

British Judo Association Eastern Area Newsletter Issue 4: October 2008



Andrew Pickerill, Littleport Judo Club, who has just been selected for the England Cadet Squad, holding his bronze medal from the British Championships and his gold medal from the Clacton International Championships

The Official Newsletter of the British Judo Association's Eastern Area

For up to date information check out www.bjaeast.co.uk

***Email your news and articles for the newsletter to
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News from the Eastern Area Secretary

Welcome to three new clubs to the area: Fighting Fit Judo Club, Black Dog Judo Club and Felixstowe Judo Club.

At Fighting Fit JC Dominic King is the Club Chairman, Terry King is the Club Secretary. At Black Dog JC Mark Purlant is the Club Chairman, David Oates is the Club Secretary. At Felixstowe JC Sarah Logan is the Club Chairperson, David Martin is the Club Secretary.

Following the success of the Awards Ceremony at the end of last year's AGM this shall be repeated for the AGM in 2009. Shortly each club shall be invited to nominate candidates for awards.

Yours in Judo,

Colin Fordham.

6 month review of Mon and Kyu Technical syllabus

Contributed by David Horton-Jones, National Director of Examiners

The technical grading scheme has been in use for 6 months and Nationally the uptake has been fantastic with grading figures up 50% so far. The syllabi have now been reviewed and thanks to everyone that contributed with their ideas.

Firstly there are a few major changes:-

1. The requirement to have a different examiner than coach for grades above 9th mon and above 4th Kyu has been removed, however it is considered best practice to try and use a different examiner to the coach.
2. The personal choice for 3rd to 2nd Kyu and 2nd to 1st Kyu is now optional.
3. There is now a detailed explanation of how to assess Special Needs judoka

There have also been some minor changes as listed below:-

1. Grammar changes to avoid ambiguities
2. 6th Kyu grade is now red belt
3. Changed inventor of judo to founder of judo

The syllabi are on the BJA website in November and I will ask the ADofE Dave Etchells-Butler to distribute to all those emails that he has. Finally, there is now an up to date Dan Grade Syllabus available. Again it is on the BJA website and the ADofE will be able to distribute by e mail.

The National Squads

The Eastern Area has several judo players in National Squads. Those that the editor has managed to spot in the national listings are:

| | |
|---------------------|----------------------------------|
| Masters Squad | Clare Moore of Kumo |
| Boys England Squad | Andrew Pickerill of Littleport |
| Girls England Squad | Gemma Moore of Kumo |
| | Emma Reid of Melbourn |
| | Sophie Daniels of Saffron Walden |

If I have missed anyone please let me know!

Kumo Judo Club

Reported by Howard Oates, Senior Club Coach

On 16th July at the Eastern Area Invitation Stowmarket, Gemma Moore, the club's one and only entry, collects a silver medal

17th July, Diss Community Centre, Kumo Judo Club conducts a training session with an international flavour as the Club hosts Kemzeke from Belgium. We decided to keep the session in house and just as well as the free session attracted numbers approaching 70 players. Juniors and seniors came together in a 2 hour session conducted by Club's Senior Coach Howard Oates

7th Sept Val Aganov collects bronze in the open section

14th Sept, Bredene Belgium. The club's seniors take 4 gold and 1 silver with Colin Oates -73k Gemma Moore -52k cadet Clare Moore -63k and Thomas Turner +100k the only silver being won by back to form Emma Paflin, clearly robbed on a 10 minute contest by decision.

20th Sept World Cup, Dremmen Norway. Not so long ago it seems we would have posted the flags for any A tournament medalist in the east however Colin Oates was always favourite to take gold given the quality of the entry. Of course, saying that, it does not follow that many other Brits could have taken the title as there are very few men players that have ever won world cup golds but you must keep your feet firmly on the ground in these matters. More disappointingly is the lack of BJA coverage in that no review on the website nor in the Matside magazine whereas there was a full spread for the World Cup interclub held in Birmingham where wild claims were made that countries like Japan had entered etc. Truth was, there was one Japanese entry only, most probably from a player at University I wonder? Furthermore claims of taking all the medals in certain weight categories are laughable as it is difficult not to make a clean sweep when the complete entry in a weight-band is British. In saying this I appreciate the ladies could only fight what was there and they did their job but so too did the men who topped the medal table in Norway with twice the number of entries to that in Birmingham. All I ask is a level playing field when it comes to reporting players' achievements.

27th Sept, British Masters, Walsall. Clare Moore loses her British Crown in the final but collects her final points for her second Dan winning 3 contests. The club's proud record of winning National titles every year since its formation in 1994 is once again safe.

