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Cover photo : Splendid exhibitions were presented during the
2nd Judo Championship.

GOOD BYE PRESIDENT R. Hatch...

AND THANK YOU !



During the XXIInd CISM General Assembly, Brigadier General Hatch (United States) transmitted his powers to the Air Commodore M. M. Piracha (Pakistan).

At the occasion of a simple and touching ceremony, all the attending delegates surrounded him to express their gratefulness and affection.

GRATITUDE

During his 7 years of chairmanship, General R. Hatch has greatly contributed to the spectacular expansion of the International Military Sports Council.

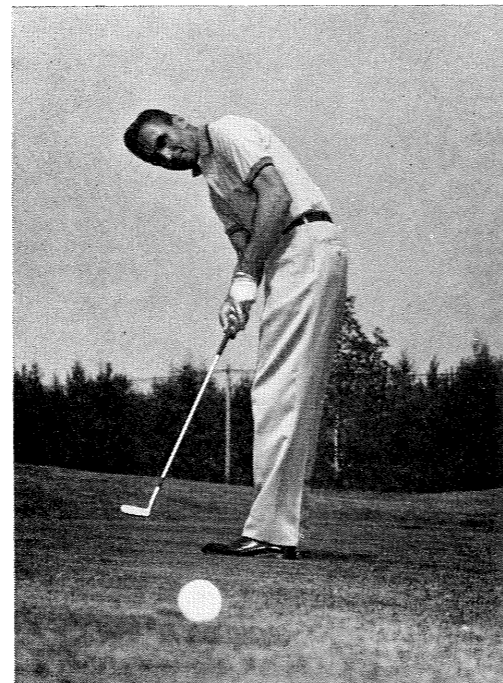
Judge for yourselves :

From 1960 to 1967 CISM welcomed 16 new members-countries.

It has created four under-secretariates acting chiefly as Liaison Office for Latin America, Africa, the Far East and the Middle East.

In 1968, the CISM's extensive calendar reached the record number of 26 events.

From the beginning, General Hatch understood the necessity of giving full support to the Academy. As an Air Force Pilot and experienced leader he realized the need for



close cooperation between the members of the team which helps and protects the champion.

AFFECTION

When transmitting his powers, Colonel H. Debrus, Chairman-Founder had told General Hatch : « I entrust you CISM's most precious possession : its friendship, its desire for mutual understanding, its dream of world-wide cooperation. »

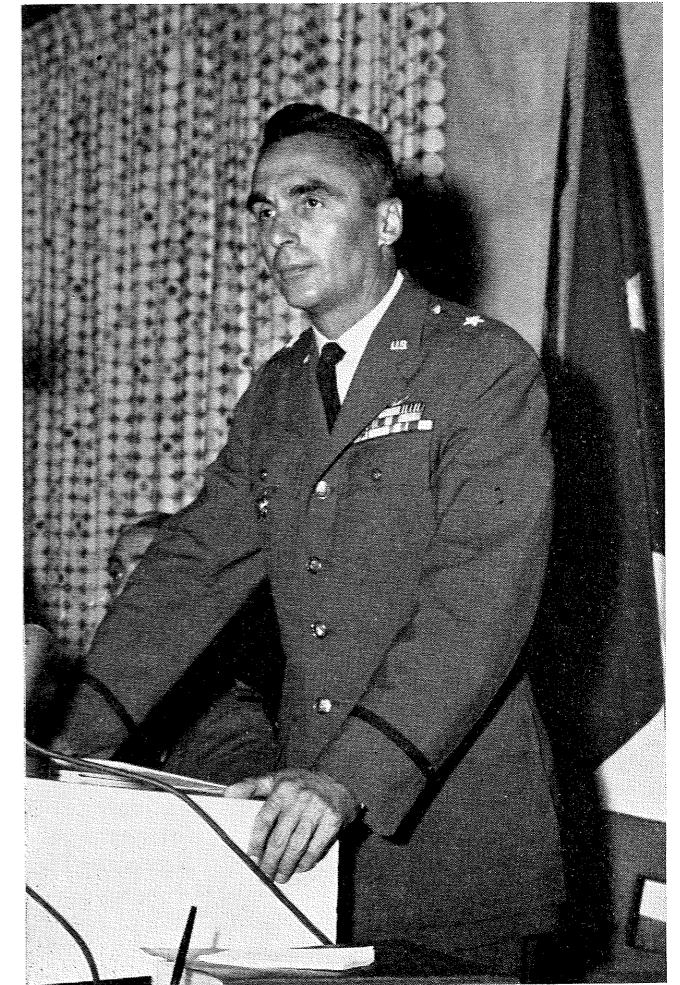


President Hatch remained faithful to these watchwords.

This was evidenced by the genuine friendliness which the delegates to the XXIInd general Assembly displayed towards him, tactfully and with moving unanimity.

It is significant that on the occasion of Air Commodore M. M. Piracha's assumption of the Presidency, General Hatch used almost textually the very words of our Founder President.

CISM's original message will now be heralded and propagated by a young and dynamic President, who has already been recognized by everybody as a competent leader.





Notes on Sport in our Society

by Dr. R. William JONES

*Secretary General,
International Council of Sport and Physical Education,
Secretary General, FIBA*

The phenomenon of modern sports is today generally accepted by the great mass of the people as a typical youth activity pursued primarily by the brawnier boys and girls. It is generally recognized that sports are good for the health of the younger generation, provided they are of course conducted under proper supervision.

Lately, sports have become a symbol of national achievement and an Olympic gold medal ranks together with the highest honours; an Olympic winner is better known than a Nobel Prize laureat, indeed he receives far more publicity in the daily press.

That sports may be more than that is recognized by few, and that it may fulfill a vital task in the building of our society is dimly felt by fewer still. Sports may well be, in cybernetic language, the mechanism evolved by our industrial and urban civilization to safeguard the integrity of man, to perfect his neuromuscular system, thereby maintaining his physical and mental health, in the increasing socialization and « cerebralization » of our age.

Sport is primarily ACTION. It is the practice of physical activity for pleasure, recreation, improvement and well-being. It is at the same time a compensation for the repetitive character of work in an industrial society and for the oppressive environment of an urban community. As it is admirably expressed in the Olympic motto « Citius, Altius, Fortius », sport is progress.

But sport is also a SPECTACLE. Millions attend games and sport meets every week all over the world, and many more millions are now added as spectators in front of the television screen. It is at the same time a social phenomenon and a consecration; we could almost say that it is a spiritual experience. As huge crowds are involved, incidents will occur, but taken as a whole, the sport spectacle can be considered as a positive factor in our leisure-time civilization, and its importance will still increase.

And finally, sport is CULTURE. Like all other aspects of culture, sport has its roots in leisure. Like all other aspects of culture, sport brings man in contact with the Universe in which he lives, with time and space and with his fellow men, either as opponents or as team-mates, but always as partners in a common enterprise. But above all, sport brings man in contact with himself.

The importance of physical activity in the education of young people has long been recognized. Nevertheless there is still a considerable amount of what could be termed « physical illiteracy ». Physical education and competitive sports and games must be an integral part of education. The teacher responsible for this part of education should not limit himself to the teaching of physical skills and sport techniques : he should also be responsible for health education and for moral and civic education. The world of sports is a microcosm in which all the values, attitudes and relationships of our society are represented.

Education should also prepare the child for the use of his leisure time while he is young and in later life. The process of socialization of the child begins in the family and in the school, but continues, during youth and adulthood, in his working life and, most of all, in his leisure time activities, a large part of which is dedicated to sports, games and out-of-door activities.

The conclusion of the foregoing observations is that sport cannot remain an activity relegated to the margin of our society in an age in which leisure is the centre rather than the fringe. Sport must be integrated in our society to the fullest possible measure. Then, and only then, it will be able to bring its full contribution to the development of man, as an individual and as a member of the society in which he lives.

As a contribution to the study of these matters, the following six theses are submitted for discussion and consultation, with a view to formulating a long-term programme of action to be addressed to the competent educational and sport bodies, such as the International Olympic Committee, the international and national federations of sport and education, the International Bureau of Education, U. N. E. S. C. O. and its 121 Member States.

I. Protection and development of sport ethics

Sport, like all other forms of human endeavour including science, is not necessarily good. Taken as a whole, and because of the untiring efforts of men like Pierre de Coubertin, sport is good, but it is good only insofar as the code of sport ethics, evolved during the years, is scrupulously respected by all concerned. There is a constant need for re-thinking and re-examination in the light of major changes in the structures of our society. Social and economic revolutions, technological advances (e.g. television), alterations in the populations affected, demand a constant revision, not of the basic ideas and principles, but of their application.

The International Council of Sport and Physical Education has made an effort to contribute to such re-thinking in the domain of sport and of physical education in publishing a «Declaration on Sport» in draft form in many languages. Study groups have been set up in many countries and it is hoped that a revised document will be ready for publication at the time of the Games of the XIXth. Olympiad at Mexico City in 1968. It will certainly not be a final document but it

will represent a step forward in the assessment of the basic values of sport and physical education in our days.

Sport ethics are best expressed by the term of sportmanship, and sportmanship can be identified with fair play. In 1963 a group of sport journalists and of sport leaders, meeting at the UNESCO Youth Institute, Gauting (Germany), suggested the institution of fair play trophies to be awarded to athletes, teams, spectators or to a sport event for an action characterizing the true spirit of sportmanship. An international committee was formed under the chairmanship of Jean Borotra, and trophies were awarded in 1964, 1965 and 1966. These trophies are called the «Baron Pierre de Coubertin's Fair Play Trophies», and they are awarded under the authority of UNESCO, ICSPE, ICHPER (International Council for Health, Physical Education and Recreation) and AIPS (Association Internationale de la Presse Sportive).

