

Ippon



Kingsley Judo Club Events 2014

Tues 29th April - New Adult
Beginners Course Starts

Tues 6th May - Kingsley
Grading Seminar 6pm

Weds 7th May - England
ExCell @ Plymouth

Sat 10th May - Club Trip to
London European Cup Open @
Crawley

Weds 21st May - England
ExCell @ Plymouth

Sun 1st June - Devon County
Training Session @ Kingsley
TBC

Weds 4th June - England
ExCell @ Plymouth

Sun 7th June - Kingsley Judo
League Festival Round 2 TBC

Sun 15th June - Western
Area Junior Closed Champion-
ships @Kingsbridge

Weds 18th June - England



Official Club Newsletter — Spring 2014 - April - Issue 11

Latest Club News and Information

Welcome to the latest edition of Ippon, our Kingsley School Judo Club Newsletter. We have enjoyed a fabulous start to 2014 with many exciting new plans and great results in recent competition. I would like to welcome once again the many new faces to the club and wish them well as they start what I hope will be a fulfilling Judo experience.

England squad selection for Kingsley Judoka for 2014.

Mark Wild and Chris Edwards have been rewarded for their excellent performances last season with selection onto this years England Judo Programme. Both boys will now train extra hard with the squad throughout the year as they build towards developing within the performance England pathway system.

British Judo have selected our club to be part of a new pilot club incentive programme in 2014. This provides Kingsley access to many support networks from the BJA, and will certainly allow Kingsley to continue to develop with an improved management support and rewards for achievement.

Adult beginners course started on Tuesday 4th February with 12 very excited but nervous parents! The group have now almost successfully completed the 10 week programme and achieved their 6th Kyu Grade. We have had a really good laugh working with our first adult class. All the judoka have achieved so much in both technical levels and improved fitness levels. The group will continue to run on a Tuesday after Easter with a second group to commence on Tuesday 29th April. So if you missed out last time please try again and sign up.

Term Fees will be due from **Thursday 1st May** - This is very much a TRUST payment as letters are only handed out to you and not posted.

But we have noticed a drop in people returning their termly fees to the club. Please be honest and return your club fees as money raised helps provide opportunities for our members and develops the judo club programme. Fees cover all sessions we offer during the Term.

Technical workshop afternoon with Sandra Klinger will take place on Thursday 8th May - Times to be confirmed. Sandra is our regional technical officer from the BJA and is the former German National Squad Coach for Ladies. Our plan at present is to allow all Judoka at Kingsley to have the afternoon free from normal lessons, so that we can achieve the maximum benefit from her visit. I would also welcome any of our club members, in particular our competition team to see if they could also be allowed out of school for that afternoon, as this is a rare and unique opportunity for training.

Japan trip for Kingsley Judoka during Easter Holidays

We have been very lucky to be invited to join a British Judo Youth Development trip to Tokyo in April. The trip will include training at the National Training Centre, as well as a few Japanese High Schools. We also have a full programme of trips and other exciting opportunities to enjoy in Japan. We will have a full report in the next edition. The Judoka who will be travelling are Andrew, Chris, Michael, Clara, Ollie and Simon as Coach.

Social Volunteer Vacancy for Club

Do you have the drive and passion to help promote and improve our club? Well, we are looking for a team to run a social programme for our members. This would include trips or activities for all ages. If you are interested please speak to Simon.

New Coaches for Kingsley as Michael Edwards, Oliver Mathers and Andrew Serdega have now passed their Level One BJA Coaching Award. It's an important first step as a Coach and we now have 3 brilliant young lads who can offer support and coaching to our growing team.

Gradings are an important way for our Judoka to stay motivated and show progression by obtaining the next level within the system. Recent grading events have been a little low on numbers, so please try and support our next assessment date on **Tuesday 6th May** - Grading Fee is £10. If Tuesday is difficult we could arrange a test on a Thursday but a Sunday would also be a good time for the Coaches.

Masterclass session on Saturday 12th April for all our Competitive Judoka

This event is being run by Juergen Klinger who is Sandra's Husband. He is currently the High Performance Coach at Bath University and works closely with the Great Britain Team. The session is open to all Juniors from 10am to 12 and cost just £5.00. It's a unique opportunity and I would strongly recommend you try and attend.

League Festival kicked off in some style on Saturday 29th March. The event was brilliant once again and certainly produced some outstanding Judo. I was a little disappointed in the entry numbers, so it would be good to see an increase in participation in the next round. I'm currently looking into how to balance out the ability levels, so that all our members can compete in a level they find challenging but also fair. This can only really happen easily with an increase in entry numbers, so please support our club events.

