



# Ippon

Official Club Newsletter — Spring Term 2012 - Volume 2, Issue 1.

## Latest Club News and Information

**W**elcome to Kingsley School Judo club's latest newsletter. We wish everyone a successful 2012 and let's hope Judo has a great year as we move ever closer to the Olympic Games which start in just 7 months.

**K**ingsley enjoyed some promising competition results during 2011. In total 18 Kingsley fighters took part in 7 competitions last year, and between them won 24 medals. 5 Gold, 7 Silver and 12 Bronze medals. The club judoka competed in 116 contests during the year and won 50 and lost 66 bouts. This is an encouraging set of statistics and I'm looking forward to greatly improving these results in 2012.

**N**ew term fees are now due again. If you could please provide your payment as soon as possible and remember to add your child's name on the back of any cheque.

**T**uesday evening training, for over 10's who wish to take things a bit more seriously. As we develop as a club some juniors may wish to train more than once a week. An extra session will have a greater impact on your development. So every Tuesday a session will start at 6pm—7.30pm. This will be more of a competition squad training session but anyone who feels they would like to attend can do so. Later this year we will be looking at adding an extra Saturday morning session for the younger children. There will be no extra fees.

**A**ult beginner's course will commence on **Tuesday 7th February** at 7.30—8.30. This is a British Judo Course and will be coached by Simon. New adults who sign up with the BJA online entry, will

receive a Kit, Licence and their first grading as well as a 10 week course all for £60. To book visit

[onlineentries.co.uk/BJA](http://onlineentries.co.uk/BJA)

**S**econd parent's night will take place on **Thursday 26th January**. During both the 5pm and 6pm class a child can bring along family members to enjoy an action-packed fun family Judo session. The session we held last year was such a great success, so please come along and support your kids at Judo.

**W**e welcomed two newcomers to our club late last year. Brothers **Chris and Michael Edwards** join from their previous club in Cornwall. Both boys are experienced Judoka and I'm sure will offer our current members some quality practice, as the brothers both look to improve their own judo skills here. Chris is also a current member of the England Pre-Cadet Squad.

**E**indhoven here we come for **Samuel Foulser and Chris Edwards** in January. Both boys were selected by the Western Area squad to compete at the Espoir Dutch Cup on the 14th & 15th January. It's a great challenge for the boys who I'm sure will greatly benefit from the European competition.

**C**lub T-shirts are now ready to order for yourself or your children. Having a club identity is very important and helps create a real sense of pride within the club. You can currently see the club coaching team wearing their Polo Shirts. So you can see just how good they are. We can offer either a Polo Shirt or a plain T-Shirt, which female Judoka would normally wear under their kit. An order form is available from the

club, costs start from £12. Over the year we will be introducing other merchandise items, so if you have any ideas please speak to us.

**G**reat Britain ranking success for **Oliver Mathers** and **Michael Edwards** who both compete on the National ranking circuit, in the cadet age band 14/15 yr olds. Michael is currently ranked 6th in the u73kilo and Ollie 11th in the u60kilo categories. It's a great achievement for the boys who will now try hard to improve their places in 2012.

**W**eekly trophy achievement awards have raised the training standards every week. So far 27 children have won the awards and 6 have won it twice. 5 children have won the new purple belt in the first 5pm class.

**M**onthly Spirit of Judo winners for November were **Jacob Edwards** and in December congratulations went to **Cameron James**.

**S**unday 5th February will see the first test for many of our younger club fighters, as Kingsbridge hosts the **Devon Championships**. The event is a perfect start to competition for children 8 yrs or older. Entry forms will be out soon, so please keep the date free in your diaries.

**I**nteresting statistics for 2011 at Kingsley Judo Club. In total **73 individuals** have attended the club in 2011. Over the entire year our attendance figures reached a total of **487**. This broke down to Jan-42, Feb-35, Mar-39, Apr-29, May-43, Jun-51, Jul-39, Aug-19, Sept-46, Oct-48, Nov-51, Dec-45 Judoka.

**V**isit our Club Website to keep up to date with all our results and events and much more information about Kingsley School Judo Club add

<http://kingsleyschooljudo.onsport.com/>

Kingsley School Judo Club  
Northdown Road  
Bideford  
Devon  
EX39 3LY

### Kingsley Judo Club Events

**Wednesday 25th Jan**

**Trip to Commonwealth  
Tournament in Cardiff**

**Thursday 26th Jan**

**Parent's Night**

**Sat 28th / Sun 29th**

**Midland Area Age Banded  
Championships**

**Sun 5th Feb**

**Devon Closed Junior  
Championships**

**Tuesday 7th Feb**

**Grading Seminar Night  
6pm—7.30pm**

**Tuesday 7th Feb**

**Adult Beginners 10 week  
Course Starts**

FACEBOOK

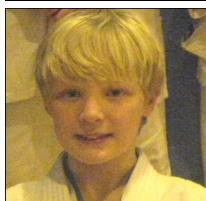
Search & Join

KINGSLEY SCHOOL

JUDO CLUB

Facebook Group

### Kingsley School Team Profile



**Finlay Mathers**

Yr 6

His Favourite Throw is = *Ippon-Seoi-Nage*

His Favourite Judoka is = *Craig Fallon*

His Best Judo Performance was = *Winning Gold at the Devon Championships last year*

His Judo Ambition is = *To win more medals and get a higher belt*

His Favourite TV show = *The Big Bang Theory*

His Favourite Music = *Any really but most Rock bands*

What Are Best Qualities = *Sense of Humour*

How Many Medals Will Team GB Judo Win at Olympics = *5*



Sumi Gaeshi = Corner Throw

# Kingsley School Judo Club

To Contact Simon Ward  
01237 426213  
07826308755  
wards@kingsleyschoolbideford.co.uk

## Count Down To The Olympics

The BJA have announced their 2012 British Olympic Squad, 27 Judoka where selected by finishing inside the Top 100 within the World Rankings in their weight divisions. The squad will now focus solely on training and making the final 14 places in the team.

