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

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

(Photo : Leichtathletik)
DESTINATION MAROC

XVIIIᵉ ASSEMBLÉE GÉNÉRALE

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

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

Comment ces succès se forgent-ils ? Où prennent-ils naissance ? Tout simplement…

Mornakch : la mosquée de la Koutoubia
...au Centre Sportif des Forces Armées Marocaines

C'est parce que le commandement considère que l'entrainement physique est le gage d'une intégrité de l'instruction militaire qu'il a voulu un des aspects du Centre sportif. Pour lui, l'armée est avant tout une famille, et dans cette famille, dans les États-Majors de région et dans les unités, des cadres spécialisés, une doctrine et des moyens de travail, propres à donner au soldat moderne une imposante nouvelle et un sens nouveau.

A cette fin il a été créé depuis le début de l'année 1960 le Centre Sportif qui a pour mission :
- De former les cadres spécialisés,
- D'entrainer les équipes nationales militaires,
- De donner les unités spéciales telles que les « Commandos »,
- De travailler au bénéfice des hôpitaux militaires (gymnastique médicale),
- D'assurer un bénéfice de différents organismes.

C'est donc de cet élément moteur de tout le sport et de l'entrainement physique de l'armée marocaine que nous allons exposer les installations :

INSTALLATIONS :
Le Centre est situé en plein cœur d'un des plus beaux quartiers de Rabat et des États-Majors de région est absolument surprenant par le cadre magique dans lequel le dévoluent les pensionnaires de cette maison.

Les terrains de football, de basketball, de volley-ball, de handball, de tennis, piste d'athlétisme, les installations sportives telles que piscine, parcours du combattant, stade de tennis encadré de deux pelouses, du portique de force, des équipements spéciaux d'athlétisme, des bancs de musculation, des tableaux de scores, font de cette structure un véritable laboratoire d'entraînement.

Sous un ciel toujours bleu, éclairé de soleil, illuminé de bancs, les bâtiments qui récents les installations intégrées nous permettent de voir au gré de nos pas les salles d'entraînement, la salle de conférences avec deux pensionnaires aux murs horribles, objet des plaisanteries des élèves moins maladroits à toute cette effervescence de jeunesse qu'il suscite; car il a du « Squelette » et de l'« Écorché ».

Plus loin, le secteur sport de combat avec les salles de judo et de boxe, puis le service de médecine sportive qui, en sus de sa fonction médicale, est le seul à accueillir quelques instants. Sur une surface restreinte mais bien équippé par le médecin chargé du service, vous découvrez :
- Un petit laboratoire,
- Une petite infirmerie,
- La salle de boxe,
- La salle de gymnastique,
- La salle de contrôle d'athlétisme,
- La salle de traitement des blessures avec les appareils suivants : électrocardiogramme, biphonic, ultra-violet, ondes courtes, infrarouge, rastrinier, etc.
- Un petit service médical avec un ficheur permettant le contrôle des médicaments.

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

C'est bien souvent qu'il voit les 200 pensionnaires du Centre, avec leurs entraîneurs ou instructeurs, y effectuer footing, parcours Hebert et Gross promenade à cheval au major Mollet.

ARTICULATION DU CENTRE :

La création du Centre a permis 130 membres. Après deux ans d'application dans leurs unités les plus méritants servent d'éleveurs pour entrainer un stagiaire par année. Cette spécieté attire de plus en plus de jeunes Marocains joueurs au niveau interarmes le Centre a enregistré 250 candidats pour 70 places.

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

STAGE A BENEFICE DES AUTRES ORGANISMES :
Le Centre met également ses cadres et ses installations au service de la police pour laquelle il a formé :
- 20 moniteurs,
- 50 policiers qui ont subi un entraînement spécial d'une durée de 3 mois.

Depuis sa création le Centre a formé 130 moniteurs. Après deux ans d'application dans leurs unités les plus méritants servent d'éleveurs pour entrainer un stagiaire par année. Cette spécieté attire de plus en plus de jeunes Marocains joueurs au niveau interarmes le Centre a enregistré 250 candidats pour 70 places.

Chaque année le Centre Sportif a la charge de l'organisation des championnats nationaux militaires de :
- Cross country,
- Athlétisme,
- Nature,
- Pennathlon militaire,
- Sports collectifs (football, handball, volley-ball, basketball et rugby).

Les championnats s'effectuent dans un premier temps à l'échelon régional militaire. Les championnats régionaux sont organisés par le Centre Sportif des armées et c'est ainsi que l'on peut voir tous les ans pour cette ultime phase 1000 athlètes qui ont pris part à ces championnats.

