



# Ippon



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Official Club Newsletter — Summer 2016 - April - Issue 16

## Latest Club News and Information

**W**elcome to our latest edition of Ippon, our Kingsley School Judo Club Newsletter. As 2016 is now well and truly under way we have yet again seen our Judoka achieve great results and continue to develop successfully.

**S**aturday training sessions are proving very popular recently and have been well attended at the 3 sessions we have so far this year. The 2 hour session generally involves lots of practice towards competition judo, as well as having an opportunity to go outside and do some running, which parents have also got themselves involved in. Watch out for future dates, we often can only hold these sessions when we have a free competition weekend.

**B**JA Coaching Level 1 course is currently being held in Taunton, and we have both Paul Williams and Beth Ambrose working hard to pass this awards which will be their first step onto the coaching ladder within Judo. Once they both pass the award it will give us more opportunities to support all our club member in development and learning.

**T**wo of the club's top athletes travelled to Croatia and Portugal to compete in the World Tour European Cups in March. Mark Wild travelled to the Cadet Cup in Zagreb and Chris Edwards travelled to Coimbra in Portugal to take part in the Junior Cup. Both boys are part of the England Judo team and journeyed into Europe to compete in the first World Tour tournaments of the season, they are part of the International Judo Federations World Tour events. The events qualify points towards World Rankings, which are used to help judoka qualify for events like to World Championships and Youth Olympics. Mark is in his first year of three in the Cadet age group 14 to 17. He was really taking this trip to learn all about this level and gain strength from 3 day training camp after the event. Mark unfortunately lost his opening contest in the event to Hungary's Laszlo Santo. But Mark said he had an amazing time and proud to have

had the chance to take part. Chris Edwards is also stepping up this year to the junior age band 18 to 20 years old, Chris fought a few times last year in Europe at Cadet Cups. But the junior level is yet another serious step up in level. Chris travelled with the England squad to Portugal. He competed really well reaching the quarter finals before losing to home favourite Nuno Rato. But once again it was a wonderful opportunity to be part of the full England Team.

**S**ummer session times during July and August, our last main competition is on the 24th July with the Western Area Open. We will then close the club for two weeks prior to the International Summer Camp starting on the 6th August. Training will commence again on Thursday 25th August as the first main event in September will be on the 2nd. We will however run further outdoor circuit training again and dates and times will be announced.

**P**rimaries Schools get inspired festival success. We this amazing event which attracted over 100 children from years 3 to 6 to Kingsley on 4th March. 4 local schools excepted our invite to get inspired to learn all about Judo and get involved in our sport. We know a few local schools wanted to come along that day, but due to other commitments couldn't this time. So please keep an eye out for future dates and push your children's school to get involved. Many thanks to some of our judoka who supported the day with coaching and getting involved.

**V**arsity success for former Kingsley Student, Andrew Serdega, as Oxford beat Cambridge 3 v 1 in the annual University Team Championships. Andrew who is at Oxford Brookes was part of the City team which won their event 5 v 3 with An-

drew beating Zhux NG by Ippon. Well Done to Andrew and Oxford University.



**T**he new award scheme is called the Sho and is for 5 to 7 year olds. These awards have a bigger focus on

fundamental skill and movement development as opposed to just the technical aspects of judo. Fundamental movement skills are critical at those ages [5, 6 and 7] and have been linked to continued long term participation in sport as a whole including judo. People that can move better are more likely to continue to be active throughout their lives. An active lifestyle obviously has positive health implications as well and helps tackle obesity. We will be introducing this new programme shortly to all our under 8 Judoka, so watch out for the information soon a link to the website is below.

**C**lub Referee Course will take place on 21st May in Glastonbury. The course is open to anyone 12 years old and upwards you must hold a BJA Licence, but if your interested in moving into Refereeing please speak with Simon.

**D**ata update for all club members, we need to attempt in update and transfer all members data onto a new system at the club. This information is vital in case of emergency contact with parents and generally keeping everyone inform on club events. Can you please spare 5 minutes and visit Wendy in the club to check the information we hold is correct and update if something like mobile number or address changes.

**S**upport needed on Saturday 28th May, as we will be hosting a Western Area Training Day and it would be great to have our team club judoka support the event and our brilliant ladies helping with refreshments again.

**T**erm Fees now due please return as soon as possible, if any problems please speak to Simon.

## Kingsley Judo Club Events 2016

**Saturday 23rd April**

**Patchway Low Grade Championships**

**Fri 29th—Sat 30th April**

**24 Hour Sponsored Judo Marathon**

**Sunday 8th May**

**West Of England Junior Championship**

**Friday 27th May**

**Kingsley League Round 2**

**Saturday 28th May**

**Western Area Open Development Day**

**@ Kingsley Sports Hall**

**Sunday 5th June**

**Somerset Junior & Senior Kyu Open Championships**

**MORE EVENTS ON NOTICE BOARDS**

## TAKE THE 24-HOUR CHALLENGE

### YOUR CLUB NEEDS YOU

Our Sponsored 24 Hour Judo Marathon

Come take part in this exciting event for the **WHOLE CLUB**.

