individual classification

Year	Score Average					Overall Score Average
	Score of the winner	5 best placed	10 best placed	20 best placed	50 best placed	
1965	5 230.20	5 129.39	5 081.77	5 012.73	4 844.73	4 581.05
1966	5 184.02	5 144.21	5 080.15	4 993.51	4 754.00	4 382.51

### Team classification

Year	Score of the winning team	Score Average of the five best placed	Score Average of the ten best placed	Overall Score Average
1965	20 120.58	19 939.85	19 396.36	18 763.73
1966	20 436.74	19 823.39	19 023.17	18 303.01

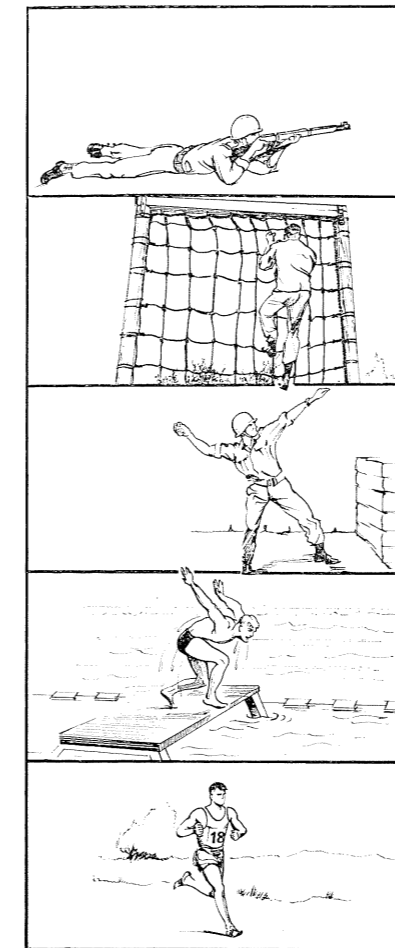


Barnabé Souja (Brésil) vainqueur et recordman de la natation

The above chart reveals improved performance by the better placed individuals as well as by the winning team and a drop in the other averages.

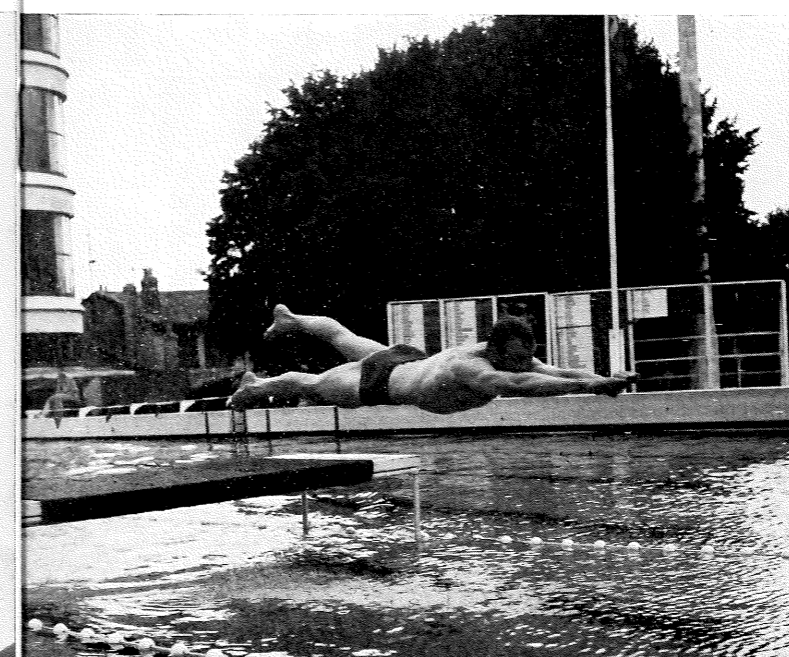
This phenomenon is traceable to the absence, in 1966, of two teams with high scores in 1965, coupled with the participation of teams heretofore unfamiliar with the event. Members of the latter displayed excellent qualities which, however, could not make up for their lack of experience and hence precluded their equalling the score of the winners. They are to be commended without reservation, for the Military Pentathlon was a «venture», a «first step» requiring great courage and sportsmanship. We are looking forward to seeing them again and applauding the considerably improved performance which the teachings of this first-time participation will allow them to achieve.

