

# touchline

ISSUE 17 • MARCH 2014

## MARTIAL ARTS

WHICH MARTIAL ART IS RIGHT FOR YOU?

BRUCE LEE 40 YEARS ON

MANAGING YOUR RISK:  
THE DANGERS OF MARTIAL ARTS

SPORT PROFILE:  
SHASTAR VIDYA



- + THE HIDDEN DANGERS OF CONCUSSION
- + INSURERS DO NOT SHY AWAY FROM DANGEROUS SPORTS
- + FOOTBALL: IT'S BIG BUSINESS
- + SPORTSCOVER PARTNERS WITH UK SPORT
- + QATAR 2022: THE CONTROVERSY HEATS UP



# SPORTSCOVER NAMED OFFICIAL PARTNER OF **UK SPORT** ON ROAD TO RIO

Sportscover has become an Official Partner of UK Sport, the nation's high performance sports agency, under a four-year partnership deal.

With over 25 years' experience of underwriting a range of insurance products and delivering risk management solutions for the sports and events industry, Sportscover, as a partner to UK Sport, will bring a wealth of expertise to the UK high performance system. As part of their rights, Sportscover will also become the Presenting Partner of UK Sport's Gold Event Series Workshops and Governance events through to 2017.

Paul Thomas, Business Development Director at Sportscover commented: "Sportscover are delighted to be working with such a prestigious partner as UK Sport. Given our focus on sport it is a natural fit for both parties. This represents a further step forward towards our ultimate goal of becoming synonymous with sport in this country. We look forward to assisting UK Sport and its beneficiaries with the continued delivery of excellence across the sporting landscape".



Jill Douglas, television sports broadcaster and journalist, was MC at UK Sport's annual World Class Performance Conference. Sportscover will be the presenting partner of the event for the next four years.

Liz Nicholl, CEO of UK Sport, said: "It's fantastic for us to be able to announce that Sportscover will act as a key partner to UK Sport on the road to Rio.

"Their investment will allow us to continue to provide key learning and development opportunities to coaches, event managers and governance specialists as we look to build a stronger more sustainable high performance sports system in the UK.

"Sportscover will be sharing their time, experience, and leading industry knowledge at many conferences and events to come, and we look forward to working with them on a number of exciting projects."

Sportscover are the third organisation to become an Official Partner to UK Sport since London 2012, alongside BAE Systems, Official Research & Innovation Partner, and Bupa, Official Health Insurance Partner. These partnerships complement and add value to the core funding UK Sport receives from the Government and National Lottery, enabling record investment in Britain's athletes on the road to Sochi, Rio and beyond. 

FROM THE EDITOR:

# SOCHI

## DESPITE THE FEARS - A SUCCESS!



STEVE BOUCHER

In the months before and even right up to the start of the Winter Olympics, the generally accepted view was that they were going to be a disaster for a whole host of reasons. Almost daily we were fed media reports that confirmed our worst fears - crack-downs on protests over gay rights, major security concerns over potential terrorist attacks or delays in commissioning the facilities all seemed destined to doom the Sochi games to nothing short of a debacle.

However, who would have thought it, but Sochi actually turned out pretty well. Yes, there were blips, such as the horrendous sight of female members of the punk-activist group Pussy Riot being whipped by Cossacks, the extermination of hundreds of stray dogs and even the decidedly clement weather which had some spectators walking around in tee shirts - highly irregular for a Winter Olympics - which made the conditions for some events less than ideal. The IOC denied the mild conditions, which on some days turned the snow into slush, were responsible for some horrific injuries - the worst suffered by Russian freestyle skier Maria Komissarova, who fractured her spine.

But, in the end, nothing could rain on Russian President Vladimir Putin's Olympic parade, particularly when the host nation finished top of the medals table with a very commendable 13 gold medals and an overall total of 33, catapulting them from the mediocre eleventh place they held at the Vancouver Olympics. Winter Games IOC President Thomas Bach declared the Games an "extraordinary success."

However, the success has come at a huge cost - literally. Russia's \$51 billion investment - exceeding even Beijing's estimated \$40 billion layout for the 2008 Summer Games - transformed a decaying resort town on the Black Sea into a major Olympic site with state of the art facilities. They had been built out of nothing, were futuristic and huge in size. Despite the promises of how the venues will be utilised to the full in the future, what can really become of it? Legacy is always an issue and very few of the major games sites have successfully transformed into bustling and commercially viable sports hubs and business centres with long term prospects.

This is not just Sochi's problem, of course. The spending on Olympics has continued to spiral upwards to the point at which it surely cannot be commercially sustainable. Sure, there are a number of advantages for the host nation in terms of world attention and possible future tourism prospects, as well as the improvements made in infrastructure. But can such immense expenditure for a few weeks of showcasing really be justified when there are so many more worthwhile projects that the money could be spent on.

The IOC need to look closely at the criteria it requires for both the Summer and the Winter Games to ensure a steady stream of willing future bidders from countries that do not have the level of resources available to spend over \$50 billion on delivering a sporting event.

## FEATURES

- 2 **Sportscoper named official partner of UK Sport on road to Rio**
- 8 **Insurers do not shy away from dangerous sports**
- 10 **Football: It's big business**
- 18 **The hidden dangers of concussion**
- 28 **Qatar 2022: The controversy heats up**
- 31 **Food supplements and you**
- 33 **How social media is changing sport**

## LEGAL FOCUS

- 22 **Nightclub left howling following bar room brawl**

## MANAGING YOUR RISK

- 16 **The dangers of martial arts**

## MARTIAL ARTS

- 6 **Sport profile: Shastar Vidya - India's resurgent martial art**
- 13 **Breaking cinder blocks or noses: Which martial art is right for you?**
- 26 **Exit the dragon: Bruce Lee 40 Years on**

## REGULARS

- 4 **Sports shorts**
- 20 **At Risk**
- 34 **World sport news round up**

## MORE INFORMATION

For information on advertising in Touchline, email us at [touchline@sportscoper.com](mailto:touchline@sportscoper.com)

Sportscoper endeavours to ensure that the information contained in Touchline is correct at the time of publication and cannot be held responsible for any errors or omissions made



# WORLD SPORT NEWS ROUND UP



GERMANY

## 2014 HANDBALL CUP FINALS TO BE HELD IN BERLIN

The 2014 European Handball Federation (EHF) Cup Finals will take place in the German capital of Berlin. The two-day event will take place on 17-18 May and be hosted by Füchse Berlin, which is competing in the EHF Cup. The event will take place at the 9,000-capacity Max-Schmeling Hall.

Berlin edged out six other bids from Brest and Montpellier in France as well as London, Athens, Stuttgart and Luxembourg.

EHF president Jean Brihault said: "Handball's profile in Berlin has grown significantly in recent years, and after the EHF Cup Finals' highly successful premiere in Nantes last season, I am confident that the German capital is the right choice for the second edition of this top-class club event."



©STEINDY 2010

In the 2010 European Men's Handball Championship, Daniel Narcisse from France could not be stopped by Hungary's Kornél Nagy and Balázs Laluska.



CHINA

## REAL MADRID TO HOLD FOOTBALL CLASSES IN CHINESE SCHOOLS

Real Madrid has signed an agreement with the Chinese Ministry of Education to implement a project that seeks to introduce football classes in the country's state schools.

The project will be financed by a group of private businesses and public institutions from China and other countries.



THAILAND

## THAI UNREST LEADS TO PLAYERS CHAMPIONSHIP SWITCH

The Snooker's Players Championship is to be moved from Thailand due to political unrest in the south-east Asian country.

The 32-man tournament, which is the conclusion to the European and Asian Tour series, was due to take place in Bangkok from March 25-29.

However, World Snooker, the sport's international governing body, said it has been advised to seek an alternative location and negotiations are under way with potential venues in the UK and Europe.

The announcement marks the latest sporting event to be withdrawn from Thailand due to the ongoing discontent in the country. The OneAsia golf organisation announced the postponement of its 2014 Thailand Open. December's Race of Champions motorsport event, which was due to be staged in Bangkok, was cancelled due to the political protests in the city.

The Players Championship features 24 qualifiers from the European Tour Order of Merit and eight from its Asian counterpart, with the winner scooping £100,000 (€120,800/\$163,300) of a £300,000 prize fund. China's Ding Junhui overcame Neil Robertson of Australia 4-3 to win the 2013 event in Galway, Ireland.



©DERHEXER 2013

World No. 1 Mark Selby at the Snooker German Masters 2013



ENGLAND

## RUGBY WORLD CUP VOLUNTEER PROGRAMME LAUNCHED

England Rugby 2015, the organising committee for the 2015 Rugby World Cup, has launched its volunteer programme for the event.

The volunteers group, which is to be called "The Pack", will comprise of 6,000 people – 75 per cent of whom will be drawn from rugby union clubs in England and Wales. Applications can be submitted between March 17 and April 17 this year and England Rugby 2015 is aiming to recruit volunteers who are interested in supporting the game into its legacy drive beyond the tournament.



INDONESIA

## INDONESIA BECOMES FULL IRB MEMBER

The International Rugby Board (IRB) has welcomed the Persatuan Rugby Union Indonesia (PRUI) as a full-member union. The PRUI became an associate member in May 2008.

Meanwhile, Jakarta has also been named host of the 2015 Badminton World Championships.

The Indonesian capital beat the Chinese city of Kunshan in staging the event, which returns to Asia following the Championships going to Copenhagen in August.



Jakarta will host the 2015 Badminton World Championships



RUSSIA

## 2014 AND 2015 FENCING WORLD CHAMPIONSHIPS AWARDED TO RUSSIA

Russia will stage the next two editions of the Fencing World Championships after the International Fencing Federation (FIE) awarded the hosting rights for the 2014 and 2015 events to Kazan and Moscow respectively.

Kazan has stepped in to replace the Bulgarian city of Sofia, which was due to host the 2014 Championships, but had to withdraw for financial reasons.

