

Ippon



Official Club Newsletter — Summer 2013 - June - Issue 9

Latest Club News and Information

Kingsley Judo Club Events

Weds 3rd July

Western Area Training
Plymouth

Sat 20th July

Devon County Junior Training
Kingsbridge

Sat 27th & Sun 28th July

West Of England Open
Swindon

Sat 17th—21st August

Western Area Summer
International Training Camp at
Kingsley

Sun 1st September

N.H.C Cadet Ranking
Tournament at High Wycombe

Sun 1st September

Devon County Junior Training WBB
Judo Club

Sat 7th & Sun 8th September

Heart Of England
Championships at Walsall

Sun 29th September

Devon Low Grade
Championships at Kingsbridge

Tuesday 1st October

Kingsley Grading Seminar

Sun 6th October

Tora Low Grade Championships at
Bristol

Sat 12th September

Round 3 Kingsley League

Welcome to the latest edition of Ippon our Kingsley School Judo Club Newsletter. Since I last wrote we have enjoyed some impressive results and achievements, so just in case you have not been reading the club notice boards or Facebook group page we will cover some of the highlights in this newsletter. But once again I'd like to welcome all our club newcomers and wish you all a pleasant start to Judo and hope you all enjoy this great sport.

Kingsley won the Active Devon Sports club of the year award at a ceremony held at Exeter Rugby Ground in May. It was an outstanding achievement for Judo and our Club, such a high profile award to win, we should all be very proud.

New style Festival league has produced some exciting Judo after two rounds, but if you have missed them please do take part in the next 2 rounds as it's all about enjoyment and participation. Points can still be won towards your overall league place and as some have not competed in both events it could so easily change before the end of the year. We try to split the groups into age and weight categories, but also where possible keep the ability levels as close to the correct level as well.

Fighting Films Judo kit is now in stock many sizes are available in the basics club level kit. We can also offer the slightly better quality competition kits or the New Superstar International Standard kit as worn by many current Olympians.

New club logo and team club wear, is the next club target for September. Our club is now really starting to be

known Nationally, it's the right time to create a club image that we can all be proud to wear as we travel to compete all over the Country. If anyone has any contacts or ideas or could find a sponsor to help support tracksuits etc please speak to Simon.

Coaching development at Kingsley is always a top priority, as investment in Coaching allows for a greater performance pathway to build, not only within our Grass roots Judo but long term development of all our Judo Members. Steve Dean is currently sitting his UKCC level 2. Judo Course as well as Simon who is sitting his UKCC Level 3 course and transferring his old level 3 BJA award to the new National system UKCC. In October it is hoped we can also include our older Juniors to take part in the Level 1 Coaching course which will be held at Kingsley.

Ippon Trophy success for Kingsley Judoka. Andrew Serdega, Chris & Michael Edwards and Sam Foulser join the Western Area squad which travelled to Antwerp in May. The trip was an amazing success for all the team and with over 800 fighters taking part Andrew and Chris were the only Boys from the West Squad to come back with medals. Andrew won Gold in the u66kg class after winning 7 fights while Chris won a Bronze in the u55kilo class. Sam came 5th while Michael just failed to reach the medal fight positions.

Summer Training, we are planning to operate the club throughout the summer holiday, but will reduce the session to one combined class from 6pm to 7:30pm, dates and time will be announced shortly but will offer a pay as you train this summer instead of a fixed summer holiday term fee..

Grading's for our junior members are very popular and its now great to see a few more yellow belts in our line up in the class. The confusing issue with grades is always the level of competition it then offers. When a child wishes to enter a competition my best advice is to grade once a year until you are 8 as the development from low level competition is so important if you wish to enter events.

Thanks to a couple of parents there is now the facility to make hot drinks in the dojo, there is no charge all we ask is once in a while bring in some tea bags or coffee etc., if you ask Flicks mum she will show you where the kettle is kept.

Western Area Junior Closed Championships took place while our older judoka where competing in Belgium. A tough event in Kingsbridge saw success for Cameron, Kitty and Felicity all winning medals while newcomer David Eastwood fought well in his first Area BJA event.