It is submitted that this action in favour of sportmanship be extended through the formation of national committees awarding national fair play trophies, not only in Europe but also in Africa, Asia, Latin America, North America and Oceania.

2. Democratization of Sports

Modern sports were revived primarily by the enterprise and effort of the western leisured class which inevitably impressed upon them their ideas and their conceptions. The earlier structures of sport organization were based on these ideas and these conceptions. Some of them are still serving the cause of sport in a most admirable way; others have become obsolete. Most of them cater only for championship sports at the highest

level and in this field they are, generally speaking, very efficient indeed. It is however urgent to adapt these structures and these organizations to enable them to better fulfill their responsibilities toward the sport of the masses.

There is an urgent need for a global programme of leadership training. The existing schools and colleges for physical education and sports are barely able to supply the increasing



demand for specialized teachers and coaches at the professional level but only in very few countries they are able to arrange short-term courses for voluntary sport leaders with adequate qualifications. The Council of Europe has lately started a pilot programme of leadership training for voluntary sport leaders with a certain amount of success. It is submitted that a comprehensive programme of this type should be included in any long-term plan of action adopted by UNESCO in the field of sport and physical education.

But sport and physical activities can really be brought to the mass of the people when the necessary facilities are made available. This is of course a task that widely exceeds the possibility of existing sport clubs and organizations. It is the task of governments, and particularly of local government authorities, with or without the help and co-operation of voluntary bodies. Play areas must be provided within the city limits for everyday sport activities; suitable sport centres must be arranged within a reasonable distance from urban agglomerations for week-end sports; and holiday resorts with sporting facilities must be established either through private enterprise or through the official tourism agencies, for summer or winter holidays.

Such centres, either under public or private management, must provide multisport facilities and play areas placed under the supervision of competent professional sport leaders assisted by voluntary or semi-voluntary instructors capable of teaching the fundamentals of sports and games to beginners of all ages and of both sexes. New forms of competition will need to be devised, involving numbers rather than quality. Governmental and local authorities must be made aware of their responsibility in this field.

3. Sport as an instrument for development

One of the major problems facing all the countries of the world, either already developed or going through the process of development, is the quality of their man-power. This is particularly true for the countries that have recently acquired their independence, or that have recently undergone a process of industrialization. A comprehensive programme of physical education, sports and athletic games combined with an efficient programme of health education cannot but raise the standard of physical fitness and of productivity, particularly among the younger strata of the population, that are the wealth and hope of the nation.

Strenuous physical exercise will increase physical endurance and resistance to disease and to stress. The acquisition of skills through the practice of sports will be an asset for life and for work. Only sport is capable of creating and maintaining the physical and psychological balance in man, threatened by the inevitable consequences of industrialization, urbanization and mechanization.

Sport plays an important and original role by encouraging the development of the personality of the individual outside of his professional life. It may indeed encourage and facilitate the development of a whole community. In some communities, sport is the only thing that brings all together, that gives the people a sense of their own identity. In others, it is the only, or perhaps the quickest, way to express themselves among their neighbours. Through sport, it is possible to give new life to traditional forms of culture or to create new forms in the image and in the spirit of the new community.

The practice of sports facilitates the integration of the young person into the adult society by creating habits of contact with other people and by teaching rules of behaviour and of social

conduct. The young person will find in this physical activities a valuable occasion to develop his taste for tasks of leadership and his sense of responsibility. Thus sport can play a major role in facilitating the process of socialization of young people.

This is particularly true in multi-racial communities. In many cases, sports is the only group activity that brings together members of the different ethnic groups normally separated by barriers erected by age-long tabus and traditions. Sport can be a powerful factor in breaking down these barriers and in making it possible to really live together in spite of religious, cultural or racial differences.

Thus sport can become a valuable instrument for the development of the nation. The qualities developed through sports are indeed essential to the development of the nation. A good sportsman will also be a good citizen. Through sports, he has developed his sense of responsibility, his capacity for co-operation, for self-sacrifice, for perfection, for efficiency; he has learned to obey the spirit and the letter of the rules in complete loyalty; he will respect his opponent and preserve his calm and dignity in all circumstances. Sports will become a valuable instrument for the development of the nation when they will be taught and practised with these objectives as the true goal of the sport movement.

4. Sport and international understanding

As a non-lingual means of communication, sports can bring together people that otherwise would never meet, and can create between them ties of understanding and of friendship. Based on the fundamental concept of independence and equality, essential for all forms of human co-operation, sports can bring together all those engaged in it, whether athletes or officials, teachers or administrators, at the local, national and international levels.

Sports provide an admirable occasion for many forms of international co-operation. Because they are essentially competitive in character, sports know no barrier. Training methods, if successful, become immediately universal. Judges, officials and referees must be trained internationally to ensure a certain unity of judgment. The most popular sports competitions are those involving athletes of several nations; the most popular of all are the Olympic Games, with the participation of thousands coming from all the countries of the world and engaging in all sports of the modern times.

Sports provide a wonderful occasion to promote international understanding, but unfortunately this is not always the case. In some instances those responsible have failed to understand their duty in this respects; in others, the necessary climate simply was not there. There is still much to do, particularly in the training of officials at all levels and in the education of the specialized Press. Every opportunity must be seized to impress on those in authority their responsibility: sport can and must be employed at all times to foster international understanding and friendship among the peoples.

Sport provides also an opportunity for mutual help and assistance. Although one can safely say that in the field of sport and of physical education all countries are under-developed, some are more under-developed than others. A great sports leader has recently suggested the establishment of a European Common Market for sports, and such a project would certainly help several countries to improve their sport situation. But the greatest need is in the countries that have recently acquired their independence. There, the need is almost total: there is a need for equipment, for leadership, for occasions to come together for competition. And it is also there that sport may bring the greatest contribution toward development, both of the individual and of the nation.

5. Sport and health

Normal health is more than a physical ability to eat, sleep and get about. It is more than an absence of excessive temperature, rapid or irregular pulse, rapid respiration, or bodily pain. Furthermore, we must think of health in relation to the mind and the emotions and instincts and not separately as a state of the body alone in which the mind does not participate. Complete health is mental as well as physical. It is a matter of intelligent happiness as well as of gross comfort.

Good, active, complete, aggressive health is the most important thing in the world. Good health is a means to an end. It is the most important in this world because it is essential to the best success of every human undertaking. It makes for longer life, greater happiness, and larger usefulness. And regular strenuous exercise, and sports in particular, are essential for good health.

Each day should furnish a period of vigorous physical exercise and play that brings rest because it utilizes different muscles and different mental functions than are employed in the day's occupation. Each week-end should furnish rest in the form of satisfying and preferably vigorous activities that differ largely from those of the preceding week's work. Occasional vacations in which there is a change of surroundings, a change of activity, a large substitution of wholesome vigorous play for routine work, and a proper regard for sleep, big-muscle exercise, and balanced nutrition, are important rest-factors in the programme of the year. Physical exercise and sports are essential elements of such a programme of health education.

Physical recreation, sports and health education must progress together, hand in hand, and this is best achieved by intrusting with the responsibility of health education the same person who is in charge of sports and physical education. The sports teacher must at the same time be a health adviser and counsellor. It is urgent to elaborate the principles and the applications of such a global programme of basic education. The task of those concerned with the communication of knowledge will be greatly facilitated.

6. Sport and science

We live in a world dominated by science and its applications, and physical education and sports are not an exception. During the last fifty years there has been a considerable amount of study and research in the field of sport and of physical education. However, this study and research has been pri-

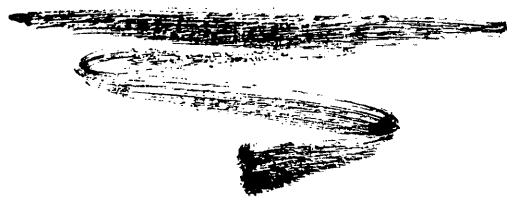


marily directed to the biological sciences (anatomy, physiology, bacteriology and allied disciplines). Also, this study and research has been largely fragmentary and un-coordinated; it has been more analytical than synthetical in character; it has seldom been related to aspects other than athletic performance.

During the last fifty years a spectacular advance has taken place in all sports, and the ceiling has not yet been reached. Every year records are broken and new records are established. Not only through technological progress but also through his own natural means, man is conquering time and space. During this period, sport has not only spread to all parts of the world: it has also penetrated all strata of society. More people are taking part in sports than perhaps in any other voluntary activity.

This means that study and research in the fields of biological sciences are no longer sufficient. The universality of sport demands similar study and research in the domain of the social sciences. The biological approach must be completed by a sociological approach of the same scientific standard. We must know more regarding the comportment of individuals in small groups (teams) and we must know more regarding their comportment in very large groups (mass sports, spectators). We must know what it means to be an «amateur sportsman» in the context of our industrialized and socialized civilization.

The knowledge thus acquired, through the biological and social sciences will perhaps enable us to draw the outline of a philosophy of sport, which will enable us to better understand the phenomenon of man, and to better serve the young people of the world.





The Sports Companies in the Finnish Defence Forces

by Major Kalevi RÖMPOTTI
chief, CISM delegation

Reasons for the establishment

A top-athlete is an influential citizen in his community. Young people in particular pay close attention to his activities. Therefore the kind of picture an idol of the youth gives about the defence forces of the country's is by no means insignificant.

For decades the newspapers have written how the physical condition of the athletes always decreases in the Finnish army whereas in the armies of many other countries it improves thanks to their sports battalions and sports companies! — I once heard, in a large sports field in Helsinki, a top-athlete who has just been discharged from the services blaming the army for not having granted him enough training opportunities nor leave for contests. His interest in training and fitness for competition had greatly suffered. Dozens of young boys around him were listening intently to this angry speech. At that very moment negative attitudes towards

the armed forces were for the first time aroused in those boys.