The announcements were made at the FIE Congress, where the German city of Leipzig and the Qatari capital of Doha also presented their bids for the 2017 Championships.

The FIE also ratified Ghana and Samoa by acclamation as new member federations, increasing its membership to 149.



Raluca Cristina Sbârcea lunges at Joséphine Jacques-André-Coquin, women's épée event of the 2013 World Fencing Championships.



AUSTRALIA

## GOLD COAST 2018 RECEIVES GLOWING PROGRESS REPORT

The Commonwealth Games Federation has declared itself "completely satisfied" after concluding its first Coordination Commission meeting in relation to the 2018 Commonwealth Games in Gold Coast, Australia.

The Coordination Commission confirmed that Gold Coast 2018 is on-time and on-budget following its visit.

The Gold Coast was awarded the 2018 Games in November 2011. Glasgow is currently making its final preparations for this year's Commonwealth Games.

SPORT PROFILE:



# SHASTAR VIDYA

INDIA'S RESURGENT MARTIAL ART

BY TIMOTHY MOTTRAM

**O**f all the rare martial arts, Shaster Vidya must rank as one of the least known. Until recently it looked as though the ancient Indian combat system would become extinct, such was its lack of adherents.

But now, thanks to a few followers of the code, it is enjoying a re-birth.

This martial art uses both weapons and punches, and unlike many martial arts, is designed for larger scale skirmishes, where warriors fight together. The weapons are specifically

designed for the art, with a range of swords, daggers and sharpened rings used to maim and kill opponents.

Needless to say, over the past hundred years or so, no one has been killed during a Shaster Vidya bout, but students of the art are well aware of the danger of the sport.

Shaster Vidya has roots to ancient times. Indeed, a few experts claim that martial arts actually began in ancient India and subsequently spread throughout Asia. The nascent form to the martial art was formalized and adopted by the Sikhs of the Punjab some 400 years ago. As a religion competing

with Hindu and Muslim states, the Sikhs were compelled to become excellent fighters. A large part of their success over the following years was their use of this martial art.

The Akali Nihangs became famous and feared for their fervour in battle. They wore a distinctive blue turban during fights and were armed to the teeth.

But as the 19th century and colonial expansion occurred, most of the independent Indian kingdoms became part of the British Empire. The Sikhs, and most particularly the Akali Nihangs, put up a fierce resistance. In two wars during the 1840s the Sikhs eventually lost out to the superior firepower of the British forces. These were among the toughest fights the British encountered, and on claiming possession of the Punjab they immediately sought to pull the teeth of the Akali Nihang.

The blue turban was banned and the art declared illegal. Going one better, the British encouraged Sikh men to adopt a form of martial art called Gatka. Here, the swords are replaced by wooden sticks and the aim of the art is ritual rather than military.

Shaster Vidya then became a footnote in Indian history, as only a very few masters retained their understanding of the art.

In recent years the art has bounced back into life. And this resurgence is largely down to the efforts of one man. Nidar Singh is a British national of Sikh background. As a teenager, he travelled to his family's home in India, and there met Baba Mohinder Singh, one of the few remaining masters of the martial art. Mohinder was already in his 80s when he met Nidar, but the two worked together for many months until Nidar was accepted as his student.

Nidar has been training and teaching others ever since. It is now on his shoulders to find students. "I've travelled all over India and I have spoken to many elders, this is basically a last-ditch attempt to flush someone out because if I die with it, it is all gone," he said in an interview with BBC news.

He now has a studio where he trains his students. Young Sikh men are becoming interested in the art because of its

connection to their heritage. One of his students says that he "used to head down to the British Library where there are loads of manuscripts and books from the Sikh empire. I kept dreaming about travelling back to the Punjab to find a master". Instead, he now learns the intricacies in the studio in Wolverhampton.


Rehabilitating this art has become a life mission for Nidar, but he is faced with some hurdles. While many students are keen to learn and identify with their cultural heritage, the rigours of Shaster Vidya are extreme.

"It is not just martial technique, there is a lot of oral tradition and linguistic skills that has to be there as well," Nidar explains.

On a typical day, Nidar trains for about 6 hours. Add to that the meditation and ritual, and you have a lifestyle rather than a hobby. Devotees to Shaster Vidya have to commit in a manner that precludes most other activities. Once it is learned, though, a master of the art is deadly in the extreme.

The Shaster Vidya means "the science of weapons" and it lives true to the title. While students spar with wooden sticks, more adept fighters use a vast range of weapons. They are also protected with a shield and body armour. And while strength is a necessity, the code actually depends on grace and distraction. In training videos, the master never stands toe-to-toe with his enemy. Rather, he feints one way and attacks the other, sliding past and proffering the blade to an exposed side.

There are more brutal sides to Shaster Vidya as well. In training, Nidar explains to his students just how nasty this technique can get. "The next technique I'll teach you is one that can break both a man's arms in just three moves. In real life of course, once you've broken the first arm your opponent is not getting back up. But when you're practising it's best to learn how to break both."

Shaster Vidya is an incredible relic from the past. It connects its followers to an all but lost military pride and is culturally significant. Moreover, as an art form it is beautiful to watch. Just be careful not to cut yourself. 



*The next technique I'll teach you is one that can break both a man's arms in just three moves. In real life of course, once you've broken the first arm your opponent is not getting back up. But when you're practising it's best to learn how to break both."*



OLYMPIC ADRENALINE:

# INSURERS DO NOT SHY AWAY FROM DANGEROUS SPORTS

BY PAUL THOMAS

After seven years of waiting, the Russian resort of Sochi between the Black Sea and the Caucasus mountains became the centre of global media attention with the start of the 22nd Winter Olympic Games in February.

Despite dire reports about possible terrorist activity, a clamp down on demonstrators and the sceptics who claimed as with Vancouver four years ago that a potential lack of snow could have hampered some events, Sochi was a well organised and successful games staged within a stunning setting.

## OUT OF ORGANISER'S HANDS

As with all major events of this nature, meticulous preparation is required to ensure their success. However, one factor will always be out of the hands of the organisers: sporting injury. The simple fact remains these games will have a slew of events which are by their nature inherently dangerous. As recently as 2012 Canadian World Cup skiing cross-country specialist Nic Zoricic and World Championship-winning freestyle skier Sarah Burke both lost their lives on the slopes.

At a World Cup race on March 10 in Grindelward in Switzerland, Zoricic crashed head-first into netting lining the course after going wide and falling on the final jump. He suffered severe skull and brain trauma and was airlifted to a hospital in Interlaken where he was later pronounced dead. Earlier that year, Burke was seriously injured while training on the Park City Mountain Resort Eagle superpipe in Utah and later died in hospital. Four years previously, Austria's Mathias Lanzinger lost control in a men's World Cup downhill event at Kvitfjell, Norway and had to have his left leg amputated below the knee.





## WIDE RANGE OF ACTIVITIES

Of course, the Winter Olympics encompass a much wider range of activities than skiing. Indeed, one of the attractions of the event for the casual viewer is the opportunity to engage with some of the more esoteric winter events which have increasingly come to the fore in recent years such as the luge, snowboarding and skeleton. Unfortunately, however, these events can pose just as much danger to competitors, as sadly demonstrated at the 2010 Vancouver Winter Olympics when Georgian luger Nodar Kumaritashvili lost control at 88 mph during a late-morning training run and flew off the final corner at the Whistler Sliding Centre. The 21-year-old Olympian struck one of the structural poles lining that part of the course and attempts to revive him at the track were unsuccessful.

It is important to remember nonetheless these sports are not limited to the Olympic Games. Skeleton, a spin-off from the popular British sport of Cresta sledding, where a person rides a small sled down a frozen track while lying face down, became permanently added to the Winter Olympic programme in 2002. Popularity in the sport has grown since then and now includes participation by some countries that do not or cannot have a track because of climate, terrain or monetary limitations. Athletes from such countries as Australia, New Zealand, Bermuda, South Africa, Argentina, Iraq, Israel, Mexico, Brazil and even the Virgin Islands have become involved with the sport in recent years.

Another more esoteric winter sport, the luge (which translates as “sled”) sees competitors travelling feet-first down an icy track at up to 85 mph with only a helmet for protection. This is catching on in countries you would not necessarily expect; for example, you can learn to luge in Britain, with Chill Factory in Manchester offering a dedicated luge facility. It is only 60 m long and far removed from the Olympic event, but still offers a taste.

## NO SHORTAGE OF COVER

Whether at the highest level of competition or at a more amateur level, participants in such dangerous sports should be comforted by the knowledge underwriters do not shy away from cover. The insurance market, especially at Lloyd’s, has a distinguished history of offering accident insurance to cover death or disablement for professional athletes participating in such events, with similar cover also available for those wishing to participate at an amateur level, typically offering compensation and/or rehabilitation for disabling injury, medical expenses and loss of income. Indeed, Sportscover has recently signed a four-year partnership with the UK’s high-performance sports agency, UK Sport, which is responsible for unlocking Britain’s Olympic and Paralympic potential.

It is reassuring to know even though for many of us the nearest we will get to a head-first slide down an ice track at 80 mph is merely as a spectator from the comfort of our lounge, for those who do want to get serious this winter – whether in Sochi or Manchester or beyond – bespoke cover is there to support them. <img alt="arrow icon" data-bbox="115 910 140 925"/>

## SOCHI BY THE NUMBERS

**7** winter sports represented: biathlon, bobsleigh, curling, ice hockey, luge, skating and skiing

**11** venues to be used in the games

**18** days for Sochi Games from start to finish

**48** distance (kilometres) between Sochi’s “Coastal” and “Mountain” clusters

**85** nations participating

**98** sets of bronze, silver and gold medals

**6,000** athletes competing in the games

**25,000** volunteers working at games

**\$50B** estimated cost

PHOTO:  
© ARTHUR MOURATIDIS, 2007





THE WORLD GAME:

# FOOTBALL: IT'S BIG BUSINESS

**T**he annual Football Money league compiled by accountancy firm Deloitte shows that Real Madrid has retained its first place but English Premier League club Manchester United has dropped out of the top three in the rankings for the first time.