LES ÉQUIPES REPRESENTATIVES DES F.A.R. :
Bien que récemment affiliées au C.I.S.M., les Forces armées royales marocaines avaient déjà pris la décision de préparer des équipes sportives en vue de leur représentation à l'intérieur des compétitions internationales, mais surtout avec le souci constant d'assurer leur promotion à l'importance problématique de l'éducation de la jeunesse marocaine.

C'est dans cet esprit que M. M. G. a reconnu les quatre disciplines suivantes :
- football,
- handball,
- athlétisme.

La préparation et la direction technique est assurée par des entraîneurs qualifiés qui élaborent des programmatiques de travail raisonnés et progressifs. Toutes ces équipes participent aux championnats civils du Maroc et c'est pourquoi leur programme de compétition est très chargé et que leur palmarès est aussi éloigné.

FOOTBALL :
Encouragé par les brillants résultats obtenus par l'équipe militaire, formation alors assez hétéroclite, devant le rejet des clubs marocains, M. M. Hassan II, alors Prince héritier, décida en septembre 1958 la création officielle cette année d'une équipe de football militaire sous la dénomination de F.A.R. (Forces Armées Royales). Sa Majesté le Roi du Maroc tenant avant tout cette équipe comme un héritage de l'expérience et, le cas échéant, un exemple à suivre. Dans un pays en voie de professionnalisation, sous quelque forme que ce soit, n'existe pas, il tenait à faire la preuve que les sportifs marocains, soumis à un entraînement régulier et rationnel, pouvaient rivaliser avec les meilleurs d'Europe. Pour ce faire il en faire volontairement appel aux seuls militaires sous les drapeaux. Pas en un autre, il s'agissait d'un collectif bien mieux dans son ensemble, bailleurs de drapeaux, couleurs, bien mieux ils étaient soutenus, donc inconnus. Pour la réalisation de l'entreprise il fallait permettre à cette équipe de jouer régulièrement et sortir du cadre uniquement militaire. Bousculant toutes les traditions, la Fédération royale marocaine de football accepta l'admission des F.A.R. dans le championnat national. Enfin, il fallait susciter le souhait de se faire à nouveau cette compétition nationale. A l'issue de la saison 1958-1959 les F.A.R. obtinrent le titre avec une avance de 10 points sur le second et, fait assez rare, ne connaissent aucune défaite. Elles accédèrent en division nationale. Bien mieux, au cours de la même saison, à la grande satisfaction de leur illustre président S.M. Hassan II, à l'heure actuelle le président actuel des F.A.R., elles remportèrent la coupe du trône, trophée qui se joue à la mi-saison de la coupe de France. Depuis, les F.A.R. sont champions du Maroc. Cette ascension fait grincer bien des dents car l'on estime qu'elles ouvert une nouvelle ère pour les athlètes marocains. En effet, cette équipe a établi un record qui est à la fois de rêve, à la force du poignet, les F.A.R. ont gravi tous les échelons de la hiérarchie. D'ores et déjà...
public sportif. Il fallait encourager cette fédération en créant des sections de handball. Les comités des différents organismes sportifs se devaient donc de faire un effort afin de favoriser l’essor de ce nouveau venu.

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

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

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

**Pour les cadres spécialisés** :
- Un stage de maître nageur-sauveteur.
- Un stage de moniteurs E.P.M.
- Un stage de moniteurs-chefs E.P.M.
- Un stage d’officiers E.P.M.
- Des stages (type commando).

**Pour les équipes représentatives des F.A.R.** :
La création d’une nouvelle section : la boxe.

• • •

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

Une vue de la salle d’entraînement des boxeurs militaires

Ils sont aidés en cela par Sa Majesté le roi Hassan II.
**Mogador**

- Casbah s'accompagnant de leurs "fotarias", sorte de petit hameau à trois branches.
- Hommes performant un local dance.
- Casbah est essentiellement composée d'une église à six portes, ses ruelles en spirale et la Tour des lamas.
- The old fortified town of Mogador.

**En retraite le temps au Sahara**

- Rendez-vous sur une pente de roche.
TOP TIPS...

How to play top notch tennis

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

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

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

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

The racket starts to swing back as you pivot on your right foot. As the racket goes back, all your weight goes onto your back foot. As you swing forward, the weight shifts to the front foot at the moment of impact of ball and racket.

