

CARN BREA JUDO CLUB



October 2011

www.carnbreajudo.co.uk



BLOCK PAYMENTS

**TUESDAY 1 NOVEMBER - TUESDAY 6 DECEMBER (6 WEEKS)
= £10.50 PER PERSON PRIMARY; JUNIOR; STUDENTS
SENIORS = £13.50 PER PERSON.**

***CHEQUES MADE PAYABLE TO CARN BREA JUDO CLUB
TO QUALIFY FOR BLOCK PAYMENTS
THIS MUST BE PAID ON THE FIRST CLASS OF A NEW BLOCK.***

**THOSE NOT PAYING ON BLOCK PRIMARY; JUNIOR;
STUDENT CLASS FEES WILL BE £2 PER NIGHT
SENIORS £2.50 PER NIGHT**

Extra class fees are as follows:

£2.80 per Child / £3.30 per Adult

**Please be sure to always give in your name on arrival to the front desk,
our register is vital in case of fire.**

Thank You



A GUEST INSTRUCTOR TO VISIT THE CLUB

ON November 15th 2011

Be sure to put this date on your calendar, for this evening we are offering our students two classes for the price of one dojo fee.

Our guest instructor is John Smith. John joined Carn Brea Judo Club many years ago as a small child. His love of judo took him to Coventry when he was in his teens to train with Neil Adams. Neil is former world and Olympic champion. John also attended college in Coventry during those years.

John visited Japan and has trained with some of the best instructors in the world, he and was once ranked number two in Britain.

Please take advantage of this evening, you are all invited to attend both the 6.15 and 7.15 class enjoy and share in John's experiences and judo teaching.

Sensei Tom and Jacky

Judoka of the Month

Kayleigh Bridgeland—Howarth

Who has improved greatly
through her dedication



WE ARE PLEASED TO ANNOUNCE

Children's University Update

Ben Whitehead, Callum Kyle,

**Alfie & Jacob MacDonald, Jack Croucher,
Ned Pritchard, Reece Prout, are all on the
verge of obtaining their Bronze awards .**

**Ryan & Kieran Daughtery are on their way
to a Silver award and their first
graduation!**

“Well done everyone a fantastic achievement“

DIARY DATES

OCTOBER

22 & 23 FPJ 1 COURSE & REVALIDATION at Threemilestone
23 Midland Area Open Championships - Rawlett Centre, Tamworth
30 Devon Area Closed Competition - Okehampton

NOVEMBER

20 BJC Senior Nationals - Hereford
26 & Sunday 27 Course & Grading at Penzance
NOTE: Mats will be laid Saturday morning at 8am
**Time table ON NOTICE BOARD*

2012

January

8 BJC National Squad Training - Rawlett Centre, Tamworth

FEBRUARY

19 or 26 February area grading DATE TO BE CONFIRMED at Threemilestone

March

4 BJC National Squad Training - Rawlett Centre, Tamworth
11 March CORNISH INTER TEAMS at Penzance
NOTE: Mats will be laid Sunday morning at 8am

April

6-9 at ST IVES EASTER COURSE at GUILD HALL
NOTE: Area Judoka can have another opportunity to grade

15 BJC National Squad Training - Rawlett Centre, Tamworth

May

6 BJC Nationals

June

10 BJC National Squad Training - Rawlett Centre, Tamworth

OCTOBER

14 CORNISH CHAMPIONSHIPS
NOTE: Mats will be laid Sunday morning at 8am

There is ample opportunity for competition for all levels.

We have the entry forms. to all the listed competitions.

Please note that if you attend any of the Nationals in Hereford

accommodation needs to be booked well in advance

JUDOKA OF THE WEEK 3.50pm class

Morgan Phillips

Ned Pritchard

Luke Nettle

Jacob MacDonald

THE CLUB SPONSOR IS



THANK YOU

Carn Brea Stock Shop

Belts **£5**

Shin Pads all sizes including small

Club Badges **£3**

Judo Handbooks **£3**

Sweat Hoodies **child £12 (including tot size) / Adult £15**

(including logo)

Zip up Fleece **£20 (including logo)**

Kit bags **£20 (including logo)**

Tee shirts **child £5/including tot size)/
Adult £6 (including logo)**

2nd hand suits

If you have any old suits or you know someone who no longer practices we would be delighted to receive their suits

Reimbursement by agreement by the stock controller

**WE WOULD LIKE YOU ALL TO JOIN US AT
CARN BREA JUDO CLUB'S**

AGM

ANNUAL GENERAL MEETING

**THURSDAY 1 DECEMBER AT ROSKEAR SCHOOL
7PM IN THE COMMUNITY ROOM**

MINCE PIES, CREAM & LIGHT REFRESHMENTS

"WE LOOK FORWARD TO MEETING YOU"

Cornwall Children's University

Carn Brea Judo Club are a **validated club** with this scheme

The age range for Children's University is 5-14.

Children's University Passports

Children and young people record their participation in validated activities, They receive a stamp for each hour of activity in order to work towards the national certificates. Passports cost only £2



"This could be you"

To sign up please speak to Sensei Jacky or the front desk

Cornwall Ambassadors Trust

The Cornwall Ambassadors Scheme has been developed to recognise and support individuals with true sporting talent in Cornwall who are working towards the highest levels of success in their chosen sport.

What are the Benefits of the Scheme....?