Real's turnover increased by 1.2 per cent to €519m for the 2012-13 campaign despite failing to win a major trophy, keeping it in front of Spanish La Liga rival Barcelona, whose revenue remained at €483m. German Bundesliga club Bayern Munich, which won the Uefa Champions League in 2013, dislodged United in third place as total sales rose by 17 per cent to €431m, securing the club's highest ranking in the Football Money League for 11 years.

United slipped to fourth despite increasing turnover by 13 per cent to €424m. There are 6 Premier League teams in the top 20, more than any other league.

The biggest mover in the top 20 clubs, whose collective revenue rose by eight per cent to €5.4bn, was French Ligue 1 club Paris Saint-Germain. The club's turnover rocketed by 81 per cent to €399m, moving PSG up by five places to fifth in the rankings. Of PSG's total revenue, €255m was generated by commercial activities – more than any other club in the top 20.

Juventus was also a big mover, up four places to ninth to register as the top Italian Serie A club in the table with €272m thanks to a run to the Champions League quarter-finals in





**Real Madrid vs Atletico Madrid.**  
Real Madrid tops Deloitte rankings,  
while Atletico Madrid sits at #20.

2012-13. Turkish club Fenerbahce, Roma and Atletico Madrid were the only new entries in the rankings, in 18th, 19th and 20th places, respectively.

Meanwhile, on the other side of the Atlantic Ocean, 'soccer' is also growing in popularity and income. Following news that Major League Soccer (MLS) has awarded Orlando a franchise to begin its inaugural season in 2015 and with David Beckham's bid to bring a Major League Soccer (MLS) franchise to Miami in 2017, it is perhaps of little surprise that MLS is now also big business. Reports suggest that franchises are worth \$103 million on average, up 175 per cent in value over the last five years.

The latest Forbes valuation ranks the Seattle Sounders top at \$175 million in 2012, knocking Galaxy down to second place with a \$170-million worth. With last year's revenue at \$48 million and an operating income of \$18.2 million, the Sounders boosted its valuation by 483 per cent compared to 2009.

Portland Timbers (\$141 million), Houston Dynamo (\$125 million), Toronto FC (\$121 million), New York Red Bulls (\$114 million), Sporting Kansas City (\$108 million) and Chicago Fire (\$102 million) all surpassed the \$100-million valuation mark.

The Orlando City Soccer Club, which currently competes in the third-tier USL (United Soccer Leagues) Pro league under the Orlando City Lions name, attracts an average of about



9,000 fans to its games at the 65,000-seat Citrus Bowl. City and county officials approved funding for an 18,000-seat, \$81-million stadium in downtown Orlando. MLS commissioner Don Garber said he expects Orlando City to pay the same \$70 million franchise expansion fee that recent previous MLS additions have paid.


Whilst Miami may have the backing also of NBA basketball superstar LeBron James who has reiterated his interest in becoming involved in Beckham's bid to return an MLS team to Miami. James, a 10-time NBA All-Star, has a keen interest in football and already holds a minority stake in English Premier League club Liverpool.

Other statistics recently released show that English Premier League games last season averaged a 95.3 per cent sell-out rate, the highest of the professional football leagues in Europe.

In a report published by the European Professional Football Leagues (EPFL), the EPL's average attendance for the 2012/13 season was 35,903. The German Bundesliga had a higher average attendance figure, 41,914, although games only sold at a capacity rate of 91.4 per cent.

Netherlands' Eredivisie premier football league came third in the table with an average stadium utilisation of 85.8 per cent, ahead of the French Ligue 1 (70.7 per cent), Spanish La Liga (64.1 per cent) and Italian Serie A (58.7 per cent).

The Eredivisie had the lowest average attendance of the top six European leagues in the 2012/13 season with 19,631 fans per game, behind La Liga (25,464), Serie A (23,603) and Ligue 1 (19,261).

Which just goes to show that the beautiful game is also big business. 

## DELOITTE RANKINGS FOR 2012 - 2013

1	Real Madrid	€518.9m
2	Barcelona	€482.6m
3	Bayern Munich	€431.2m
4	Manchester United	€423.8m
5	Paris Saint-Germain	€398.8m
6	Manchester City	€316.2m
7	Chelsea	€303.4m
8	Arsenal	€284.3m
9	Juventus	€272.4m
10	AC Milan	€263.5m
11	Borussia Dortmund	€256.2m
12	Liverpool	€240.6m
13	Schalke	€198.2m
14	Tottenham	€172m
15	Inter Milan	€168.8m
16	Galatasaray	€157m
17	Hamburg	€135.4m
18	Fenerbahce	€126.4m
19	Roma	€124.4m
20	Atletico Madrid	€120m



# BREAKING CINDER BLOCKS OR NOSES?

## WHICH MARTIAL ART IS RIGHT FOR YOU?

BY TIMOTHY MOTTRAM

**W**hen most people think about popular sports, they tend to think about team sports such as soccer, rugby, cricket and the like. However, some of the sports with the highest participation are individual sports such as fishing or athletics. Martial arts are another high participation sport.

Many people have turned to martial arts as their favourite recreational activity. In a recent study, it was found that 1.3% of the Australian population are currently engaged in learning how to punch, kick or wrestle you - which is a fact worth remembering next time you honk your horn at someone in traffic!

Of these practitioners, most are male and urban. They tend to be born in Australia and have at least a high school diploma.

The benefits of taking up a martial art are manifold. The initial kick start seems to be the desire to come out of a fight with dignity intact. But being able to take out an aggressive adversary is only one of the joys of becoming part of the martial arts community.

# THE **TEN** MOST POPULAR MARTIAL ARTS

**Judo:** Founded in the late 19th century in Japan, this uses throws and holds to subdue an opponent

**Aikido:** From early 20th century Japan, this is another code that attempts to disarm and subdue an opponent.

**Krav Maga:** Vicious!

**Jujutsu:** When the samurai lost their right to carry weapons, they developed this code. It uses strikes, hold and throws: but is not above the odd eye gouge or bite.

**Ninjutsu:** Was the art of the ninja. It was designed for this elite band of assassins and included strikes as well as weapons training.

**Taekwondo:** Flourished after World War II, and has been tagged as the most popular martial art in the world with over 30 million adherents.

**Kung fu:** Is probably over 4,000 years old, though direct evidence only comes from 500AD. It combines kicks and strikes with a philosophical outlook coming from millennia of history.

**Karate:** Literally means open hand - it is a weaponless martial art. It originates from feudal Japan.

**Brazilian Jiu Jitsu:** Spread in Brazil in the early 20th century but was developed by a Japanese immigrant.

**Muay Thai:** a phenomenally popular sport today, it was first attested to in the early 19th century.

Fitness is a natural result of most fighting styles. Deep core strength is vital in all the grappling sports, whereas the strikes and kicks in other codes require upper and lower body strength. So not only will you be able to defeat your enemies, but you will be shredded and muscular as you do it.

Another draw for martial arts is the fact that many codes have a deep and rich history. Many codes –think kung fu and muay thai - have cultural roots dating back hundreds of years. They were formed in a particular context and much of that cultural heritage is still present in the sport. Whether you are from within the culture, and it gives you a sense of connectedness, or you are outside of it, learning and engaging in an ancient martial art is a experience which enhances self-development.

Linked to this cultural aspect, martial arts often have a philosophical tradition which transcends beating someone until they apologise for looking at you strangely. The eastern martial arts often have a philosophy that yokes harmony with bravery. At their best, these codes promote a calm confidence that helps many of their students be better people.

So once you have decided to take on a martial art, you need to consider which is right for you.

Though there are hundreds of fighting styles, it is actually pretty simple to decide. Proximity to trainers or clubs narrows your choice naturally, but what it really comes down to is your goal. These categories are very loosely grouped, but create a helpful shorthand for those daunted by the choices.

## THE GRAPPLING MARTIAL ARTS

Which martial arts are we talking about? Judo, Aikido, Brazilian jiu jitsu, and many more.

Who are they good for? People who are interested in self defence, competition and fitness.

The grappling codes focus on pinning an opponent as quickly as possible. Speed is essential, but they also tend to use the strength and the weight of the attacker to drive them to the ground. The goal is incapacitation, rather than inflicting pain. But don't mistake these guys for pushovers: Judo might be "the gentle way", but you just have to see a much larger man being flipped and having their arm twisted back in a floor hold to understand the power of the code. Until recently, Brazilian jiu jitsu was the martial art of choice for many MMA winners. They go in hard and low, using leverage to pin their opponent.

It is believed that Brazilian jiu jitsu had its roots in Judo, a Japanese martial art which was developed in the late 19th century.



## THE EASTERN CODES

Which martial arts are we talking about? Karate, muay thai, kung fu, Tae Kwon Do and many others. Who are they good for? People who want to both defend and attack when necessary, and to compete in tournaments.

When we say martial arts, most commonly it is the striking codes from the Far East that come to mind. These sports have gained amazing popularity over the last 60 years in the west. All these codes have a singular focus that in some way reflects its country of origin.

Muay thai is perhaps that most lethal of them. This is partly a result of the fact that it employs the knees and elbows in striking: muay thai actually means "the art of the eight limbs", symbolically dividing the arms and legs into two specific weapons, hinged at the joints.

Karate is one of the most popular martial arts: it is estimated the 20 million Americans practice the sport. It is primarily concerned with hard punches and some kicks. Tae Kwon Do is a descendant of Karate, with a focus on more flowing movements and higher kicks.