Today the state of things in Finland is different. The sports columns of the newspapers as well as the top-athletes speak about the Finnish Defence Forces in quite a different tone. «The result of five meters I attained in pole vault was solely due to the training I got in the sports company. Nowhere in civilian life you can train better than in a sports company», said the Finnish pole vaulter Aulis Kaireto last summer. More and more opinions of the kind can be heard and read about the sports companies today.

Athletics at the highest level is a fact which the Armed Forces of no country can escape

Therefore we have to find a solution by which «top-athletics» can be made to serve the defence

forces and the whole country as well as possible. After many experiences the organization of sports companies was finally considered the best solution even in Finland.

The first proposition for the establishment of a sports company was made in 1956. At that time we were, however, not yet «ripe» to establish sports companies. In the next years four new attempts were made, without result. Until the year 1963, when a committee was established to investigate the matter. As a result of its work four sports platoons were formed in four different places. In 1966 these platoons were united into two sports companies, one of them being the winter sports company at Kajaani in connection with the Infantry Brigade and the other the summer sports company in Helsinki in connection with the Separate Infantry Battalion.

The Advantages of the New Organization

1. The men of the sports companies will be excellent propagandists for the defence forces in sports associations and among the élite of the young men in the country.
2. By ensuring good possibilities for training and competitions for the talented young athletes, their interest in sports is prevented from sinking during their military duty, as it has often been the case formerly. By improving their condition, support is given to the representation sports, so important for a small country.
3. The eligibility requirements to the sports companies increase the interest for sports in civilian life, already before entering the service.
4. The training of the representative teams of the defence forces becomes more efficient.
5. Better opportunities for continued training for the sports officers and non-commissioned officers are offered.
6. It will be easier to conduct experiences necessary for the physical training of the units and to carry out the research work in sports.

The activities of the sports companies

The period of service in the Finnish Defence Forces lasts 8 months. The period of service is of 11 months for those who are trained to become Reserve officers or non-commissioned officers. The aims of military training in sports companies are the same as in all other infantry companies. The aim of physical training is the maintenance and raising of the competition condition. In ordinary companies, 5-10 % of the training time is devoted to sports, while in sports companies they use 25-50 % of the training time. Additional time is gained because the men of the sports companies are free of fatigue. In addition sports can be practised on sundays and during free-time. Nearly two thirds of the men of the sports companies receive Reserve NCO or officer training.

The Reserve NCO's School lasts 4 months. From the NCO's School men are drawn to the sports companies. During the Reserve NCO's School, 20-25 % of the training time is reserved for sports practice.

At the Reserve Officers' School, which lasts 3 months, one must practise sport by oneself. In the hard programme of the Reserve Officers' School, only about 5 % can be reserved for physical training. The period at the Reserve Officers' School is in fact the «Achilles Tendon» of the system. However, only about 10 % of the men of the sports companies are assigned to the Reserve Officers' School. For many sportsmen it is still a matter of honour to receive officer's training. Therefore during the period of the Reserve Officers' School, they are ready to reduce their requirements for sports training for the benefit of their officer training.

In the sports companies military and civilian coaches are assigned. The sports companies count altogether 9 military coaches, who have received NCO's basic training and completed a one-year course of physical training instructor at the Finnish Sports College at Vierumäki.

They are 8 civilian coaches, very competent and of national and olympic caliber. They officiate part-time in the sports companies, beside their normal duties.

Men and coaches of the sports companies are also assigned to the training camps and competitions of the sports association.

Results

The interest in the sports companies is high. Every year there are about 300 applicants. Only about 200 will be accepted.

The summer sports company receives athletes three times a year, totalling about 160. The winter sports company receives about 40 athletes once a year. The requirement for admission is an achievement of A or I class or a selection in junior and senior international teams.

Representatives of the following branches are admitted.

SUMMER SPORTS COMPANY

1. In June :	
— basketball players	± 10
— volleyball players	10
— ice-hockey players	15
— wrestlers	10
— boxers	10
— weight-lifters	5
	60
2. In October :	
— track and field athletes	± 30
— soccer players	25
— swimmers	5
	60
3. In February :	
— sportmen who are not able to enter the service in June or October	± 40

WINTER SPORTS COMPANY

In June :	
— skiers	± 25
— skaters	5
— orientators (path finders)	10

At the call-up for military service, volunteers complete a special application form for the sports company announcing their best achievements. Their sport associations will also give their own statements on the candidate's eligibility.

Conclusion

We are very satisfied with the results achieved both from a military and sports points of view. The men of the sports companies have proved to be above average soldiers. In training and inspections, the sports company have very often assert themselves as the best in the battalion or brigade to which they belong.

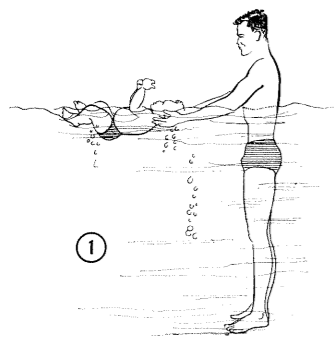
In the field of sport, the aims have also been achieved. The condition of the men of the sports companies is rising throughout the term of service as is shown by the series of 9 tests performed three times and by the physiological examination. In the other companies it has been noted that the physical condition rises during the first 4 months, to fall after that approximately to the starting level. The other companies will not even achieve, in any phase of their training the starting level of the physical condition in the sports companies. Members of the sports companies already won several Finnish championships and bettered national records (among them Mustakari, pole vault, 5,12 cm), and even juniors' world record (Pousi, hop, step and jump 16,02). We expect, however, that the influence of the sports companies will be more apparent in our national sport after some 2-3 years.

Swimming at the age of the feeding-bottle

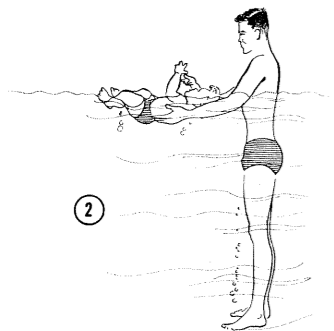
THE FIRST TEACHING OF AN ORIGINAL EXPERIMENT

by Paul VANPARIJS, M. D.
and Anne VANPARIJS, Belgium
Physical Training Professor

Proposed exercises :



1. *Moisten the baby softly and progressively, from head to feet.*



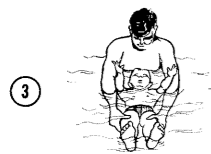
2. *Place the baby on his back while holding him either under the head or under the arm-pits (see drawings 1 and 2).*

3. *Walk in the water while holding the child. Have him accustomed to get some water on the face.*

4. *Study the child's respiratory reactions and as soon as he locks his respiration, let him go ! Pick him up immediately.*

5. *When he improves his breathing control let him go longer and longer, until he finds his floating position. (The child develops an interrupted and irregular breathing.*

6. *Let him do legs kicks, while walking backward (see drawing 3).*



These exercises are performed during strictly individual lessons from 2 minutes (at the start) up to 5-6 minutes when the baby floats.

The duration may be raised up to 15' after a few months.

The swimming-pool of La Louvière (Belgium) is, since 1965, the seat of an original experiment. Initially motivated by the wish to find out the youngest age, at which it would be possible to teach the rudiments of swimming to a child (in the frame of a survival experiment) the experimenting team (coaches plus doctors) gave its attention to the behaviour of the infant in the water.

Very few attempts have taken place here and there in the world. They had mainly been used as press headlines.

The first subject of experiment was a healthy baby of 6 months, selected at random, without particular qualities. The greatest difficulty had been to convince the parents.

The progressive acclimatization to the temperature of the water of the swimming-pool, seemed to be the principal problem taking into account the reputation of « poecilotherm » (1) of the baby and the classical precept of hygiene recommending a tepid bath (36 to 37°).

As to the behaviour of the acclimatized baby, once let loose in free water, nobody was aware of what would happen and one would apprehend a failure. At the first trials the baby had sunk under the water.

But the surprise was great, even very great. After a few months of prudent progression, the child reacted easily to the thermolytic aggression and floated spontaneously, carelessly, even with evident pleasure, his eyes following the people surrounding him.

Was this the fact of an infant with special endowments or simply gifted? One called on other candidates. Twelve babies were registered, parents were reassured and convinced. When the training sessions began however, only two were present.

In the meantime, publicity (press, movie, television) had popularized the astonishing success and raised up more and more « vocations ».

The various babies submitted to the experiment (up to now a total of sixty five) showed a behaviour similar to that of the first subject some of them acquiring their autonomy in water earlier than others.

There was no complete failure. On the other hand, one baby floated almost immediately.



(1) Poecilothermes : animals whose temperature varies with the milieu in which they stay.

We have assembled hereafter uncomplete data gathered since the very beginning of the experience.

Convinced that we are only at the eve of very promising research, we have collected some practical advices generated by a very short experiment.

Congratulations are adressed here to Mr. and Mrs. René Depelsener at La Louvière. They have founded a « Mini-Club » which numbers already 65 members.

First experimental teaching

A. Physiological findings

1. THERMOREGULATION

The temperature of a baby after birth is of an average of 37,8°. A baby's internal temperature can vary significantly. Hence, the habit of bathing him in warm water (35 to 37°).

It seems that the first results of the experience prove that the babies are not absolutely « poecilotherme ». Indeed, after a short period, they take the habit of bathing at a water temperature each day lower and lower (25 to 26°). The duration of the bath is from 4 to 15 minutes.

Some data :

- Baby 9 months old 7,5 kg — duration of the bath 4' — water temperature 25° — variation of the rectal temperature : none.
- Baby 10 months old 13,7 kg — duration of the bath 4' — water temperature 25° — variation of the rectal temperature : plus 4°.
- Baby 11 months old 11,7 kg — duration of the bath 5½' — water temperature 25° — variation of the rectal temperature, less 0,4.

