



ALTON JUDO CLUB BULLETIN

July 2010

Well wot's bin 'appening?

Website

Marie and her friend Shaun have been working hard to design, develop and populate a new look Alton Judo Club website. We like it lots – hope you do too. We're very grateful for all of the effort they have put in.

Gradings

Gradings are going ahead with the following successes in June and July:

Seniors:-

- Robyn Brown 3rd Kyu;
- Mike Blacklock 3rd Kyu;
- Jack Harriot 6th Kyu
- Marie Hollands 15 points towards 2nd Dan

Juniors:-

- James Fryer 3rd Mon

Each of the candidates had prepared fully and was able to satisfy all the grading requirements.

Results!

Competitions:-

Bit quiet at present but several club members are now looking to compete and we are sifting those competitions that will suit their technical knowledge and allow them to gain useful competitive experience for when they all attempt their Black Belts.

Coaching at AJC

Petra Pears passed her assessment for UKCC Level 2 Judo Coach on July 11th. Having gained her BJA Instructor Award in February of this year, Petra has successfully built on this foundation and gone up a stage.

In addition Ian Cox, who attends AJC on a regular basis but who is a founder member of and instructs at Fleet Frogmore Judo Club, has also passes his assessment for UKCC Level 2 Judo Coach.

We anticipate having more good news on the coaching front later in the year because Marie Hollands (aka Muttley) has booked onto a level 2 course due to start end of August and we wish her well. Marie is also building upon the foundation laid when she gained the BJA Instructor Award in February of this year.

This all means that we have a range of coaches taking our lessons and can also call upon F&F coaches as both clubs work closely together.

BJA Volunteer Awards 2010

Each year our National Governing Body, the British Judo Association, makes awards to its members working as volunteers in clubs, recognising their efforts in supporting and promoting judo.

Guess wot? Petra Pears was nominated this year and has just received confirmation of a Silver Award – congratulations and well done Petra!

The award ceremony is in October.

Coaching Revalidation - Hampshire

On Sunday 13th June, Alton Judo Club hosted a coach revalidation event and over 25 coaches attended. It was a day based on Nage no kata and Katame no kata and was aimed at showing how useful kata can be in developing a person's judo in general.

For the purposes of this occasion the tutors stripped out the detailed formalities and concentrated upon the efficiency of the techniques, just about all of the coaches went away wondering why they hadn't looked more deeply into kata before. If you don't do kata then you are missing a very important part of your judo education.

The tutors, all experienced judo coaches (including kata) were Chris Doherty 5th Dan & BJA Regional Technical Officer, Derek Hopkins 5th Dan of Gosport Judo Club, and Derek Pears 3rd Dan & Southern Area Technical Director.

We are hoping to develop this theme and progress anyone who wants to compete in kata competitions by running more such events at club and county level and by accessing the skills and knowledge of several high level (including international) kata teachers/coaches.

BJA Membership

Can everybody ensure that their BJA individual membership licenses are up to date please? This ensures continuity of insurance and income to our National Governing Body.

Sales Pitch

NB all profits from these go into the club funds

- A3 **Poster** of Dr Jigoro Kano Founder of Kodokan Judo **£4**
Taken from the original painting by our very own Marie Hollands which hangs in the Alton Judo Club Dojo.
- Club **Badges** suitable for gi, tracksuit or blazer **£4**
- AJC Car/window **stickers** **£2**
- **Drinks Bottle** with AJC logo **£2.50**