## THE WESTERN CODES

Which martial arts are we talking about? Krav Maga, LINE, Sambo, MCMAP. Who are they good for? People who have an axe to grind, vigilantes, professional soldiers and assassins.

Since the beginning of the 20th century, governments were at great pains to find better and faster ways to kill people. Over the last hundred years, Western countries looked east, took the elements of their martial arts that could really, really hurt people and developed a handful of incredibly efficient martial arts that are designed solely to kill.

Finding a teacher for these codes is much more difficult than finding a karate master, and that is definitely a good thing. These fighting styles are designed for those in the professional killing business. If you think these styles suit you, you may well have to join the military. The American Marine Corps have had a busy 50 years developing a fighting style which is remarkable in its ferocity. Until recently they employed a style called LINE, or Linear Infighting Neural Override Engagement. Sounds sinister? It was. In fact, the Americans have shelved it because the end result of a scrap featuring LINE ended in death. They have since developed MCMAP, a style that gives the soldier the option to kill or to merely inflict terrible, terrible pain.

The Russian special forces could not be seen to lag with regards tearing someone apart with their bare hands. After the 1917 Revolution, a defence system called Sambo emerged. It was based on Judo but had roots in traditional combat techniques from around the Soviet Union. More recently, the Russians used Systema, which is similar to Israel's Krav Maga.

Krav Maga is in no way a sport. The sole intension of this code is to kill the opponent as quickly as possible. It was developed in Europe during the war by Jewish resistance fighters and found its way back to the Middle East later. It is famous for ferocity and singular focus. 🥊

For all your  
**golf insurance** needs...



[australiangolfinsurance.com](http://australiangolfinsurance.com)

**Australian**  
**Golf Insurance**



# THE DANGERS OF MARTIAL ARTS





BY TIMOTHY MOTTRAM

**E**ven the most benign of the martial arts are contact sports. All were designed either to prevent or inflict pain. It is therefore self-evident the injuries will occur, both in training and at competitions.

So before setting out to become a martial artist, you need to understand the risks and define your limitations. Only then can you limit the extent of possible injury risk. Of course, you can never completely protect yourself: even the most innocent Judo floor lock can dislocate a shoulder.

Many people involved in the martial arts see protection –such as padding or mouth guards- as antithetical to the code they support, which further opens the door to pain.



Minor injuries can be defined as injuries that do not cause the competitor to stay out of the ring for a significant period of time. All manner of strains, cuts and bruising come hand-in-hand with martial arts. They are part of the experience. Some of the most common injuries are:

-  Blistered fingers from grappling
-  Bruising from striking
-  Lacerations from fingernails
-  Sprains, particularly to the ankles and wrists in the striking arts

Mid-Range Injuries will put you in hospital for a short period and out of competition for much longer. All of these injuries are treatable, naturally, but should be handled very seriously. You should never rush back from them: recent research into concussion shows that long-term brain damage can be sustained should the activity be rushed back into.

-  Concussion
-  Fractures
-  Dislocation
-  Tendon ruptures

Life-threatening Injuries are rare in martial arts but not unheard of. Utmost care should be taken during training and competitions to reduce the risk of deaths. No injury should be brushed aside, as some very dangerous conditions can take time to manifest.

-  Rib fractures can puncture lungs and lead to severe danger as air escapes from the lung, or internal bleeding floods them
-  Head injuries: internal carotid artery dissection, stroke, aphasia, hemiplegia and ophthalmic trauma are all risks associated with blows to the head. Intracranial bleeding is dangerous in the extreme


Beyond these risks, there are other health issues connected to martial arts. Cauliflower Ears, a disfigurement prevalent in rugby, often affects martial artists. This develops when friction or repeated blows rupture blood vessels between the skin and cartilage of the ear.


Karate, with its emphasis on hitting both objects and people hard, can lead to a condition known as Karate Kid Finger. Because of the repeated hitting, contusions can occur around the base of the little finger.


The neck is one area placed under risk in martial arts. Often holds are centred on the neck – even judo has a choke hold designed to immobilize the opponent by cutting off the air supply - and a blow to the head can cause whiplash in the neck. Hitting the mat can also lead to hyper-flexion. At its most extreme, this can cause paralysis.


Regardless of the statistics, it would seem that you are going to get hurt if you take up a martial art. Interestingly, adult males are more likely to get injured than females and children, according to a 2005 study.

But even though it will eventually happen, there are a few precautions, that, if taken, might just save you some pain and time off work.

-  Choose the right martial art. In the same study, it was found that you are three times more likely to be injured in taekwondo than in karate and kung fu. This is because over 80% of blows in taekwondo are delivered in the form of high kicks. Karate, on the other hand, focuses on “pulling” the blows before they land.

-  Warm up and cool down. This will make your body more supple, preventing strains and tears, if not making you more able to swing out of the way of blows

-  Always bow out if something isn't right. If you feel a twinge or pain, it could be a sign of something worse. For example, a sore arm may be a sign of Paget-Schroetter syndrome: a condition suffered by those who repeat a sudden action with their arm.

Martial arts are just that: martial. They are designed to hurt, maim and even kill. If you want to avoid danger, best avoid these sports. But if you enjoy a touch of risk, they are definitely worth pursuing. 





*Sportscover and Touchline have been campaigning to increase awareness of the dangers of concussion through the support and sponsorship of Concussion Australia, an initiative by Dr Ryan Kohler. Concussion has become highly controversial in sport, with concerns raised that players are putting their brain at risk.*

*In the last edition of Touchline we covered what concussion is, how to identify it and the way in which concussion injuries should be treated. This edition brings you further research and news items on concussion.*

# THE HIDDEN DANGERS OF CONCUSSION

In a recent BBC news item it was reported that brain scans show the damage caused by concussion months after the injury and long after patients feel like they have recovered.

The US study, published in the journal *Neurology*, compared the brains of 50 people who had mild concussion with 50 healthy people.

The initial problems with memory, headaches and dizziness cleared up after a few weeks. However, four months later, doctors were still able to see differences in the way fluid moved through the brain suggesting the brain still had not healed.

Lead researcher Dr Andrew Mayer compared the impacts of concussion to a burn in which the symptoms, such as pain, can disappear long before the tissue has healed.

He told the BBC: "The big take-home message is that even though people report feeling better, the brain might not be completely healed."

"In the US, after concussion, athletes sit out for a week or 10 days because that's when people seem to be normal, but that might be premature as it doesn't mean the underlying tissue is healthy."

He said there was evidence that multiple small injuries in a

short time were much worse than a single big injury. “It’s a vulnerable system,” he said.

Commenting on the research, Prof John Hardy, from University College London and one of the UK’s leading researchers on brain disease, said he was not surprised by the results and warned against rushing people back into action.

He said: “If there’s knee damage they’ll have three months off, but after a head injury they’re back on the field once they can count backwards from 10.”

“I think there’s much too relaxed an attitude to head injury, we need to minimise the occurrence and when it happens it needs to be taken seriously and have the proper time off no matter how long it takes.”

Prof Hardy has previously called for boxing to be banned, after the repeated blows to the head were linked with dementia later in life.

The link with dementia has since been found in other sports involving regular head injuries.

In another development ten former players have sued the National Hockey League (NHL), accusing it of not doing enough to prevent concussions.

The lawsuit seeks damages and medical monitoring for all NHL players who retired before 14 February 2013.

The case comes three months after the National Football League paid \$765m (£474m) to settle a similar action.

Both lawsuits allege their respective leagues hid the dangers of repeated concussions from their players.

Studies have linked multiple concussions with chronic traumatic encephalopathy, a disease with symptoms including

memory loss and mood swings.

The NHL has not responded to the lawsuit, but earlier this year Commissioner Gary Bettman said the league had “a long history, going back to 1997, of taking concussions very seriously”.

“We spend a lot of time, money and effort working with the players’ association on player safety.”

The lawsuit alleges that despite the creation of a programme to study brain injuries in 1997 the league took no action to reduce the number or severity during a study period from 1997 to 2004.

The league is also faulted for waiting until 2010 to make targeting a player’s head a penalty, continuing to not ban fighting or body-checking and promoting a “culture of violence” by employing “enforcers” who are only on the hockey rink to fight.

“The NHL’s active and purposeful concealment of the severe risks of brain injuries exposed players to unnecessary dangers they could have avoided had the NHL provided them with truthful and accurate information and taken appropriate action to prevent needless harm,” the lawsuit says.

Former All-Star defenceman Gary Leeman and Toronto Maple Leafs scorer Rick Vaive are among those who have joined the class action against the North American league.

In a statement, Vaive said hockey players “were kept in the dark about the risks of concussions and many of the former NHL players are now suffering from debilitating head injuries from their time in the league”.

For more information on concussion and resources for parents and coaches go to: [www.sportsconcussionaustralasia.com](http://www.sportsconcussionaustralasia.com) 





# AT RISK

'At Risk' is a regular feature which highlights recent news stories about some of the accidents and injuries that occur in the sport and leisure world. Risk is present in our everyday lives even when we are playing sport and having fun.

Here we report some of the more tragic and bizarre events that lead to loss, injury and sometimes even death in our industry.

## YOUNG FOOTBALLER DIES DURING MATCH

Tributes have been paid to a promising young footballer who collapsed and died during a match in Edinburgh just before Christmas.

Jamie Skinner, 13, was playing for Tynecastle FC's Under-14 team at the Saughton astro pitch when he fell to the ground. Attempts by ambulance staff and others to revive him failed.

A spokesman for Tynecastle FC paid tribute to the player "who undoubtedly would have had a bright future in the game".

He said: "A tragic event happened at Saughton Astro on Sunday December 22, a young boy playing for the Under 14s, Jamie Skinner, playing the game he loved, lost his life on the pitch.

"In an innocuous event during the game Jamie collapsed and despite the valiant attempts of everyone at the game, and the ambulance service, attempts to revive him were sadly in vain. Although Jamie was new to our Tynecastle family, he had up until recently been playing for Hearts, he was a prospect that undoubtedly would have had a bright future in the game.

