



# Ippon

Official Club Newsletter — Spring 2013 - March - Issue 8

## Latest Club News and Information

Kingsley School Judo Club  
Northdown Road  
Bideford  
Devon  
EX39 3LY

**H**appy New Year and welcome to Kingsley School Judo Club's latest newsletter. We had a very busy end to 2012, with our Judo festival event topping off yet another record breaking year for our members.

**J**udoka of the month award winners during the last term were **Lillie Hastie** in September, **Kye Marshall** in October, **Zach McMurray** in November and December's winner was **Kitty Lavelle**. January award went to **Toby Sheppard-Blandy** and February to **Aaron Hastie**. Congratulations to you all.

**F**ighting Films judo kit is now for sale in a range from beginners level to elite kit in both white and blue. The kit is one of the best quality on the market and we offer a very competitive price for our members.

**T**hree Kingsley club fighters have won selection onto the 2013 West of England squad. **Chris Edwards**, **Ollie Mathers** and sixth former **Samuel Foulser** all reached the selection criteria during last year.

**B**rother and Sister **Cameron** and **Kitty Lavelle** have now officially joined Kingsley club. They have recently moved into the Area and have come from Newbury judo club. Since joining our club both have been selected to compete for Devon. I'm sure the pair have a great future in Judo.

**F**acebook is proving to be a great way to make everyone aware of club events and news. We have one group page and a Kingsley timeline page. Both hold great information with the group page hosting photos and letters. If you have not liked or joined the pages please do so and try and share them with your friends.

**A**mazing statistics as our Judoka enjoyed a record breaking performances during 2012. Kingsley took part in **22** events winning **66** medals in total. That compares to **26** medals from just **9** events in 2011. **38** Judoka competed in total and helped win **20** Gold, **12** Silver and **34** Bronzes medals. And for the first time we returned a higher win percentage at events, winning **186** bouts to **184** defeats. It's an impressive set of results and proves that as time developments our training programme is proving successful.

**A** new system for the Kingsley Judo Festival event will start this year. We plan to hold a league style format with Judoka winning points for all scores and contest wins throughout the year. The next two events will take place on 2nd March and 15th June, more details will be available soon.

**S**ilver Club Mark award has now been confirmed by the British Judo Association. Kingsley is only the 3rd club in the West Of England to receive this award for

its outstanding work in developing judo and providing a safe effective training environment for all. At some point in the future its hoped that a Judo Olympian will visit the club to officially present us with the award.

**F**un social events for the whole club, is something we have talked about for some time and so far we have not been able to get anything arranged. Well, this is now a must so please hand in some ideas, or better still, as a club someone must want the brilliant job of being social event secretary.

**P**4P Coaching day, was yet another success for many of our younger club members on Saturday 16th February. Many younger Judoka enjoyed a great day's Judo, as two current Great Britain International's **Andy Burns** and **Jan Gosiewski**. A good mix of skill development and fun practice for all. The final session of this series of sessions takes place on Saturday 20th April.

**N**ew Grades were awarded to many of our members recently after a week of assessments, We now have a few new yellow belts which is great progress for our younger members. Congratulations to **Harry Dean** & **Thomas Leonard** who became the first members to reach yellow belt from our beginners group.

**S**aunton House won the first ever Inter House School Judo team competition. Each year group took part in a week long event,

### Kingsley Judo Club Events

Saturday 2nd March

Kingsley School Festival Round One  
Judo Event 10am

Saturday 9th March

British Schools National Championships

Sunday 10th March

English Junior Open

Sunday 17th March

Tora Kai Junior/Youth Open

Bristol

Sunday 24th March

Devon Open Mini Mons Championships

Kingsbridge

Monday 8th & Tuesday 9th April

Kingsley Easter Active Judo Camp

Saturday 13th April

Bedminster Club Team Event

Bristol

Saturday 20th April

P4P Coaching Final Workshop

Kingsley Sports Hall

Sat/Sun 27th-28th April

London International

Tuesday 7th May

Club Grading Seminar & Assessment

Sunday 19th May

Western Area Junior Championships

Kingsbridge

### Midland Area Tournament



Success for Kitty Lavelle who won a Bronze medal in Walsall. The event is a major British ranking event so this was a great performance for her. Samuel Foulser also finished in 9th place, while Clara Gawlas produced another strong result in 7th place. Brother's Michael and Chris Edwards both fought well over the weekend to also finish in ranking positions



