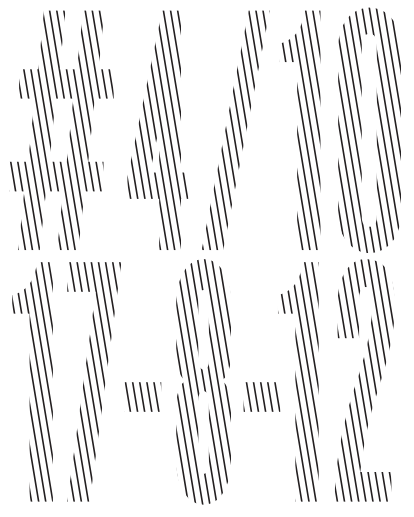


WHOOSH



THUD

SPORTS

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this is a free publication, to be circulated in the University of Nottingham, Malaysia

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**EDITOR'S
MONOLOGUE:
BONE FRACTURE,
MUSCLE TEAR,
I'M STILL A WHOLE.**

CON
TENTS

2

**SPORT AS
IDENTITY**

by JOSEPH TANG

3

**LIFE AS AN
EXCHANGE STUDENT –
A CASUAL RUNNER'S
PERSPECTIVE**

by SARA GHAZIE

4

**RESPECT.
SERIOUSLY?**


by XIAO MING WEE

5

[UNTITLED]

by f.z.

EDITOR'S MONOLOGUE



Sports, inhale, exhale. Hale and hearty aren't we? No, **Joseph Tang** says no.² No sports at leisure; bodies McDonaldised; uniform geometries; sing along the Reel 2 Real's eulogy for physical mobility:

Sports is a luxury. The Olympics is a worldwide showcase of health, wealth and fertility; some are strong, not only economically and politically but also physically. Every 4 years, the Olympics reminds us not to mess with the big brothers. Markedly, Olympic Rankings 2012:

- | | |
|-------------------|-----------------------------|
| (1) United States | (6) Germany |
| (2) China | (7) France |
| (3) Great Britain | (8) Italy |
| (4) Russia | (9) Hungary |
| (5) Korea | (10) Australia ⁵ |

After the Olympics, next up: the English Premier League. Barbaric but gentleman. Etiquettes, manners, advocated to create docile players: confine cultural baggage (subsumption of difference?): sharpen proprioception (Focus! Focus!). Your body, our army, a script on spatial tactics. You here, and you, there. Obedience, **Xiao Ming Wee** recalls,⁶ for respect, for the rules of the game (and the game of the rules?).

Tenacity. Perspiration. Your effort you will be dumbfounded. **f.z.** believes, sports could save the world.⁷ Universality (or universalising?), a deception perhaps needed at times of urgency.

I'm still a whole, but a mendacious creature, learning to procrastinate, to reserve energy – my body, a signifier to many of your nationalist rubbish! God bless the analgesics but I prefer death to lassitude. —TZH

[1] Jeremy Lin is an ideal paradox: a Chinese-looking American but speaks no Mandarin. Yet he becomes an Oriental darling, a Western conundrum. He is not who he is, he represents our imagination and expectation. Insane about his sanity, we project our oneiric desires to his machine, a body without organ. He represents what we want him to represent, he represents our imaginary, our (L)insanity.

- 1



*Just play. Have fun.
Enjoy the game.*
— Michael Jordan —

The word “sport” is derived from the French word *desport* meaning “leisure”, with the oldest definition in English around 1300 being “anything humans find amusing or entertaining”. Sport is understood to be physical and athletic in nature, and is in most instances for entertainment (notwithstanding certain sports that are non-physical such as chess or draughts, or even bridge). Considering how hard professional athletes train, I have always wondered if working so hard to reach the pinnacle of excellence that they strive for, utterly defeats the purpose of the sport in the first place – fun.

There are many benefits to sports. Apart from keeping the body healthy, physical sports also produces endorphins, a morphine-like substance originating from within the body that makes a person feel happy and contributes significantly to mental health. Furthermore, exercise reduces the amount of stress hormones, namely adrenaline and cortisol, in the blood stream. It also makes a person physically attractive by burning unwanted fat and cholesterol away. Exercise increases the blood circulation throughout the body and serves to supply more oxygen to the brain, resulting in a better memory and an alert mind.