"No words can fully express our grief and dismay at seeing this happen, we can only pass on all our thoughts and prayers to friends and family and hope they will get some strength from the out pouring of love and support from everyone.

Jamie moved to the club recently after playing for Hearts Under-14s.

## REPORT ALLEGES COMPANY DID A 'TERRIBLE JOB' ON SAFETY

The family of a man whose drowning at a US Tough Mudder event was ruled an accident believe the company did a "terrible job" of providing safety, a report has alleged.

Half-hour into the race on April 20 last year, Avishek "Avi" Sengupta and his team reached a water obstacle called Walk the Plank, which involved diving off a four-and-a-half metre wall into a muddy pool of water.

Mr Sengupta did not immediately resurface after his dive, although no one noticed at the time, Outside magazine reports. He sunk to the bottom and passed out, for reasons which remain unknown, and was next seen on the surface unconscious eight-and-a-half minutes later.

An expert witness hired by the family's lawyers, rescue-swimmer instructor Mario Vittone, told Outside that Tough Mudder could have done much more to mitigate the risks and their "amazing" safety record may have blinded them to its flaws.

The organisation declined to address this criticism by Vittone but said it incurred more than \$4 million in external event safety costs in 2013 and hundreds of thousands on staff.

It told the magazine in a statement: "We take our responsibility to provide a safe event to our participants very seriously ... Tough Mudder is devastated by this tragic incident."

"We did everything we could," chief operating officer Don Baxter told the magazine about Avi's death, adding that "it's impossible to remove risk entirely from these events" and that the organisation has a duty of care for everyone who comes through.

Months earlier, CEO Will Dean said: "Statistically, it's amazing. You take that number of people, and if they were sitting at home that day, statistically, we should have had a few heart attacks. I have to tell the team, it's coming. We have to accept that it's going to happen at some point and work to ensure it never does."



## MAN, 21, COLLAPSES AND DIES AFTER TRIATHLON

A 21-year-old man died after crossing the finish line of a triathlon in western Queensland on 2 February.

Tom Lyons collapsed shortly after completing the triathlon in Goondiwindi, 360km south west of Brisbane. The popular local sportsman was reportedly on his way to the recovery area before his death.

The Hell of the West event is described on the official website as 'not for the faint-hearted'.

Mr Lyons, a former Toowomba Grammar School student, was remembered by headmaster Peter Hauser as a highly gifted student.

"He was a young man of high intellect and diligence," he said.

"[He was] a very humble young man and had the great ability to relate to everyone.

"It [his death] will go right through the school community."

Hell of the West triathlon committee member Peter Crothers said the young man had finished the race and was on his way to the recovery area when he collapsed. He said a fellow competitor and medical staff rushed to the man's aid after he collapsed.

"The first or second competitor behind him was a doctor himself." The man was taken to Goondiwindi Hospital.

Mr Crothers said news of the man's death was a shock to all at the event.

Up to 700 people took part in the race, which comprised of a 2km swim, 80km bike ride and 20km run.

"It is the first incident we have had like this in 25 years."

Goondiwindi police said the cause of the man's death was under investigation.

## YOUNG GIRL IS 'UNLAWFULLY KILLED WHILST WHITE WATER RAFTING'

A young girl who drowned after being tossed into a river while white-water rafting on holiday was unlawfully killed, a coroner has ruled.

Cerys Potter, from Llancarfan, Vale of Glamorgan, Wales died in 2010 in rapids on the Dalaman river in Turkey.

Coroner Christopher Woolley said gross negligence manslaughter had contributed to her death.

Four men have been jailed for more than five years over the fatal incident.

Cerys was sitting at the back of the inflatable raft with 13 people on board. The raft struck a rock and then overturned, the inquest was told, throwing everyone on board into the rough and fast-flowing water. The party was reassured Cerys was safe, but she could not be seen.

The inquest heard a search was not launched by the organisers for more than 40 minutes and Cerys's body was found two hours later.

A passenger on the raft had said he believed the boat was overcrowded, that it had too many children on board, and there were inadequate safety procedures.

The inquest heard those onboard had only received a few minutes of safety briefings and were reassured by organisers the trip was safe for someone as young as Cerys.

Rafting safety expert Paul O'Sullivan told the inquest the Turkish company, which organised the rafting excursion did not seem fit for purpose. He said children as young as nine should not have been allowed on the trip.

Cerys's parents Terry and Julie Potter said they had discovered that eight previous incidents had happened on the river in very similar circumstances and eight people had been killed.

"I then discovered just how shambolic the whole organisation of the river rafting was - the scant regard to safety.

"They just wanted to sell trips to children when it was too dangerous for them to be on that river," said Mr Potter.

# NIGHTCLUB LEFT HOWLING FOLLOWING BAR ROOM BRAWL

**Lamble v Howl at the Moon Broadbeach Pty Ltd [2013] QSC 244**

**James McIntyre**, Special Counsel, and **Emma Baker**, Senior Associate with DLA Piper Australia explore a recent case where employees emulated the actions of a manager leading to vicarious liability for the company.

**DLA Piper:**

**T** +61 7 3246 4138

**E** james.mcintyre@dlapiper.com

**T**he Queensland Supreme Court recently awarded \$1.4 million in damages to a patron who suffered severe facial and physical injuries as well as a significant psychiatric injury as a result of being struck by an employee of Howl at the Moon Broadbeach Pty Ltd (the Defendant) during a fight outside a nightclub on the Gold Coast.

On the night of the incident, Mr Lamble had been attending his employer's Christmas party at the Defendant's nightclub. The party started at 7pm and, during the course of the evening, a brawl erupted between attendees of the Christmas party and nightclub employees.

The scuffle commenced when a patron smashed a glass bottle in the toilets and emerged with the broken bottle threatening to cut someone. As security was absent from this area of the bar, two of the nightclub managers asked the man to step outside where he was detained by the three security guards at the front of the club.

This patron's ejection was the catalyst for other members of the party to come to their friend's 'defence', with a bottle being thrown at one of the two nightclub managers. The manager then put this person in a headlock. In the course of his evidence at the hearing, the manager, a Mr Zulli alleged that he was then set upon by others.





At the same time this occurred, Mr Lamble went to leave with another colleague who had been asked to leave the nightclub because he was intoxicated. Mr Lamble's evidence was that he was going to catch a taxi home with his colleague and he remembered walking down the stairs of the nightclub, trying to assist in defusing the situation and then waking up in hospital.

The evidence before the Court as to the cause of the claimant's injury was that of a barman, Mr Anthony Cerantonio. Mr Cerantonio's evidence was that he was asked by one of the nightclub employees to go and clean up some smashed glass at the front of the nightclub. When he went out the front, the fight was still in motion between the patrons and the other staff members and security. In particular, Mr Cerantonio observed that his uncle, Mr Zulli, was on the floor scuffling with two or three men. Mr Cerantonio said that he went outside to try and break up the fight. He grabbed the dustpan (which was a metal dustpan with a long handle) and swung it. He said he did not think but just reacted. The dustpan hit Mr Lamble.

Mr Lamble alleged that the defendant was vicariously liable or directly liable for the assault by Mr Cerantonio.

## VICARIOUS LIABILITY

The Defendant led evidence that members of the management (which included Mr Cerantonio's father and Mr Zulli) had issued numerous warning to staff, including Mr Cerantonio, to leave security to the security staff and not to involve themselves in altercations between patrons. This direction was also included in a house policy document all staff were required to sign (although there was some dispute as to whether Mr Cerantonio had signed the policy before the incident).

In determining whether an employer is vicariously liable for the acts of its employees, the Court considered the test to be applied was whether the act is performed in either the intended pursuit



of the employer's interests or in the intended performance of the contract of employment as cited in *New South Wales v Lepore* (2003) 212 CLR 511.

Mr Cerantonio's father gave evidence that he had repeatedly told his son not to get involved in fights or security incidents. Mr Zulli gave evidence that he had also provided similar warnings to Mr Cerantonio.

The Court accepted that Mr Cerantonio became involved in the incident in an attempt to rescue his uncle from the struggle which had arisen as a result of Mr Zulli's attempt to escort an unruly patron out of the premises.

The Court accepted that Mr Cerantonio was acting to advance the interests of the defendant by trying to protect one of its staff members. The Court found that he was not acting in his own interests but in those of his employer. The trial judge accepted that Mr Cerantonio should not have used a weapon but noted that he did not persist once Mr Lamble fell to the ground and therefore did not view this as evidence that he was acting in private spite or revenge.

In addition to this, the Court noted that despite Mr Zulli's evidence that staff would usually leave this sort of issue to security, the fact that the ejection of unruly patrons was an activity within the course of his employment had been highlighted by Mr Zulli's behaviour in taking the other patron downstairs. The Court found that Mr Cerantonio was entitled to follow the example set by Mr Zulli that night.

The Court did not consider it was relevant that Mr Cerantonio was also acting to protect a family member as his behaviour was sufficiently connected to his employment to make the defendant vicariously liable for Mr Lamble's injuries.

## DIRECT LIABILITY

Mr Lamble also argued that the defendant breached its duty as an occupier by failing to instruct Mr Cerantonio not to involve himself in an altercation between patrons of the night club and staff.

The Court accepted that there was probably some oral instruction to Mr Cerantonio not to behave in the manner in which he did and leave security issues to the security staff. It did not accept Mr Lamble's assertion that by escorting the patrons out themselves, the managers' actions should be treated as a general revocation of the earlier advice to bar staff to refer all security matters to security staff.

The Court ultimately accepted that Mr Cerantonio would probably have acted in the same manner whether or not there had been a failure to give instructions as pleaded by the plaintiff and therefore considered it would be difficult to establish that any failure to give instructions was causative of the injury.

