

EDITORS NOTE

Editors note

I had great fun at the awards night and really enjoyed dancing with all of you. Hope to see a few of you at the British Schools.

I need you all to send photos and comments please

francescasexton@talktalk.net

Francesca

NAGE-NO-KATA COURSE

Last year we held our 1st Annual kata course and it was a huge success. Hopefully, this year we will get a even more participants for our 2nd Annual Kata Course . You never know kata practice or competition might be a hobby that you really enjoy so pop done to the club on the 1st March. It is a great day event with cakes baked by the mum's and last year we had toasties for lunch.

Kata is basically a set order of what judo throws you are going to do or ground work you are going to do, a bit like a choreographed dance, which focuses more on technique. If you don't like throwing Ju-No-Kata will be the type of Kata you like. This year we are doing Nage-No-Kata which does including throwing.

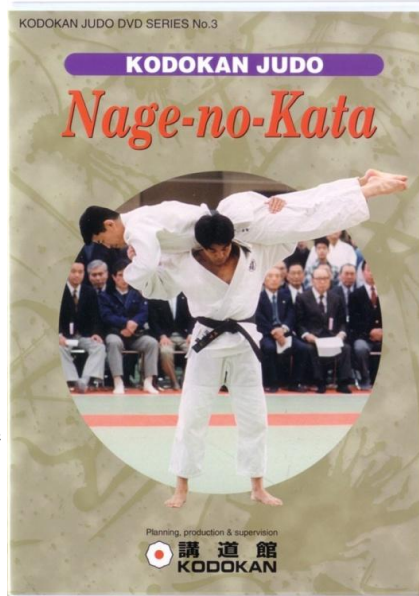
This is for senior class or invitation only.

British Schools Champs

For all of you judo champs out there, the British Schools Champs are on the 8th March. It is a very tough event. We have had many children fight in the British Schools and do very well.

We will be traveling up to Sheffield for this event – it's held in a big arena with 7 mat areas and can be a little daunting the first time.

We wish Matty, Max, Ally, Amber, Ryan, Oliver, Edward and me, much luck and many Ippons !



JUDO KIT REMINDER !

Correct kit for girls – Judo suit plus white T Shirt

Correct kit for boys – Judo suit NO T-shirt underneath.

Applies to boys and girls – Long hair in pony tail, no metal in hair band. No jewelry. No socks

Exciting News

The British Judo Association are offering us a great opportunity – if we can sign up 16 new people by 31 July we will get a free Master class (like the Craig Fallon one)

So pick up a leaflet and give one to a friend. Check the website for progress!

THE JUDOKA

NEWS FOR WESTCROFT JC (NORK)



SURREY YOUTH GAMES

REIGATE AND BANSTEAD

AND

EPSOM AND EWELL

THE SURREY YOUTH GAMES ARE BEING HELD AGAIN THIS SUMMER IN THE GUILFORD SPORTS PARK. THIS EVENT IS AGE BANDED . JUNIOR TEAM OVER 8 AND SENIOR TEAM UNDER 16 ON 22ND JUNE

YOU **MUST** HAVE A FULL BRITISH JUDO ASSOCIATION LICENCE AND WHITE JUDO GI.

THIS YEAR MIKE AND RACHELLE WILL BE COACHES FOR REIGATE AND BANSTEAD AND ALSO EPSOM AND EWELL

YOU NEED TO BE LIVING IN R&B OR E&E OR SCHOOLING IN ONE OR BOTH. TO BE ELIGIBLE

THE EVENT ON THE 22ND JUNE IS A TEAM EVENT AND IS A FULL DAY !

Coaches are very excited about this one!

EPSOM AND EWELL TRY OUTS

10TH MAY 11- 1 (UP TO 2 HOURS)

REIGATE AND BANSTEAD TRY OUTS

10TH MAY 1-3 (UP TO 2 HOURS)

HELD IN THE NORK VENUE, SM7 1LG

THIS IS THE FIRST YEAR WE HAVE RUN THE EPSOM AND EWELL TEAM AND NEED SOME INFO

IF YOU ARE IN THE EPSOM AND EWELL BOROUGH OR SCHOOL IN E&E PLEASE LET US KNOW BY EMAIL ALSO IF YOU ARE BOTH REIGATE AND BANSTEAD AND E&E LET US KNOW.

THE JUDOKA

NEWS FOR WESTCROFT JC (NORK)

FEB 2014



Last Year's

Youth Games
Team

This year hoping
for even more of
you !!

DAN GRAGE UPDATE

Congratulations to

**Matty Sexton has earned 50 points
towards his black belt.**

**Come on boys now we have to fight for
it !!**

Good Luck To:

**Those entered in British Schools Kata
Championships in May.
Those in Surrey Trials, in March.**



THE JUDOKA

NEWS FOR WESTCROFT JC (NORK)

NEXT SAMURAI SAM

22ND MARCH

HAVE FUN



WHAT BELT IS YOUR SAM ?



Delete this box or enter quote or tagline here

WESTCROFT JUDO CLUB (NORK)

www.westcroftjudo-nork.co.uk

Important dates

1 st March	Kata Day
8 th March	British School's Championships
15 th March	Southern Area Green and Under
22 th March	Samurai Sam
29 th March	Orange+ grading
30 th March	Surrey Senior and Junior trials
5 th April	Dan Grading (high Wycombe)
10 th May	Surrey Youth Games Trials
22 nd June	Surrey Youth Games

Venue Address:

St Paul's Church Hall
Warren Road
Nork
Surrey
SM7 1LG