



ALTON JUDO CLUB BULLETIN

March 2011

Grading

Wot's been happening?

Lots!

During February we he a club grading and had great success as follows:--

Juniors

James – 5th Mon

Sam – 3rd Mon

Rhys – 3rd Mon

Seniors

Mike – 2nd Kyu

Dan – 4th Kyu

Matt – 4th Kyu

Josh – 5th Kyu

The Standard was really very good with good demonstrations and depth of knowledge very apparent.

ADSC Awards

During January your coaching team had great success at the Alton District Sports Council Awards event – Petra took an award for senior sportswoman, acknowledging her international World Master's success, Marie received an award for Volunteer of the year underlining all that she does for Alton Judo Club outside of lessons and Derek's award recognised his Services to Sport in view of his long term commitment to judo in and around Alton, Hampshire and Southern England.

Petra was also short-listed for a Hants and Isle of Wight Sports Awards, and on 23rd March won Sportsperson of the year at the awards dinner held at Southampton Football Club that evening. We are all extremely proud that her successes representing GB at the World Masters have been recognised at home especially in the year she has decided to retire from international competition.

Other Stuff

Xmas saw us all at the Greyfriar enjoying our annual seasonal meal, everyone had a good time and we talked about guess what? Judo.

During this quarter Petra has taken a few lessons which were all well received, thanks Petra. Over the next few months Marie will also be taking some lessons – with three of us in the AJC coaching team look out for a range of new ideas.

Words from the Sensei

Competitions are now becoming important for you all to take part in and test your fighting abilities – these are really good experience and will stand you in good stead for when you go for your black belts.

Just a reminder, judo is a skilful discipline calling for proper knowledge and understanding of techniques linked with timing. It is maximum efficiency for minimum effort so if you are fighting with too much strength then take a step back and revisit what we have taught you.

Randori is a time to practice and experiment, a time to respect your partner and work to improve their game as well as yours. Judo practised properly leads to mutual benefit one of our founder's aims. Dr Kano saw judo as a way of life and education as much as a sporting / physical activity leading to physical and mental well being.

Use the judo philosophy to improve and enhance your participation in other martial arts that you might take part in.