

Bibliography

MY TURBULENT LIFE IN A TURBULENT CENTURY by Dr Shigeyoshi Matsumae. Tokai University Press, 1982. 236 pages In English. US \$ 20



The remarkable story of a remarkable man. Dr Matsumae, President of the International Judo Federation, was born in 1901, and is very much a man of his century, his life in so many ways mirroring the history of his country in the 20th century which has seen it emerge from near-mysticism in the eyes of the West to one of the world's most powerful economic nations.

As a boy and young man, he developed an enthusiastic interest in martial arts, the ancient Japanese "sports" - in particular judo - the philosophies of which Occidentals have often found difficult to understand. He studied in Germany, visited Western Europe and the US as a young scientist, a work which culminated in the "invention"

of the non-loaded communications cable which made possible startling advances in telecommunications over long-distances. He founded Tokai University. He sought to resist, as best he could, the militarists who involved Japan in disastrous wars in China, and in the Second World War. And as a consequence of this, he was eventually removed from important scientific work and conscripted as a private soldier, when in his forties.

All this time. Dr Matsumae maintained his love for, and practical interest in judo. In 1969 he became Director of the All-Japan Judo Federation, and finally in December 1979. succeeded Charles Palmer as President of the International Judo Federation.

Thus as sportsman and sports administrator, scientist and inventor, politician and educator, Dr Matsumae, in a turbulent life indeed, would seem to embrace all the finest characteristics of his nation.

THE OLYMPIC GAMES, by Sadananda Mukherjee, in English.

Mr. Mukherjee informs us that he has completed and published a supplement to his book, with complete details on the Moscow Games and further information regarding the IOC. It is available from him at H/5 NDSE Part I, New Delhi - 110 049, for US \$10.00 payable by cheque or draft. The-book will be forwarded by air mail.

LES LANCERS. Essays on athletics. Vol. 2. by Claude Fleuridas, William Fourreau et Philippe Hermant. Editions Vigot, 23 rue de l'Ecole-de-Médecine, 75006 Paris (FRA), 1982 (Second edi-

tion). 242 pages, in French. Price : FF 80.

Compiled by specialists, this treatise takes stock of current knowledge in the fields of education, training and gestural technique in athletics. A review of the rules, explanatory drawings, and a definition of the terminology used, make this work open to everyone. The four athletes studied are the javelin thrower, the shot putter, the discus thrower and the hammer thrower.

LIBRO SALVAT DEL MUNDIAL 82, by Andreas Merce Varela Edicions Salvat. Barcelona (ESP). 1982 240 pages, in Spanish.

In this book. the great moments of the 1982 World Cup in football, the festive mood on the terraces. and in the streets, are captured in time by the talented photographs of Dieter Baumann. Henne-lore Baumann, Fred Joch, Jochen Stellwaag and Franco Zehnder.



"OLYMPIAN", edited by Shib Sanatan Banerjee, published by Bina Banerjee. Upper Chelidanga, Asansol 4 (IND), No 1, 1982, price Rs. 12 per annum (SF 5.50).

This quarterly newsletter, edited by Shib Sanatan Banerjee, a journalist and Honorary Secretary General of the Asansol Press Club, whose work has previously been featured in the "Olympic Review" (No 182 December 1982) is aimed at disseminating the ideas of Olympism in India, and will also feature educative items on sports, physical education, refereeing and youth and social welfare, as well as a Book Review column. This first issue includes, amongst other items, an introduction to Olympism and an article on the IXth Asian Games which recently took place in New Delhi.

SPORT ET SANTÉ AU FÉMININ, by Andre Monroche, Catherine Defoligny and Michel Canu. Editions Chiron. 40 rue de Seine, 75002 Paris (FRA), 1982. 180 pages, in French. Price : FF 85.

A practical guide for the sportswoman, and a manual of feminine health, this work analyses the relationships between sport and femininity, motherhood, morphology. It also gives advice on everything to do with clothing, sports installations and nutrition. It studies the growth of women's records in sport, sports for the over-sixties, and well as the position of disabled women in sport.

PFERDESPORT (Equestrian Sport). Collective work edited under the direction of Eric Oese. Published by Sportverlag. Berlin (GDR). 1982. 560 pages, in German.

Coaches, riders, breeders and amateurs of equitation will be interested by this book. After describing the anatomy, the breeds and the diseases of horses, the authors give an account of how to care for these animals. This practical section is completed by an explanation of the principal equestrian exercises and by a history of equestrian competitions and the different areas of horsemanship, in jumping, dressage, hunting etc.