2. BREATHING

As soon as some water goes through the mouth or nose, the baby « blocks » his respiration. Within a short time this reflex arises when the periphery of

orifices becomes wet. It is easy to initiate this reflex, sprinkling the baby's face with drops of water.

The breathing changes. Being often blocked up, it becomes more rapid and superficial. This kind of breathing keeps in the respiratory apparatus a maximum volume of air and ensures to the baby a very good buoyancy. Breathing is often noisy.

This adaptation is not innate, but is really acquired. At the beginning the child sinks under the water as soon he is let loose. After some trials, he floats spontaneously, essentially thanks to the air stored.

3. NEURO-MUSCULAR REACTION

At the beginning the baby sinks when not upheld. But as soon as he is threatened with suffocation, he struggles under the water. This generally brings him back to the surface.

The floating baby shows very soon an astonishing sense of balance. Arms and legs are utilized for balance. When the baby floats on his back, legs are apart at a 45-60° angle. Arms are open or flexed (see photo). When the balance is lost as result of some movement of the head or for another reason, immediately arms and legs are spread out completely. They contribute to regain the balance by small up and down movements. When the baby floats comfortably on his back and that the first trials are made face downward, the baby is too weak and unable to raise his head. Spontaneously one leg comes in motion. The leg is brought downward, several times, energetically, finally rotating the entire body and replacing him on his back.

Sometimes the baby, spontaneously « frog-kicks » and cover distances up to 10 meters.

4. HEALTH ASPECT

No particular trouble has been observed on the babies. Growth, weight, appetite, sleep have been normal. Sleep is not perturbed. The children seem to be quieter and-so say the parents-more precocious.

B. Educational interest

Except for the respiratory problem, the baby moves in a easier way in the water than in the air. Therefore it is simpler for him to have his first trials in experimenting movement.



He will be able to establish earlier the fundamental relations between muscular activity and motion. Respiration and thermoregulation of such babies are, very early, submitted to a training which will complete their working.

The key-problem in the teaching of swimming is essentially the one of breathing. When the child is freed of the obsession of being suffocated he will easily experiment the swimming movements.

C. Social interest

The actual experience shows that a child, since his prime, can be accustomed to the water of a swimming-pool. Learning to swim as soon as possible is essential for everybody.

It is certain that the success of this experience must have its repercussion on the teaching methods of swimming. It has to be included in every modern programme.

Concerning sport, — which has become a necessity of the modern age — the registered success should have a valuable effect of propaganda.

Practical advices to future instructors

I. Preliminary conditions

A. THE INFANT

Age : Up to now, only babies 5 or 6 months old or more have been chosen.

Contra-indication : To the best of our knowledge, it is necessary to reject children who are weak or who have troubles of different kinds.

A medical doctor, well informed of the conditions of the experience, will have to advise on the exclusion of such children.

B. THE ASSISTANTS

Parents : Have to pay a strict attention to the medical and technical recommendations. No pusillanimity is permitted !

Instructors : must be experimented, firm but prudent, always paying attention to details, patient, following the program without haste, keeping in touch with the child's own medical doctor.

Medical doctor : Examination of the child at least once a week. If possible, must attend the training session and approve the next programs.

C. MATERIAL CONDITIONS

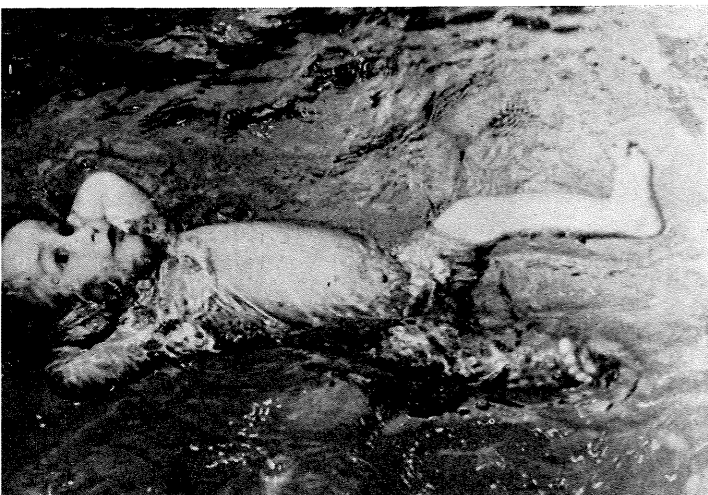
Possibility of a regular training, daily if possible, must exist.

This implies a swimming pool, near to the residence or private, comfortable and fast means of transportation.

The swimming pool must be as much as possible, empty, so that the baby will not be frightened by too many people, noise, waves etc...

The parents must be permitted to stand on the edge of the pool. Water must be pure, filtered with an even temperature not below 25°. The experiment has to be made at a depth of 75 cms to 1 m to allow the instructor to help at once.

The place must be clear, climatized and ventilated.



2. Supervision of the baths

The baby must be slowly prepared at home by baths at temperature lowered from $\frac{1}{2}$ to 1° until it gets accustomed to a water at 25° .

Two weeks are necessary.

AT THE SWIMMING POOL

Immerse progressively the body slowly until the infant is entirely wet. Several days are necessary. After that the duration of the bath is lengthened.

- Begin with 30" (Repeat several times during one session).
- When trained, the baby will easily bath for 20' at 25°. But he has always to be wetted progressively.
- Control the temperature of the water at the place where the baby will be bathed.
- Before and after the bath control the rectal temperature of the baby and keep the medical doctor informed.
- After the bath the baby must be thoroughly dried with dry towels.
- Be careful when coming out of the swimming pool to adjust progressively the baby to the colder air.

DURING THE BATH

Don't be afraid if the baby cries, coughs or sneezes or if he moves convulsively when his face is covered by water. From time to time, the instructor can allow a few moments of rest, while massaging gently the abdomen or the chest.

On the other hand if the baby quivers, gets pale or very red take him out immediately. Verify the temperature of the water and of the child.

From time to time control the weight before and after the bath.

3. Ordinary supervision at home

General behaviour, unusual agitation, sleep troubles, steady change of mood must temporarily stop the experience.

Weight : All unexpected changes in the curve of weight has to be submitted to the doctor. At the



beginning of the experience the baby has to be weighed daily in identical conditions.

Breathing : Inspect the throat carefully and detect infections.

Skin : All folds must be inspected to prevent mycosis.

Eyes : The catarh of the conjunctiva accompanies almost always the catarh of the respiratory canal.

4. Babies familiarization with the water

The experiments conducted with 6 month old babies show that they do not fear water. One of them 13 months old who came regularly since he was 6 months old had to stop bathing for vaccination. When he came back after a month, he ran to play into the water completely dressed.

As conclusion we hope to give to the very young infant a new field of experience which could perhaps help his motor ability (legs kick for instance).

Perhaps the movements, natural or conducted, could lead him to a feeling of « usefulness » of this behaviour. From there, slowly he would pass to a voluntary activity.

In any case this modest experiment should be continued and extended as the results are fascinating.



CISM CALENDAR 1968

I. — EVENTS

N°	EVENTS	SPONSOR	PLACE	DATE
1	XVIIIth CROSS-COUNTRY	Ireland	Cork	24/2
2	XIIIth SKI-WEEK	Norway	Lillehammer	24/2-4/3
3	XVIth BASKETBALL	Italy	Gorizia	3/5-13/5
4	Ist RIDING	Austria	Vienna	June
5	XXIIIrd SOCCER	Iraq	Baghdad	14/6-30/6
6	XVth P. A. I. M.	Denmark	Copenhagen	15-22 or 22-29/6
7	XXth MILITARY PENTATHLON	Brasil	Rio de Janeiro	29/6-6/7
8	XXIIth TRACK & FIELD	Greece	Athens	5/7-7/7
9	Vth MODERN PENTATHLON	Italy	Rome	3/7-10/7
10	XIIIth SEA-WEEK	Netherlands	to be designated	4/8-10/8
11	XXth SWIMMING	Germany	Sonthofen	August
12	Xth SHOOTING	France	Fontainebleau	5/9-14/9
13	Vth WRESTLING	Greece	Saloniki	15/11-17/11
14	IIIrd PARACHUTING	Spain	Murcia	Non fixed
15	Vth VOLLEYBALL	Iran	to be designated	Non fixed
16	IIInd ORIENTEERING	Finland	to be designated	Non fixed

II. — CISM TOURNAMENTS IN THE FAR EAST

EVENTS	SPONSOR	ANNOUNCED PARTICIPATIONS
BOXING	Thailand	Korea, Philippines, Vietnam
JUDO	Vietnam	Korea, Philippines, Thailand
SOCCER	Korea	Philippines, Thailand, Vietnam

III. — NON SPONSORED CHAMPIONSHIPS

EVENTS	ANNOUNCED PARTICIPATIONS
XIth BOXING	Argentina, Germany, Ivory Coast, France, Iraq, Iran, Ireland, Tunisia, Turkey, USA
XVIIIth FENCING	Austria, Belgium, France, Italy, Lebanon, Sweden, Tunisia, USA, Vietnam
IIIrd JUDO	Austria, Belgium, Germany, Ivory Coast, France, USA.

IV. — ACADEMY STUDY DAYS

EVENTS	SPONSOR	PLACE	DATE	SUBJECTS
TECHNICAL SYMPOSIUM	France	Fontainebleau	6/5-11/5	Study on the military training methods
STUDY DAYS during the XVIIIth Basketball Championship	Italy	Gorizia	3/5-13/5	
STUDY DAYS during the XXth Swimming Championship	Germany	Sonthofen	August	
STUDY DAYS during the IIIrd PARACHUTING Championship	Spain	Murcia		

V. — CISM MEETINGS

1	EXECUTIVE COMMITTEE	Austria	Vienna	March-April
2	EXECUTIVE COMMITTEE	Brussels or	Rabat	September
3	GENERAL ASSEMBLY	Tunisia		December

YOGIC ASANAS

by Manickam JAGADISH

*Instructor at the Athletic Department,
Free University of Brussels*

1. Padmasana

(The Lotus Pose)

INSTRUCTION

1st part: Sitting on a mat, stretch the legs while spreading them out, bend the right leg so that the heel touches the fork, and that the knee touches the floor, while helping with the hands.