Sport is further subdivided into team sports and solo sports, as well as aerobic and anaerobic sports. Basically, aerobic exercise utilizes oxygen to produce energy, while anaerobic exercise requires the body to produce energy which essentially comes from glycogen (carbohydrates). Scientists agree that both forms of exercise are important. For example, a person who does weight lifting, is doing mainly anaerobic exercise that produces a huge amount of strength in a short amount of time. This needs to be augmented by aerobic exercise such as running or swimming, as that provides the body stamina.

The Chinese practiced gymnastics as early as 2000 BC, while ancient Egyptians and Greeks routinely wrestled as a show of strength. In early civilizations, martial arts was developed as a means to train soldiers for combat. The most interesting thing I found in the history of sports, was that the earliest football games were believed to have been played using human heads, or to be precise, the heads of one's enemies. Later, as humans discovered how to make better and rounder balls, this barbaric practice ceased.

“ ...the earliest football games were believed to have been played using human heads, or to be precise, the heads of one's enemies.

One of the most peculiar sports in the world is Formula One racing. On the surface, it appears to be just like any other racing sport. However, although Formula One racing is viewed by many and is extremely popular it is actually extremely elitist. Known as the most expensive sport in the world, an average Formula One car costs at least US\$ 10 million to build, and incurs costs of up to hundreds of millions in other expenses (such as design and maintenance). Secondly, the reflexes of a Formula One driver is said to be superior even to a jet fighter pilot. Such talented individuals are hard to find, so even if a person had the funding to participate, he/she might not have the required reflexes. Putting these facts aside, Formula One is an unusual sport because it is non-physical and physical at the same time. It is non-physical because the car does most of the work. However, a Formula One driver needs to be in peak physical condition to be able to withstand the requirements of driving at high speeds. Due to high G forces and temperatures, a Formula One driver runs the risks of extreme dehydration (losses of 2 to 3 liters of water). Furthermore, the extreme pressure exerted on the whole body, especially the head, can easily render a driver unconscious. Drivers are also required to wear thick fireproof safety clothes, which are also highly uncomfortable. It is no wonder Formula One drivers are paid so well.

Another unusual sport that captures my attention is chess. Chess is played on an eight-by-eight checkered grid of black and white squares. It is a non-physical two-player game, and the objective of chess is to checkmate the opponent's King. White has a 2% to 6% higher chance of winning than black, as it starts first. In this modern day and age, chess remains male dominated even as the number of women chess grandmasters have increased. Some grandmasters have such excellent planning and geo-spatial abilities that they can play a game of chess verbally without any pieces on a board or blindfolded. There are more than a million possible chess permutations in an average game of chess. It surprised many that in 1996, *Deep Blue*, the supercomputer IBM built for the specific and sole purpose of playing competitive chess, beat world champion and grandmaster Garry Kasparov twice. *Deep Blue* was able to calculate 200 million moves in a second and was able to learn from experience, which is considered slow by today's standards.

The English Premier League and the UEFA Champions League are closely followed by many Malaysians. This fanatical support for a sport (football) that is not indigenous to Malaysia can only be attributed to the huge local media coverage. The government could do more to encourage regional sports such as badminton, hockey and *sepak takraw*. The lack of enthusiasm regarding the coverage of such events is a reflection of the minimal importance the government places on regional sports. Do we need to borrow another country's (England) sport and incorporate it into Malaysian culture? NO. Shame on us for having such a lack of identity, for the lack of confidence and interest evidently shown for Malaysian sports. The grass is greener only because we allow it to be. In 1972, the Malaysian national football team beat South Korea and Japan to qualify for the 1972 Olympics. It is a sore point for many that we used to be better in football than South Korea and Japan, countries who have consistently made it to the World Cup for the past decade. Apart from media coverage, a few sports scholarships from the government would help considerably as would some decent sporting facilities. And while we are at it, the politics and power struggles of those who have control over these affairs need to be eliminated, most notably in the Badminton Association of Malaysia (BAM) and the Malaysian Hockey Federation (MHF).

I dream of the day Malaysia qualifies for the World Cup, and a Malaysian identity and culture born out of sports we participate within our own country.

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An anatomical drawing of a human leg, showing muscles and bones. A large black 'X' is superimposed over the drawing. Inside the 'X', there is a white running shoe and a white cross symbol. The text 'LIFE AS AN EXCHANGE STUDENT a casual RUNNER'S PERSPECTIVE' is written in large, bold, black letters. The word 'a' is in a smaller, lowercase font. The word 'casual' is in a bold, lowercase font. The words 'RUNNER'S' and 'PERSPECTIVE' are in large, bold, uppercase letters. The background of the text is the anatomical drawing of the leg.