## CONTRIBUTORY

## NEGLIGENCE

The defendant submitted that, in the event the Court found it was liable, then a discount of Mr Lamble's damages by 30% for contributory negligence was appropriate.

Having found no independent breach of duty owed by the defendant, the Court did not need to make a finding on the issue.


Curiously, the trial judge observed that, by involving himself in a fight as he did, Mr Lamble was contributorily negligent to a minor extent. His Honour stated that, had

it been necessary to apportion liability for contributory negligence he would have reduced Mr Lamble's damages by 15%.

## SUMMARY

The critical lessons for venue operators, particularly licensed venues, is to carefully consider how the actions of their managers influence those of their staff and assess the adequacy of their security arrangements for dealing with unlicensed patrons.

It is one thing to instruct staff in how they are to act in the performance of their duties but, if management is not seen to be following these instructions themselves, it will be difficult for venue operators to avoid liability for the actions of employees who have taken the lead from management regardless of whether there has been specific instruction to the contrary.

Secondly, if an operator intends to leave ejection of unruly patrons to security staff it must ensure that it has taken reasonable steps to ensure that there are sufficient security personnel having regard to the number of patrons likely to be present at the venue. For example, it would be reasonable to expect an increased security presence at licensed premises in the lead up to Christmas to reflect the likelihood that more people will be attending licensed premises, with some of their number adversely affected by alcohol and potentially posing a risk to themselves and other patrons. In the present case, the brawl in which Mr Lamble suffered his injuries may have been averted if there had been sufficient security personnel had been available to escort the bottle-wielding patron from the premises. The physical presence of security staff conducting the ejection may have been a sufficient deterrent to avert the bottle throwing incident which led to the brawl in which Mr Lambie was injured. 

# Will you support Dame Kelly Holmes' vision to engage, enable and empower disadvantaged young people?



 @DKHLegacyTrust

Resilience, confidence and self belief: these are all traits an Olympian, Paralympian or world champion needs to compete at top level. They are traits we all need to succeed in life, whatever we choose to do. But they are also what many young people lack, through no fault of their own. Every young person the DKH Legacy Trust supports is mentored by a world class athlete, giving them the chance to be the best they can be.

So far we've reached 104,000 young people...  
By 2016 we'll reach 200,000

Will you help us and take on a fundraising challenge?

[www.dkhlegacytrust.org/fundraising/events](http://www.dkhlegacytrust.org/fundraising/events)



## Tickety boo

It's great when you have one less thing to worry about. New superannuation changes arrived in January, meaning you need to ensure you're making contributions to a MySuper approved fund if your employees have not chosen their own fund. HOSTPLUS takes the worry out right away, because our

current Balanced Option is already fully approved. That means its simple, low cost features meet the new MySuper rules. So it's all tickety boo. For more information on changes to superannuation visit [hostplus.com.au/mysuper](http://hostplus.com.au/mysuper) or call 1300 HOSTPLUS (1300 467 875), 8am–8pm, Monday to Friday.

super + advice + insurance + education + pension + extras



The information in this document is general in nature and does not consider any of your objectives, financial situation or needs. Before acting on this information, you should consider obtaining advice from a licensed financial adviser and consider the appropriateness of this information, having regard to your particular investment needs, objectives and financial situation. You should obtain a copy of the HOSTPLUS Product Disclosure Statement and consider the information contained in the Statement before making any decision about whether to acquire an interest in HOSTPLUS. Issued by Host-Plus Pty Limited ABN 79 008 634 704, AFSL No. 244392, RSEL No. L0000093, MySuper No. 68657495890198, HOSTPLUS Superannuation Fund ABN 68 657 495 890, RSE No. R1000054. For further information on Chant West ratings visit <http://hostplus.com.au/info/chant-west-disclaimer> HARDWIREAGENCY HOST7769/HM/TB

EXIT THE DRAGON:

# BRUCE LEE

40 YEARS ON

BY TIMOTHY MOTTRAM



**A**round 9pm, 20th July 1973, a panicked call was placed to Raymond Chow by small-time actress Betty Ting-Pei. She explained that she could not wake the man in her apartment. When Chow arrived, he found the martial arts star unconscious and barely breathing.

He was dead before he reached the hospital.

Ting explained later that he had complained of a headache and had taken Equagesic to relieve the pain and had napped since 7.30pm. He never woke up.

Doctors later stated that it was “death by misadventure”. To be precise, his brain had swollen due to an allergy to the painkiller. His death was followed with disbelief by millions around the world. Recalling that night 40 years later, Ting evokes the shock of so many on hearing of his death.

“I was only 26. The person who said he was the healthiest man on Earth suddenly died in front of me. I could not take it,” she said.

Bruce Lee only made six films. But his name, his face and even his philosophies on life, have become cultural landmarks. His death at 32 whipped up a fury of rumours, but in a way, it also cemented his legend as an icon.



Last year was the 40th anniversary of his death, and his legacy is once again being re-evaluated. This edition of Touchline will take a closer look at this modern colossus.

## HIS LIFE

Born in 1940, Lee spent his first year in San Francisco's Chinatown before his family moved back to Hong Kong in 1941. His father was a famous opera star and opened the door to Bruce's subsequent acting career. He appeared in a number of small roles over the years.

Schooling in Hong Kong saw mixed results for Lee. He emerged as an excellent boxer and dancer, but became involved in gangs and street fighting. Indeed, it was a particularly bad beating that led him to pursue martial arts.

Having enough of her son's fighting, Lee's mother encouraged him to return to America, where he worked in a restaurant and completed his high school diploma. As a university student, he taught martial arts in his spare time and eventually nabbed a role in an ill-fated adventure series called *The Green Hornet*.

Despite only lasting one season, it brought him the attention of Hong Kong producer Raymond Chow, who cast him in the 1971 film *Fists of Fury*. The film was a smash in Asia, and its follow up - *The Chinese Connection* - was even bigger. Lee had become a legend in the space of a couple of years, and followed it up with his own film *The Way of the Dragon*.

It was during the dubbing of his next film, *Enter the Dragon*, that Lee first passed out with swelling of the brain.

Within six months he would be dead.

## HIS DEATH

The death of a young celebrity always creates a monsoon of publicity, but Bruce Lee's was particularly wild. The vagueness of the doctor's report and the implausibility of the death of the fittest man in the world being due to an allergy to aspirin was enough to give conspiracy theorists something to chew over. The autopsy showed that the painkiller was the only drug in his body, though there are strong rumours that it also contained small amounts of marijuana. Like one of his own choreographed fight scenes, the rumours began to spin at a ridiculous speed. There were claims that he died from a reaction between painkiller and marijuana. Then came the rumour that he was stimulating his body with electrodes. Then claims that he was taking sexual stimulants. From there, it became outlandish. The triads were named because he wanted to shoot his films in America, or the mafia because he decided to stay in Hong Kong.

As recently as 2006, doctors have been putting forward theories on how he died. James Filkins of Cook County medical examiner's office in Chicago believes that Lee died as a result of condition called sudden unexpected death in epilepsy (SUDEP). This condition has only recently been isolated and is said to be responsible for about 500 deaths a year in Britain alone. It can be triggered by stress; as Filkins says, "Lee was under a great deal of physical and mental distress at the time,"

Whatever the cause of his death, it robbed the world of someone who was truly unique: a genuine philosopher warrior.

## HIS LEGACY

Bruce Lee's impact on the way the west sees the east cannot be underestimated.

With his American background, he was able to transcend the cultural gap between the two cultures. His movies to a large extent brought the kung fu movie into the mainstream, with many imitations following his blueprint. He was a friend of Chuck Norris, whose own ultra-violent films were based largely on his martial arts training. Audiences who saw *Fists of Fury* and *Enter the Dragon* would go on to enjoy the punchy antics of Norris, Steven Segal and Jean Claude Van Damme: a group of westerners adopting an eastern art to take out the trash.

Bruce Lee's hybrid view of the world led him into conflicts. In 1964 he was challenged to a duel by Wong Jack Man. The cause of the conflict was Lee's insistence that he would train white Americans in techniques that many traditionalists from China considered sacred. According to the legend that has grown up around the fight, if Lee had lost, he would have agreed to stop teaching non-Asians. According to Lee, the fight was over in 3 minutes and saw Man being chased around the ring. He continued to teach Non-Asians but the experience led him to reconsider the practice.

This experience and his burgeoning philosophical leanings led him to create his own martial art, despite having acquired his fame through the practice of kung fu. Jeet Kune Do, or "the way of the intercepting fist," was Bruce Lee's stripped down, ferocious, patented martial art. Every flowery, flowing move was cut out of this code. The focus was to strike hard, strike fast and not let up until your opponent was out of the picture. It is claimed that he said "Absorb what is useful. Reject what is useless." In the case of Jeet Kune Do, this is exactly what he did, taking from any martial art in an effort to create the ultimate hybrid.

It is hard to imagine martial arts without Bruce Lee. Even after 40 years, he still is remembered. 🥋

QATAR 2022:

# THE CONTROVERSY HEATS UP



**W**hen FIFA awarded the 2022 World Cup of Football to Qatar, the world was united in shock. Now, all those fears and doubts seem to be justified. Over recent months, the build up to the tournament has taken up many inches of column space.

First, there came a report from British paper The Guardian about the terrible conditions in which migrant workers are being kept as they help build the stadia for the World Cup. Then came FIFA president Sepp Blatter's announcement that the Cup would be moved from summer to winter: news which sent national football leagues, advertisers and winter sports organisers into a spin.

Both controversies have again placed the spotlight on how international football is being run and have further eroded the public standing of Sepp Blatter.





*You can cool down  
the stadiums, but  
you can't cool  
down the country."*



© MARCELLO CASAL JR. / ABR, 2007

## SUMMER TO WINTER

When the World Cup was first awarded to Qatar, the first question raised was the suitability of holding a summer tournament in a country where the top temperature can be well above 50 degrees during the day. The answer was that the new stadia would be air conditioned.

