



CARN BREA JUDO CLUB FEBRUARY/MARCH NEWSLETTER 2008

Cornish Team Event 2007

The British Judo Council, Cornwall Area held its annual area teams event which took place at the Penzance Leisure Centre. The event brings Judo clubs within the area together to participate in some exciting competition, with a good representation of clubs from the Cornwall Area attending. The event saw some spectacular judo from all ages, which was appreciated by the spectators who attended.

Carn Brea Judo Club entered six teams, who displayed some exceptional Judo and achieved some amazing results.

Well done to you all.

JUNIOR BOYS BLACK TEAM GOLD MEDALS

Callum Moyle, Malcolm Scott, Mark Hanson, Frazer Delves, Callum Varah, Tom Naylor

JUNIORS BOYS BLUE SILVER MEDALS

Mathew Doe, Liam Moyle, Jordon Ross, Lorcan Williams, Bobby Evans

FPJ2 Qualifications

On the 18, 19 & 20 January 2008 Sensei Jacky, Sensei Tom; Sensei Andrew all passed their revalidation FPJ2 qualification. Sensei Janet also passed on attending for the first time.

Sensei Hosaka was impressed by our technical abilities and said we were ready to do the new FPJ3 qualification now available which has been brought in by the government. So no more revalidation on the same course.

Sensei Sheila, Sensei Steve and Sensei Dave were unable to attend this time and will be able to do their FPJ2

JUNIOR GIRLS TEAM SILVER MEDALS

Morwenna Trevena, Lisa Ivey, Abi Rice, Abi James

JUNIOR MINI TEAMS BRONZE MEDALS

Harris Fisher, Jacob Matthews, Curtis Ivey

PRIMARY MINI TEAM YELLOW GOLD MEDALS

Ben Mitchell, Georgia Doe, Ryan Daughtery, Liam Mavers, Piran Delves, Chervay Goldsworthy

PRIMARY MINI TEAM ORANGE

NON MEDAL WINNERS—THIS TIME

Luke Anthony, Joseph Whitehead, Zoë Mathews

"Who gained in experience"



in October at St Ives.

There will be a FPJ1 course in June at Tedburn Devon need to give their name to Sensei Jacky for approval.

Full info on page 5 and notice board.

"Carn Brea Judo Club gives you all the very best coaching and expertise the area can offer"



Diary Dates

3 March Area meeting at the Carn Brea Hub Club 7.30pm

21-24 March St Ives Easter Course

(see notice board or ask at front desk)

Area AGM **Sunday 6 April** 10.45pm for 11am start at the Carn Brea Hub Club

Primary Grading **13 April** at Penzance Leisure Centre

Carn Brea Judo Club meeting at the

Countryman 27 February 6.30pm social: 7.30pm meeting to start

Sunday 4 May Junior Nationals Hereford

Saturday 10 May Carn Brea Judo Club Championships

Sunday 6 July Full Area Grading Penzance Leisure Centre

Sunday 13 July Welsh Nationals Cardiff

Saturday 15 November at

Penzance Leisure Centre Kata course/ instruction to include kata pre qualification

Full Grading **16 November** at

Penzance Leisure Centre

Sunday 16 November Senior Nationals Hereford

Cornwall Area Teams **Sunday 30**

November Penzance Leisure Centre

Primary Grading **Sunday 8 Feb 2009**

Penzance Leisure Centre

Cornish Invitation Championships 22

March 2009 (**Provisional**) Penzance

Leisure Centre



Remember
£1 swimming tickets will be issued at all events you enter at Penzance Leisure Centre

Club merchandise

Shin Pads all sizes including small **£10**

Club Badges **£3**

Judo Handbooks **£3**

Why not order a club drill top

Prices from: Small **£17.50**

Medium & Large **£24.08**

Why not add your name to your

drill top at an extra **£2.50**. See the front desk to order your tops (payment with order) Cheques made payable to Carn Brea Judo Club

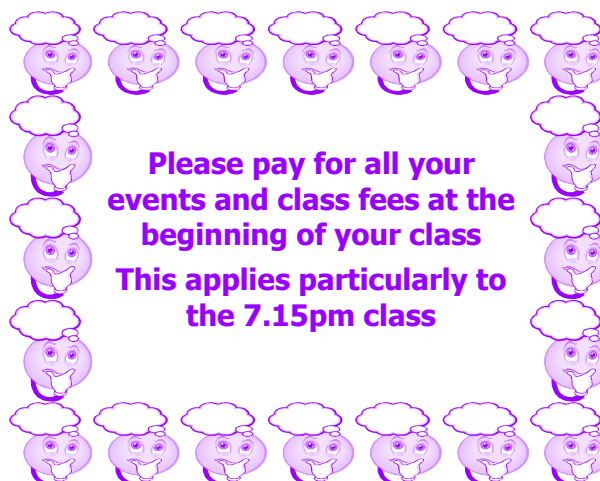
2nd hand suits

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, Sam Moyle.