The wrist remains slightly relaxed until the instant of impact. At that precise moment it becomes firm with a strong grip on the racket. Your knees should be relaxed and the ball should be hit at waist level. The follow through must go out and forward and finish slightly above shoulder level.

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

Keep your eye on the ball!

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

The backhand grip is simply the forehand, with a 1/4 turn of the hand and fingers to the left. Golden Rule for success is positioning. Turn on the left foot as the ball approaches. At the same time, take the racket back in a small arc, keeping the wrist firm. Pivot my body far to the left so my back is half turned to the net.

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

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

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

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

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

Start by placing the left toe approximately three inches behind the base line with the left shoulder turned slightly sideways to the net. The swing of racket and arm is the same as throwing a baseball. As you hit the ball, reach as high as you can. Always have a feeling of hitting up. Then following through with a full arc, down and across your body. The toes of the ball should be just high enough so you can hit your serve with a full extended racquet arm. Thus, you hit the ball at its highest point — when it is motionless.

Mary Hardwick

Service

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

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

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

Alex Olmedo

Volleying

Maureen Connolly

Practice as much and as often as possible.

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

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

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

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

Remember to buy good equipment and keep it in first class condition.

Personally, I have found Wilson best.

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

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

Mints on practice and tournament play
Pakistan
Les danses guerrières des terribles Pathans

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

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

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

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

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

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

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

right heel and the kneeling roll; and the balanced
standing position utilizing both legs for support,
the displaced torso, and the quite severe back bend.

Much misinformation exists concerning the various
positions, partially because many local shooters
have been successful with their own unorthodox
positions. These people have won in spite of and
not because of their positions. The young marksman
should from the very beginning work out his posi-
tions on the classic variations. The total use of
classic positions by the top-ranking shooters in the
last World Championship matches verifies the fact
that Championship marksmanship success is too
difficult to attain with unorthodox positions.

PHYSICAL PREPARATION

An integral part of any marksmanship training
program should be a purposeful system of physical
preparation. A popular conception of the marks-
man has him being an unmuscular, unhealthy indi-
vidual who is perhaps even a bit on the heavy side.
This is not true. The champion marksman must be
an athlete, not that he must be a champion at other
sports; but he must be adept in the execution of
many athletic feats. When one learns that it takes
5 or 6 hours of concentrated physical effort to fire
the free-rifle standard course, then he can recog-
nize the importance of physical condition.

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

Physical conditioning is in itself a way of
strengthening the will and here becomes a definite
factor in whether a man has the reserves of strength
to win the battle of self-control he must wage.
Often the tension of competition will cause a loss
of weight or sleep, especially if the competition is
a long one. Again the shooter's physical condition
must be strong enough to sustain these losses with-
out his scores going down.

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

Since the opportunity to participate in sports
is often sporadic, it becomes necessary to devote about
15 minutes daily to doing a series of gymnastic
drills. The particular variety of exercises used is
not nearly as important as doing them. Recom-
mented drills include pushups, pullups (don't
overdo these 2), sit-ups, knee bends, back bending,
and a long run. An evaluation of the state of per-
sonal fitness will indicate the number of repetitions
for each exercise and the need for other drills.
When the time for the important tournaments
arrives, participation in fast-moving sports and drills should taper off and end. During the tournament period just a few light exercises should be used and these should be used only to loosen the muscles.

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

SHOOTING EXERCISES

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

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

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

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

There are several considerations in formulating the training plan. One is the development of the shooter. A beginning shooter will not be able to perform well for more than about 30 rounds. An expert can do his best for over 100 rounds on at least 2 days per week. The beginner is primarily concerned with developing the stability of his position. The expert marksman may well spend an entire training session investigating the role of one muscle. The training plan must be mapped out to fit the needs of the one person it is designed for.

ATTAINING PEAK PERFORMANCE

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

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

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

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

Many of the problems which arise cannot be solved by one or two simple changes, but must be worked out through the slow process of experimentation. In spite of its importance, the role of experimentation is greatly overdone by many shooters who find themselves constantly involved in some change or experiment they have devised to raise their low scores. These changes are even carried out at the time of the tournaments. It is important that all but minor changes cease months before the big matches. Experimentation must be intelligently controlled and its results objectively considered. Nevertheless, without experimentation the optimum degrees of performance of each shooter could not be discovered.

STUDY THE MASTERS

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

Some marksmen have learned well the lessons our sport would teach them; it is the wise shooter who takes fullest advantage of their knowledge.

