



ALTON JUDO CLUB BULLETIN

August 2012

Intro

Hi folks, we're back! For various and varied reasons we've not been able to bring up to date the details on our website for several months – until now. Please visit regularly / frequently for updates and let us have your comments via e mail info@altonjudoclub.com.

Clubmark



Alton Judo Club achieved CLUBMARK status during early 2012. This is quite an achievement and we are just one of only five judo clubs in Hampshire to have got this marque.

Our sincere thanks go to Marie Hollands for all of the hard work she put into collating the necessary information and ensuring that we met each and every condition – it was a truly massive task and would not have happened without her huge input. A few lines cannot adequately describe Marie's mission of organising club officers to go on courses while steering us through the CLUBMARK requirements, which did change a bit during the process period, and submitting evidence for appraisal.

After all of that we can now proudly display the CLUBMARK logo on our club website and literature. We are already looking to build upon Marie's hard work so that we can renew the award in a couple of years' time.

Convent Course

Marie arranged a beginner's judo course with the Convent school in Alton, assisted by sensei Derek and taught a 6 week plan which resulted in grading success for all participants. Again Marie was the driving force and the successes achieved are a credit to her coaching.

BJA Licences

Important –

Alton Judo Club does not run a separate individual club membership – just make sure you put these details on your BJA application / renewal please - Alton Judo Club, club number 68.

Please ensure that your BJA membership licence is up to date as grades cannot be confirmed otherwise.

Club Membership

Club membership numbers have grown over the last 8 months and for the junior section we are nearing capacity – sensei Derek and Petra are looking to see how we can make sure anyone who wants to join AJC can do so.

We have said goodbye to some members during this time and wish them well – they are all welcome to come and train with us whenever their time allows.

As well as new people joining both junior and senior sections we have welcomed back several “old faces” who have dusted off their judogis and want to “give judo a go” again.

Loyalty card

Don't forget that AJC operates a “LOYALTY CARD” for all regular/frequent attendees – earn up to 3 free training sessions per year, juniors and seniors.

Gradings and Competition successes

This technical syllabus is certainly making everyone learn their judo and generally speaking those presenting for examination are very well prepared. We have had a range of promotions this year both senior and junior – well done everyone.

Appropriate level competitions are currently few and far between but the seniors have managed a couple, fighting well above their grade and gaining valuable experience in the process.

In July John Schoenewolf, in only his second competition, gained a silver medal in his weight and belt category – an excellent result.

For juniors we will let you know as soon as something suitable comes up and if you/ we think it worthwhile you can enter and see if you can win a medal.

Open day July 22nd

WOW! What an interesting day. We estimated over 75 individuals visited our dojo and 50+ came onto the tatami (judo mat) to give judo a try. Some have returned – welcome and we hope you enjoy your judo with us. Some mums and dads tried it and realised just how clever their kids are and just how complex “doing judo” can be.

We would like to give a big, big thank you to the seniors and juniors (and their mums and dads) for coming and supporting us. THANK YOU!!

Mums and Dads and Kata Judo

Well, after speaking with a good number of parents on the mat side it seems quite a few would like to “do judo” but don’t want all of the “pushin’ n shovin’” and hard work that usually goes into our sessions.

Guess wot? We will be trialling some sessions for the half hour break between junior and senior classes that involve kata judo.

Never heard of it? Kata is a prearranged set of judo movements in which two partners perform judo techniques in a co-operative environment. What we do at AJC is to take these katas and modify them for whoever wants to try them without being thrown or doing throws.

Our first one will be based on Ju no kata- the kata of gentleness and will not involve any throws, lifts or falls. It is just a really good exercise set based upon self defence and judo movements and is performed at the pace of those taking part, slow, medium or fast-it’s up to you! You won’t even need a judo gi (judo outfit).

These are free sessions just to gauge reaction and encourage people to “put their toe into the water” – come and give it a try or ask sensei Derek for details and start date.

Coaching Activity

All BJA judo coaches have to revalidate their qualification each year; this usually means attending a specific course aimed at updating and confirming their knowledge.

Once again Alton Judo Club hosted such a course – over 25 coaches from Hampshire and some from nearby counties came together to take instruction and share their experiences.

Although now retired from Area and County coaching positions sensei Derek was one of the course tutors – it was an enjoyable and informative day for everyone, tutors and course candidates alike.

Olympics

Didn't we do well in judo – our GB girls showed us the way; silver for Gemma Gibbons and bronze for Karina Bryant. Very well done and congratulations to them both and bravo to all of our judo Olympians.

Remember, all of these athletes started at local clubs – who knows, you might be next?