

WELCOME TO THE FEBRUARY ISSUE OF THE JUDOKA.

EDITORS NOTE

Editors note

Please send me your comments/ photos
your input will keep the magazine
going.

francescasexton@talktalk.net

I loved the Juno Kata and think Helen
and Katherine are amazing.

Francesca

JU NO KATA

THE JU NO KATA WAS A GREAT SUCCESS
SO THANK YOU TO EVERYONE THAT TOOK
PART. IF YOU REALLY ENJOYED IT THERE
IS A COMPETITION COMING UP BUT WE
ARE NOT SURE WHAT DAY OR TIME YET.
THE LADY WHO RAN THE COURSE (AND
WORLD RANKED JUDGE), TINA PENFOLD,
SAID IN EMAIL 'I wanted to thank you for
your hospitality and please thank your
'mums' for the lovely cakes, much
appreciated.

I was really impressed with your juniors;
you don't often get many who concentrate
for such a length of time - all credit to you
both.' Well done everyone!

WE WERE VERY HAPPY TO SEE HELEN
AND KATHERINE CARTWRIGHT WORLD
NO:4 IN JUNO KATA IN ACTION. THIS WAS
VERY INSPIRING.



Thank you to the mums
who made cakes for the
Ju no Kata they were
very yummy!



UP COMING COMPETITIONS

British Schools

THE JUDOKA

NEWS FOR WESTCROFT JC (NORK)

FEBRUARY 2013

COMPETITIONS

THE INTER CLUB TORNAMENT WENT WELL WE HAD 80 CHILDREN ENTERED. A BIG THANK YOU TO OUR HELPERS ON THE DAY. WELL DONE TO EVERYONE WHO COMPETED IN THE INTER CLUB COMPETITION, YOU ALL FOUGHT REALLY WELL.

IF YOU HAVE ENTERED THE BRITISH SCHOOLS COMPETITION IN SHEFFIELD REMEMBER IT'S ON THE 9TH OF MARCH. GOOD LUCK TO EVERYONE THAT ENTERED.



FUTURE BLACK BELTS

CONGRATULATIONS TO BEN AND ALEX CUMMINGS, ALEX ROE, HENRY CURTIS, JEMMA COOPER WHO HAVE MADE A GOOD START TOWARDS THEIR DAN GRADE. I'M SURE THAT YOU WILL ALL BE BLACK BELTS IN NO TIME! IF YOU WANT TO EARN SOME MORE POINTS YOU CAN DO TO THE NEXT DAN GRADING WHICH IS ON 6TH OF APRIL. DON'T FORGET POINT SCORING COMPETITIONS TOO. I'M SURE YOU WILL EARN LOADS OF POINTS. GOOD LUCK IF YOU CHOOSE TO COMPETE.

WHO WILL WIN IT BY LINE UP ???

WE ARE HOPING TO SEE YOU GUYS BEING AWARDED IT AT THE NEXT CLUB AWARDS.



BLACK BELT REQUIREMENTS

Working towards black belt starts as soon as you step on the mat. It is important to learn the principles of breaking balance and listening to the Japanese words. Also there is a contest element and if you haven't done contest from the start it is very tough.

Points:

Not unlike your Samurai Sam event you need to score points for 1st Dan you need 100 points this can only be earned by winning contests by Wazari (7) or Ippon (10) this sounds simple but when you add in that you are fighting others who also want their black belt this is pretty tough. There is an even tougher route if you win 2 contests by Ippon you may be given a line up 3 contests without a break ALL of which you must win by Ippon within the contest time.

Theory:

Once you have your points or line up in the bag you need to do the theory this test is from any theory you have learnt on the way from red to brown it has to be shown at an advanced level, there are also a few techniques you may need to learn in addition to you red – brown theory. The examiner grades you techniques 3, 5, 7, or 10 and you need to score 150 to pass for 1st Dan this increases for each Dan

Samurai Sam – Black Belts

Many of you have started winning the black belt for Sam there will soon be an honor list for those who have Sam's black belt and those who have it for real.

THE JUDOKA

NEWS FOR WESTCROFT JC (NORK)



Snow!

Did you have fun in the snow? The Saturday class definitely did! Nearly everyone in the classes came for their lesson even though the roads were icy and the ground was covered in snow. I'm sure the parents were happy that the judo lessons were still on!

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WESTCROFT JUDO CLUB (NORK)

www.westcroftjudo-nork.co.uk

Important dates

9 March	British Schools Championships
16 March	Red/Yellow Grading
16 March	Juno Kata practice (only those who did course)
23 March	Juno Kata practice (only those who did course)
6 April	Dan Grading High Wycombe

Venue:

St Paul's Church Hall
Warren Rd
Nork
Banstead
Surrey
SM& 2HG