Farewell evening for University Pair, Sam and Josh will both moving onto University this Summer so on Thursday 4th July we will be holding a special session for them so please make an effort to come along

Dates for the final two rounds of the Kingsley League are confirmed as Saturday 12th September for Round 3 and Sunday 1st December round 4

Kingsley School Team Profile

Oliver Mathers Yr 11

11th Mon—Green Belt

His Favourite Throw is = *Yama-Ashi*

His Favourite Judoka is = *Lias Lliadis*

His Best Judo Performance was = *His fights in 2013 British Schools Championships*



His Judo Ambition is = *To get on England Team*

His Favourite TV show = *Braking Bad*

His Favourite Music = *Idie*

What is your favourite subject =

Chemisty/Biology

What Are Your Best Qualities = *Hair and Chat up Lines*



Samuel Foulser

Producing his classic Uchi-Mata in training with Andrew Serdega

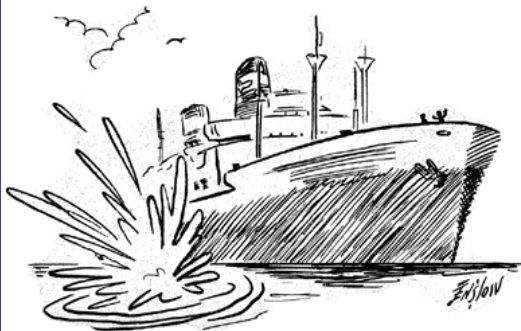
Find all the Japanese words in the word search
Foot, Knee, Front, Bow, Side, Carry On
Mats, Sleeve, Technique, Stop.

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

A great way to watch live coverage of many of the Worlds best fighters and Competitions live online.



Olympian Weekend
with Neil Adams, Ben Quilter
& Karina Bryant
Newquay Sports Centre,
Tretherras road, Yeoman way,
Cornwall, TR7 2SL
On Sat 3rd & Sun 4th August
£30.00 per Judoka
Jason Beer; 07790847374
Contact for Bookings



"I was afraid this would happen. How many times have I asked you not to practice Judo on the deck?"

1	255	Kitty	Lavelle	10	-36	Gold	100	10	10	5	Gold	100	10	10	10
2	220	Cameron	Lavelle	11	-38	Silver	60	10	10	10	Gold	100	10	10	10
3	220	Ruben	Stacey	6	-27	Silver	60	10	10	10	Gold	100	10	10	10
4	217	Felicity	Barkley	10	-36	Silver	60	10	10	7	Gold	100	10	10	10

Current Top Four In Kingsley School Judo League Festival



KINGSLEY SCHOOL JUDO ACADEMY SCHOLAR
SAMUEL FOULSER

Two year 's ago a young Sam started as the next Judo Scholar at Kingsley, and now with just a few days before his time at Kingsley is over we take a look back at all the highs and lows of his Judo experiences at Kingsley. Sam has fought in 19 tournaments during his time here and won 27 bouts along with many medals. He has been selected onto the Western Area Squad and has fought in 3 International competitions in Belgium and Holland. His main achievement is to have won his Black Belt which he did while winning Gold at the Devon Championships last year.

His first event was back in September in 2011 at the Heart of England Championships, he didn't compete very well and was most upset with his performance, but this was just the start of a new journey for him and two years later in Belgium he produced his best ever performance at the Ippon Trophy event to finish in 5th place in a full International. It was a massive improvement and just proves that development takes time. You have to focus on the future and never worry about past results, always move forward.

One of Sam's highlight was being asked to attend the Pre-Olympic Games training camp held at Bath for the entire GB team, it was a wonderful experience and a chance to really appreciate how much work is required in training at the Elite end of Judo.

Sam's best medal winning performance came at last years British Schools Judo Championships in Sheffield where he won a Bronze medal. It was an excellent achievement and in his final fight, which ended by going into golden score, he admitted that all the fitness training and extra work we do in school and away from the mat area won him his medal.

Sam has spent many hours helping our younger club members learn judo, he has enjoyed helping and I'm sure one day he may get involved more in coaching and it would be nice for him to return and help in the future when he visits Kingsley

On a personal note Sam has been a great young man to work with, I've known him for many years even before Kingsley, so to have had this wonderful opportunity to be part of his Judo development at such an important time in his career has been an honour. I've seen him when he's been upset and we have got through it, and I've shared his success and we have both enjoyed those moments. Its never easy at this level and I'm very confident as he now moves on to full time training at Bath University his future is in safe hands and he will make a great success of his course and his Judo.

Best of luck Sam always look forward and challenge yourself everyday.

Find the Throw

A U M G O R U

T I S H U S R O I G

Kingsley School Facts
2012/13 Term

40 Judoka have
Competed
Attended 23
Competitions.

Members have took part
in 492 Contest.

Winning 255 Contest

24 Gold

15 Silver

37 Bronze

Judo Quotes - "Our greatest glory consists not in never failing, but in rising every time we fall"