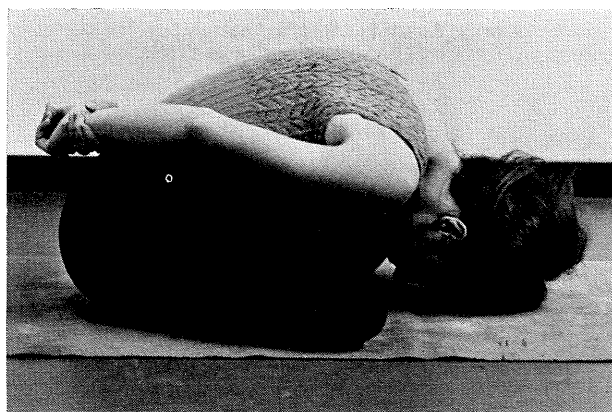
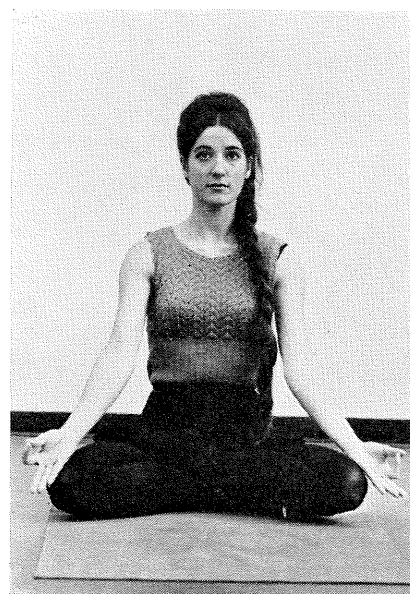
Do the same with the left leg.

2nd part: When you are able to carry out easily the first pose, lift the right foot and place the heel on the thigh of the other leg, the sole of the foot turned upwards. Stretch the leg and do the same with the left leg.

3th part: When you are able to carry out the second pose without any pain, you may cross the legs. That position is called the « Lotus Posture ». Keep the trunk very straight and fix the tip of the nose.

THERAPEUTIC VALUE

This position reduces to a minimum the metabolic activity of the body. No trouble occurs, which might disturb the mind. The muscles flexors of the legs are contracted. This impedes the circulation of the blood. As a result and increase of the rush of blood occurs towards the organs of the pelvic region, which are stimulated. Internal absorption of the gonads which control the emotions and favors the physical balance is facilitated. It is the best position for meditation. It eliminates rheumatism and strengthens the nerves of the legs and of the thighs.



1a. Yoga-Mudra

(Posture to stimulate the back-bone)

INSTRUCTION

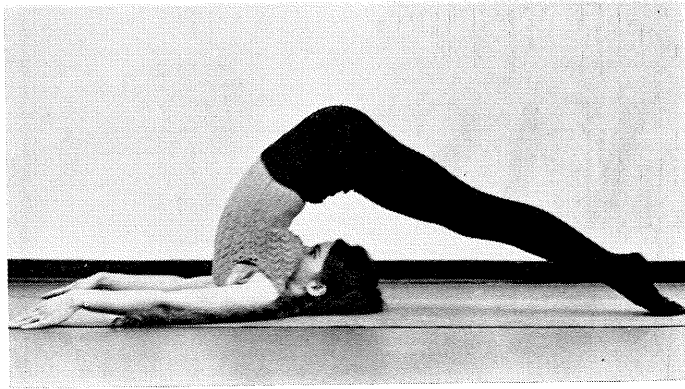
Sitting in Padmasana position, hands behind the back, take hold of the right wrist with the left hand. Bend slowly forward and touch the ground first with the head and then with forehead. Breathe out slowly during the bending and breathe in slowly, while you come back to the initial position. Repeat several times.

THERAPEUTIC VALUE

Combats constipation due to a lazy iliocaecal valvule and to wide intestines. Cures various troubles in the abdominal region.

2. Halasana

« Plough Position »



INSTRUCTION

Lying on the back, arms stretched along the body, palms towards the ground. Raise slowly the legs well stretched above the head and touch the ground. Press the chin against the breast and breathe slowly. Then raise the legs and return to the initial position.

THERAPEUTIC VALUE

The abdominal muscles are contracted and strengthened. The lumbar vertebrae and the dorsal muscles are stretched. The spinal nerves and the sympathetic nervous system are largely irrigated with blood and stimulated. Cures lumbago, constipation, hepatic and splenic troubles.

3. Bhujangasana

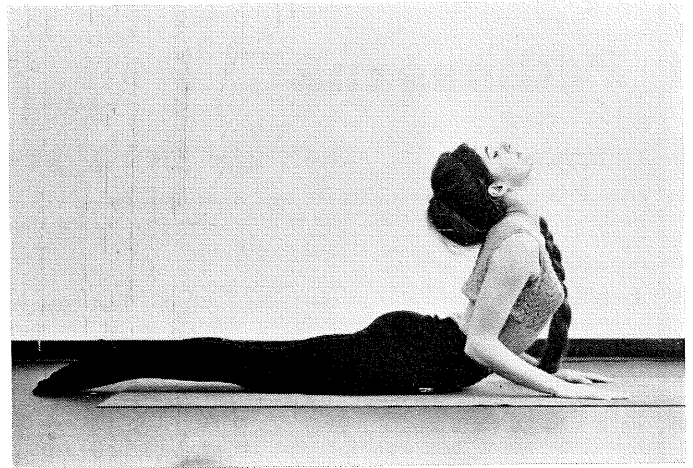
(The Cobra)

INSTRUCTION

Prone lying, hands under the shoulders, raise the head and the trunk while leaning on the hands. The part of the body from the navel to the toes must touch the ground. Slowly resume the initial position.

THERAPEUTIC VALUE

This position makes the back-bone remarkably supple and flexible and preserves youth, relieves pain in the loins, increases the inter-abdominal pressure. This position is recommended to ladies to stimulate the ovaries and the uterus, to cure trouble various associated.



4. Paschimatanasana

(Stretching of the buttocks and of the back-bone)



INSTRUCTION

Lying on the back. Slowly raise head and trunk until it is possible to seize the toes. Breathe out during the forward bending and breathe in while returning to the initial position.

THERAPEUTIC VALUE

Contracts all the abdominal muscles and stimulates loins, liver and pancreas. The buttocks muscles are lengthened. The back-bone is made supple. It cures chronic lumbago, lengthens the sciatic nerve and consequently helps healing sciatica. Eliminates constipation.

5. Padahasthasana

(Stretching of buttocks and back-bone while standing)

INSTRUCTION

Standing position. Raise hands above the head and inhale. Slowly breathe out while bending forward until hands touch the toes and face touches the knees. Come back to the initial position while breathing in.

THERAPEUTIC VALUE

As for Paschimatanasana.



INSTRUCTION

Lying prone, bend the legs, seize the ankles with hands, raise the head, the trunk and the knees while pulling on the ankles with the arms stretched as much as possible. A normal breathing is required.

THERAPEUTIC VALUE

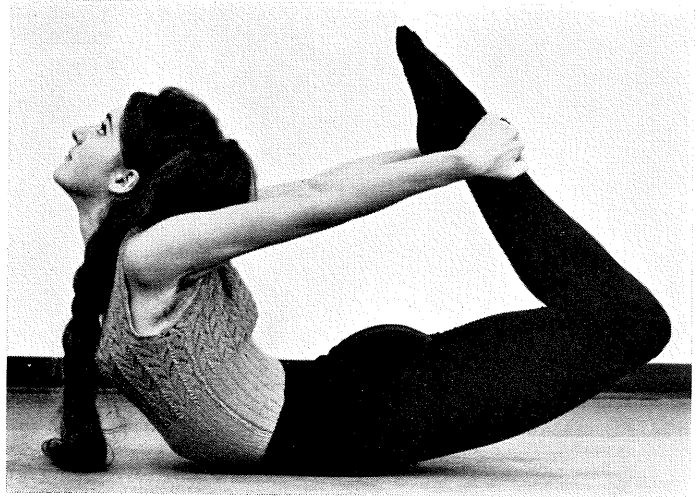
In that position, the body lies on the abdomen; the inter-abdominal pressure is increased and the abdominal muscles are extended. It increases the thorax' capacity and enlarges the lungs.

Cures rheumatism, gastro-intestinal troubles and eliminates fat excess.

An other pose which is very useful for the ladies.

6. Dhanurasana

(The bow)



7. Trikonasana

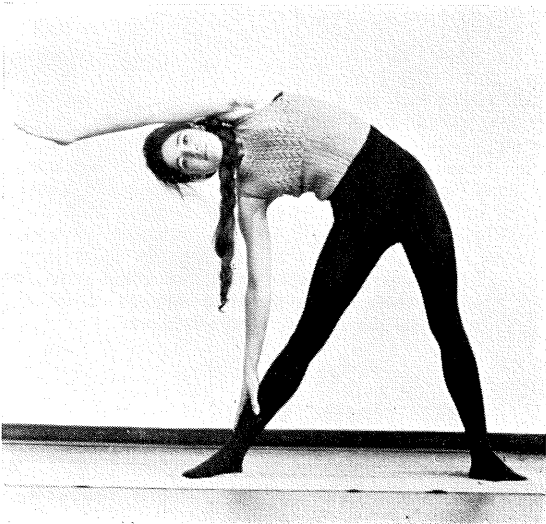
(Triangle)

INSTRUCTION

Standing position, legs spread, raise the arms sideways, the palms of the hands towards the ground. Bend slowly laterally and touch the toes with the hand. Knees and hands are well stretched. Come back slowly and do the same on the opposite side.

