

All Dan grades are to renew their BJC  
licences in December



Stocking fillers from  
Carn Brea Judo Club:  
Shin Pads all sizes including  
small £10  
Club Badges £3  
Judo Handbooks £3

**Available from the front desk**

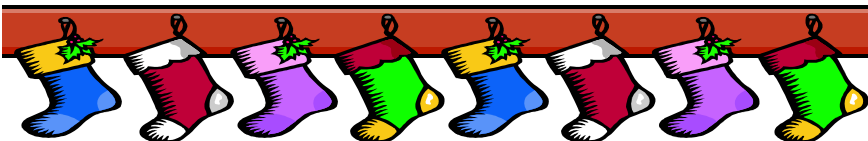
**[www.carnbreajudo.co.uk](http://www.carnbreajudo.co.uk)**



**WE WISH YOU A VERY MERRY  
CHRISTMAS AND A HAPPY NEW  
YEAR FROM ALL AT THE  
CARN BREA JUDO CLUB**



**CARN BREA JUDO CLUB  
DECEMBER  
NEWSLETTER 2007**



The Carn Brea Judo Club Sponsor is



THANK YOU

Remember to pay for all your events and  
class fees  
at the beginning of your class



## SENIOR NATIONALS

Top medal placings for Carn Brea members  
at the Senior Nationals:

**Craig Dadd** won silver in the U65 Dan  
grade.

**Terry Noble** won bronze in the U81 Dan  
grade.

Well done to you both

## Diary Dates

**Sunday 2 December** : Cornwall Area Teams at  
Penzance Leisure Centre **all participants will  
receive a £1 swimming ticket to be used on the day**

**LAST CLASS OF 2007  
TUESDAY 11 DECEMBER**

**FIRST CLASS OF 2008  
TUESDAY 8 JANUARY**

**Sunday 24 February 2008** : Cornwall Invitation  
Championships at Penzance Leisure Centre

**Wednesday 27 February 2008** Carn Brea Judo Club  
meeting at the Countryman  
6.30pm social to order food  
7.30pm meeting to begin

**Saturday 10 May 2008** Carn Brea Judo Club  
Championships at Roskear School

## JUDOKA OF THE MONTH

Well done to  
**JAKE BOWLES**  
**7.15PM CLASS**

At all area events until the Easter Course 2008 there will be a raffle  
to raise funds for an area defibrillator please support this worthy  
cause by buying a strip of raffle tickets for £1 there are some  
fantastic prizes to be won. Carol from the front desk will be asking  
you to support it upon your arrival at events **SO LOOK OUT!**

## IPPON JUDO

‘a working definition’

Ippon Judo has its foundation in the idea that every judoka should strive for excellence in every thing he or she does and to be the very best that he or she can be.

The score of ‘IPPON’ recognises that the technique performed has achieved a standard of excellence which can only arise when one is in control of oneself and ones opponent.

IPPON JUDO stresses the need for judoka to study all aspects of judo rather than the small percentage necessary for speedy early results. The concept stretches across the entire study of judo. Whether one is studying contest, kata or the theory of judo.

Such a standard of excellence is achieved only by good strong posture and balance, effective gripping, sound technical skills, flexibility, determination and stamina. Contest and disciplined training are required to reach this level.

An open mind is essential as a desire to learn and study. A willingness to examine critically ones own judo and be prepared to accept weakness in oneself (and acknowledge strengths) is important.

For coaches, IPPON judo requires that, within a supportive and constructive atmosphere, students are encouraged to strive for Excellence rather than the ‘quick fix’ of success through grit and determination but without style and a sound technical basis.

The Fundamental Principals of Judo Courses are designed specifically to develop and enhance ‘IPPON JUDO’ skills and serve as a useful starting point for those seeking to study this concept in more detail.

## TOT OF THE WEEK



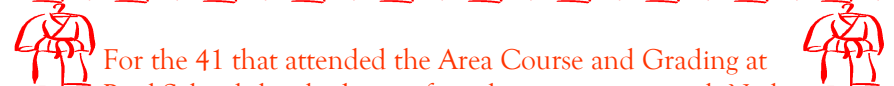
- # all named judoka are all only 4 years old
- # **DOMINIC TRESSIDER** for performing a good turnover
- # **BEN WHITEHEAD** —for having his best ever class
- # **ISSAC ANTONY** —for successfully doing up his own belt
- TAYLOR WILLIAMS** —for some lovely turning in

*Thank you all for your support*

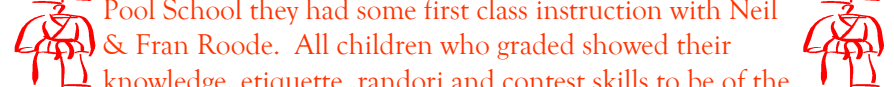
*Sensei Janet*

Judo tots are at 3.50pm

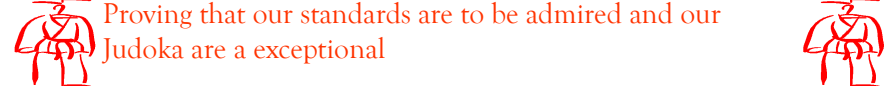
**EVERY TUESDAY**



For the 41 that attended the Area Course and Grading at Pool School they had some first class instruction with Neil & Fran Roode. All children who graded showed their knowledge, etiquette ,randori and contest skills to be of the highest quality.



Proving that our standards are to be admired and our Judoka are a exceptional



**We are very proud of you all**





**WE ARE CONCERNED THAT THERE IS AN INCREASE OF CHILDREN BEING COLLECTED LATE AFTER THE 7.15PM CLASS**

ALL CHILDREN U18'S OF AGE MUST BE COLLECTED FROM INSIDE THE DOJO AFTER THE 7.15PM CLASS  
ALL PARENTS/GUARDIANS **MUST** COME INSIDE TO COLLECT THEM

**CLASS FINISHES AT 8.30PM.  
PLEASE COLLECT YOUR CHILDREN ON TIME!  
NO CHILD WILL BE ALLOWED TO WAIT IN THE BOTTOM CAR PARK ALONE!  
EVERYONE IS EXPECTED TO STOW THE MATS AWAY AFTER CLASSES**

***THIS IS IN LINE WITH OUR CHILD PROTECTION POLICY***



**Please be advised that the top car park is being over-used**

**No double parking is allowed: One car per space  
Do not park alongside the path  
If an emergency vehicle needs to get through and you have blocked the access/approach/entry they will move your vehicle for you,  
*'but not as you would like'***

**'We will be asking you to move'**

***USE THE BOTTOM CAR PARK PLEASE***

The correct dress code for judo is **all females of all ages** wear a round neck white tee shirt that cover their hips.

All long hair is tied back including males.

No jewellery. No nail polish including males.

No piercings including belly bars or any other piercings that are not visible .

No chewing gum on the mat.

Wear the correct footwear to the mat  
Zoris, slippers or flip flops please



**Thank you for your co-operation**



On the 11 January 2008 Dojo fees are to increase and the way you can pay for your classes.

Class fees for primaries; juniors & students will be £2 on the night per person.

However, you can pay termly in a block which will make your class £1.75 per person per night.

Seniors will be £2.50 per night per person. However, you can pay termly in a block which will make your class £ 2.25 per person per night.

There is no increase for any extra classes you may attend for that you pay 80p for each nights additional class.

Please fill in the inserted slip on your first class after

Christmas 11 January 2008 which will be your receipt

This is the first increase for 4 years and is still extremely good value.

**Thank you**