## RESULTS OF THE XVIIIth MILITARY PENTATHLON CHAMPIONSHIPS



Events	Winners	Results
Shooting	1) RUDD (Norway)	193
	2) LANDBOURG (France)	191
	3) HEDIGER (France)	189
Obstacles course	1) GUIGUET (France)	2'30"
	2) ULISSES (Brazil)	2'33"4
	3) BJORKLUND (Sweden)	2'34"2
Grenade throwing	1) HEDIGER (France)	198,67
	2) ALRIOS (France)	189,32
	3) CHRISTENSSON (Sweden)	187,72
Swimming	1) BARNABE (Brazil)	26"9
	2) Juul ANDERSEN (Denmark)	27"2
	3) SOBRINHO (Brazil)	27"8
Cross-country	1) PEDERSEN (Norway)	25'23"
	2) OOMS (Belgium)	25'25"
	3) HOEGSETH (Norway)	26'

Pictures : 1. Sergeant Guignet (France) winner of the Obstacles Race; 2 : S/C Hediger (France), winner and recordman of the Throwing Grenades Event; 3 : S/C Julien (France) in the Combat Swimming; 4 : Christensson (Sweden) individual winner at the Cross-Country finishline.



During the championship, the following records were either broken or tied :

**Grenade Throwing :**

HEDIGER — France — 198.65 points  
 (record tied : CANTARELLI — Brussels — 1962)

**Swimming :**

New record : Juul ANDERSEN — Denmark — 27" 2/10  
 (Former record : BARNABE — Brazil — 27" 4/10 — ARNHEM — Netherlands — 1965)  
 New record : BARNABE Souza — Brazil — 26" 9/10

Following this championship, CISM's list of records stands as follows :

Event	Performance	Name	Country	Place	Year
SHOOTING	194 points	CHACUN	France	Norway	1964
OBSTACLE COURSE	2'23"	KREDIET	Netherlands	Netherlands	1965
GRENADE THROWING	198.65 points	CANTARELLI	Brazil	Belgium	1962
		HEDIGER	France	France	1966
SWIMMING	26"9	BARNABE	Brazil	France	1966
CROSS COUNTRY	25'09"3	PEDERSEN	Norway	Netherlands	1965
<i>Individual Total :</i>	5 230.20 points	BJERKHAGEN	Sweden	Netherlands	1965
<i>Team Total :</i>	20 436.74 points	LANGBOUR	France	France	1966
		HEDIGER			
		GUIGUET			
		RAUNER			