Individuals that have qualified to receive a Cornwall Ambassadors Card can benefit from:

- FREE access to a number of county wide sports facilities to help support their training needs
- Discounts on Sports specific treatments
- Discounts on Sports equipment
- Discounts on Sports nutrition
- Potential access to support grant aid
- Increased recognition and profile in the community as a County Ambassador

Who is Eligible to be on the Scheme...?

Individuals can apply for a Cornwall Ambassadors Card if:

- You reside in Cornwall or have a home address in Cornwall.
- You are above 12 years of age.

You can supply written evidence from your National Governing Body that you are ranked in the top 10 in Great Britain. *So if you have won medals nationally you need to apply.*

WE KNOW THAT THERE ARE SEVERAL OF YOU THAT COULD QUALIFY

WE HAVE APPLICATION FORMS SHOULD YOU WISH TO APPLY

Questionnaires

We have received a grand total
of one

Thank you to that person

The rest of you must be very
happy?

**There will be no judo in
half term week
TUESDAY 24 OCTOBER**

Cornwall Children's University Graduation – Wednesday 9 November 2011

Dear CU member

Congratulations on achieving an award or certificate. Cornwall Children's University is proud to invite you to its next Graduation Ceremony which will be held at:

Venue: University of Exeter/ University College Falmouth Tremough Campus Treliever Road Penryn

TR10 9EZ Date: Wednesday 9 November 2011

Time: 5.30 – 7.00pm

On arrival, drinks and biscuits will be available. After a welcome talk, you will go on a short tour of the university site. After the tour, you will put on your caps and gowns ready for the ceremony! We aim to be finished by 7.00pm. We will be providing graduation caps and gowns for you to borrow for the ceremony and you should wear your own smart clothes underneath. There will be an opportunity for your parents to take photographs of you wearing your gown after the ceremony. We have attached a form which we need your parent or guardian to

complete and return to us. We would very much like to celebrate this event with you and your family. As places are limited we suggest two adults plus brothers/sisters (the ceremony may not be suitable for very young children). Please indicate how many people will be attending on the attached form. There will be a photographer at the event therefore we need your parent/guardian to give their permission on the attached form.

WE HAVE THE FORMS ON THE FRONT DESK

If you are able to attend this ceremony, please let us know by returning the completed form by 17 October at the latest. If you need help with transportation to and from the venue, please tell us on the attached form and return as soon as possible so that we can make arrangements. There will be free parking at the site if you would like to make your own way to the venue. If you have an additional needs please let us know.

We look forward to welcoming you to this exciting event as we celebrate your achievements!

Yours faithfully,

Tanya Moore

Children's University Manager for Cornwall

"HOW FANTASTIC FOR YOU ALL"



Neil Adams Course Report

On July 30th- 31st 2011, I travelled up to Newquay to attend a judo training course hosted by Neil Adams MBE. There were over a one hundred judoka attending and many seniors too. One of those judoka was Ben Whitehead from our club. Both days started off with a fitness hour, which involved many exercises to warm us up and help with judo techniques. After that came the best bit when Neil Adams trained us and taught us judo moves in stages. Some of these moves we already knew but he added to them or altered it slightly to show how you can combine different techniques.

Neil Adams told us, that he won many of his fights using groundwork, and it was the groundwork exercises I enjoyed most. There are so many ways you can attack an opponent on the ground. Just by shifting your weight and the angle of your body you can get into many holds, strangles and arm-locks.

Then we had Randori sessions to practise the new moves and our favourites! I partnered up with seniors and juniors bigger than me and some were from BJA clubs so I fought with people who had different ways of fighting. That helped me learn a lot when fighting.

I really enjoyed the course and it was great to see Neil Adams in action - both teaching us and fighting with black belts on the mat!

Ryan Daughtery

WELSH NATIONALS REPORT

On Sunday 25th September 2011 Carn Brea Judo Club sent 4 Judokas to the Welsh Judo Nationals in Hereford.

All have previously medalled before in this tough competition and all four fought and represented their club fantastically well.

First up was British Training squad member Kieran Daughtery, aged 9, winning incredible Silver despite having a injured knee throughout.

Next up was his big brother Ryan Daughtery, aged 12, who is also in the British Squad, in the new Junior u42 kgs category. The weight category had a lot of entrants. Ryan had some extremely tough contests and narrowly missed out on a Bronze having led the fight throughout.

Lisa Ivey again added to the medal haul bringing home the Gold and Mark Hanson got Bronze in the very competitive esquire category, which included young Dan grades, with some crowd pleasing ippon throws.

Carn Brea Judo Club are all extremely proud of them.

Martyn Daughtery

THIS LOOKS LIKE OUR DOJO AT THE BEGINNING OF SOME OF THE CLASSES

A MESS

**DO NOT LEAVE IN A PILE BY THE DOOR
PLEASE LEAVE YOUR ZORIS BY THE SIDE OF THE MAT**

HOW ABOUT WRITING YOUR NAME ON THEM TO STOP SOME PEOPLE GOING HOME WITH THE WRONG FOOTWEAR

REMEMBER OUT DOOR SHOES ARE NOT PERMITTED IN THE DOJO. YOU WILL NEED TO CHANGE INTO YOUR ZORIS BEFORE ENTERING.

THANK YOU

The Grading Syllabus being used for the Course & Grading will be the old style. Changes/ tweaking will be made in due course.

You will also have the opportunity to show what you know.

The Information for the Course and Grading is on the notice board

Parent & Toddler Group

Fridays

10.00am-11.10am.

Term time only

£2 per child

including snack

Telephone

01209 714241 ask for

Suzanne Eva