THERAPEUTIC VALUE

The muscles of the trunk are contracted and stretched. The back-bone bends laterally and becomes supple. The abdominal organs are stimulated. Prevents constipation.



8. Ardha-Mātsyendrasana

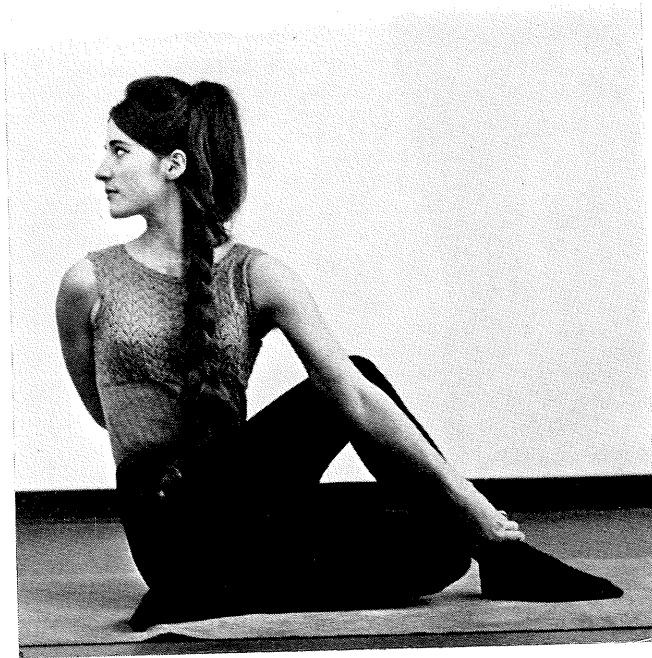
(The half-turn)

INSTRUCTION

Sitting, legs parted, bend the right leg and bring the heel against the perineum. Bend the right leg and, with the help of the hands, bring the foot above the left leg and against the side of the left knee. Pass the right hand above the left knee and seize the left foot; turn the trunk to the left. The left arm is placed on the back, the hand touches the right thigh. Same thing on the right.

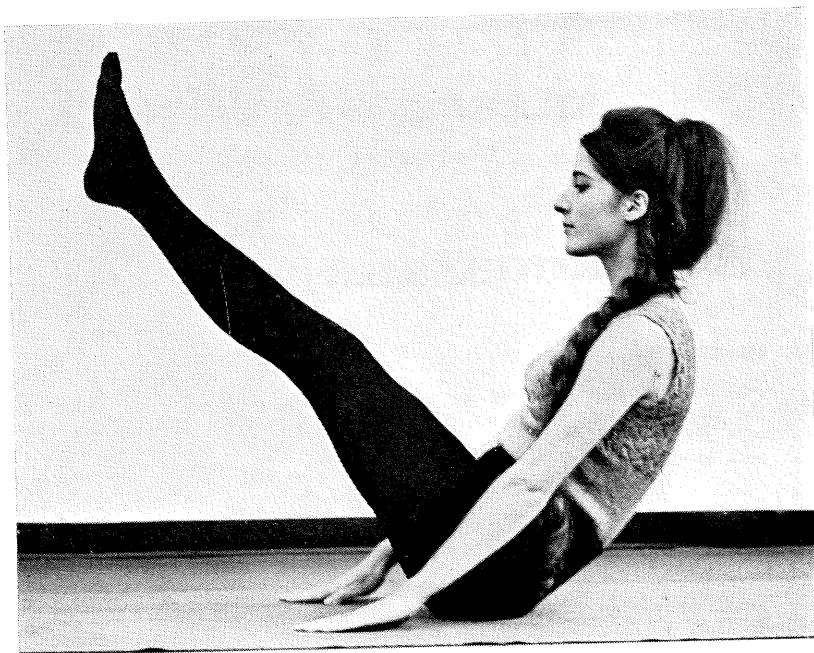
THERAPEUTIC VALUE

The back-bone performs a rotation which provokes an afflux of blood in such a way that spinal nerves are stimulated. The back-bone becomes supple. The sympathetic nervous system is reinforced. Cures dorsal muscular diseases.



9. Vajroli Mudra

(Diamond Lock)



INSTRUCTION

Lying on the back, raise the trunk and the legs, while weighing upon the palms of the hands on the ground, arms stretched.

THERAPEUTIC VALUE

This position is one of the best to bring out the body's latent strength (kudalini). It increases the gastric function and prevents various ailments.

10. Chakrasana

(The wheel)



INSTRUCTION

Lying on the back, bend hands and legs, raise the body by weighing upon hands and legs.

THERAPEUTIC VALUE

One of the best positions to achieve suppleness and elasticity of the whole back-bone. Eliminates fat excess, eases the congestion of the blood in the abdominal viscera and strengthens the whole body.

11. Sarvangasana

(Complete asana)

INSTRUCTION

Lying on the back, raise legs, hips and trunk up to a vertical position, elbows on the ground, hand supporting the back. The chin is pressed against the breast (chin lock). Due to the vertical position of the legs and of the trunk, the gravity-law plays, so the venous blood flows right into the heart and then into the lungs where it is purified. This relieves the congestion of the legs, of the abdominal viscera and of the thyroid-gland. Lungs and heart benefit from an increase of blood rush. The acceleration of the cardiac rhythm provides a large rush of blood rich in oxygen to the abdominal viscera and to the thyroid gland, increasing the secretion and contributing to the maintenance of a good metabolic activity.

THERAPEUTIC VALUE

This position stimulates the cardiac muscle, cures the gastro-intestinal troubles and regulates the metabolism. It helps healing varicose veins.



THE GERMAN SPORTS SCHOOL AT COLOGNE

by Captain W. BENNER (Germany)

The school located on the border of the green belt created by Conrad Adenauer when he was burgomaster of Köln (Cologne) has a good reputation in the world of sports.

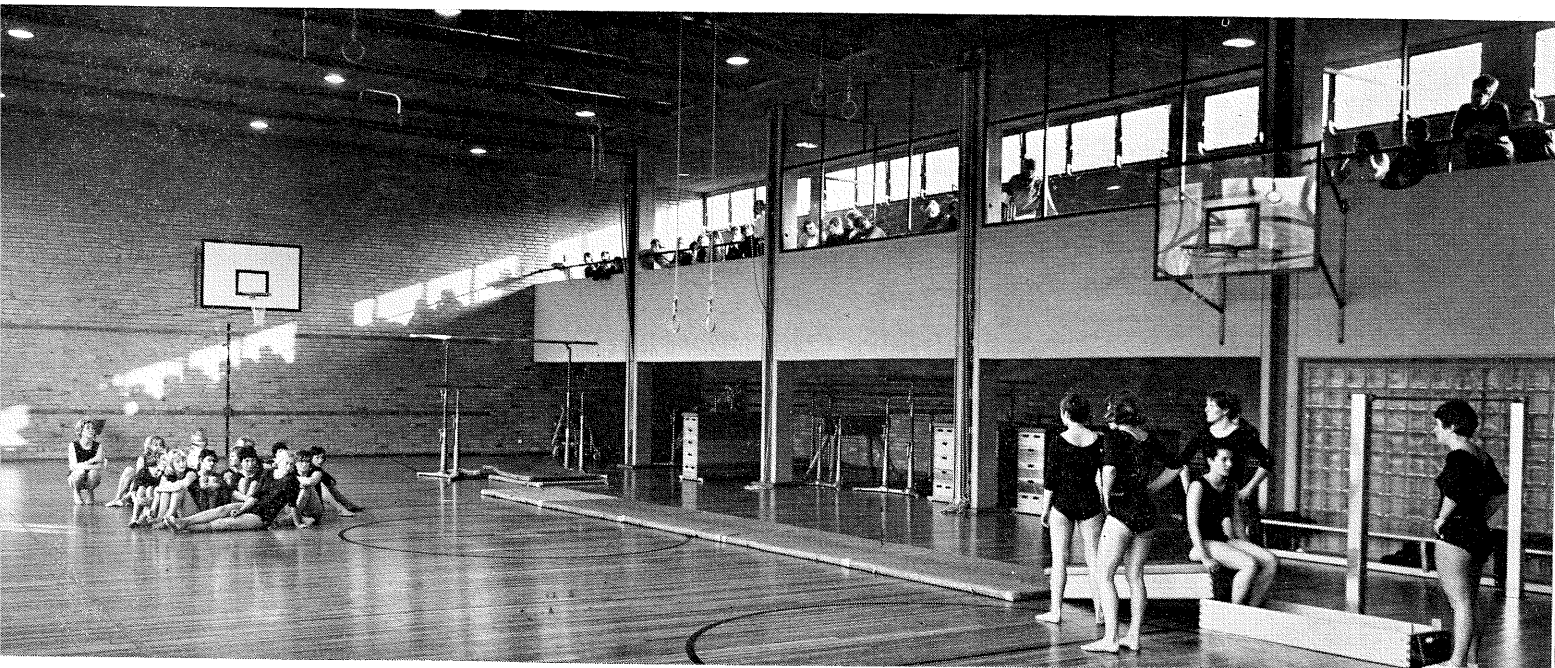
Founded in 1947, to replace the Berlin High School for Physical Culture, it aims to stimulate and promote physical education through practical teaching, research and « on the job » training.

Carl Diem, founder and rector during long years, consolidated here in a skilfull manner the hellenic academy, the german tradition and the education of the anglo-saxon colleges.

When Cologne, after the second world war, was rebuilt, Diem was splendidly helped by an Englishman, John Dixon, sports officer in the British occupation area, who was a great friend of the German people and at heart, devoted to sports.

At the present time, approximately 1 000 students, boys and girls, from all over the world attend the courses at the school, which serves as a model for many countries.