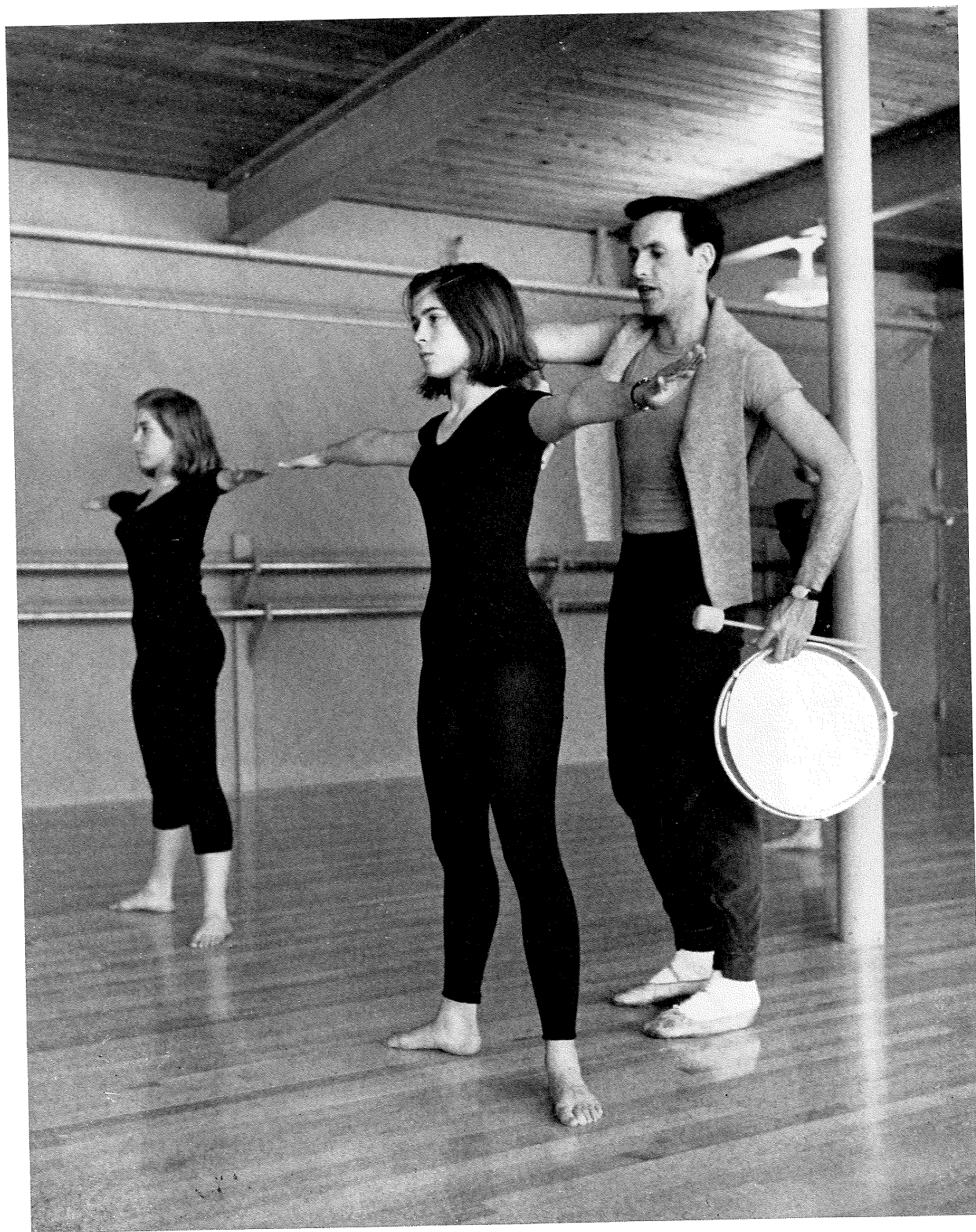


The winning team : France

# 1966 TRACK AND FIELD RESULTS

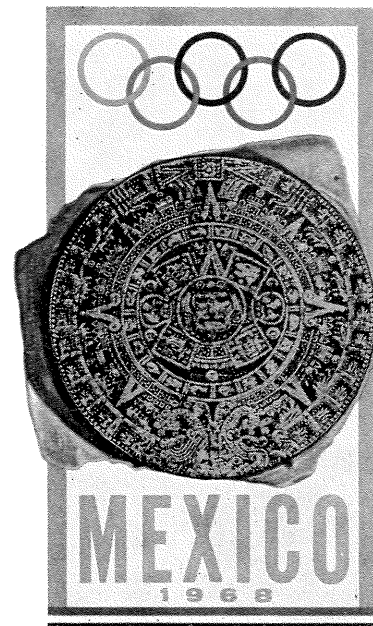
100 m heat :	BERNARD (France) HACK (Germany) BLOM (Netherlands)	10''4 10''9 10''9	CISM Champion.
200 m heat :	GIANNATOSIO (Italy) HACK (Germany) FLANNGANG (Luxembourg)	21''5 21''7 22''	CISM Champion.
400 m heat :	VANDENWIJNGARDEN (Belgium) CUTSULIS (Greece) BROU (Ivory Coast)	48''1 48''7 49''11	CISM Champion.
800 m heat :	ADANS (Germany) DUFRESNE (France) HEDINGER (Luxembourg)	1'51''5 1'52''1 1'52''5	CISM Champion.
1 500 m race :	KILBURG (Luxembourg) MAIROT (France) SNEPVANGERS (Netherlands)	3'49''9 3'45''8 3'46''1	CISM Champion, CISM Record.
5 000 m race :	GAMMOUDI (Tunisia) LIESS (Germany) C. PEREZ (Spain)	13'56''4 14'21''4 14'25''6	CISM Champion, CISM Record.
10 000 m race :	Gammoudi (Tunisia) LIESS (Germany) CLERCKX (Belgium)	28'40''6 29,29''2 29'38''5	CISM Champion, CISM Record.
110 m hurdles :	OTTOZ (Italy) JOHN (Germany) AL JAMALI (Iraq)	13''6 14'' 15''5	CISM Champion, CISM Record.
400 m hurdles :	BISSELHOFF (Germany) HASSAN (Iraq) PONTE (Ivory Coast)	53''1 56''1 56''6	CISM Champion.
3 000 m steeple :	SALGADO (Spain) LABIDI (Tunisia)  KHEMIRI (Tunisia)	8'38''4 8'42''2  8'53''	Spanish Record, CISM Champion, CISM Record, Tunisian Record, African Record.
High jump :	SECHILLKOWSKI (Germany) ELLIOT (France) AVRAMIDIS (Greece)	2,09 m 2,06 m 1,85 m	CISM Champion, CISM Record.
Broad jump :	MATTILA (Finland) S. de CENTI (Spain) SEGURA (Spain)	7,33 m 7,18 m 7,16 m	CISM Champion.
Pole vault :	SOLA (Spain) ALAROUTO (Finland) KAVIENTO (Finland)	4,60 m 4,60 m 4,40 m	CISM Champion.
Hop, step, and jump :	GENTILE (Spain) VECCHIONE (Italy) KASTERIS (Greece)	15,50 m 14,28 m 14,26 m	CISM Champion.
Shot put :	COLNARD (France) GANDARA (Spain) JUNTTO (Finland)	17,32 m 16,86 m 16,45 m	CISM Champion.
Discus :	SIMEON (Italy) HERTOGS (Belgium) FERRINI (Italy)	53,62 m 48,58 m 48,50 m	CISM Champion.
Javelin :	WAKALINA (France) RODEGHIERO (Italy) MONNERET (France)	80,16 m 77,10 m 69,90 m	CISM Champion, CISM Record.
Hammer :	BABANIOTIS (Greece) MARTINEZ (Spain) OTERO (Spain)	62,12 m 60,48 m 58,28 m	CISM Champion.
4 × 100 m relay :	GERMANY IRAQ NETHERLANDS	41''9 42''7 42''7	
4 × 400 m relay :	LUXEMBOURG IVORY COAST IRAQ	3'19''7 3'21''9 3'24''	

