

Alton Judo Club Newsletter July 2017

2017 looking forward

As we are settling into our new dojo we are looking forward to a successful year where we can put our previous difficulties behind us and concentrate on “doin’ judo” and enjoying ourselves..

Membership and Attendance

“Your judo club can only remain strong with a stable membership.”

Seniors The senior classes could do with more players, currently session attendance is sporadic and it is difficult to maintain a cohesive programme of teaching which affects learning and progression through the grading syllabus.

Regular attendance helps maintain the effectiveness of the classes, quite simply the more partners to practise with the better the randori and the whole judo experience, **so please keep coming and please keep spreading the word about judo in general and your club in particular.**

Juniors Junior membership and attendances have been growing since our move, so much so that we are introducing a waiting list for juniors. In our new dojo we simply do not have the mat area to accommodate a large class. So if you are going to be away for a while speak with your sensei.

Just the other evening sensei Derek asked the junior class why they came to judo and was given the best answer possible “because we enjoy it!”

The matters of gradings, promotions and contest medals just follow on the back of that enjoyment. This shows to one and all that Alton Judo Club is a happy place, a dojo where serious study of judo is carried out but with a strong element of fun.

So, don’t forget to tell your friends all about us!

The New Dojo

The major difference has been the laying down and picking up of judo mats before and after our sessions and a tighter time schedule when changing from the junior to the senior class. We would appreciate some more help with laying the mats; fortunately the seniors pick them up and return them to the storage area quite quickly which allows us to meet the stricter time table to vacate the college after our judo.

We would like to mention several stalwarts who regularly turn up 15 minutes early to lend a hand with the laying of mats – from day one we had help from Finn and Borre, not forgetting their mum who gets roped in to lend a hand and put out the chairs, latterly we have received help from Charlie and Zaki plus parents of course - thank you all very much!

BJA MEMBERSHIP

Remember to keep your BJA licence up to date as you can't grade without a current membership.

CAR PARKING

Just a reminder – please park at the front of the college and not in the main car parks as these are locked up early during the evening.

GRADINGS

We have started a grading programme and already several members have gone up a grade. We encourage you to learn and understand your judo so that your grading is a natural progression on your judo journey and just reward for the effort, attendance and commitment you put in. That is why we assess you over a period of weeks to gauge your overall judo abilities, consistency leads to good judo which leads to a long judo career.

Just to mention those who have successfully graded so far during 2017-

To 3rd kyu:- Joel, Kira

To 1st Mon:- Felix

To 3rd Mon:- Rowan, Roan, George

To 4th Mon:- India aka Billy

To 6th Mon:- Autumn

Very well done to all of you!

There is a good number of club members still in the grading pipeline and their names will be published as soon as they grade. The new dojo certainly seems to be having a positive effect on everyone's judo. Keep up the good work!

Competitions

There are one or two BJA competitions planned for 2017, if anyone is keen to compete please speak with sensei Petra or Derek for advice and details. In judo we tend to call such competitions and contests "shiai" which mean test in Japanese.

That is exactly what happens; you go out and test your judo under stress conditions against partners you don't regularly practise with. The best bit is that, win or lose, you will come away with a lot of questions about your judo specifically and judo in general. These "shiai" can be very useful stepping stones to understanding and enjoying your judo.

You might or might not win a medal but you will certainly come away with a range of experiences not always available during randori and club practice.

Gold Medal Success

Junior member Autumn attended her first competition on Sunday 30th April 2017 and fought against much more experienced girls, including Hampshire squad members. Despite this difference in experience Autumn acquitted herself well and came through and won Gold – her judo was very confident after a quiet start and this confidence has now transferred to club randori whereby everyone benefits.

WELL DONE AUTUMN!!!

On the same day senior member Matt won his category against some pretty stiff opposition – he just enjoys judo competitions and is looking forward to gaining a higher grade and stepping up into more advanced level competitions.

Matt has previously medalled at the High Wycombe venue which attracts a wide range of judoka for him to fight.

WELL DONE MATT!!!

Our Kids' Humour

At the beginning of our junior sessions we complete a range of warm up exercises based on animal movements with names like flapping fish, starfish, shrimp and monkey run amongst others. These all replicate judo movements but with an element of fun.

Amongst these warm-up exercises we also do one that we used to call dying ant or dying fly and it consists of laying on your back and waggling legs and arms in the air. A few weeks ago however the kids renamed this exercise; they now call it “Tasered Man” as it reminds them of what they have seen on tv cop shows. Even though sensei calls out the command “Dying Fly! almost as one the class call out “Tasered Man!” and in fits of giggles start waggling their limbs.

A sign of the times perhaps but we are just hoping that they do not rename any of the other warm up drills. Who knows where their humour and imagination will take them and us.

August Closure

This year we are taking the unusual step of closing the dojo for the whole of August; this is due to a majority of our kids going away for holidays during this period and leaving not enough people to have useful training sessions.

Sensei Petra and Derek hope you all have a good time and we look forward to seeing you all again on Friday 1st September refreshed and eager for more judo.

A Bit More News

Several of our juniors attend Eggar's school and it was a treat to find that three of them received awards which were presented at a formal school evening ceremony in front of parents. This emphasised the high regard the school has for these awards.

There was a range of categories across years 7 -10, our kids were awarded the following

Kira : YEAR 10 ART AWARD

Jodie: YEAR 7 TUTOR AWARD

Borre: YEAR 7 DESIGN AND TECHNOLOGY AWARD

Achievers on and off the judo mat – well done all!