Carl Diem died en 1962. Since then, his wife, Professor Liselotte Diem a dynamic person-



nality, well known all over the world as pedagogue, is the head of the school.

For her remarkable merits and new work in the field of physical education L. Diem has recently been awarded, as first German woman, the title of Doctor Honoris Causa of Human Sciences, at Springfield College, Massachusetts.

In Cologne, many diplomas have been conferred to well-known sportsmen such as Sepp Herberger, coach of the German « Fussball-Weltmeister-Elf » in Bern, Gerhard Hetz champion swimmer, Willi Holdorf decathlon olympic winner.

Side by side with many other famous sportsmen, the great discus-thrower Liesel Westermann, the present decathlon world record holder Kurt Bendlin, the 1966 CISM modern pentathlon runner-up C. Todt, study at Cologne.

Among the teachers, one finds well known names, such as sports doctors, the Rome olympic champion in gymnastics, the best German hockey player, the national handball coach, a successful coach of the Soccer Federal League, as well as prominent athletes.

Numerous reserve officers of the Bundeswehr are studying at the Institute.

They form the nucleus of the national team of the Bundeswehr for the military championship for reserve officers which take place every year.

Many of the reserve officers join the ranks of the Bundeswehr when they have finished their studies. They come back as civilian professors to the Central School, at Sonthofen or in other schools for officers, NCO's and soldiers.

The future professor is prepared to his forthcoming task in 6 half-year terms, practically and scientifically. For the final examination he had to be proficient in the basic sports.

Simultaneously, games, music, and dance are being taught. The scientific formation includes philosophy, history, pedagogy, methodology, psychology, sociology, journalism, administrative sciences as well as anatomy, physiology, first aid and hygiene.

At the « Sports Urbanism Institute » the students learn the principles of building recreation facilities. They perform didactic exercises with children, students, disabled people or youth associations.

Ski lessons and mountain climbing indoctrination complete this multilateral formation.

Modern lecture rooms, new sports facilities, attractive students homes guarantee sound studies. A swimming center will be ready in a near future.

Ten professorial chairs as well as numerous faculties with highly qualified teachers give the students the most recent data in theoretical and practical sport.

Foreign students are taken in charge by the local « Foreign Students Office ». At present about 200 students of 42 countries are attending the courses. Most of them come from « emerging countries ».

As a matter of fact the Institute has the highest percentage of foreign students (20 % of the total number) compared to other universities of the Federal Republic.

Most of the students select a second branch at Cologne's University, during 8 half-years. Their goal is to serve later in the High Schools of the Federal Republic, as physical training teachers.

Besides the main curriculum, there are courses from one to three years for the schoolmasters. There are also one year courses for the « Leisure time teachers » and for Soccer instructors.

Most of the coaches of the soccer Federal League are formed in Cologne. Even during the holidays, the classrooms are not empty.

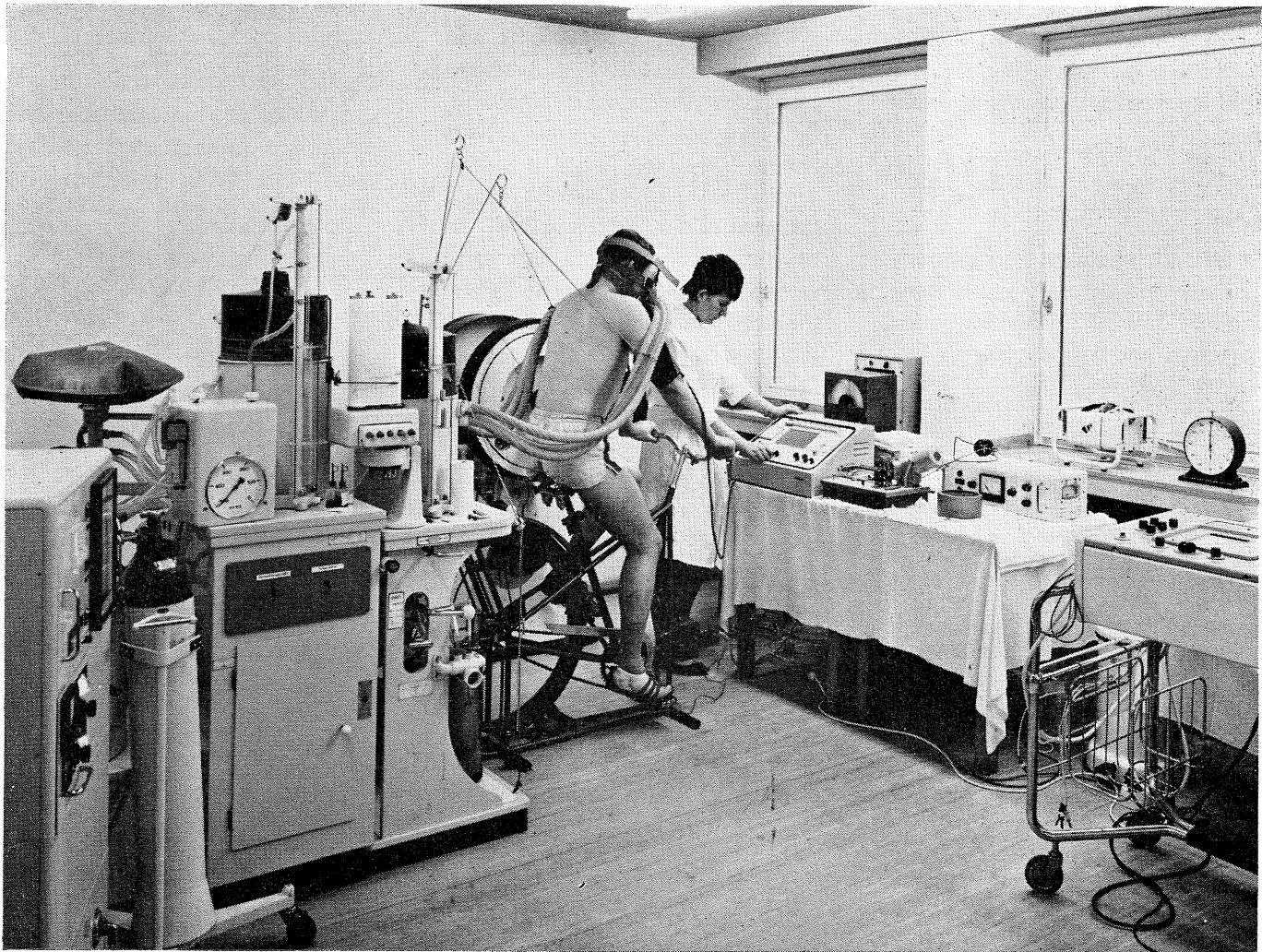
Clinics are organized for the members of the Police or Armed Forces.

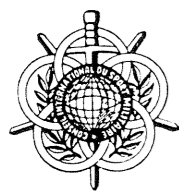
The Institute connexions are far-reaching. Professors serve as lecturers and advisers in Africa (Tunis, Senegal) in Asia (Israël, Japan, Korea) in America (U. S. A., Chili, Argentina, Peru, Brazil, Venezuela) and in Europe (Poland, Spain, France). Amongst the scholars you find ministers, members of the IOC, national coaches, professors and officers of the whole world.

Lately, the Soviet decathlon coach Kudu introduced to the students the training methods used in U. R. S. S.

A strong friendship ties the Institute to its « sister school » the ENSEPS at Paris, with which friendly competitions are regularly held.

It can be said that School of Cologne fulfills in a remarkable way one of the most wonderful missions of sports, to establish links between all nations of the world.





LIFE AT CISM

2nd JUDO CHAMPIONSHIP

Ostend, the « Queen of the sea-resorts » of Belgium has sponsored the IInd Judo Championship. The vivifying air of the Northsee (doping authorized) contributed certainly to the success of the event by giving to Judokas a fighting spirit which conquered the audience, small but most experienced !

Eight teams were expected ! Only six were present...

So the delegations of Germany, Canada, France, Luxemburg, Netherlands and Belgium joined together, and an observer of Iran was added.

The delegations were few in number but high in quality. All along the championships a spirit of fair-play and friendship prevailed, well in the line of the CISM spirit. The authorities which attended the closure banquet will long remind the atmosphere created by the teams ! And still, they had not spared their efforts during the bouts. They practised a real « combat-judo » most spectacular, and based on an excellent technique. These were underlined and completed by the brilliant demonstrations of Master Ishiro ABE, 7th dan, Technical Adviser for Europa.

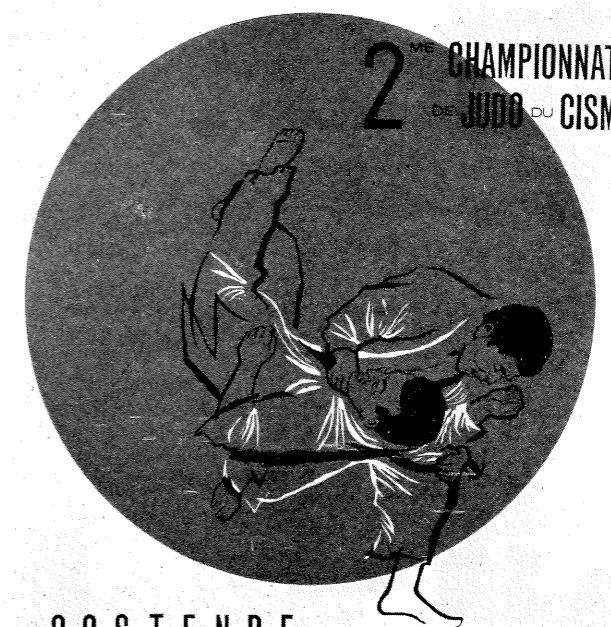
This IInd Judo Championship produced splendid champions headed by the frenchman AMET. They won over a lot of true sportsmen amongst which the most popular has been the canadian Molloy.