LIFE AS AN EXCHANGE STUDENT a casual RUNNER'S PERSPECTIVE

by
SARA GHAZIE

Having worked hard to be accepted as an exchange student in the University of Nottingham, I am definitely eager to travel to UK this September and Ningbo in February. Travelling to another country and experiencing their cultures and food will always be my favourite activities. Now, other than enjoying those things, going around exploring landmarks is a must for me. What better way to do it than joining running events surrounding the famous landmarks. Europe has many famous marathons and runs, so as China.

Since I am going to UK for only one semester, which is the autumn semester, joining runs would be difficult because of the weather. Being a girl raised in a tropical country, the cold weather is not a very comforting matter, especially in sleeveless running jersey and shorts. However, that would not stop me from participating in a few runs before the temperature reaches below zero degrees celsius. I have done my research, there are a few marathons and short runs organised during this autumn. Most of them are held in October, to prevent runners from being exposed to the cold weather.

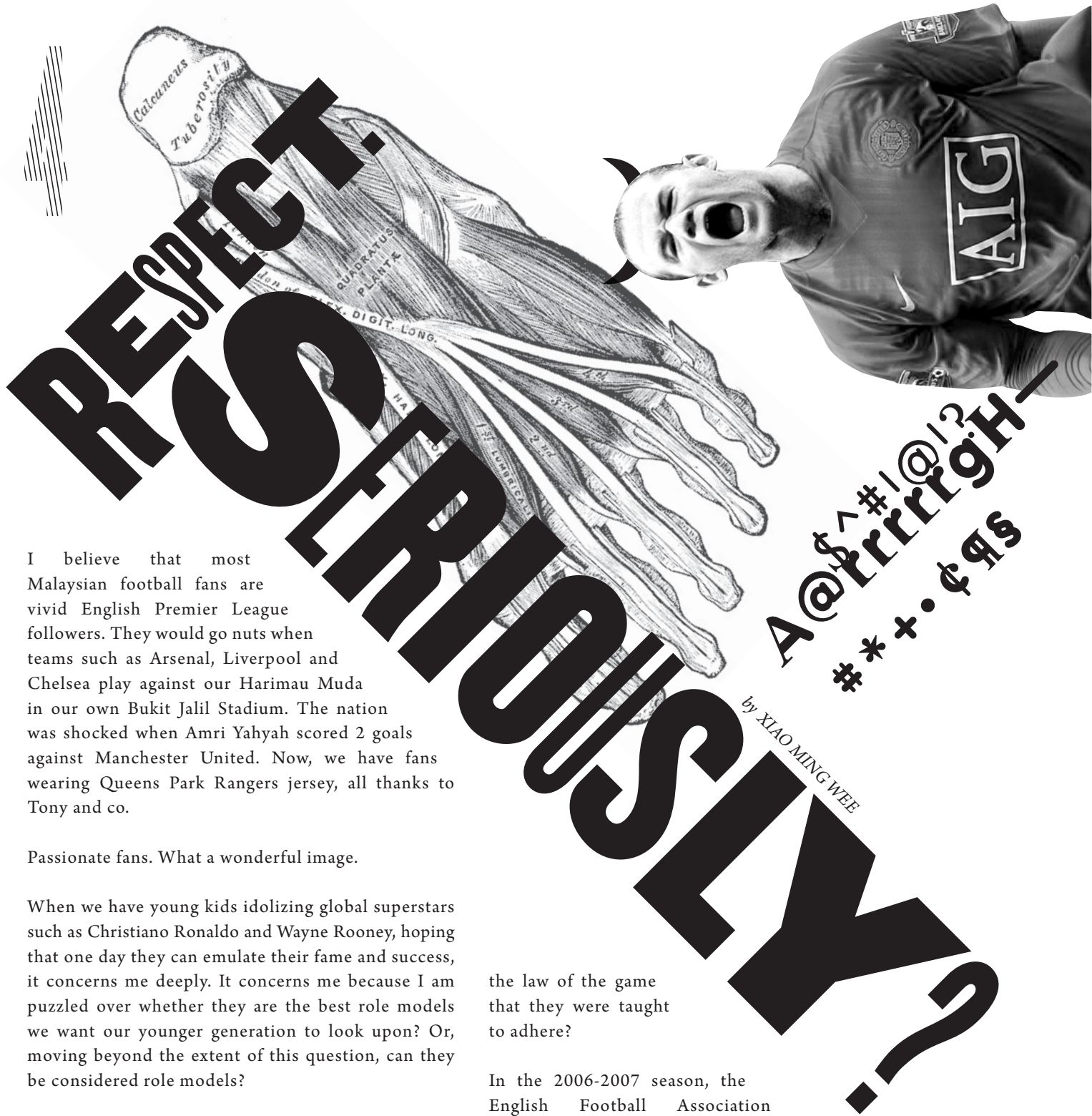
Since I am just a casual runner, I often opt for the 10 kilometres (km) runs. The most that I have done, in a single run, was 12km in Malaysia. In UK, one of the runs that attracted my interest is the Liverpool 10K Run. It will be held on the 14th October 2012 and it goes from Birkenhead Park to New Brighton. Two weeks after the Liverpool run, there is another in Victoria Park, London. The weather in October is still considered acceptable for me. Since I have some friends in those places, I thought that it would be a great opportunity to visit them and do something challenging at the same time.