Evaluation of shooting results often will indicate a lower than average rate of progress in one or two positions. This weakness must be corrected by more work in the poor positions. This brings up the question of how to break down the practice time and ammunition. In my own training, I try to fire 6 days a week with occasional light work on the seventh day. To me one of the keys to satisfactory training is regularity, even if I must use considerable dry-firing. An hour spent each day with the rifle will do far more good than longer sessions 2 or 3 days a week. In daily practice I fire from 20 to 50 rounds in the kneeling and standing positions, depending on the particular state of each position. To the prone position I devote 20 rounds on one or two days a week and more only if some definite problem presents itself. At least once every two weeks I try to find time for the standard...
course (40 shots each in prone, kneeling, and standing). This adds up to an average of about 2 hours of work with the rifle each day.

WHERE IMPROVEMENT IS NEEDED

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

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

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

KEEP A SHOOTER'S DIARY

An invaluable aid in making my marksmanship evaluations has been keeping a shooter’s diary. By keeping this notebook I am able to record my daily results, my experiments and their results, and the sensations and feelings I have experienced in making my scores. In this way I have been able to keep a running record of all my marksmanship experiences. Now, whenever problems arise which I have faced before, I am able to refer to the solution. Keeping a shooting diary is a distinct help.

I keep careful records of the effects of atmospheric conditions and other influences which may direct the formation of my shooting tactics. The shooter must be able to recognize the type of wind condition which requires sight changing and the type which requires the selection of one wind velocity to do his firing in. The shooter must know what changing cloud and light conditions will do to the bullet’s point of impact. He must know how to cope with these conditions and the ways in which he can affect them. The shooter must know if and how to fire correctly in the standing positions stability during a certain time and distance. He must know how to use his own equipment, and how to fire correctly in the standing positions stability during a certain time and distance. He must know how to use his own equipment, and how to fire correctly in the standing positions stability during a certain time and distance.

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

The following principles were prevailing:

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

INTERVAL TRAINING

The characteristics of the interval-training and its physiological aspects are supposed to be known. The practice of interval-training in the rowing boat are explained.
At first two concepts of great importance are to be described: the variable rate of strokes (Fahrtspiel) and the test course.

**WINTER TRAINING**

The modern concept regarding the preparation of competitive rowers underlines the paramount importance of the winter training for the future performance in the boat in respect of the training in the boat as well as of the race. An intensive winter training (4 to 6 times per week) aims at the following improvements:

- Increase of power, maintenance of fitness and psychic regeneration.

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

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

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

**BOAT CONTROL**

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

Regular practices in the skiff, double scull and race scull belong to the training of the oarsmen. That means that the practice for fitness — i.e. interval and test rowing — is not only restricted to the special type of boat (i.e. the eight). To give details on training of rowing techniques would exceed the frame of this article. They could fill a book. To row economically means to coordinate rowing movement and body action in order to obtain an extreme acceleration of the boat by exploitation of the existent physical power. The interval-training by itself cannot replace rowing techniques. The creation of the dynamic unity versus the formal unity means that the crew at the same time and in the same direction makes effective all forces which influence the course of the boat. All efforts and all the time formerly spent in the orthodox rowing to obtain an similar bearing, oar handling and a homogeneous exterior picture of movement that «pleasure the eye» can be used for better purposes. From this and in connection with the training in small boats it follows that all the 8 rowers of an eight must not meet every day at the same hour to accomplish a successful training. It is also possible that an oarsman changes from port to starboard or vice versa. Even a substitute — if trained in the same way as the crew — will at once adapt himself to the dynamic unity of rowing. Besides that such a crew of an eight is also qualified (the Kiel-Ratzeburger crew has often proved it) to make successful races in other boat types (two, four etc.).
Jolies ambassadrices

Slim and graceful

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

Le langage de la Gymnastique féminine moderne est très riche.
Il exprime une vitalité profonde, un élan vers la libération définitive.
Il est empreint d’émotion et d’une grâce sans cesse renouvelée.
La grande saison du C.I.S.M. !

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

- à ROME,
  pour le XVII\textsuperscript{e} Championnat de Pentathlon Militaire (14 pays)
- à LAHTI,
  pour le VII\textsuperscript{e} Championnat de Tir (14 pays)
- à BRUXELLES,
  pour le XVIII\textsuperscript{e} Championnat d'Athlétisme (15 pays)
- à KARLSKRONA,
  pour la IX\textsuperscript{e} Semaine de la Mer (10 pays)
- à ROME,
  pour le 1er Championnat de Pentathlon Moderne (10 pays)
- à BARCELONE,
  pour le XVII\textsuperscript{e} Championnat de Natation, Plongeon, Waterpolo, Natation de Combat (10 pays)

It is the height of the season!