27th Sept, Brane Belgium. Thomas Turner takes gold and Gemma Moore silver

4th Oct, Belgium. Gemma Moore collects silver again

4th Oct, Welsh Senior Open. Disaster for the club as we do not register a single victory with both Thomas Turner and David Oates bowing out.

11th Oct, Irish Senior Open, Dublin. Emma Paflin becomes Irish Open Champion at -52k but Colin Oates loses in the -73k final – Colin's first defeat in Ireland. Clare Moore takes bronze at -63k.

12th Oct, Junior Nationals, Sheffield. Emma Turner bows out but Gemma Moore salvages a bronze from a long, long, boring weekend. Whilst I appreciate that these National are just once a year the finals were far too late on both days. Sometimes I do not think that the organisers seem to care that many of us start early for work in the morning

As the year draws to a conclusion I hear there are more changes to the contest rules in the air and the squad systems are going to be reviewed. Our grading structure has been overhauled, the method by which we can become coaches changed and the selections for the junior nationals is likely to return to some kind of selection system. I am not too sure what I make of it all. Perhaps I am getting a little too old and cynical for all this but I suppose we will just have to soldier on a while longer at least until 2012

Littleport Judo Club News & Results

Submitted by club secretary and coach, Ros Edwards

1. Heart Of England, NIA, Birmingham – 7th September

Nicholas Johnson, now band C, under 66kgs, won his first contest but lost his next two contests so did not get a chance to fight for bronze medal. Andrew Pickerill, band C, under 81kgs, lost his first pool contest but won the remaining two to reach the last four in the knockout stage. He met an experienced player in the fight for a place in the final but, sadly, lost on a minor score and settled for a bronze medal and 400 points towards qualification for the England Squad.

2. British Championships, EIS, Sheffield – 11th October

Andrew Pickerill, 14 to 15 year old age band, under 81kgs, won his first contest with an ippon throw. His second contest was against the Heart of England gold medallist to whom he lost when thrown. Andrew moved into the repechage to fight in the bronze medal contest which he won with a throw in 8 seconds. A bronze medal earned Andrew another 400 points to bring his total to 800 finishing third in his age and weight band and hopeful of an England Squad place.



Andrew receiving his bronze medal at the British Championships

3. Clacton International – 19th October

Andrew Pickerill entered the Youth event hungry for points towards his black belt. Competing in a combined under 81/90 kgs, Andrew lost to the under 90 player, 1st dan, when he was strangled but then went on to beat his remaining 1st dan and 1st kyu opponents with ippon scoring throws so collected the under 81kgs gold medal and 20 points towards his dan grade.

4. Area Promotion Exam – 26th October

Laura Tuck and Andrew Pickerill entered the competitive 1st kyu section. Only 2 ladies showed up so, with insufficient entries for line ups, it was a one contest point scoring exercise which Laura sadly lost leaving with no points. Andrew was fortunate enough to be amongst seven men so line ups were possible. Andrew got a draw in one contest, then won one by ippon and lost one so did not qualify for a line up. With 10 points secured, he was in two line ups, losing in one and winning by ippon in another to add a further 10 points and a daily total of 20 points to add to 20 scored at Clacton, taking his total to date to 40 points.

5. England Squad Selection For 2008/09

Andrew Pickerill won bronze medals at the 2 qualifying events, Heart of England and British Championships, and received a letter from England Squad selectors informing him that he had been selected to join the England Cadet Squad. Andrew has been on the World Class Start Programme for the past 3 years.

6. Reminder - Littleport Mini Age Bands Closed – Sunday 7th December 2008

A reminder that this event at Littleport Leisure Centre on Sunday 7th December 2008 is open to East Area clubs only. Two age bands, 8 & 9 year olds and 10 & 11 year olds. Download an entry form at <http://www.littleport-judo.org> or <http://www.bjaeast.co.uk> if you do not have a copy.

7. Reminder – Littleport Under 12 – Sunday 1st March 2009

A reminder that this event at Littleport Leisure Centre for which a date is to be confirmed is open to East Area clubs only. Two age bands, 8 & 9 year olds and 10 & 11 year olds. Entry forms, when details finalized.

8. Other 2009 Events At Littleport Leisure Centre

Junior Age Banded Invitation on Sunday 5th July 2009. There will be two groups, 8 to 11 year olds and 12 to 15 year olds.

Youth and/or Senior event on Sunday 29th November 2009. This will be point scoring if the relevant Tournament Licence is obtained.

Please check for more details and entry forms for these events at <http://www.littleport-judo.org> or <http://www.bjaeast.co.uk> or <http://www.britishjudo.org.uk> if required.