We need your support **PLEASE JOIN IN**

## Kingsley School Team Profile

**Amie McMurray**

**Age 10**

**School =** Westeroft Primary School

**Judo Grade =** 5th Mon—Yellow Belt

**Favourite Throw is =** Tai Otoshi

**Favourite Judoka is =** Chris Sherrington GBR Olympian 2012

**Judo Ambitions =** Compete at Olympics



**Your Best Judo Moment =** winning Western Area Championships 2015

**Favourite TV Show =** Millie Inbetween on BBC

**Favourite Music =** Lukas Graham, 7 Years

**Favourite subject =** Maths

**Worst Subject =** English Literature

**Favourite Games =** Criminal Case

**Best think about Myself =** Sense of Humour

Thanks Amie

[www.judokids.org.uk](http://www.judokids.org.uk)

## REVIEW OF THE YEAR 2015

**May** was one of the busiest months of the year for our Kingsley team as we travelled to compete in 7 competitions as well as a number of training camps. Mark Wild won the British Judo Council National Championships while Beth Ambrose also won a Bronze at the same event in Kettering. Chris Edwards made his Junior European Cup Debut in Lithuania gaining valued competitive experience at this level. Cameron Lavelle and Mark Wild then both won Bronze medals in Cardiff at the Welsh Pre-Cadet Open. A trip for the team to the London Open produced a Silver medal for Beth Ambrose in the Senior Category and a Bronze medal for Gleb Petruskin who competed in the Cadet age group. Mark Wild then travelled with the England team to compete along 1500 other judoka at the Venray International in Holland. Chris Edwards won Gold at the Hampshire Open, while Brother Michael won the Bronze. But the success at the regional West of England championships in Kingsbridge produced a record number of champions with 9 Kingsley Judoka winning Area medals, with Amie McMurray, Leon Mlodzian and Gleb all winning Gold. Fitting all the travelling and competition in was an achievement for the team who also found time to attend 3 Western Area Training Camps and support Kingsley School by putting on a Judo display at the Children's Hospice Day.

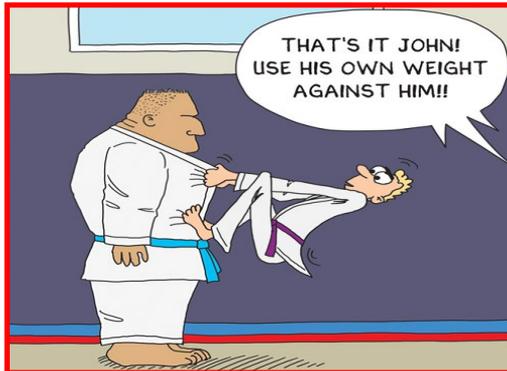
**June** was slightly less busy on the competition calendar, but we still managed to collect 9 medals from our two competition. Mark Wild won a Silver at the Kent International at Crystal Palace, while Aria Mitchell, Callum McMurray and Denver Hart won Gold's at the South Brent Red Belt Rumble. The Kingsley Festival League competition reached its second round phase with lots of our club members enjoying our intra club festival tournament. The main highlight of the month was the visit of Tom Reed who won a Silver at the Commonwealth Games and is currently on the Great Britain Squad. Tom delivered an amazing Pathway to Performance Masterclass as part of a British Judo Association programme at Kingsley. It was also an exciting moment as we welcomed a brand new set of judo mats to replace our worn out set and sadly said good bye to two brilliant students at Kingsley, Andrew Serdega and Clara Gawlas who both completed 6<sup>th</sup> and returned to Latvia and Germany.

**July** brought the half way stage to the competitive season with more success for our team with 10 medals won at the Cornwall Open in St Austell, Zach McMurray and Kian Ambrose both won Gold's. Chris Edwards won Gold at the West Open to remain within the top 5 on the National Cadet Ranking list, while Zach and Beth Ambrose both won Bronzes at the same event. As the club started to relax a little towards the summer holiday we all enjoyed an evening at the Ultimate High Water Wipe out adventures and BBQ. Training continued for our club judoka as we started an outdoor fitness circuit which attracted over 50 kids and parents each week, as they enjoyed a challenging tyre flipping and battle ropes circuits.

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

**Olympic Judo Greats**  
**Find the Surnames to these**  
**Olympic Champions**  
**MASATO, -TEDDY, - RYOKO, -**  
**XIAN, - AYUMI, DAVID.**

**Find the Throw**  
**E E O M N T O A G**  
 -----  
**H G A O R S A H I I**  
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- 1 GET MOVEMENT** *Move your opponent.* Use a set up waza. Use body movement. Use your grips. However you do it make your opponent move and make them move towards the direction you want to throw.
- 2 CHECK YOUR GRIP** *Know which grips you should use for which techniques.* Build up gripping strategies to achieve the grip you need. Become aware when you have got the grip you need to throw.
- 3 ACTION - REACTION** *Create a reaction.* Make your opponent believe you want to throw them in the opposite direction, then unexpectedly change direction. Surprise is key to scoring ippon.
- 4 CHECK YOUR FEET** *Both power and stability starts from your feet.* There is an optimum place for your feet or foot, where you are stable and can drive from. Find the sweet spot.
- 5 TIME IT!** *Timing is everything.* You'll know when you get the timing spot on, as your technique will flow and there is no resistance to your attack.
- 6 100% COMMITMENT** *When you attack go for it 100%.* You are much more likely to get countered if you attack lightly or only turn half way in. So, if you think it's on - commit totally.
- 7 DIRECTION** *Align your power.* Which direction are you throwing towards? Everything (toes upwards) should be driving in unison towards this direction.
- 8 DRIVE TO FINISH** *Keep the driving force right through until the finish.* Do not let gaps appear where your opponent can twist out.





**Kitty Lavelle**  
**Year 8**  
**British Schools**  
**National Champion**  
**2016**




KINGSLEY SCHOOL



**Zach McMurray**  
**British Schools**  
**National**  
**Champion**  
**2015 & 2016**




KINGSLEY SCHOOL