# *The Youth*



*The problems of altitude*

## **Physical check-up of belgian cyclists participating in « The Tour of Mexico »**



### **Introduction**

Always in the forefront in the area of research, CISM has, since 1964, focused its attention on the problem of altitude which was brought into the limelight with the selection of Mexico City as site of the next Olympic Games.

Professor Eduardo Hay issued a statement on this subject on 9 November 1964.

CISM's Magazine « Sport International » successively carried a study by Mr A. G. Bianco (USA), Chief of the 3rd Section, CISM Academy, the response it brought forth from Mr Gaston Meyer, and an analysis by Major J. M. Steiger (USA) (1965, issues 26, 27 and 28).

Discussion of the problem was resumed by several members of the Academy during the Information Meeting, held in Tunis (April 1966) for the benefit of the African nations.

### **I. Presentation of the problem**

Mexico City, which has been selected as the site for the 1968 Olympic Games, lies at an altitude of 2,240 meters.

This location arouses physiological problems stemming from the lower supply of oxygen to which the athletes must adapt.

Widely diverging medical opinions have been advanced, which are now being verified through scientific experiments.

Certain physicians claim that athletes need not worry and that four to five days are sufficient to adapt to the altitude, while the change to a new time standard is no longer felt after two or three days.

Others, however, are equally positive in stating that verious serious accidents may befall long-distance runners. The conjecture « will there be any fatal injuries in Mexico? » has arisen.

Yet, haven't we read press editorials concerning that adaptation presented no problems and even alleging that the athlete hailing from sea-level stood the best chance of winning? Between these two extremes lies a whole gamut of more conservative assertions.

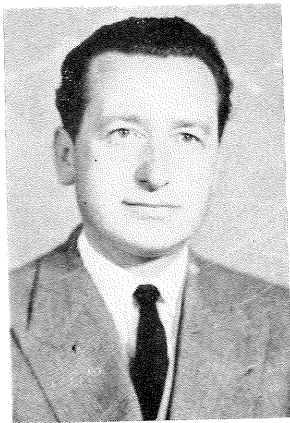
The fact is that both the public and the press are becoming increasingly confused by this accumulation of conflicting statements.

The doctors assigned to the Olympic teams were suddenly faced with an heretofore unexplored field of research, since all prior scientific surveys on this subject had been carried out at altitudes over 3,000 meters.

### **LISBON**

An initial congress on altitude was held in Lisbon (Portugal) in September 1965. The conclusions on this occasion were summarized as follows by Professor Plas and Doctor Castello-Rocca :

- 1) Physical activity at high altitudes unquestionably places greater demands on the body and provokes correspondingly higher fatigue. These reactions may be minimized through the inducement of a new physical state called « adaptation ».
- 2) The process of adaptation requires a period of four weeks.
- 3) Adaptation must take place gradually and the newcomers should not be indiscriminately allowed to pursue their customary physical activities.



**Dr. Albert Dirix**  
M. D.,  
Specialist of Internal Medicine,  
Master of Physical Education,  
Doctor of Hygiene.

1st Vice President and Administrator  
of the « Sports Medicine and  
Research Department » of the Bel-  
gian Olympic Committee.