After some thought, it seems that FIFA realized that while

you may be able to air condition a stadium, you cannot air condition a whole country. There are not just the matches to consider: players need to train and supporters need to travel to and from the matches.

In response, Sepp Blatter came out and almost casually stated that FIFA was considering moving the tournament from summer to winter.

The various football leagues of Europe thrashed about, wondering how they would schedule their matches. The Winter Olympics would clash with a winter World Cup, and television advertisers have been wondering how this would impact on them.

The decision to move the tournament has been derided around the world, former German football federation president Theo Zwanziger summing up the general decision as "one of the biggest mistakes ever made in sport."

Blatter's flip-flop came after it was conceded that the space-aged, \$200 billion air conditioning system would not be feasible. In July last year, he came out and said "if this World Cup is to become a party for the people, you can't play football in the summer. You can cool down the stadiums, but you can't cool down the country."

In November, he followed up this assertion with this statement: "Naturally, when it would be possible to play in another date, for the World Cup and for Qatar, it would be better."

When the decision was made back in late 2010, the bid was made on hosting a summer world cup: a fact that must be galling for the losing nations of Australia, USA, Japan and South Korea.

The potential switch has spooked the winter sports federations. In early November, The international skiing federation (FIS) came out with a statement claiming that "FIS will submit a proposal to the other six International Winter Sports Federations to sign a resolution against organizing the World Cup during the winter sports season in 2022."

Rene Fasel, head of the Association of International Olympic Winter Sports Federations (AIOWF) is also cautious. "For the moment I keep cool," Fasel said. "We will see what really will be the decision in FIFA, how Qatar will react and which position there will be."

He fears an advertising drain and a hit to the ratings of winter sports should the World Cup be held in winter. But he spoke

of the other ramification of the move. “We have the regular league games going on in the different countries so, for sure they will have less spectators because they will just watch the football,” Fasel said. “Football is the No. 1 sport in the world – this is like it is.”

Blatter has reacted to this push back. In a meeting with Qatari officials, he clarifies his position on dates. “It will be November-December,” said Blatter. “I don’t know exactly the dates, but it could be from 10th to 10th whatever.”

“In January and February, these are the Olympic Winter Games. It is out of the respect to the Olympic organisation - the Olympic family. Secondly, we have practically the same media, television and marketing partners.”

Meanwhile, the national leagues around Europe are being lobbied to agree to the change. England, the one major competition that does not have a winter break, could be most affected.

FIFA secretary general Jerome Valcke has been in discussions with the Football Association over the impact of the move. “That was part of the discussion, that we have to protect your specific period, which is Boxing Day and these very specific 10 days, which are part of the history of English football.”

So while it appears that FIFA will have its way, the whole solution has the feeling of a round hole, square peg scenario. A winter world cup will have major impacts on players, advertisers and supporters.

## THE MISTREATMENT OF MIGRANT WORKERS

In many ways, the furore surrounding the winter world cup is a minor drama compared with what some are claiming to be human rights abuses being committed in Qatar.

Almost 80% of Qatar’s population is made up from migrant workers, and they perform all manual tasks in the country. They are controlled through the kafala system, which leaves

the granting of exit visas to the discretion of employers. The system has been likened to modern day slavery.

In a report by The Guardian, The International Trade Union Confederation (ITUC) has been quoted claiming, that “4,000 workers could die before a ball is kicked in 2022, if the government does not urgently reform the system.”

*The European parliament have made a statement to “send a clear and strong message to Qatar to avoid the football World Cup 2022 [being] delivered by the assistance of modern slavery”.*


The resolution registered concern over issues including “long working hours, hazardous working conditions, the workers being unpaid for months, had their passports confiscated, forced to live in overcrowded labour camps, denied the right to form unions, and without access to free drinking water in extreme heat”.

The report is so damning that it has swung the European parliament into action. They have made a statement to “send a clear and strong message to Qatar to avoid the football World Cup 2022 [being] delivered by the assistance of modern slavery”.

Blatter has sought assurances for the Qatari state, and seems satisfied with the answers he received. In a statement released in November, he said that “the state of Qatar are aware of some problems. They have already started to react. We went to the Supreme Committee building and we listened to a presentation. What was presented to us shows that they are going forward not only today but have already started months ago with the problems with labour and workers.”

He actually made the point that the changes in the labour laws that were intimated in the presentation would be of lasting impact for the Qatari people, as the presence of the world cup would create a fairer working system.

Judging from the fact that the Qatar World Cup is eight years away and it has already been in the news to this extent, it would seem that all the fears of opponents to the decision had a point.

With no real footballing tradition, plans rather than existing infrastructure, blistering hot weather and medieval labour laws, it is hard to imagine a worse choice for a World Cup venue. Just what persuaded FIFA in the first place is mystifying. 



# FOOD SUPPLEMENTS AND YOU

BY TIMOTHY MOTTRAM

Going to the gym can be daunting enough, what with the mirrors, ripped dudes in chortling packs and machines that seem to have been designed by one of the Spanish Inquisition's more imaginative torturers.

But now look down at the feet of the gym disciples lifting all that weight. What is in that bottle? The colour doesn't seem right: his popping veins must be coursing with whatever is in that potion. Surely he knows what he is putting in his body?

Food supplements are a huge part of sports. It doesn't take much concentrated sport before you will start getting curious about how performance and recovery can be improved through adding something to your diet.

First off, it is worth noting that you can actually get what you need through diet. Most of the acids and proteins that these products provide are found naturally and your body actually needs them. But the practicality of getting the right amounts can be challenging.

Take protein. The average adult male needs to consume around 43g person day to keep his muscle mass stable. That is just going to happen if you have a regular diet; for example, there is around 25g of protein per 100g of chicken.



But say you are trying to stack on muscle. For tangible muscle growth, body builders need to consume three to four times that amount of protein. Indeed, if you are lifting enough metal, there is no limit to the amount of protein you can safely absorb. The problem comes when you have to eat something like 1.2kg of meat per day.

To achieve a sculpted body or to compete at a higher level, some people will dip into the world of food supplements. Before you ingest them, it is worth knowing what they are good for, what goes into them and what the risks are.

## PROTEIN

Protein is what your body is burning when you work out. It is stored in the body until you exercise and then it is translated into fuel. It is the building block of muscle so it needs to be taken immediately after a workout. As the muscles repair themselves – and this process can continue for up to 24 hours- your body will need an abundant supply of protein.

Typically, protein is best delivered in a powder that can be mixed into water. These powders are derived from milk products, and are either sourced from casein or whey. Whey protein can be ingested faster.

## CERATINE

Again, this a compound that is found in foods and you are probably already consuming 1g of it a day, as it is found in meat and fish. Ceratine gives you energy when your main stocks are depleted, and it also draws water into muscle cells. This hydrates the muscle, making it both stronger and larger. It can be taken in powder form: 3g per day can make a big difference to your lifts and bulk.

## AMINO ACIDS

These are either delivered naturally into the body through food or are produced internally. Their chief benefit is that they stop muscles breaking down during intense exercise, and it is believed they increase hormone production. They are usually taken in capsule form.

## FAT BURNERS

The black sheep of the supplement family. They are designed to burn calories by raising your body temperature. They often use herbal ingredients, but the net result is that they stimulate adrenaline in the system. They increase cortisol, which can lead to a range of side effects. Basically, if you are an anxious person, these may lead to nausea, insomnia and even high blood pressure.

While the first three products seem safe enough, reports on fat burners are worrisome. And even though gulping down a protein shake after a workout is satisfying, there remain question marks. How is the protein derived? Are there other additives? And has the product been bulked out to pull down costs?

The problem for consumers of supplements is that they are not regulated in the same manner as drugs. In Australia and Europe, they are classified as foods. While both systems have strict rules on how food is produced and labelled, food supplements skate a fine line. How much of the supplement is synthesized in a lab, and at what point does it become a non-food?

For Americans, the situation is worse. There, they are neither food nor drug, slipping uneasily into an almost unregulated zone. In a Machiavellian move of impressive scope, Republican senator Orrin Hatch pushed through a new bill in 1994 which effectively exempted supplements from clinical testing.

In a recent article from Al Jazeera America, it was claimed that Hatch has family links to food supplement interests. According to the report “the law allowed supplement manufacturers to test their products on a voluntary basis before selling them and blocked the FDA from regulating them unless there was evidence of harm. Thanks to the senators’ efforts, the U.S. population became guinea pigs.”

Case in point: this month it was discovered that a compound similar to methamphetamine was part of a pre-work out supplement called Craze. Developed in the 1980s, the idea was to create a chemical cocktail that would improve the imbiber’s resistance to pain.

Food supplements can be a vital and valuable part of exercise, particular when you are working hard towards a goal. But it is vital to get the right product. Here are a few tips on how to make the right choice.




Keep it simple. When the supplement’s list of ingredients is as long as your arm and contains words featuring too many “x’s”, put it back on the shelf. On top of that, be wary of bonus extra claims. Amino acids are fine, but additives that claim to give you bonus energy, be wary



Transparency: at the same time, it is important to know what is in there. Some supplements do not publish an ingredient list. So for all you know, it could be full of ground up insects. Avoid!



Ask the experts: your gym is likely full of ripped dudes who are only too happy to help. And if you have an existing health condition, ask your GP. Many supplements can have an effect on kidneys and liver function. 

# HOW SOCIAL MEDIA IS CHANGING SPORT

There is no doubt that social media is changing the world. One needs to look no further than the Arab Spring in 2010, where social media, and Twitter in particular, were used with great effect to organise protests. However, in all corners of the world, social media continues to change our daily lives in all sorts of ways, from how we consume news and media, how companies market themselves and the way we find employment.


Sport is no different. Social media has had a huge effect on sport around the world, with the public, athletes and sporting organisations enjoying the many benefits.

