

Fighting Fit Judo Club



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British Judo Association club registration No. 9050

FIGHTING FIT JUDO CLUB REPORT

Three senior members of Fighting Fit Judo Club travelled to Ipswich recently for the Ipswich Senior Open. Head coach and club founder Dominic King was joined by Jemma Thomas and Richard Walters.

It came as no great surprise that Jemma Thomas was once again on top form and continued her brilliant run of success with yet another Gold medal by winning all her fights by ippon. (equivalent to a knock-out in boxing)

Richard Walters was up next and although he fought very well to win his first two fights, he fell awkwardly in his third and had to retire from the competition with a chipped bone in his elbow. Although disappointed at having to retire, he did enough to win the Bronze medal.

The last of the trio to fight was Dominic King. Although he has given up competing at the top level, Dominic felt the need to enter a competition to keep in touch with the latest techniques and rule changes. Although nowhere near match fit due to the fact that he doesn't get the time to do his own training now, Dominic was fairly confident that his experience would see him through the competition but he was quite surprised to find Ashley Mackenzie fighting in his weight-group. (Ashley has an outside chance of a medal in the 2012 Olympics) Another disadvantage was the fact that being No.1 seed, Dominic and his first opponent were the only ones not to get a bye in the first round!

Predictably, both Dominic and Ashley got through to the final without too much trouble both winning all their fights up to that point by ippon. It has to be said that under the circumstances Dominic was the underdog as Ashley is part of the GB High Performance programme training full-time at the Dartford centre of excellence.

It was obvious from the start of the final that Ashley still had a great deal of respect for Dominic and was very cautious with his attacks. Entering the fourth minute of the five-minute fight, Dominic was probably marginally in front but his lack of fitness was starting to become apparent. His attacks were becoming less convincing and the time taken to get up after going to the ground was taking longer and longer. Well into the final minute Dominic looked almost dead on his feet and after two penalties from the referee it looked just a matter of time before he would be finally beaten.

Seconds from the end of the fight, Ashley frantically put in attack after attack hoping to get Dominic the final penalty which would have given him the outright win. Suddenly, completely against all the odds, Dominic executed a superbly timed foot sweep counter to put Ashley flat on his back and win the fight. The crowd erupted with applause and cheering with both players flat on their backs at the end (Ashley in disbelief and Dominic with exhaustion!!) After getting over the initial shock, Ashley was first over to Dominic to help him up and shake his hand.

The result of that final fight just goes to prove that there is no substitute for many years of experience at the top level of any sport. Anyone wishing to take advantage of Dominic's vast experience of judo at National and International level and join the judo club can either visit the website www.FightingFitJudo.co.uk where they will find detailed information about the sessions he runs or email Dominic@FightingFitJudo.co.uk or alternately ring him on 07977 432756 or 01493 664089

Attached is a photo of club coach
Dominic with Jemma