

Judo Section

As we start the New Year, we are able to review the successful year we had in 2018. Apart from maintaining an excellent number of players each session, we were fortunate to have a new set of mats bought for us. These new mats increased the area for the players, are a little softer, but still supportive for the younger players and allowed the older mat area to be used to commence an adults session that runs concurrently with the juniors. The two mat areas provide a safe environment for both juniors and adults as they are separated and will reduce the risk of injuries caused by overcrowding.

Although only a few adults are currently taking the opportunity to take up the sport and train with us, we have gathered interest from others to join us in the New Year. The sessions are open to all adults, and children over 7 years old, irrespective of gender, ability or fitness level. Beginners and existing grades are all welcome to join us.

The last couple of months of 2018 saw our junior players participating in their 'grading' (awards for their next colour belt). It gives me great pleasure to announce that we once again had a 100% success rate. This is entirely due to the hard work and effort of each of the players. For the higher grades this involves difficult and technically complex techniques that require the player to consider balance, timing, judgement and position – sometimes easier said than done! Both Gloria and I, as instructors are continually amazed by the excellent performance of all our players and immensely proud of their achievements. Our congratulations go to all.



Our white belts who are now red belts



Our yellow belts who are now orange belts

Unlike many sports, it takes considerable time and dedication to achieve some of the higher grades, and especially the coveted 'black belt'. Many of our players are now practicing the throws, combinations, counters and groundwork techniques that will allow them to fulfil the requirements of being awarded the 'Black belt', known as the 'Dan' grade.



Our Orange to green and green to blue belts - and more of our successful yellow to orange belts. The excitement is easy to see on the faces of the players.

So now all our players move forwards and learn the throws and techniques needed for the next colour belt. Once more we will see hard work and dedication as they pay attention to the detail that will make their next grading as successful as this one.

The judo club is holding a BBQ at the end of the month for all our players and volunteers to meet socially and enjoy a relaxed evening together.

If anyone, child or adult would like to join us on a Thursday evening, you would be most welcome. There is no specific fitness requirement and complete beginners would soon enjoy a sport that is loved by all of us at the club.

For more information you can contact me (Kevin) on: 92340736 or email to kevinlockyer467@gmail.com