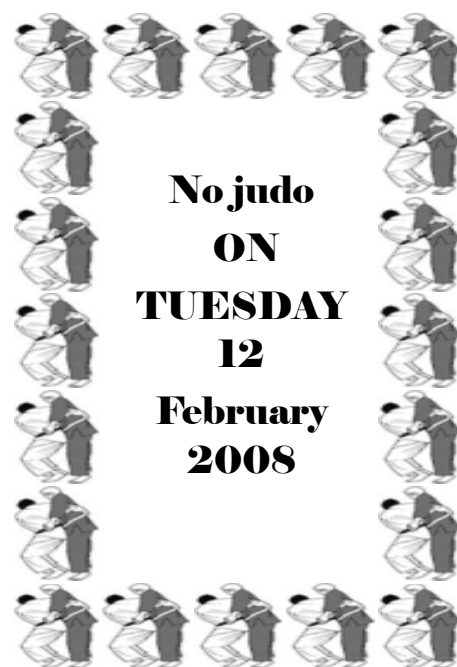
" Carn Brea Judo Club offers a great service for all your judo equipment at affordable prices "

This and that



Dress code

- ◆ All females must wear a round neck white tee shirt that covers their hips.
- ◆ Vests and vest tops are not allowed.
- ◆ All long hair must be tied back with a hair band with no metal seals this also includes males.
- ◆ Zoris or slippers are to be worn to the edge of the mat, no bare feet in the corridor or if you need to go to the toilet, mums and dads please do not take their footwear home during classes.
- ◆ Finger and toe nails are to be kept short.
- ◆ No piercings visible or not.



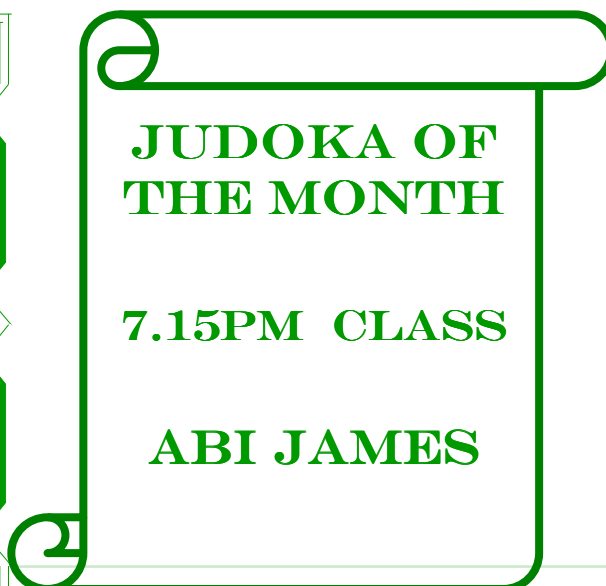
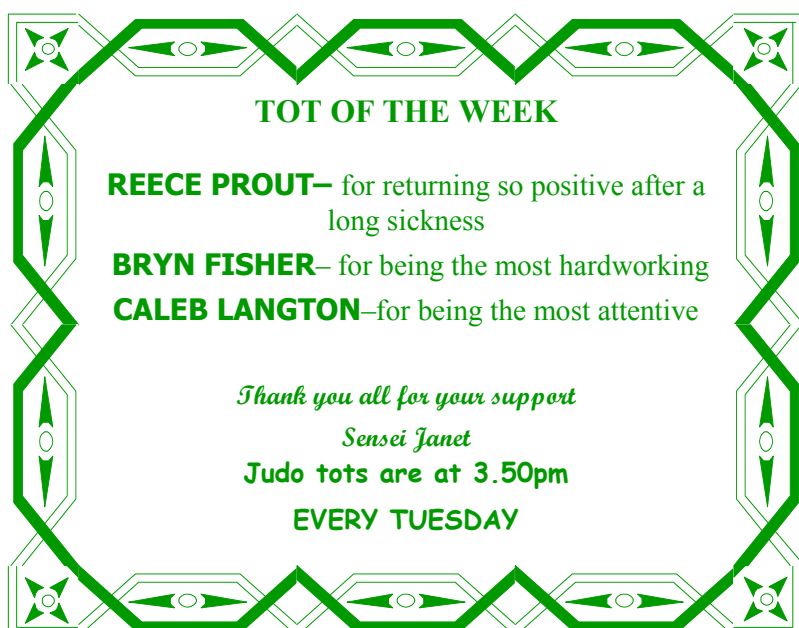
Termly payments & term dates

To qualify for class prices at the reduced rate you need to make your payment at the start of the term.

Tuesday 19 February – Tuesday 18 March (5 Weeks) = £8.75 per person primary; junior; student. Seniors = 11.25 per person

Tuesday 8 April – 20 May (7 Weeks) = £12.25 per person primary; junior; Student Seniors = £15.75 per person.

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



IPPON JUDO

Commitment

- ◆ Will involve a journey / study
- ◆ No quick fixes or easy answers Be guided as to development and when to progress to more complex techniques.

