

IPPON Judo Club

Courage, Strength, Honour

Newsletter

Welcome Note

Edition 1, Oct, 2006

I would like to welcome all players to our new club – **IPPON Judo Club**. The focus of the club at this stage is on our younger players and I am excited to see so many young players joining the club and enjoying Judo. First and foremost I would like to thank a strong and dedicated group of my Judo friends for their devotion and enthusiasm. I particularly wanted to thank Ross De Rota, Anthony Lewis, Sarah Frew, David Webb, Matt Perry, John Wallis and Helen Randall for their unconditional support and help with establishing the **IPPON Judo Club**. The list could go on and on and if I missed anyone I sincerely apologise.

I am extremely proud of strong support and enthusiasm of already a very strong group of club members and I am positive that we will be a successful club for many years to come. Speaking of success, I would like to see the success of the club become recognised on many different levels. Guiding my players to become successful in life is the ultimate objective of my coaching. Athletic competition is healthy. To strive to win is important. Most would agree with that, but it's not the only thing. My Judo philosophy is that Judo is a lifetime commitment and short-term success on the mat is but a by-product of the journey toward life oriented long-term goals. I would like to be seen as a leader and educator preparing my athletes for a game of life.

In summary my other coaching objectives are to:

- Provide a high level of coaching to all our players in a safe and challenging environment
- Increase the numbers of club members
- Maintain a high level of retention of our players
- Establish and maintain strong community support for our club
- Increase the participation of club players at local, national and international tournaments
- Improve the results of our players at various competitions
- Provide players to the national team

I welcome once again everyone to **IPPON Judo Club** and look forward to many successful and enjoyable years.

Arek Sensei
October 2006

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IJC Grading
Dates:

1. 13th & 15th Dec

2. 19th & 21st Dec

Calendar

Date	Event	Venue
17 October	Term 4 starts	
28 Oct (TBC)	IPPON Judo Club (IJC) social BBQ	Fadden Pines
25 October	JFA ACT Committee Meeting	Red Hill
5 November	ACT Mini Comp (under 10)	Marist
5 November	Pan Pacific Masters Games	Gold Coast
12 November	ACT Mini Comp (under 13)	Marist
19 November	ACT Mini Comp (under 16 & seniors)	Marist
22 November	IJC tournament (club only)	Dojo
29 November	JFA ACT Committee Meeting	Red Hill
TBC	JFA ACT Christmas Party & Awards Presentation	Red Hill
TBC	IJC presentation night	TBC
19 & 21 December	IJC grading (all KYU grades)	Dojo
13 & 15 December	IJC grading (all KYU grades)	Dojo

Training Times

Day	Time	Programme	Age
Wednesday	5-6pm	Beginners Mini Judo	6-7 yrs
Wednesday	6-7pm	Advanced Mini Judo	8-9 yrs
Wednesday	7-8pm	Juniors	10-12 yrs
Wednesday	8-9pm	Seniors	13 & up
Monday	6-7pm	Juniors (new class)	8-12 yrs
Monday	7-8pm	Advanced Juniors	10-12 yrs

In times of change, learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists.

ERIC HOFFER

From the Coach

Mini Judo

Our goal for next school term is to spend more time on improving our agility, balance and coordination and master both back and forward break falls. Learning proper break falls and being able to protect your body when thrown is absolutely critical before we start learning proper Judo throws. We will also learn the first hip throw – O Goshi and master two foot sweeps – De Ashi Harai and O Soto Gari. We are going to do those two throws on both the left and right sides. I am planning to organise a small in-club competition for our young players in the next school term. More details on the format of this competition and dates will be provided soon.

Juniors

Next school term we are going to continue learning more throws and groundwork techniques. I am going to follow my model of teaching where when we practice a new throw we also learn at least one combination (Renzoku or Ranraku Waza) with that technique and one counter throw. Players attending our junior sessions will also learn more about Judo rules, as they will attend some of the local competitions. From next school term we start Monday sessions for our advanced juniors.

Competition

Judo is a competitive sport with full Olympic Games status. Players at different stages of their Judo career will enter various levels of competition. My coaching philosophy is that we should develop our competitive skills from relatively young ages in a friendly and supportive club environment with a strong understanding that winning is never our main objective in the early stages of our Judo journey. I would like our young players less than eight years of age to participate in 3-4 in-club competitions a year. I will arrange them at our club with some variations to Judo rules so players can fully enjoy these competitions, learn Judo rules and improve their confidence in more competitive surroundings.

Our older players of nine years and up, I would like to expose to another 3-4 inter-club competitions in additions to 3-4 in-club tournaments. Judo Federation of Australia ACT organises these competitions and they are staged in different clubs. For exact dates of all competitions please check the Club's Calendar. I would like to encourage as many of our young players as possible to take part in all competitions.