Renkeido Judo Club

Reported by Ted Evans

We at Renkeido were felt very proud to see our Judoka putting on a fine display of their Judo skills at this year's Taverham Village Fayre. Anyone preparing for any such event can appreciate how well these youngsters did, even more amazing is the fact that some of them had only joined in the summer term!

Some of the longer standing members had been putting in good regional representation with attendance at the final competitive grading in Thetford. By the end of the day Tia Betts, Laura Baldwin, Liam Howes, Oliver Swanepoel, Gary Lemmon, James Lemmon and Ben Lynch had all gained higher grades.

This was followed with attendances at a number regional World Class Start and Training Together sessions. These are open to suitably experienced players from the whole of the Eastern area in order to get valuable training from former international level competitors.

Renkeido Judo Club has recently welcomed many new members as this Olympic sport seems to have captured people's imagination as a great way to have fun, get fit and learn valuable skills. Welcome to you all and to our new Judoka who have joined following the unfortunate closure of Norwich Judo Club. Whilst the closure of any sporting club is unfortunate we can at least offer an alternative venue to continue learning and having fun.

The Mini-Mon (competition) on the 7th September and 12th October allowed many of our newcomers to have their first taste of competition.

If you are interested in watching or coming to our training sessions on a Wednesday night you are always welcome. We are able to offer something for everyone, even places on the organising committee if that's your thing.

Further information call Ted, Nch 865633.

Eastern Region Judo Camp – October 2008

Reported by David Southby



Following its successful debut in Cambridge this summer, the Eastern Region Judo Camp was back in action for the October half term at Shelford Rugby Club.

On Wednesday 29th October, Cambridge clubs joined forces to offer training under the expert guidance of national coaches and former champions at an event hosted by Happidojo Judo Club in partnership with

Melbourn Judo Club and Tora Judo Club. Almost 60 players benefited from this day long training programme led by David Southby, Colin Fordham, Jean-Paul Bell, Dominic King and the current British No 1 Colin Oates.

All players in the region were invited to take part and hone their Judo techniques with Randori, strength training, core stability, fundamental and flexibility sessions at the event which looks set to become a regular fixture for graded players and seasoned young competitors aged eight years and over.

Founder of Happidojo, Dave Southby, BJA Eastern Regional Technical Officer and Commonwealth Gold Medalist, says: "We had a great gathering of Judoki this summer and the youngsters grabbed every chance to expand their skills, so it's great that we can provide this opportunity again. Children are keen to learn more and up their game with this level of coaching, and parents are confident in the clubs' ability to motivate and focus on a positive sporting activity during the half term break. It was a good gathering for our regional players and we were impressed to see players represented from clubs as far a way as Great Yarmouth, London and Buckinghamshire."

Junior Nationals

Reported by Howard Oates, Kumo Judo Club

The following players took medals for the East and their clubs

Jenna Jay Nicholson (Marham) Bronze
 Emma Reid (Melbourne) Silver
 Andrew Pickerell (Littleport) Bronze
 Gemma Moore (Kumo) Bronze

A very low turnout of entries from the East which is consistent with the lower turnout for the Area Competitions. In 2009 it is our intention to reintroduce the Red Belt Rumbles to run alongside our Dan gradings and we have set ourselves the target of running at least 2 junior opens at Thetford. Perhaps we can kickstart our area back into action.

Renkeido Mini-Mon, 7th September 2008

Reported by Ted Evans

| Club | Name | Grade | Result |
|------|------|-------|--------|
|------|------|-------|--------|

Novice Girls 30 kg

| | | | |
|----------|-----------------|--------|--------|
| Renkeido | Livvy Wood | Novice | SILVER |
| Renkeido | Kundia Vurayai | Novice | BRONZE |
| Renkeido | Chantell Daynes | Novice | GOLD |

Novice Girls 7 years old 27kg

| | | | |
|------------------------|-------------------|--------|--------|
| Fighting Fit Judo Club | Crystal Whitlock | 2Mon | BRONZE |
| Kumo Thetford | Teigan Tucker | Novice | GOLD |
| Renkeido | Jameelah Bamigola | Novice | SILVER |

Novice Girls under 9 years old 26 kg

| | | | |
|---------------------|-------------------|--------|--------|
| Black Dog Judo Club | Georgina Lane | Novice | SILVER |
| Black Dog Judo Club | Lauren Swainston | Novice | BRONZE |
| Hollesley Judo Club | Millie Cartwright | Novice | GOLD |
| Renkeido | Hollie Wick | Novice | BRONZE |