BOXEN UND GESUNDHEIT (Boxing and Health), published by G. Anders, R. Felten and A. Kirsch, Deutscher Arzte-Verlag, Köln-Lövenich (FRG). 1977. 215 pages, in German.

Here the Medical Department of the National Institute of Sports in Cologne sets out a synthesis of different observations, diagnosis and means of prevention for the lesions caused by Boxing. These studies were carried out by a committee chaired by Dr. August Kirsch.

THE HIGH JUMP BOOK by David E. Martin Ph. D. Published by Tafnews Press Book Division of Track and Field News Inc., Box 296, Los Altos, CA 94022, USA. 157 pages, in English.

This seems to us to be a remarkable work, written by David E. Martin, professor of sports physiology at Georgia State University (USA). It concerns the lives and car-

eers of three athletes, Greg Joy of Canada, Dwight Stones of the USA, and Jacek Wszola of Poland, who together claimed the three high jump medals of the Games of the 21st Olympiad in Montreal, 1976, and who could certainly be said to have dominated high-jumping in the seventies.

From 1972 to 1980, Joy won a silver medal, Stones two bronze, Wszola a gold and a silver, despite the fact that two of the three jumpers were denied the opportunity of competing in one of the Games of the period. In addition, Stones and Wszola have set world records.

And in a sense, Professor Martin is simply the conductor of the work, since each of these athletes relates his own experiences, his training methods and techniques, his jumping techniques and his own motivations and ambitions in what is surely one of the most monastic of Olympic sports disciplines. High jumping at Olympic level demands speed, strength, great flexibility, sophisticated technique, and above all intense concentration sustained over several hours of competition.

All three have advanced and refined the "Fosbury Flop", the revolutionary backward lay-out over the bar with which the American Dick Fosbury astonished the world in the Games of the 19th Olympiad, in Mexico City, 1968, and which is now accepted as the high jump method.

This book is an important addition to the literature of track and field, particularly in the very enlightened final summary and review by Martin of an event for which there is very little published literature.

BUNDESINSTITUT FÜR SPORTWISSENSCHAFT, BERICHT 1979-1980 (Federal Institute for Sports Science, report 1979-1980). Edited by Christian Kirchner. Published by the Federal Institute for Sports Science, Hertzstr. 1, 5000 Cologne 40 (FRG), 1962. 256 pages, in German.

After a description of the organisation and aims of this institute, its Director Christian Kirchner explains the methods used by the different departments devoted to sports-medicine and to the psychology, pedagogy and sociology of sport. He also gives a detailed account of the seminars, congresses and other meetings organised by this institute.

LES BASES DE L'ENCHÂÎNEMENT GYMNIQUE AU SOL (The bases of fluid movement in floor gymnastics) by B. Siskova. Published by Amohora, 14, rue de l'Odéon, 75006 Paris (FRA). 1982. 199 pages, in French. Price : FF 84.

The author, a teacher of physical education and a specialist coach, analyses the different possibilities of building up fluid movement, starting with a close examination of the marking system. The accent is placed on choreography, 'aesthetics and rhythm. Mrs. Siskova then suggests a working method in the form of dance lessons, illustrated by more than a thousand photographs and accompanied by musical extracts. The book is intended for trainers and gymnasts, as well as all those who wish to resume physical activity.

LE SPORT ET LA FEMME. DU MYTHE A LA REALITE, by Carole A. Oglesby. Editions Vigot, 23 rue de l'Ecole-de-Médecine, 75006 Paris (FRA), 1982. 256 pages, in French. Price : FF 98.

le sport et la femme

du mythe a la réalité

Carole A. OGLESOY



Translated from the original American edition, this is a study of the role of women in sport and in society, bearing in mind the links and influences between these factors. The book analyses the myths and the realities, the physical criteria used to exclude women from sports activities, body images and sexual stereotypes, sport, society, and sexism.

LO SPORT, by Luciano Minerva. Published by Editori Riuniti, Via Serchio 9. 11, 00198 Rome (ITA), 1982. 158 pages, in Italian. Price 4,000 Lira.

This is a condensed history of sport from its origins to today. The birth of modern sport and of Olympism in the 20th century, sport, sports information, and sports practice are some of the aspects dealt with in this study, which defines sport as a world in itself.