Physician of the teams which repre-  
sented Belgium at the Melbourne,  
Rome, and Tokyo Olympic Games.  
Member of the Inter-federal Medical  
Committee of the International  
Federation of Sports Medicine  
(FIMS).

Member of the Medical Committee of  
the International Cycling Federation.  
Member of the Higher Council of the  
Administration of Physical Educa-  
tion, Sports, and Outdoor Life  
(Ministry of Cultural Affairs).

Commissioner of Belgium's Medical  
Association for Physical Education  
on the medical problems encountered  
Author of numerous publications  
at the Olympic Games, on the ques-  
tion of altitude in Mexico, as well as  
on dietetics and doping.

- 4) It is recommended that, in the evening, the athletes return to an altitude inferior to that reached during the day.
- 5) Annual or bi-annual training at high altitude during the pre-Olympic years is recommended in order to speed up the ultimate process of adaptation.
- 6) The use of pharmacodynamic agents to stimulate the process of physiological adaptation must be left entirely to the discretion of the doctors who alone can judge of its advisability.

Several remarks must be added :

- 1) Apart from the problem of altitude in Mexico City, one must also consider its climate which, in October, is pleasantly mild and sufficiently humid. These atmospheric conditions are, therefore, somewhat different from those prevailing in Western European winter sport resorts, where the climate is very cold and dry.

However, in the Canary Islands, both the altitude and the climate are similar to those of Mexico City.

- 2) « Super-adaptation », i.e. sojourn at altitudes superior to that of the projected site of competition, would appear favorable. The records achieved at Abebe and Keino are cited as illustrations. However, under certain circumstances, such a method might prove dangerous.
- 3) Tests carried out in high atmospheric pressure rooms allow to artificially induce — and hence ascertain — the athletes' reaction to altitude. Such facilities could even be used for training.
- 4) A daily reading of the heartbeat, in the morning, before arising, is of vital importance to determine the degree of adaptation.
- 5) Doping is more dangerous at high altitude than at sea level.

## MACOLIN

A « Pre-Olympic Week » was staged in Mexico City in October 1965. During this period, athletes from various countries were subjected to numerous medical tests.

The findings gleaned from these experiments were disclosed during a Congress at Macolin, Switzerland. The consensus was that research on altitude was to be pursued without interruption. Several facets of the problem have not yet been fully examined. Furthermore, the threat to non-adapted individuals is undeniably real.

## II. Physical Check-up of Belgian cyclists in the « Tour of Mexico ».

By kind permission of the Belgian Velocipedic League, we were afforded the opportunity to establish the complete medical profile of four amateurs before, during, and after competition.

Several tests were made, some of them in collaboration with the Mexican Institute of Cardiology :

- 1) General check-up;
- 2) Weight, biometrics;
- 3) Heartbeat;
- 4) Blood pressure;
- 5) Electrocardiograph;
- 6) Exertion test;
- 7) Serology;
- 8) Urology.

The 19-lap race was disputed in October-November 1965 at a mean altitude of 1,800 to 2,000 meters. The third lap was ended at sea level. The sixth lap included several mountain passes, one of which at 3,200 meters of altitude.

The start was given two days after the contestants' arrival in Mexico City. Our study is, therefore, completely different from those carried out during the pre-Olympic Week. *There was no question of adaptation prior to the event.*

Two competitors finished the race. One abandoned during the eighth lap due to a tendinous lesion incurred in a fall, another gave up during the 16th lap due to intestinal trouble (Turista). The author accompanied the team up to the seventh lap.

The following averages were achieved by the best Belgian contestant :

1st lap :	147 kms	38,683 kms
2nd lap :	191 kms	37,329 kms
3rd lap :	118 kms	39,333 kms
7th lap :	60 kms	46,753 kms (circuit in Mexico-City)
Tour :	2,887 kms	38,266 kms

The fifth lap was decisive inasmuch as several Mexican contestants gained 24 minutes on their European rivals.

### III. Findings

1. Signs of definite weariness were noted :
  - upon completion of the first lap (two days after the team's arrival in Mexico);
  - fatigue was even more pronounced at the end of the third lap;
  - as well as at the conclusion of the fourth lap;
  - one of the contestants displayed particularly alarming symptoms of fatigue at the finish of the third and fourth laps. However, gifted with an unusual power of recovery and determined medically fit (check-up including an electrocardiograph), he was nevertheless able to continue.
2. Adaptation to the seven-hour time difference was very easy.
3. Adaptation to the altitude — as pertains to the heart and blood pressure — was satisfactory starting with the fifth lap; this, however, coincided with the appearance of certain signs of apathy.
4. A slight decrease in speed average was noted. The ratio, however, was inferior to that encountered in long-distance running.
5. The results of several tests made after the tour proved more satisfactory than their pre-competition counterparts. This is particularly true of the exertion test.
6. The blood test (hematocrit, hemoglobin, and red corpuscles) revealed no significant changes — which conflicts with the assertion of most scientists.