Competition Rules – Part 1

Judo is an international and Olympic sport and is governed by the rules of the International Judo Federation. For a copy of the rules go to http://www.ijf.org/rule/rule_referee.php or contact Arek Sensei.

Hopefully the following will be an easy introduction to the rules that will help you enjoy the tournament; you may even enjoy it so much you will want to get involved.

What are they trying to do?

Quite simply they are trying to knock the opponent over so that he lands hard on the back (a throw) or hold the opponent on the back for 25 seconds or obtain a submission by strangle or arm lock (in Australia only for players over 16 years of age). If this is done fully it is considered an Ippon and finishes the bout. How do they hope to do it?



To throw, they can spin the opponent over his own feet or over the thrower's hips or back. They can sweep the opponent's feet out from under him or they can drop down and spin the opponent over their own fallen body.



To hold down the opponent, they press down from a face-down or side-down position on the opponent (generally holding the head or a limb) so that the opponent's back or a shoulder is on the mat.

To obtain a submission, pressure can be applied directly on the elbow of a straight arm or the arm bent at a right angle can be twisted in either direction.



To **strangle**, pressure is applied to the sides of the opponent's neck by one or both forearms or the opponent's own collar.



Kid's Corner

For the Juniors – IPPON Judo Word Find

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

SENSEI
IPPON
JUDO
JUNIOR
DOJO
JUDOJI
O G O S H I
D E A S H I H A R A I
R E N Z O K U
C O M P E T I T I O N
G R A D I N G S
C L U B
O L Y M P I C G A M E S
R E S P E C T
S A F E T Y
S T R E N G T H
C O U R A G E
H O N O U R

For the Minis –



What is Judo?

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more.

Judo was *founded* as a martial arts form in 1882 and became a sport in the Olympic Games in 1964. There are many judo clubs around the world, today and it is one of the most enjoyable and safest of the martial arts forms.

Dojo Etiquette

I would like to remind all our players about a few traditional Judo Dojo (Judo training room) rules.

- **Rule Number One: Listen, Listen, Listen.**
Always listen to the Sensei and do what he says, the moment he says it. It is when you don't listen that accidents may happen.
- **Always bring your shoes with you to the dojo.** Before walking on the mat take your shoes off and put them close to the mat. At all times when you walk off the mat you must put shoes on.
- **Please ensure that hands and feet are clean before entering the mat.** Nails (hands and feet) need to be trimmed. Socks may be worn for medical reasons only.
- **Judogi (the judo suit) needs to be clean.** We recommend washing after each training session.
- **No jewellery or hard objects are to be worn at judo during training.** This includes **earrings** and personal protection gear. Also, please ensure that hair ties do not contain any metal parts that may cause injuries
- **Look after and respect yourself and your buddy.** Judo is Duo, meaning that you practice it together.

Before and during training

- Please **be prompt** for the start of class as coming late is disruptive to the other players. Training is made up of different phases with the most important being the warming-up and stretching exercises at the beginning of class (presented in different forms of play). You need to do these exercises to help prevent injury. Both of these are essential to attend.
- Children are not allowed to leave the mat or training room during the training, unless accompanied by an adult. If you need to take your child out of the training room (even for a brief period), please inform the coach.
- Some of our younger judokas (players) will need their parents to be around during class, for instance for help with going to the toilet. Please stay if your child needs additional help during class.
- Please ensure that you always bring a drink bottle into class.
- Do not leave any belongings unattended outside the dojo (training room). Please bring any shoes, bags, and other belongings into the dojo with you.

If you are a spectator at a Judo Dojo remember you are a guest and expected to act like one at all times. Instructors take a dim view of spectators who sit and talk to others in the Dojo spectator area and disrupt classes. A Judo Dojo is a place for practice and many Judo Dojos do not have a space for spectators. If you are not offered a seat do not be offended, as you are a guest and the purpose of the Dojo is to train Judo players and not entertain you. If you are a parent and you are setting on the sidelines, you are not to give them any instructions from the sidelines and at no time are you allowed to go on the mat to help instruct your child. Many instructors will ask you to leave the Dojo. When you or your child is at the Dojo, it is up to the Sensei, not you, to give instruction

Fundraising

Over the next few months, the IJC will be undertaking some fundraising activities. Suggested ideas, thus far, are the ever-popular Bunnings BBQ and a Sock Drive.

We would invite all interested parents to offer ideas. When dates are confirmed for the Bunnings BBQ, we will organise a roster and we look forward to working with all those parents who would be happy to help person the BBQ.

If you have any further ideas, please don't hesitate to email:

huren@aapt.net.au or approach Arek and he will direct you to the appropriate people.