The absent were in the wrong !.. and we hope that next year this young but most attractive CISM event will bring together very many young fighters from all over the world.

MENIER, Pierre, Cdt
(Belgium)



Left :
After the opening ceremony,
reunion
of the CISM family.



OOSTENDE
3-10 NOVEMBER 1967
NOVEMBRE



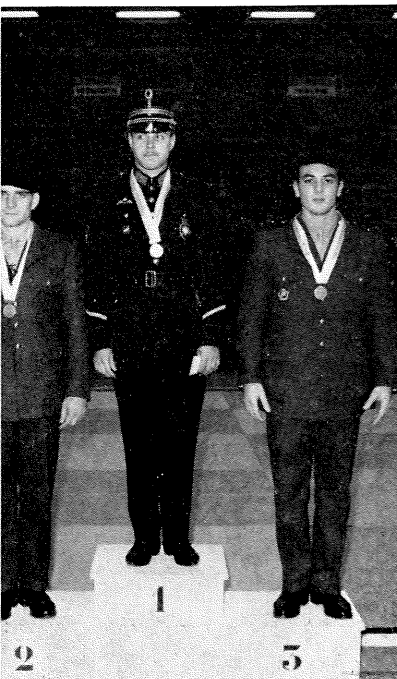
Right :
CISM friendship
at its best.



Heavyweight



Light-Heavyweight



Middleweight

RESULTS

HEAVYWEIGHT

1. OOSTERBAAN (Netherlands)
2. MOLLOY (Canada)
3. KOVITZ (Canada)
4. RABYNS (Belgium)

LIGHT-HEAVYWEIGHT

1. AMET (France)
2. GRUNEISEN (Germany)
3. VAN DER LUBBE (Netherlands)
4. DE CUYPER (Belgium)

MIDDLEWEIGHT

1. SOLEIL (Belgium)
2. RAINAUT (France)
3. HUGUENOT (France)
4. SWANZEI (Canada)

LIGHT-MIDDLEWEIGHT

1. DE MEERSMAN (Belgium)
2. VERHULSDONCK (Germany)
3. HOOGENDYK (Netherlands)
4. PLEIMLING (Luxemburg)

LIGHTWEIGHT

1. PYLYPIN (France)
2. TRIGON (France)
3. SCHMIDT (Germany)
4. DEWEERD (Netherlands)

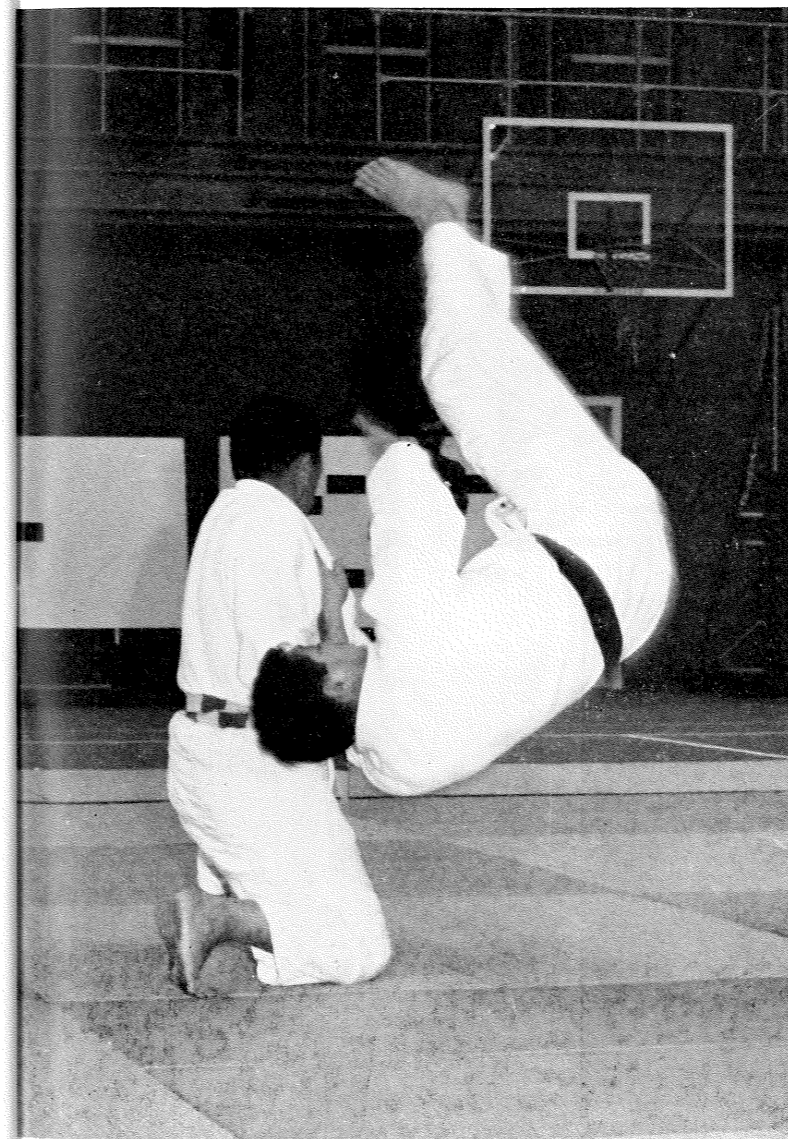
ALL CATEGORIES

1. OOSTERBAAN (Netherlands)
2. PETERS (Germany)
3. GRUNEISEN (Germany)
4. MOLLOY (Canada)

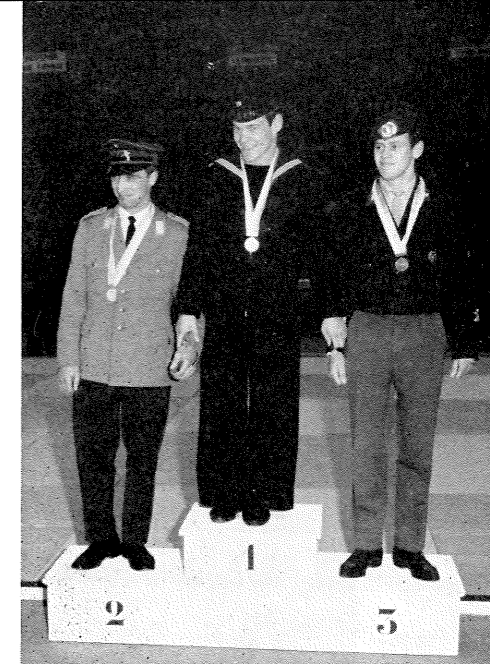
TEAMS

FRANCE
NETHERLANDS
GERMANY
BELGIUM

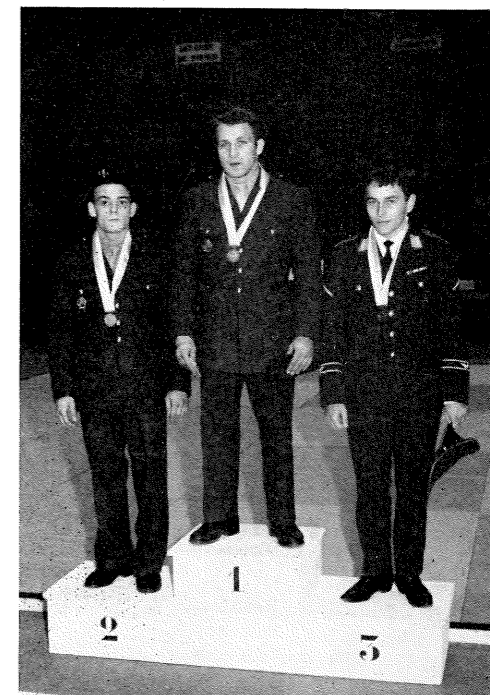
Judo,
a new CISM event,
confirms its success!



Light-Middleweight



Lightweight



All Categories



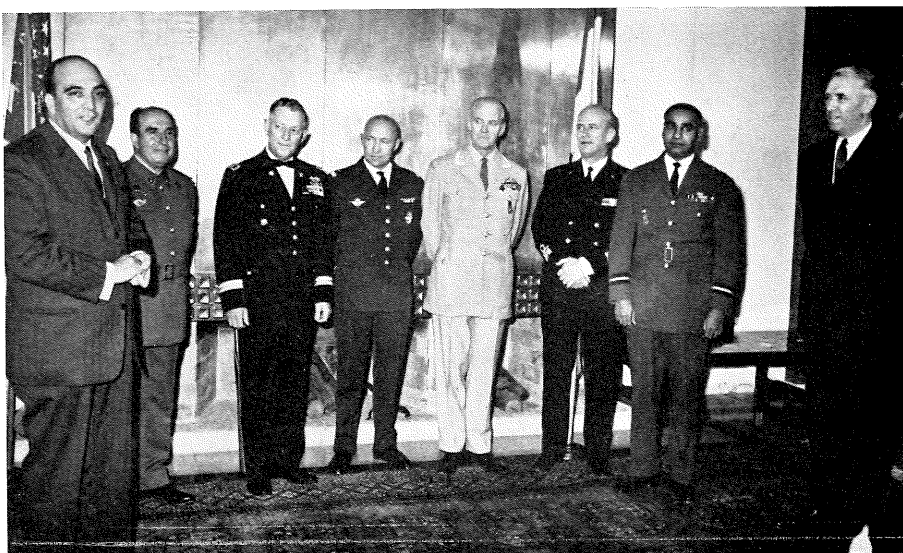


The Family Picture; impressive isn't ?

HIGHLIGHTS OF THE XXIInd GENERAL ASSEMBLY

MADRID – 26 November - 3 December 1967

The new Executive Committee bid farewell to Colonel Hamouda (Tunisia).



The man behind the scene, General M. Sagardoy, host of the General Assembly.