As for China, it is harder to find suitable running events for my liking. China is such a big country that it is tiring to travel from one city to another. Nottingham students will be located in Ningbo, so travelling to Beijing for running events on a student budget would be a little tight. However, there is one race that will always be an exception for me. The Great Wall Marathon is definitely one of the most prestigious marathons in the world. As one of UNESCO World Heritage Sites, it will give runners a chance to gloat to their friends about their personal achievement. It is divided into four categories: full marathon, half marathon, 10K, and a fun run. Since it focuses mainly on international participants, I am expecting the entry fee and the journey to Beijing and back to be very pricey. It is time for me to save up.

For now, I will focus on runs in England and China. However, in the near future, I would love to join more challenging runs in other parts of Europe, Asia, and Australia. To have a long list of "conquered" running events is one of the things I have to do before I die. Events like Marathon de Paris, Boston Marathon, Athens Classic Marathon, and who knows, Mt. Kinabalu International Climbathon are top in my list for future running events when I become fitter.



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by XIAO MING WEE

I believe that most Malaysian football fans are vivid English Premier League followers. They would go nuts when teams such as Arsenal, Liverpool and Chelsea play against our Harimau Muda in our own Bukit Jalil Stadium. The nation was shocked when Amri Yahyah scored 2 goals against Manchester United. Now, we have fans wearing Queens Park Rangers jersey, all thanks to Tony and co.

Passionate fans. What a wonderful image.

When we have young kids idolizing global superstars such as Cristiano Ronaldo and Wayne Rooney, hoping that one day they can emulate their fame and success, it concerns me deeply. It concerns me because I am puzzled over whether they are the best role models we want our younger generation to look upon? Or, moving beyond the extent of this question, can they be considered role models?

Every time after the Man in Black (sometimes yellow or green) blows his whistle, shows a card, raises a flag, points to the penalty spot, we have our dear idols surrounding that poor man in charge, arguing that they do no harm elbowing their opponents in the process of getting the ball back in possession. We have long-serving managers (from Glasgow, by the way) criticizing the decision of these personnel that we have high regards in their abilities and impartiality when making a tough call in the match.

Ludicrous, but (sadly) that's the reality.

Are these role models, or global superstars, demonstrating the right attitude? Are they respecting

the law of the game that they were taught to adhere?

In the 2006-2007 season, the English Football Association launched the *Respect* campaign. Six seasons after, we have PFA Chief Executive Gordon Taylor calling for a "step[ped] up" for the FA's *Respect* campaign. So, how successful has this campaign been?

Respect



FA's *Respect* campaign: does it work?