**Andrew Serdega**

Yr 11

2nd Kyu—Blue Belt

His Favourite Throw is = *O-Soto-Gari*

His Favourite Judoka is = *Koga*

His Best Judo Performance was = *Winning Latvian National Championships*

### Kingsley School Team Profile

His Judo Ambition is = *To get my Black Belt*

His Favourite TV show = *Top Gear*

His Favourite Music = *Dance Music*

What is your favourite subject = *Physics*

What Are Your Best Qualities = *Friendly*

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

### KINGSLEY JUDO CLUB 2012 STORY

Young and old Judoka collectively contributed to producing yet another incredible year for Kingsley School Judo Club. The school runs a Judo Academy Programme in partnership with the University of Bath High Performance National Centre for Judo. Kingsley School Judo Club has also run an open community club. Its grass roots development through to high level coaching and organisation has been acknowledged by being awarded the Sport England's Bronze and Silver level Club Mark status by the British Judo Association.

This year, for the first time, two members finished the year high on the Great Britain ranking lists. Clara Gawlas finished the year ranked 10<sup>th</sup> and Andrew Serdega finished 9<sup>th</sup> place in their respective weight groups after a long season of tournaments throughout 2012. During the year eight members were selected to compete for the Devon Judo Squad at the regional County team championships in Somerset. Both Andrew Serdega and Sam Foulser helped the Senior Devon Men's team win Gold, while Clara Gawlas produced a fine performance to help the Junior Devon Girl's team also win Gold.

Three fighters Chris Edwards, Sam Foulser and Oliver Mathers were selected onto the West of England squad, with Sam Foulser representing the squad at the British regional team championships in Sheffield. Sam and Chris also represented the squad on two International trips to Holland during the year and even though neither won any medals, the experience gained has been vital to their ongoing development. Brothers Chris and Michael Edwards joined the England Judo team and travelled to compete in the Flanders International tournament in Belgium.

One of the highlights of the year was the under 16 team who finished in third place at the Devon County Inter Club Team Championships. Seven fighters in the individual event all won Gold medals to become Devon Champions, Finlay Mathers, Denver Butterworth, Joe Hillyer, Louis Hughes, Oliver Mathers, Michael Edwards and Joe Wickett. At a higher level, Sam Foulser and Michael Edwards won Bronze medals at the British Schools National Championships held in Sheffield. Josh Hunt claimed a Bronze at the highly rated Kent International Championships held in London. At a senior level, heavy weight fighter Steve Dean finished the year ranked 17<sup>th</sup> in Great Britain after winning medals on the Senior National Ranking circuit. The club's best results came towards the end of the year in Bristol at the Tora Kai low grades championships when we topped the medal table winning 12 medals, including three golds from Elliott Sutcliffe, Louis Hughes and Kitty Lavelle at this grass roots level event. Away from the competitive judo circuit, the club successfully ran a British Judo Association young officials course where some members learnt how to operate and help run competitions

The club also celebrated being awarded a small grant from the Bideford Bridge Trust, which is being used to invest in extra coaches and equipment to the benefit of our young athletes. The club also raised just under £100 during one of our festival event which we donated to Sport Relief.

The club is growing very successfully and now offers many different levels of coaching not only school to children but to the open community throughout the week. We encourage a fun approach to learning Judo and welcome newcomers to this fast and exciting Olympic Sport of Judo.

Find the Throw  
E E O M N T O A G  
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H G A O R S A H I I  
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Teddy Riner aged just 23, wins another Paris Grand Slam title to add to his World and Olympic Golds and Named World Male Judoka of the year—He's a legend in France

K	U	Z	U	R	E	A
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M	N	H	Q	R	W	O
J	X	O	P	U	O	Y

KINGSLEY SCHOOL INTER HOUSE JUDO LEAGUE 2013										
PLACE	HOUSE	PLAYED	WON	LOST	DRAW	Pts For	Pts Against	Pts Difference	Individual Wins	Total Points
1ST	SAUNTON	15	8	4	3	228	181	47	22	228
2ND	PUTSBOROUGH	15	5	5	5	194	173	21	19	194
3RD	WOOLA-COOMBE	15	4	5	6	187	200	-13	16	187
4TH	CROYDE	15	4	6	5	180	213	-33	18	180

**Happy Easter!** **ACTIVE JUDO**  
2 DAY  
Judo & Mixed Games Camp  
Monday 8th & Tuesday 9th April  
Kingsley School Dojo  
10am - 3.30pm  
£30.00 per child



Kingsley medal winners at the Xmas Festival

Find all the words which link with Newaza  
KESA-GATAME, KAMI, KUZURE  
YOKO-SHIHO, TATE-SHIHO  
MUNE-GATAME

Judo Quotes - "If you think you are good enough, you have just started your decline".