Through social media, fans can communicate directly with their heroes, which would be simply impossible years ago without standing outside training sessions hoping for a glimpse of the star. The ability to chat directly with any famous person is exciting, and the nature of online communication gives fans a chance to see the personable side of athletes.

This gives athletes the opportunity to present (and market) themselves in any way they see fit; from wanting to appear as a 'normal' person living an average life, to flaunting their excess-filled lifestyle. Either way, if an athlete can make themselves appear more personable or more entertaining to the fans it will make them more popular.

Sporting organisations also benefit from social media. YouTube has given sporting clubs the opportunity to give fans behind the scenes access including interviews with players and filming 'secret' team meetings. There is of course the financial benefits that this provides. Using social media as part of a marketing strategy, athletes and organisations are able to reach fans outside the stadium, giving them opportunities to promote their sport and to advertise ticket sales and merchandise.

However with these benefits comes risks. There are countless examples where an athlete has used social media to share their thoughts on officials of their sport, to sharing their opinion of their colleagues or simply sharing their thoughts on a topical issue in the media. All of these instances require, at least, a considered and delicate approach, and perhaps restraint from commenting on these issues in the first place. Unfortunately athletes often lack the foresight to see the full effect a post on Twitter or Facebook may have and often land themselves in hot water.

The consequences of making such an error varies anywhere from turning some fans against the athlete, to the loss of sponsorship, fines and creating adverse headlines. There are no certainties in this world, and in an evermore interconnected world, athletes and sporting organisations must be sure that social media is working for them, not against them. 



## TWITTER REGRET

The dangerous thing about Twitter is that it allows us to say the first thing that comes to mind. Here are just some of the more controversial tweets by athletes (selected from a long, long list).

### Rio Ferdinand

Ferdinand was fined £45,000 by the FA for improper conduct for his infamous 'choc-ice' re-tweet of a post by another Twitter user, which said, "Looks like Ashley Cole's going to be their choc ice. Then again he's always been a sell out." This tweet was aimed at Cole for giving evidence on behalf of John Terry in a racial abuse trial involving Rio's brother Anton. The derogatory slang term is used to describe someone who is 'black on the outside but white on the inside'.

### Stephanie Rice

The Australian swimmer and triple Olympic gold medal winner tweeted after the Wallabies win over South Africa in the Tri Nations: "Suck on that faggots!". Rice had to defend herself that she was not homophobic, and lost sponsorship deals as a result of the tweet.

### Mark Allen

Snooker player Allen tweeted a series of outbursts about China causing controversy. Tweets included: 'Journey a nightmare. People are ignorant. Place stinks. Arena's rubbish, tables poor, food is horrendous. Other than that I love China.' That tweet was later removed, and replaced with one saying: "Might've been a bit harsh a few hours ago in my tweet. Not all Chinese people are ignorant. I stand by everything else though."

### Jack Wilshere

Wilshere got into trouble when he tweeted 'Frimpong to score "worth a cheeky £10"'. Despite not actually placing a bet, it led to a telling off from UEFA as it breached strict betting rules.



## FIFA PRESIDENT BLATTER, 77,

## WANTS IOC AGE LIMITS SCRAPPED

Sepp Blatter, the 77 year old president of football's global governing body FIFA, has called for the International Olympic Committee to scrap its age limits for members. Under current rules Blatter must step down from the IOC in three years' time.

He said that a study by FIFA had found that age limits could be discriminatory. He added that members should only be voted out if they are incapable of performing their duties.

Currently IOC members must resign at the age of 70 if they joined after the beginning of 1999, while members who joined before then can serve until they are 80. A decision on whether to change the age limit could be taken in December 2014.

## GERMAN LAB FINDS 266

## DOPING CASES LAST YEAR

A German anti-doping laboratory using a new steroid test has found 266 positive cases in the past year and is finding other positives in retesting of old samples.

Cologne-based scientist Hans Geyer revealed detailed figures at a FIFA anti-doping conference in November last year. The lab found 184 cases involving banned drug stanozolol and 82 cases of steroid oral turinabol.

The International Olympic Committee (IOC) used the new test at the Sochi winter Olympics. It will also be used in the planned retesting of samples from the 2008 Beijing Olympics before the eight-year statute of limitations expires in 2016.

Many of the positive tests – recorded since November 2012 – involved athletics, weightlifting and wrestling, and were also reported to the World Anti-Doping Agency (WADA) and the respective sports governing bodies.

## UK SPORT CUTS ELITE-LEVEL

## FUNDING OF SEVEN SPORTS

UK Sport, the national high-performance sports agency, has withdrawn its financial support of seven sports, including basketball, following its annual investment review of summer Olympic and Paralympic sports.

Investment is targeted where it has the greatest chance of succeeding using a 'No Compromise' philosophy which targets investment at those most likely to deliver medals at Olympic and Paralympic level. The British Basketball national governing body, which initially saw its funding cut last year before winning a reprieve, is the most high-profile victim. However, UK Sport also axed funding for the Olympic sports of synchronised swimming, water polo and weightlifting and the Paralympic sports of five-a-side football, goalball and wheelchair fencing, having decided that they had not done enough to prove they can win medals at the 2016 and 2020 Olympic and Paralympic Games in Rio de Janeiro and Tokyo, respectively.

The UK's high-performance system is currently enjoying unprecedented levels of investment and UK Sport said that it would invest about £350m (€423.7m/\$574.7m) of National Lottery and Exchequer funds into preparing Great Britain's athletes for the Games, with the agency increasing funding to 18 Olympic and Paralympic sports.

## NEW AMERICAN FOOTBALL LEAGUE

## LAUNCHES IN EUROPE

The European Federation of American Football (EFAF) has launched a new top-flight league starting from this year to include six teams hailing from Germany, Switzerland and Austria.

The Big 6 Europe league will begin in May with teams Raiffeisen Vikings Vienna, Swarco Raiders Tirol, Calanda Broncos, Berlin Adler, New Yorker Lions and Dresden Monarchs. The six clubs will be split into two groups to eventually face off in the season-ending Eurobowl.

## ITF EXPELS TUNISIA FROM

### 2014 DAVIS CUP

The International Tennis Federation (ITF) has excluded Tunisian players from competing in this year's Davis Cup, following the Tunisian Tennis Federation ordering one of its players not to play against an Israeli competitor.

At the 2013 Tashkent Challenger, the Tunisian Tennis Federation breached the ITF Constitution by interfering with international sporting practice and ordering Tunisian Malek Jaziri to not compete against Israeli Amir Weintraub

The ITF board of directors was not satisfied with the case put forward by the Tunisian Tennis Federation and unanimously voted to suspend Tunisia from participating in the 2014 Davis Cup.

ITF president Francesco Ricci Bitti said: "There is no room for prejudice of any kind in sport or in society. The ITF board decided to send a strong message to the Tunisian Tennis Federation that this kind of action will not be tolerated by any of our members."

## COMMONWEALTH GAMES MAY GO

### 'BACK TO BASICS' TO BOOST

### INTEREST IN 2022

The Commonwealth Games could be reduced from 17 to 10 sports in an effort to increase interest in staging the 2022 Games, according to outgoing Commonwealth Games Federation (CGF) chief executive Mike Hooper.

Hooper, who has announced he will leave the CGF following Glasgow 2014, said that reducing the number of sports could encourage interest.

"We recognise the tough economic times but we have flexibility," he told UK public-service broadcaster the BBC. "If someone wanted to predicate a bid on a theme of 'bring it back to basics', then they could do so. Clearly the cost structures associated with putting on a 10 sports Games versus a 17 sports Games is vastly different and that has always been the case."

Ten sports is the minimum allowed by the CGF, with 17 the maximum. Bids for the 2022 Games must be received by March 2015.

## RIO POLLUTED WATERS

### 195 TIMES OVER

### SAFE LEVEL

Rio's waterways are still highly polluted with the average faecal pollution rate around the Olympic Park 195 times the level considered safe by the United States.

Nearly 70 percent of Rio's sewage goes untreated, according to the Associated Press. The current pollution rate around the Olympic Park is also 78 times that of the Brazilian government's satisfactory limit – a much lesser standard than that of the US.

"There's no way to work in these waters, where you are literally neck deep in faeces in some places, and not be afraid of the health effects. Show me the Olympic athlete who's going to have the courage to get into waters like these," ecology professor Ricardo Freitas told the AP.

Rio's Olympic organising committee COO Leonardo Gryner also acknowledged the extent of the water quality problem, but said projects were "well advanced" to achieve the city's commitment to reduce 80 per cent of the pollution flowing into Guanabara Bay, where sailing and wind surfing events are to be held for the 2016 Games.



*Among the sources of pollution includes pollution from the shipyard in Rio de Janeiro.*



uk sport  
**Gold Event  
Series**

# A Stage to Inspire

The UK Sport **Gold Event Series** aims to bring the world's most prestigious sporting events to the UK. This ambitious programme provides the opportunity for you to see Great Britain's top athletes compete here on home soil in the world's most exciting sporting competitions.

#### Coming to you in 2014:

- Pru-Health World Triathlon, London; 31 May - 1 June
- Canoe Slalom World Cup, London; 6 - 8 June
- Tour de France Grande Depart 2014, Yorkshire, Cambridgeshire, Essex and London; 5 - 7 July
- ITF Wheelchair Tennis Masters, London; 24 - 30 November

#### Future events in 2015:

- European Judo Championships 2015, Glasgow
- IPC World Swimming Championships 2015, Glasgow
- European Hockey Championships 2015, London
- European Wheelchair Basketball Championships 2015, Worcester
- World Canoe Slalom World Championships 2015, London
- World Gymnastics Championships 2015, Glasgow

**More information at [www.uk sport.gov.uk/events](http://www.uk sport.gov.uk/events)**

These events are only possible thanks to people buying National Lottery tickets. If you've bought a ticket, you're part of the team. Thank you.