Novice Boys Under 7 years old -35 kg

| | | | |
|---------------------|-----------------|----------|--------|
| Black Dog Judo Club | Jackson Congdon | Novice | BRONZE |
| Hollesley Judo Club | Thomas Doughty | 3rd Kano | GOLD |
| Black Dog Judo Club | Oliver Pullant | Novice | GOLD |
| Marham Judo Club | Sacrin McCallam | Novice | SILVER |

Novice Boys 10 years old -30kg

| | | | |
|------------------|---------------------|--------|--------|
| Renkeido | Tom Grint | Novice | SILVER |
| Marham Judo Club | Christopher Parrott | RED ?? | GOLD |
| Renkeido | Jack Bland | Novice | BRONZE |

Novice Boys 10 years old -35kg

| | | | |
|---------------------|----------------|--------|--------|
| Renkeido | Matthew Cullam | Novice | BRONZE |
| Kumo Thetford | Jordan Pradhan | Novice | GOLD |
| Renkeido | Luke Brett | Novice | SILVER |
| Black Dog Judo Club | Harry Grand | Novice | BRONZE |

Boys 10 years old -28kg under 6th Mon

| | | | |
|---------------------|---------------|---------------------|--------|
| Black Dog Judo Club | Anthony Moore | 3 rd mon | BRONZE |
| Kumo Thetford | Josh Tucker | 2 Mon | GOLD |
| Black Dog Judo Club | Luke Brady | Novice | BRONZE |
| Hollesley Judo Club | Kieran Bevans | 5th Mon | SILVER |

Boys 9 years old 30kg

| | | | |
|------------------------|-----------------|---------|--------|
| Black Dog Judo Club | Benn Walker | 5th Mon | GOLD |
| Renkeido | Jack Williams | 3 Mon | BRONZE |
| Fighting Fit Judo Club | Keaton Whitlock | 3 Mon | SILVER |

Boys 9 years old 45kg

| | | | |
|---------------|----------------|---------------------|--------|
| Renkeido | Liam Stevenson | 2nd Mon | SILVER |
| Goshindo 9000 | Ethan Fox | 2nd Mon | BRONZE |
| Kumo Thetford | Mason Nembhard | 1 st Mon | GOLD |

Boys 9 years old 40kg

| | | | |
|---------------------|--------------|---------|--------|
| Renkeido | Ben Bright | 6th Mon | SILVER |
| Hollesley Judo Club | Luke Cereley | 4th Mon | GOLD |
| Black Dog Judo Club | Oliver Grand | Novice | BRONZE |

Important forthcoming event: Technical Conference, November 30th 2008

Registration 9.30 am
Duration 10 am to 3 pm

The focus of the day will consist of:
10-18 mon syllabus / 3-1 Kyu syllabus.

Dave Etchells Butler will discuss the new technical grading system.

The second judo session on the mat will look at Fundamental movements for judo implemented by Patrick Roux (New National Coach). We will have our normal Open Forum on current matters.

Calendar of Events 2008-9

| Date | | Event | Location |
|-------------|------------------|---|--------------------------------|
| November | 11 th | World Class Start | Cambridge |
| | 23 rd | Training together | Thetford |
| | 30 th | Area Technical Conference | Thetford |
| | | | |
| December | 7 th | Littleport under 12 mini-age bands, closed | Littleport |
| | 14 th | Eastern Area Closed & County Teams | Thetford |
| | 16 th | World Class Start | Cambridge |
| 2009 | | | |
| January | 25 th | Prize fight | Thetford |
| | | | |
| March | 1 st | Junior/youth event | Littleport |
| | 15 th | Ipswich Senior Open and Teams | Ipswich |
| | | | |
| April | 26 th | Peterborough U20 Judo Competition J Dearden 01778 343038 for details | Thomas Deacon Academy, P'Br'gh |
| | | | |
| May | 17 th | Ipswich Under 12s Age-banded | Ipswich |
| | | | |
| July | 5 th | Age-banded event | Littleport |
| | | | |
| September | 20 th | Under 20s | Ipswich |
| | | | |
| November | 29 th | Event | Littleport |
| | | | |
| December | 13 th | Area Championships and Team Championships | Thetford |

Newsletter schedule:

The following are the dates by which the editor should receive items for inclusion in the Newsletter:

| Items for inclusion to be received by | Newsletter to be mailed out by |
|---------------------------------------|--------------------------------|
| 22 nd January 2009 | 31 st January 2009 |
| 23 rd April 2009 | 2 nd May 2009 |
| 24 th July 2009 | 2 nd August 2009 |

Any contribution that arrives after the given date may not be included in the newsletter, but instead may be held over to the next edition. This will depend entirely upon whether the layout has already been done and printing has started. Colour photos will be printed in colour on the cover, but black and white inside. However, the copy that goes on the website will be full colour throughout.