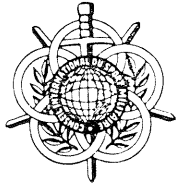
7. The above tests will be repeated during the same event in years to come.

### IV. Conclusions

1. Cyclists considering participation in a championship held at medium altitude must enjoy perfect health and undergo tests both at rest and after exertion.
2. A biological preparation may be envisaged.
3. It is recommended, on medical grounds, that arrival be scheduled for a week prior to the beginning of the event, or else that provisions be made for a period of training at high altitude.

On the basis of current scientific data, an adaptation period of three to four weeks appears advisable. It is the theory of certain authors that even this period falls short of the actual requirement — particularly in certain individual cases. Such a schedule could, however, entail repercussions of a psychological and social character in view of the protracted sojourn abroad involved. Problems of a financial order might also arise and the principles of amateurism brought to bear.
4. During the adaptation period preceding competition, light training may be started on the fourth day.
5. Medical supervision is recommended in view of the need for adaptation (particularly as pertains to altitude), of the intensive efforts required, and of the presence of « Turista », a disease characterized by diarrhea and which affects one-third of the foreigners.

Preventive measures may be taken by exercising a severe control of food and beverage intake.
6. Recurrent sojourns at medium altitude are recommended during pre-Olympic years. Such visits foster an increasingly rapid process of physiological and psychological adaptation.
7. Training at medium altitude is most definitely advisable not only in preparation for the Olympic Games and the « Tour of Mexico », but also for other events held, even partially, at high altitudes, such as, for instance, the « Tour de France ».
8. On the premise of currently available data, the period of adaptation varies considerably with the duration of effort (anaerobic and aerobic). It would appear logical that it may also vary from one sport to the other.



# LIFE AT CISM

## Visit :

Colonel Henri Debrus (Ret.), one of the founders of CISM and its first President, has recently paid a visit to CISM House.

On this occasion, he requested that I convey his best wishes and warm appreciation to the members of the Executive Committee and all the delegates who have promoted such a magnificent development of our organization. It is my personal pleasure to reproduce the message which our former President inscribed in the « Golden Book » of CISM House.

« To all of you, my CISM friends, to  
» you, Royal Hatch, their President :  
» Never forget that in bringing you  
» together, my comrades — the found-  
» ing officers of CISM — entrusted you  
» with the task of preserving a rare and  
» precious possession : Friendship. Pro-  
» tect it fiercely. The world will always  
» need it. The rest, even sports, is  
» secondary. »

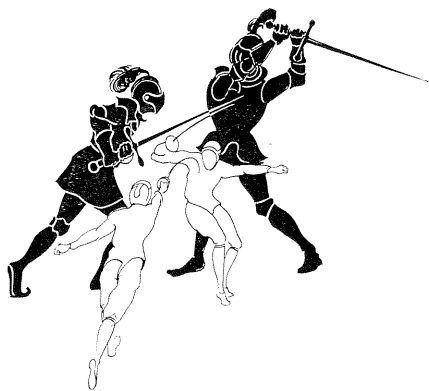
R. M.



## Appointment :

Colonel G. Tatarelli (Italy), Chief of the 2nd Section, CISM Academy, was appointed member of the Sports Medical Committee in charge of the selection, supervision, and preparation of athletes slated to represent Italy at the forthcoming Olympic Games in Mexico. The appointment was conferred by the Italian National Olympic Committee. Our congratulations !





## XVth FENCING CHAMPIONSHIP

Under the patronage  
of H. R. H. Crown Prince Knud

### DENMARK HAS HOSTED A CISM EVENT



The Commander in Chief of the Danish Army, Lieutenant General V. Jacobsen, attentively follows a bout between Skov, Denmark, and Pezzangna, Italy.



His Royal Highness Crownprince Knud greets the chiefs of delegation who are being introduced to him by Colonel Lohman-Kragh, Chief of Denmark's Delegation to CISM.