Sunday Randori is starting to increase in attendance, these sessions involve Judo Fitness circuits and depend on how many attend a Randori practice. The class

Kingsley School Team Profile

Jersey Ledger

Yr 2 Age 7

Judo Grade

1st Mon — Red Belt

Favourite Throw is =
O - Soto - Gari

Favourite Hold is = Kami-Shiho-Gatame

Favourite Judoka is = Gemma Gibbons



Your Best Judo Moment = Being Praised when doing well

Favourite TV show = Scobby Doo

Favourite Color = Yellow

Favourite subject = Spellings

Favourite Teacher = Everyone

Best Friends = Lolu, Freddie T, James,

EASTER TRAINING TIMES

No Sunday Randori Until May
Tuesday 8th April—Normal Times
Thursday 10th April—6pm to 7:30pm
Tuesday 15th April—No Session
Thursday 17th April—6pm to 7:30pm
No Training on either the
22nd or 24th April
Normal Training Returns On
Tuesday 29th April
Competition Class 7pm—8:30pm
New Adult Beginners Course Starts
8:30 to 9:45pm
Thursday 1st May
Normal Session Times Return

Kingsley School Judo Club Spring Term View

Yet again our Judo team have been very busy competing and training almost every week since January. We started the new session in Walsall at the BJA new National Performance centre, where Chris and Mark attended the England Squad Camps. That followed our first tournament at the Patchway Open in Bristol, it was an impressive start to the season with the club winning 7 medals including three Golds which attracted and amazing 12 new Judoka all keen but quite nervous about what they had let themselves in for. Into February and straight back to Walsall for the first National Ranking event of the year, the Midland Aged Banded Open, where a team of 8 Kingsley Judoka produced some brilliant judo over the two day event. Kingsley Judoka came away with our best results at this competition with a Gold from Andrew, Silver win for Kitty and a 5th Place for Felicity and three 7th place finishes from Mark, Micheal and Clara. We then all travelled down to Kingsbridge to compete in this years Devon County Judo Championships. Kingsley had a good day out at the event, winning a Silver in the Boys Team competition producing a good win over Plymouth Judo Club 5-4, but then lost to the strong South Brent team in the final 7-2. In the individual event Kingsley Judoka won an amazing 17 medals from our 18 fighters, this was once again our clubs best set of performance results at the competition. Our new Dev on Champions are Kitty, Felicity, Zach, Chris and Cameron who all won Gold medals. In March, Chris Edwards competed in the European Cup for Cadet in Zagreb, this was the first event of the new IJF 'World Cadet Tour'. It was a brilliant opportunity for Chris to compete against some of the biggest Judoka in the World, and with a record entry of over 837 Judoka it certainly proved to be Chris's biggest event to date. On the same weekend we attended the British Schools and English Open Championships in Sheffield. This event is equally as big but on a much lower level, but it still provided many great contests and challenging bouts for Kingsley fighters. Andrew Serdega won the Gold for the second year in a row. Kitty Lavelle won a Silver while Clara Galwas won a bronze at her third attempt with Michael Edwards also taking a bronze medal. On the Sunday at the English Open, Michael Edwards fought really well to finish in 7th Place in the -81kg and Steve Dean competed in the Open Heavy Weight Senior Category. At the Welsh Open Mark Wild won a Bronze medal with Kitty Lavelle going one better, winning a Silver in this National Ranking event. We then took a younger team to the low grades Bedminster competition and won 8 medals with Zach getting the Gold medal. To round of a busy March, Michael, Ollie and Andrew qualified as Level 1 BJA coaches after completing their coursework and practical assessments. With two events to go this term we have already took part in 191 bouts winning 12 Gold, 20 Silver and 16 Bronze medals from 10 events with 23 Kingsley Judoka.

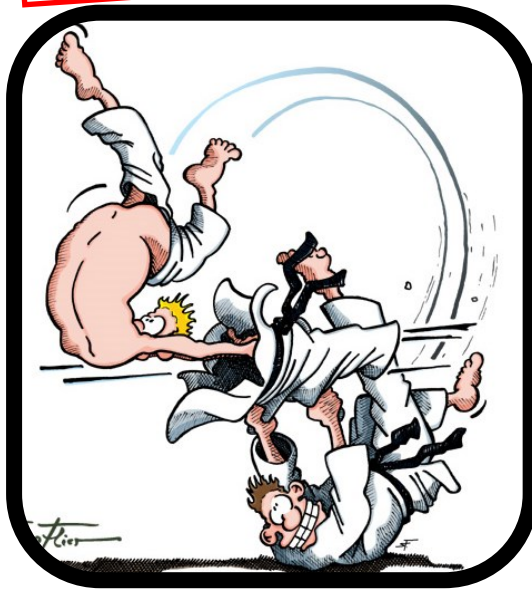
Find the Hold

S A E A T K E A G M

E M E A A T M U G N

Kingsley Annual Award Winners

- Judoka of the Year
Andrew Serdega
- Outstanding Development Award
Aaron Hastie
- Kano u8 Achievement Award
Jersey Ledger
- League Winner
Ruben Stacey
- John Davies Spirit Award
Zach McMurray



A great picture from our recent League Event with Grace and Finlay in Newaza

U	E	Y	S	Y	H	G
R	N	E	I	D	T	A
S	E	C	W	S	J	W
U	B	A	E	N	O	L
L	U	T	H	A	P	A
A	R	S	E	V	G	S
C	O	R	B	E	T	T
J	X	I	H	K	O	V
A	C	A	R	A	L	C
Z	A	C	K	Q	E	T



Silver ClubMark Award evening with GB International Adam Hall and Sandra Klinger On Tuesday 4th March

Find Kingsley Judoka - The first and Surnames are separated
Ursula Corbett, Zack Evans, Ruben Stacey, Josh Hewis, Clara Gawlas,