SPORT 83, by Hugo Steinegger. Editions Habegger, 4552 Derendmgen (SUI). 1983. 414 pages, in German

This is the official handbook of the Swiss Sports Association and contains the 1983 Calendars for more than seventy sports in Switzerland, a review of events in 1982, and up-to-date information on the records and medals achieved by Swiss champions, together with biographical notes, and the addresses of all federations, both Swiss and international.

SPORTSCHADEN (Sports lesions). by L. Prokop, R. Jelinek and R. Suckert. Published by Gustav Fischer Verlag, 7000 Stuttgart 70 (FRG). 1980 179 pages, in German

This work is intended for doctors, physical education teachers and coaches and explains the different lesions which can be brought about by intensive sports activity. The causes and treatments of bone lesions, joint lesions, lesions of the spinal column, the muscles, the skin and the nervous system are all examined in turn.

BRETTSEGELN (The Sailboard), by Gunter Heyden. Published by Sportverlag, Serlin (GDR). 1982. 100 pages, in German

The author explains the art of boardsailing for beginners and experts alike, with a detailed description of each part of the equipment, and the function of the wind.

JUDO TRAINING by Esko Lammi. Published by the Finnish Defence Forces, Training Sechon, P. O. Box 919, 00101 Helsinki 10 (FIN), 1982. 121 pages, in English.

A member of the Finnish Judo Federation for several years, the author is the head coach of the judo team of the Defence Forces. This book, edited by a man who has an obvious passion for his sport, assembles basic knowledge essential to both the trainer and the athlete.

In addition to all the exercises explained in the book, the reader will learn how to avoid the most common accidents and how to treat muscular injuries.

DROIT ET REGLEMENTATION DE SPORTS NAUTIQUES (Rules and Regulations of Nautical Sports) by Pierre Chazaud. Published by Editions Maritimes et d'Outre-Mer, 17, rue Jacob, 75006 Paris (FRA), 1982. 549 pages, in French. Price 145 FF.

This book assembles and analyses the rules and laws concerning all nautical and water sports, and consists of two volumes. This first volume is devoted to swimming, diving, underwater fishing, water-polo and aquatic games. Here the author studies the problems of management and administration of beaches, safety of stretches of water, supervision of bathing places, organisation of emergency assistance, jobs dealing with nautical sports, the teaching of swimming, diving regulations, water hygiene and sub-marine archaeology.

The author, a doctor of psychology, has a diploma in political studies and gra-

duated from the Institute of Business Administration. He is an inspector at the Ministry of Youth and Sports.

VOLLEY BALL, by Arndt Loscher. Published by Sportverlag, Berlin (GDR). 1982. 68 pages, in German Price DM 4.80.

This short but abundantly illustrated pamphlet is a beginners' guide to the rules and tactics of the game of volleyball.



L'ATHLÉTISME AFRICAIN 1982 Athletics 1982) by Yves Pinaud. Published by Editions Sportives Africaines, 105, bd du Montparnasse, 75015 (FRA). 1982. 92 pages, in French. Price : FF 38.

All the results of the African sports year of 1981 are compiled in this small book. The list of the hundred best African athletes, with the names of their countries, is preceded by the winners of all the national and international competitions organised in Africa, and by the enumeration of African records established during the year.

LE TIR DE DEFENSE. PRATIQUE ET ENTRAINEMENT, by Marcel Montulet. Editions Amphora, 14 rue de l'Odéon, 75006 Paris (FRA). 1982. 239 pages, in French. Price : FF 95.

The handling of a defensive weapon calls for total psychological and physical self-control. Before describing different weapons and their handling, the author devotes the first part of this book to organization, self-control and physical training.

SPORTS ET SCIENCES 1982. Under the direction of Raymond Thomas. Editions Vigot, 23, rue de l'Ecole-de-Médecine, 75006 Paris (FRA), 1982. 139 pages, in French Price 98 FF.

Six writers took part in the compilation of this book. The first article, by Allen Guttmann, sheds some light on the impact of baseball on American society, with an historical and sociological study of this sport. The second article, by Raymond Thomas, deals with the personality of the sportsman from models and theories used in psychology. Professor Jean-Pierre Famosé examines the ways in which a trainer or coach may use tasks involving movement to encourage learning. Klaus Yieschang presents a synthesis of the research carried out into "warming up", its effects and the prevention of injuries. Michel Rieu offers a very didactic example to explain the level of a performance. Finally, Professor Björn Ekblom deals with physical exercises and sports activities as a means of keeping fit.