

# Grading

Area Grading on the 9<sup>th</sup> July, at Pool school.

Please ensure your yellow grading syllabus books are being completed and signed off, as you will not be able to grade if your book is not up to date.

If you want to have anything in your yellow book signed off, just see one of the club sensei's who will be happy to sign off any categories on completion of a successful demonstration.

Southwest Grading – Sunday 24<sup>th</sup> September.

This grading will be held at the Blake College, Bridgewater, Barnstaple. If you are interested, please contact Sensei Jackie for further information.

Area Course and Grading on 4<sup>th</sup> and 5<sup>th</sup> November, at Pool School.

Area course to take place on the Saturday, with guest instruction given by World Masters Gold Medallist, John Cole.

Area grading will take place on the Sunday, with Kata Pre Qualification workshops to be arranged before the grading, so watch out for dates and venues in the club news letters.

## *KATA Club Workshops-----*

Do you need to cover Kata for your grading, are you a little rusty on some of your Kata skills or do you just enjoy applying yourself to Kata?

If you have answered yes to any of the above, then come along to the Friday night sessions and practice or learn some Kata.

Also Kata workshops are being held at other Judo Clubs within your area, who will be delighted to receive you. For future dates and venues of Kata workshops, please look in your clubs newsletter or just ask your club Sensei's.

## *Isles of Scilly*

Our annual return trip to the Scilly Isles will be on the Friday 7<sup>th</sup> July, returning on the Monday 10<sup>th</sup> July.

This is an excellent opportunity to visit our sister Judo club on St Mary's and to experience some of the delights of the islands. Look out for the full report in the next issued of our club newsletter.

**News Flash**

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Carn Brea Judo Club has now got its own web site, where you will be able to catch up with all the latest club news and results from competitions you and your fellow members have taken part in. There is also a fine photo gallery of your club Sensei's. Go on, have a look and let us know your thoughts.

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

## *A BIG THANK YOU:*

To

Mark Delves for the donation of 11 trophies towards our club championships in 2007, It is very much appreciated.

Thank you.

## *Summer Holidays:-*

*The last club night will be on:*

***Tuesday 18<sup>th</sup> July.***

*Returning on:*

***Tuesday 12<sup>th</sup> September***

*Have a super break and we look forward to seeing you all back at the club.*

*Sensei's Jackie and Tom.*

## FPJ 1

Sensei Hosaka will be holding this course on the 30<sup>th</sup> September, at the Hayle Judo Club. Numbers are restricted on this course, so if you are interested please give your names to Sensei Jackie as soon as possible. Fees for the course will be £30 per person.

## *Parents and Guardians*

It has become a regular occurrence on a Tuesday evening for some children to be left waiting for their parents or guardians to pick them up well past the finishing time of the club.

Please ensure you are at the club to collect your child in good time so they are not left waiting alone when everyone else has left. The last session finishes at 20.30 hours, with the mats being put away for 20.45 hours, at which point your children are ready to be collected.

If you think you are going to be running late, then please let one of the clubs Sensei's know when you drop off your child at the start of the session. Your co-operation in this matter will be much appreciated.

## Club Shop

The following items are available from the clubs shop;

4Nr Second hand track suit tops, sizes from 150 upwards	£2.00 each
Nr Referees Blazer, size 36"/38"	£5.00
Several second hand Judo suits (trousers and tops) from	£ 1.00
Club Badge	£3.00 each

Other items available, ranging from, key rings, belts, books, zories and new suits.

## Squad Training

Next training session for the squad will be on the 16<sup>th</sup> July.

# Welsh Nationals (Hereford)

Once again Carn Brea Judo Club was represented at the Nationals, and extremely well represented it has to be said.

Not only was the standard of the Judo excellent, but the etiquette demonstrated by all our Judoka was second to none.

First up was Lisa, who won all her fights apart from the last (which was very questionable). Lisa demonstrated excellent Ippon Judo and very deservedly took the Gold.

Following Lisa was Tony and Callum. Tony produced some lovely ippons during his four contest fights, winning three by ippon and taking the Gold. The day before Tony and his family were at another Judo event where Tony came away with the Silver.

Callum was in a group of twelve and unfortunately lost both his first two fights, but not until he had made his opponents work, by taking the fight to them.

Now coming towards the end of the day Keron and Sadie where up on the mats. Keron was in a group of seven, and unfortunately lost his first two fights, but applied himself and showed some excellent technique and determination.

Sadie was in a group of four, but due to lack of contestants in her weight group, was placed in the U60 Kg group, with Sadie weighing in at just over 51Kgs. Sadie lost her first fight, but fought extremely hard in the second and took the win. Sadie was to lose her third fight after a hard contest, which resulted in Sadie receiving an injury to her knee and a broken toe. Sadie took a well deserved bronze.

It was once again a pleasure to travel up and watch our Judoka deliver a high level of commitment, etiquette and Ippon Judo.

Well done to all.