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

- in ROME,
  for the XVIIIth Military Pentathlon Championship (14 countries)
- in LAHTI,
  for the VIIIth Shooting Championship (14 countries)
- in BRUSSELS,
  for the XVIIIth Track and Field Championship (15 countries)
- in KARLSKRONA,
  for the IXth Sea-Week (10 countries)
- in ROME,
  for the I Modern Pentathlon Championship (10 countries)
- in BARCELONE,
  for the XVIIIth Swimming Championship (10 countries)
Football

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

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

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

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

(Extrait du Rapport de la délégation hellénique.)

SOCCER
Classement — Classification

1. GRECE 4 pts
2. BELGIQUE 4 pts
3. TURQUIE 2 pts
4. FRANCE 2 pts

Basketball

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

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

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

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

RENCONTRES SPORTIVES DU C.I.S.M...

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

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

par le Major G. P. CASCIOTTI

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

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

Pays participants
Participating countries
BELGIQUE
BRASIL
DENMARK
FRANCE
GRECE
ITALIA
NEDERLAND
NORGE
ÖSTERREICH
SUISSE
SVERIGE
SYRIE

Observateur — Observer
ARGENTINA
IRAK

Les cérémonies d’ouverture et de clôture, simples et accessibles à la fois, auraient lieu à proximité du Centre Sportif de l’Armée, sur le stade olympique de Rome.

Opening and Closing ceremonies, simple and impressive, took place in the vicinity of the Army Sports Centre on the Olympic Stadium in Rome.

Les plus hautes autorités militaires et sportives y assistaient.

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Les plus hautes autorités militaires et sportives y assistaient.

En Reunion, le Représentant Bartata a amélioré le record du C.I.S.M. : 20° 6/10 pour 8 m et 5 obstacles.

In Reunion, Bartata, Brazil, bettered the C.I.S.M. record : 20° 6/10 for 8 m and 5 obstacles.

En Cross Country, performance exceptionnelle du Représentant Gruber, du Voltaire, qui a franchi le cap de la 5ème à la 1ère place au classement général, permettant d’obtenir la médaille d’or.

In Cross Country, outstanding performance of the Representative Gruber, of Voltaire, who reached the 5th place in the general classification and won the gold medal.

En Cross Country, outstanding performance of the Representative Gruber, of Voltaire, who by overcoming the second by 10 sec, scored 1.48.64 points of the equivalent table and hopped from the 3rd to the 1st place. Best Belgian success in this difficult event.

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En Scavenger, la liste finale par équipes, quatre points seulement séparent la Suède, la France, le Brésil et l’Italie classées dans cet ordre.

In the team classification, a few points only separated Sweden, France, Brazil, and Italy which were classified in this order.
Volleyball


- Belle victoire de l'équipe Américaine après une rencontre spléndide et emouvante avec l'équipe Française, champion en titre.

RESULTATS  RESULTS

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<td>1.</td>
<td>USA</td>
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<td>2.</td>
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<td>3.</td>
<td>NEDERLAND</td>
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<td>4.</td>
<td>BELGIQUE</td>
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<td>5.</td>
<td>DEUTSCHLAND</td>
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<td>6.</td>
<td>IRAK</td>
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Aktion in the III C.I.S.M. Volleyball Championships was highlighted by the dramatic best match between France (left) and the U.S. (right) which saw the Americans defeat last year's C.I.S.M. Champions (left) in 4(41, 35, 14-13, 15-14) to go on to win the 3rd International military spiking crown.


Boxing

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

- Eight countries took part in the annual C.I.S.M. Boxing Tournament. Congratulations to Major General S. Lawrie and his staff for an outstanding Boxing Championship! Well organized and sponsored in a true C.I.S.M. spirit.

The titles were won by: Italy 5, USA 3, France 1, Germany 1.

- Cette première expérience de deux champions jamais le fort réussis: volleyball aux-eux, boxe le soir.

A étudier pour l'avenir dans d'autres disciplines.

Mensuto  ATOBON (Italia)  Fly Weight

Coq  ETOLO (Italia)  Bantam

Flame  BROWN (USA)  Feather

Léger  ARCIARI (Italia)  Light

Sous-mesures  DANIELS (USA)  Light Welter

Weiter  MEIER (Deutschland)  Welter

Sous-mesures  OLOFARINI (Italia)  Light Middle

Moyens  MCCOY (USA)  Middle

Milanscici  THERAULT (France)  Light Heavy

Leoros  NOB (Italia)  Heavy

* Berlin Brigade Drill Team
  * Enseignement général des équipes, charrutage majestueux, cérémonies spléndides, dans le caractère de ces championnats.