#### RESULTS

##### 1. Foil Teams

- |                         |           |
|-------------------------|-----------|
| 1. FRANCE               | 12 points |
| 2. Belgium              | 10 points |
| 3. United Arab Republic | 8 points  |

##### Individuals

- |                            |       |
|----------------------------|-------|
| 1. RODOCANACHI P. (France) | 22 V. |
| 2. REVENU (France)         | 18 V. |
| 3. PEZZAGNO (Italy)        | 16 V. |

##### 2. Epee Teams

- |            |           |
|------------|-----------|
| 1. AUSTRIA | 16 points |
| 2. FRANCE  | 10 points |
| 3. SWEDEN  | 14 points |

##### Individuals

- |                        |       |
|------------------------|-------|
| 1. TROST (Austria)     | 24 V. |
| 2. POLZHUBER (Austria) | 22 V. |
| 3. LINDWALL (Sweden)   | 22 V. |

##### 3. Sabre Teams

- |                |           |
|----------------|-----------|
| 1. NETHERLANDS | 10 points |
| 2. FRANCE      | 8 points  |
| 3. BELGIUM     | 8 points  |

##### Individuals

- |                          |       |
|--------------------------|-------|
| 1. WATNESCHER (Austria), | 17 V. |
| 2. HENRIET (Belgium)     | 16 V. |
| 3. REVENU (France)       | 14 V. |

#### SPECIAL MENTION

We wish to congratulate Sgt. Rodocanachi, France, for his outstanding performance : 22 victories out of 22 contests.

Hats off to Epee Champion Trost who fenced his way to the finals at the recent World Championship in Moscow and who, we might add, is also a brilliant Modern Pentathlete.

The event was a subject of gratification for all of us, for Denmark, one of the CISM's Founding Members, had made no offer for sponsorship since 1953.

Denmark even temporarily withdrew from our organization during the period 1954-1961.

On these premises, we need not describe the enthusiasm with which our military sportsmen set out on the road to Copenhagen after thirteen years.

As it happens, this pleasure and privilege fell upon our fencers who disputed the XVth championship under the patronage of H. R. H. Crown Prince Knud. The event draw a large audience.

Following the participation of its representatives in our Military Pentathlon, Aeronautical Pentathlon, Orienteering and Fencing events, Denmark's sponsorship was keeping with the logical pattern of concrete action toward an expansion of CISM activities and the promotion of its ideals within the Armed forces of this nation.

It was a two-fold success for, despite a very tight schedule, Colonel Lohman Kragh succeeded in staging Reseach Days on current training problems in fencing.

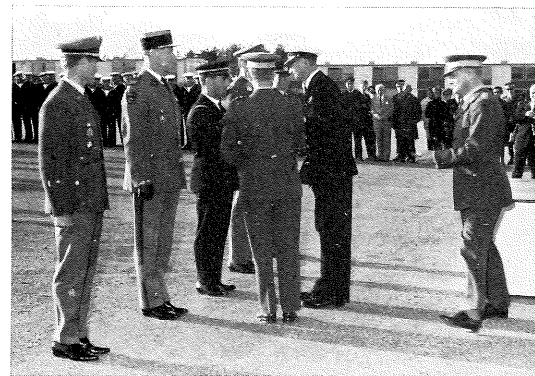
France appointed Colonel Hattu, who was brilliantly assisted by three prominent fencing masters well known to all of us : Thirioux, Gaillard and Dorde.

Leaders and coaches were given a clear and skilful description of the methods which allowed France's return to the forefront of international fencing.

Major Galeb Fahss (Lebanon), member of the Executive Committee and CISM's official representative, expressed his appreciation in the following terms :

« The Danish Delegation has earned CISM's » profound gratitude with the organization » of this championship held in the best » conditions. The event took place in a » befitting atmosphere of military simpli- » city and dignity. It may be cited as an » example to future sponsors. »