★ STUDENTS IN RESISTANCE ★

WRITERS NEEDED

★ VOICES OF UNMC STUDENTS ★



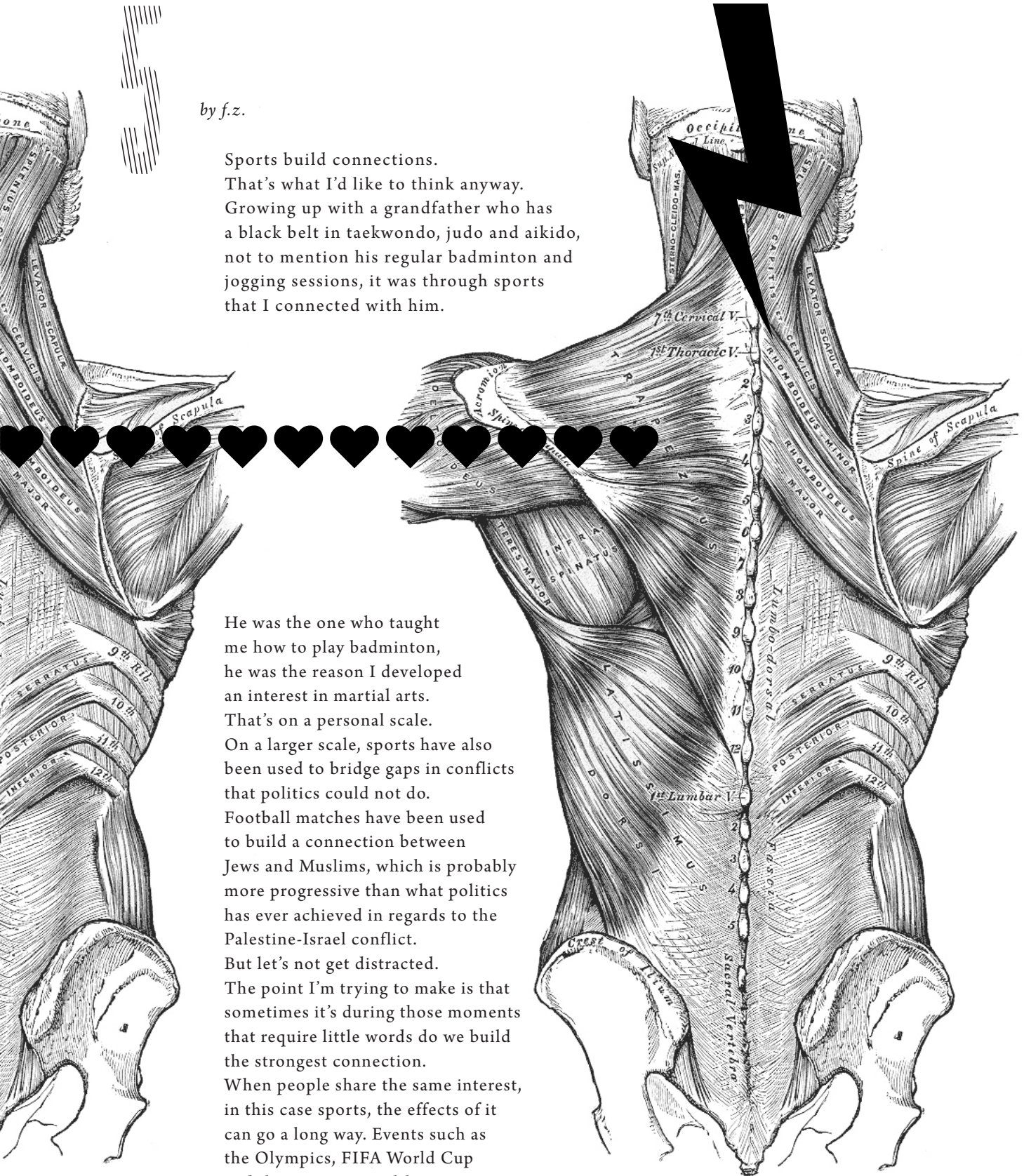
We believe in the power of writing, especially its ability to showcase complication, to expose totalising institutions to scrutiny. We welcome contributions from students. No specific requirement apart from our slight propensity for counter-hegemonic contents. If you are interested to write, contact us: **studentsinresistance@gmail.com**. We are open to suggestions, collaborations and even projects.

All our articles are available online so to encourage commentaries from fellow readers. The zines can also be downloaded for free in PDF format. Log on to: **studentsinresistance.tumblr.com**

by f.z.

Sports build connections.
That's what I'd like to think anyway.
Growing up with a grandfather who has
a black belt in taekwondo, judo and aikido,
not to mention his regular badminton and
jogging sessions, it was through sports
that I connected with him.

He was the one who taught
me how to play badminton,
he was the reason I developed
an interest in martial arts.
That's on a personal scale.
On a larger scale, sports have also
been used to bridge gaps in conflicts
that politics could not do.
Football matches have been used
to build a connection between
Jews and Muslims, which is probably
more progressive than what politics
has ever achieved in regards to the
Palestine-Israel conflict.
But let's not get distracted.
The point I'm trying to make is that
sometimes it's during those moments
that require little words do we build
the strongest connection.
When people share the same interest,
in this case sports, the effects of it
can go a long way. Events such as
the Olympics, FIFA World Cup
and the Commonwealth Games are
testaments to this. It is as if,
for a fleeting moment,
the world forgets its problems and
focuses on celebrating sportsmanship.



everyday practice.

You don't get holidays.