15 British woman have by far out-performed the 12 male judoka on the world ranking circuit to qualify for the 2012 team. It will only mean a very interesting final few months build up to the games, as all but two weight class has two or more females fighting it out for a team spot.

A young 15 yr old newcomer has suddenly risen into the team after recently winning a bronze in the World Junior Championships, Hayley Willis from Stratford will certainly be a home favourite. Or could Karina Bryant finally add a major title to a long list of International Silver medals.

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

### Female Olympic Champions Word Search

The first and second names are separated

Ryoko Tani, Yvonne Bonisch

Xian Dongmei, Kim Mi-Jung

2012 Olympic

Predictions

Simon says

2 Medals for

Team GB

U60KG and O78KG

### Great Britain Olympic Medal Winners

1972 - David Starbrook Silver, Brain Jacks, Angelo Parisi Bronze

1976—Keith Remfry Silver, David Starbrook Bronze

1980—Neil Adams Silver, Arthur Mapp Bronze

1984—Neil Adams Silver, Neil Eckersley, Kerrith Brown Bronze

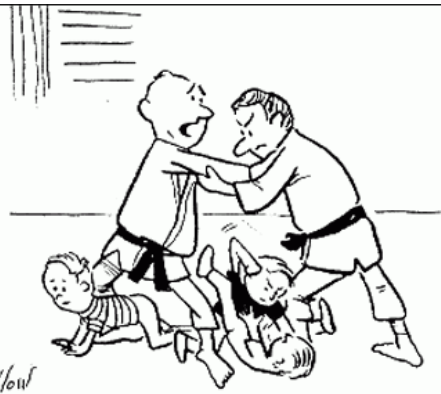
1988—Dennis Stewart Bronze

1992—Nicola Fairbrother, Ray Stevens Silver,

Kate Howey, Sharon Rendle Bronze

2000—Kate Howey Silver.

2012—????



"I don't think I'll come down and work out anymore until the wife gets back."

### Find The Judo Word

E M I J A H

P I N P O

S E K A G T A M E A

Good Luck

### Devon Senior Kyu Grade Championships

The Kingsley School Judo team fought tremendously well in the Devon Kyu Grade Championships held in Kingsbridge. The event is for senior competitors over the age of 16 and all Judoka fighting have to be non-black belts.

The tournament attracted a good mix of younger and older fighters from many local clubs within the West of England. With just over 100 fighters battling it out for medals and for some the magical chance of winning points towards the ultimate Black Belt themselves.

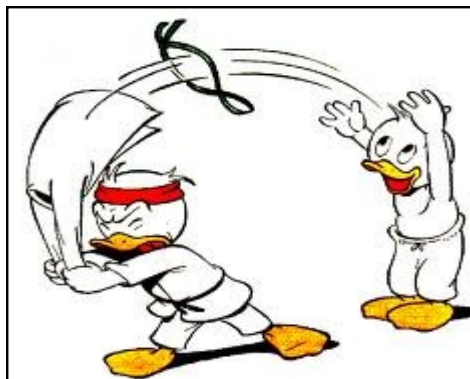
Three members from club took part in the championships with 6<sup>th</sup> form pupil Samuel Foulser in outstanding form winning a Gold medal in the 1<sup>st</sup> Kyu -66kg category and collecting his first 40 points towards his 1<sup>st</sup> Dan black belt.

Sam won all four bouts with classic Ippon "Knock Out" throwing techniques including the best one, a massive Te-Guruma in the final against Joesph Milne from Shepton Mallet Judo club.

Sam said "I'm very happy with my performance, I had a game plan and wanted to stick to the techniques I had been training hard to develop for competition, everything went to plan and winning 40 points was a brilliant bonus"

Gregor Herkewitz 18 is currently a working Gap student at the school from Germany, and is also still part of an British Judo Association adult beginners course at Kingsley. He won an incredibly Silver medal after just a few weeks of Judo training. He fought in the novice to Blue belt 2<sup>nd</sup> Kyu -90kg class. Gregor won three out of four bouts and beat much higher graded competitors along the way. He only just lost the final to Finian O'Donnell from Newquay by a hold down, but it was Gregor who scored a yoko 5pts first and held his opponent down before Finian escaped and re-held Gregor down for Ippon. It was only the lack of experience in escaping which cost him a Gold medal.

Ryan Ashton 16 fought in the novice to Blue belt 2<sup>nd</sup> Kyu -81kg class, Ryan fought well but found the difference in strength a little too much to handle as he had just failed to make his normal -73kg weight class. Ryan had three bouts and tried his very best in each contest, it was a good learning experience for him and hopefully he will develop and improve his judo for next time.



### Judo Words You Should Understand

Dojo = Training Room

Judoka = Person doing Judo

Judogi = Your Judo Kit

Obi = Your Judo Belt

Tori = Person who performs the Throw "Attacker"

Uke = Person who is Thrown "Defender"