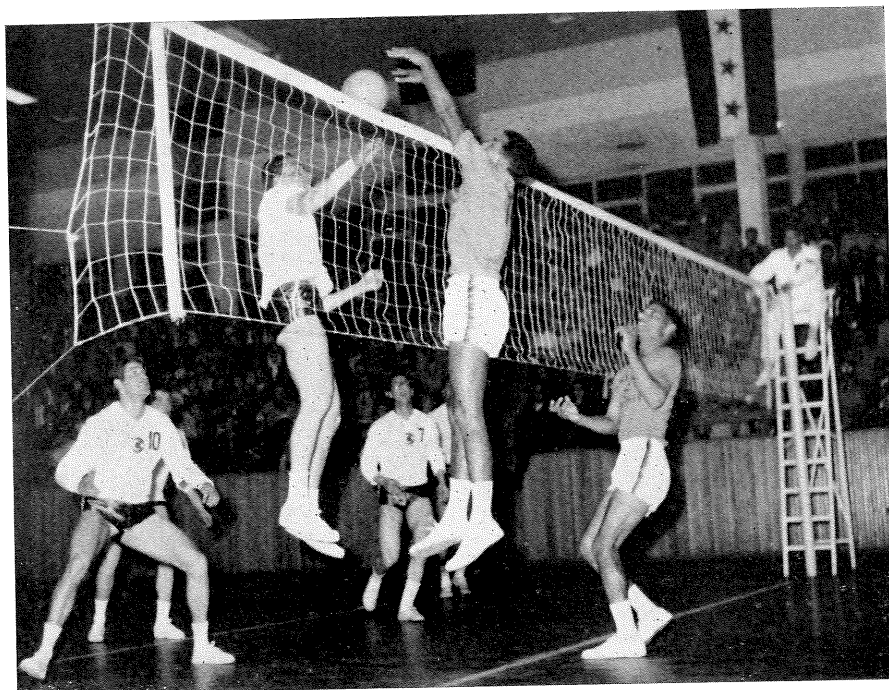
His Royal Highness presenting the awards to the three winners : P. Rodocanachi (France), Champion of the Foil event; R. Trost (Austria), Champion of the Epee event; J. Wanetschek (Austria), Champion of the Sabre event.



# VOLLEYBALL



General Refik Tulga, Assistant Chief of Staff, delivers his opening address.



As stated before, CISM has outdone itself this year and, in this context, Volleyball did not lag behind.

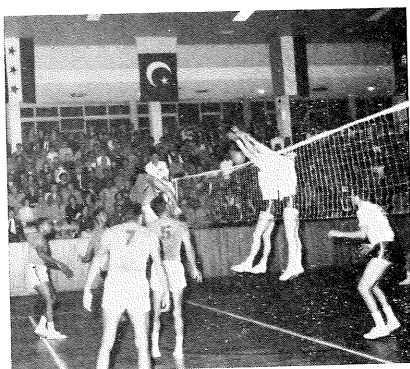
Thus, participation in this fourth championship rose to a new high of eight nations.

Variety in the geographical zones represented, since Irak, Pakistan, and Tunisia joined the European countries in accepting Turkey's kind invitation.

Ankara was, from the 20th to the 30th of May, the meeting point for 118 representatives of Germany, Belgium, France, Irak, Pakistan, the Netherlands, Tunisia, and Turkey.



Surrounding Colonel F. Pottier, CISM's Official Representative, and Colonel H. Gungor, Organizer, the chiefs of delegation and team captains pose for the « family portrait »



The opening ceremony was presided by General Refik Tulga in the presence of numerous ministers and ambassadors.

The Dutch team confirmed its good average international standing in Volleyball, while the Turkish and Belgian teams put out a creditable performance.

It is our pleasure to congratulate the newcomers, Irak and Tunisia. Their participation will most certainly contribute to the develop-

ment of this wonderful game which requires all-around athletic prowess.

In conclusion, we wish to quote an excerpt from Colonel Hakki Gungor's address at the closing ceremony : « The winners change from year to year. We hail them and bow to their merits, but our primary goal is to make new friends and, reaching beyond individual relationships, reinforce the ties between our peoples. »

## SOCCER



Colonel Medbouh, Chief of the Moroccan Delegation, presents the trophy to Colonel Güngör, Chief of the Turkish Delegation

The last phase of our championship was disputed by the Moroccan and Tunisian teams on the green of Casablanca's Stadium of Honor.

The first game had been won by Turkey 2 to 1.

The second game resulted in a 0-0 score following a fiercely disputed match which, however, was played under the sign of perfect sportmanship.

The Turkish team has thus become « CISM's 1966 Champion ».



A portrait of His Majesty the King, a staunch supporter of soccer and military sports, is presented to the Turkish Delegation



The victorious team

## CENTRAL AMERICA - LATIN AMERICA

A CISM delegation comprised of the President, the 2nd Vice President, and the Secretary General has paid a visit, last May, to the Military Authorities of Mexico, Peru, Argentina, Brazil and Venezuela.

*Purpose* : To strengthen the ties between CISM and these nations and introduce a new plan for the expansion of CISM activities in this vast geographical area.

*Outcome* : Remarkable from all standpoints. The warmth of the reception extended to our delegation as well as the unquestionable interest displayed by our hosts augur of forthcoming concrete results.



Peru. — CISM's President is introduced to H. E. the Minister of War by General Firmin Malaga Prado, Chief of Peru's Delegation to CISM

Argentina. — Information meeting. The CISM delegation is introduced to the audience by General Huergo, Chief of the Argentine Delegation.