Control and develop yourself

- ◆ Aim for good posture
- ◆ Stand Straight
- ◆ Maintain good balance
- ◆ Smooth movement
- ◆ Throw off 2 feet (as starting point)
- ◆ Be good / supportive
(not to easy or too tough)

Control your opponent

- ◆ Good / Effective gripping
- ◆ Basic Grip as starting point with control.
- ◆ Break balance "action-reaction" as starting point.
- ◆ Don't land on opponent.

Speed and efficiency

- ◆ Small movements
- ◆ Short actions
- ◆ Controlled movements
- ◆ Timing
- ◆ Use of linkages

Accuracy

- ◆ Aim for spot + hit target
- ◆ Focus

Energy

- ◆ Dynamic
- ◆ Speed + Body
- ◆ Movement
- ◆ Movement creates force

Determination

- ◆ Not settle for poor technique
- ◆ Aim for stylish judo
- ◆ Look for **GOOD** techniques to use.

Control and develop yourself

- ◆ Judo is a study
- ◆ Involves strategy
- ◆ Involves Psychology
- ◆ Skills develop incrementally
- ◆ Subtlety / sophistication develop

Control and develop yourself

- ◆ Need strong core skills
- ◆ Build on core skills
- ◆ Build brick-by-brick
- ◆ Teach "portable" skills



Cornish Championships/Rules/ Course

If you have entered the Cornish championships on the 24 February at Penzance Leisure Centre
You must make sure that your BJC licence is in date, and that your entry fee is paid by Tuesday 5 February

TODAY

£10 –Primaries; juniors & espiors

£12 Seniors

Spectators: Adults £2; senior citizens; children 50p; under 5's free

Weight changes (up only) £2

Weigh in times:

Primaries: 8.45-9.30am

Juniors U40 9.30-10.30am

Juniors O40 10.30-11am

Espiors & Seniors 12-12.30

All competitors must produce a valid, recognised judo licence at weigh in **with photograph.**

BJC contest rules will apply, arm locks and strangles forbidden in junior contests **up to inclusive of U45kg**

The starting and re-starting procedures for **primary & junior** contestants. **All primary & junior contestants must engage with the natural grip i.e. one lapel and one sleeve at the start and restart of a contest.** The Referee is to instruct the competitors to 'Take Hold', then 'Hajime'.

Forbidden techniques— all sacrifice techniques as direct techniques, combination techniques or counter techniques. All arm-locks and strangles. Drop knee Seoi-Nage.

Any form of Kata-Guruma. Leg or ankle grabs.

All Maki-Komi throws.

Kubi-Nage and any throw attempt where the neck is encircled using one or both arms.

Be ready to be
"CHALLENGED"

NEW RULINGS

If you do a naughty e.g. a
Minor infringement

YOU WILL GET A SHIDO

After another Minor infringement
YOU WILL GET ANOTHER SHIDO

Should you get
AFTER ANOTHER A SHIDO

You will receive
HANSOKO-MAKE = MAJOR PENALTY

(YOU LOOSE)

This is after consultation with the
corner judges and referee

FPJ 1 COURSE

Course venue: Village Hall, Tedburn St Mary, Devon EX6 6EB

Date/time: Saturday 28th June 10am – 5pm (registration 9 – 9.30am)

Sunday 29th June 10am – 4pm

Minimum requirements: BJC Senior 3rd Kyu or above. Up to date Licence with photograph.

Course instructor: Mr. Akinori Hosaka, 8th Dan (Kodokan) **Course fees:** £40.00 **For application form or more information please contact:** Jenny Codling Tel: 07927 843058

Email: jenny.codling@hotmail.com



Need a new judo suit?
 Want to go on a course?
 Want to go to a championships?

You can pay on a weekly basis
 with our payment card.

Minimum payment each week
 is £5.

Just ask at the front desk for
 payment cards.

Carn Brea Judo Club, is a member of the
 British Judo Council (BJC). Carn Brea Judo
 club was established in 1974 by Jacky and
 Tom Gray. To date the 34-year-old club has
 produced an impressive 42 Dan grades and
 produced countless county, national and
 international champions. The club is justifiably
 proud of its history; it's judoka and their
 achievements.

The sport of judo develops spirit, loyalty,
 independence and above all discipline and
 respect in young people. It is fun and can
 involve travelling to competitions all over the
 country. It keeps its members, of all ages, fit,
 healthy and active.

Judo means the gentle way:- Ju: gentle, Do: way.

We are on the web
www.carnbreajudo.co.uk

*"When opposed to someone physically
 stronger than yourself do not be afraid
 and, on the other hand, never despise one
 weaker than yourself. Do not recklessly
 resist your opponent's physical strength;
 imitate the action of a boat adrift upon
 the surface of the ocean.*

*If your strength is inferior to that of your
 adversary it is useless for you to oppose
 strength with strength."*



Just for fun I started
 Use it to get fit
 Do it for a little while
 Only now I'll never quit