The 5th Cavalry琵琶' s hold the spotlight during colorful ceremonies opening the Boxing and Volleyball Championships
Finland being a non-member country had the honour of organizing the 15th C.I.S.M. Shooting Championship 1963 at Lathi. The shooting championship was conducted at Hävikkää Shooting range, run by the Häme Mounted Jaeger Battalion under the direction of Lt. Colonel Juha Risti. The championship was declared open by the ministry of Defence Arvo Potti.

The following delegates from various countries attended the Championship: Lt. Colonel H. Sandvik (Norway); C.I.S.M. Representative Colonel J. D. Bourseaux (The Netherlands); Colonel V. Sutner (France); Colonel S. Ineyoghi (Turkey); Lt. Colonel J. Vassos (Greece); Major d'Aviation R. Moller (Permanent Secretary General) and Lt. General A. Koskimaa (Finland).

In all 14 nations took part in the championship, which is the highest number so far ever participated. The weather remained favourable throughout the competition. The standard of precision shooting was better than the last year, the pistol shooting was, however, not of very high standard.

The rifle shooting was conducted only with the standard military rifles of respective countries. Here Finland had the honour of winning all the rifle events, in new C.I.S.M. records. The prominent amongst the competitors were Colour Sergeant Antti Tsyvatin of Finland who scored 191 points from kneeling position thus gaining 4 points above the official world record in this event, and Sergeant Erko Kervinen who scored 50 points in rifle firing. In all the Finland team scored 2,117 points, which have exceeded the world record by 13 points.

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

**Le Challenge de Tir de C.I.S.M.**

The C.I.S.M. shooting permanent trophy, presented by the German delegation.

Le Lt. Colonel Sandvik, Hiérarchie le responsable de l'excellente organisation.

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

Allow me to extend my best congratulations to the winners for their magnificent achievements. At the same time I wish to thank all the participants, the winners as well as the losers, and also the leaders of the delegations for the spirit of fair play shown even in the heat of competition. Good sportsmanship is just as important to us shooters as scoring full points on the target.

But in addition to the fine results, we are also happy to see that shooting has brought us together here, and despite of language difficulties, we have gained new skills and knowledge of our favorite game, and what is more we have made new friends.

I wish you all a good trip home and the best of success in competitions to come.

LT. GENERAL KOSKIMAA.
Athlétisme

1 record!

9 records!

Bruxelles 1963

* Douze titres pour les USA
Les athlètes des USA ont été les grandes vedettes des XVIIIème Championnats internationaux militaires, remportant 12 titres sur les 21 qui étaient en compétition.

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

Belgique
Congo (République du)
Allemagne
Irlande
Espagne
France
Grèce
Irak
Italie
Luxembourg
Maroc
Pays-Bas
Nord-Vague
Autriche
Pakistan
Tunisie
Turquie
USA
Le palmarès 1963

100 mètres : Peayter (USA) 10.4
200 mètres : Peayter (USA) 20.9
400 mètres : Peayter (USA) 46.6
800 mètres : Paston (USA) 1:52.3
1 500 mètres : Caniff (USA) 3:44.3
5 000 mètres : Allamand (B) 14:12.2
10 000 mètres : Commonot (It) 29:56.7
110 mètres h. : Hicks (USA) 13.9
400 mètres h. : Hicks (USA) 40.4
3 000 mètres steeple : Lince (USA) 9:23.2
110 mètres h. issus (USA) 7:00
Poids : Howay (It) 65.0
Triple s. : Jensen (Norv.) 15:16
Poids : Crane (USA) 18.31
Disque : Crane (USA) 52.35
Javelot : Pedersen (Norv.) 81.62
300 mètres : Hataheti (Gr) 1:37.16.2

Le 8 000 m fît s'enfler la foule :
1. Allamand (B) 2. Garner (It) 3. Trefor (Ita)
Committee. Service personnel sit in on all AAU committees. representation being coordinated by the Inter-Service Sports Council to insure that the interests of the service athlete are served.

The Inter-Service Sports Council presently consists of 4 voting members (one representative from each of the 4 services: Army, Navy, Air Force, and Marine Corps) and one non-voting member from the Coast Guard who attends meetings and receives copies of the minutes.

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

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

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

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