



Carn Brea Judo Club

www.carnbreajudo

www.facebook.com/carnbreajudo



Registered with the Children's University

Did you know that we have a website ? www.carnbreajudo.co.uk

Did you know we have a facebook page? www.facebook.com/carnbreajudo

DIARY DATES

3rd June BJC Cornwall AGM 6pm Held at The Redruth Club is The Old Court House , Penryn Street , Redruth TR15 2SP.Parking behind in Bond street or behind Wilkos

SATURDAY 9th June Teams Carn Brea Leisure Centre

10th June Area Grading Carn Brea Leisure Centre

11th July Peninsula Schools at Mullion

7th October Cornish Open Carn Brea Leisure Centre

Date for fun event to be decided

Date for next Club meeting to be decided

Please can you bring the correct money to pay for your classes or pay by cheque made payable to Carn Brea Judo Club. The front desk are struggling with giving you change when you all bring £5, £10 or £20 notes

Thank you



ALL children and adults on the mat must give their names in before going into the dojo, our register is also the fire register.

Do not be shy just a simple "Hello I am here:



Judoka Of The Month



Ellis Allard-Peck

for trying so hard in his first ever Cornish Championship

STOCK

We would love to see all our club members wearing the club badge on their judo suits.

The badge is something we all should be proud to wear at grading and area events to show which club you belong to. Club Badges are £5.50

Resent arrivals. White tee-shirts with club logo ideal for the females under their judogi or just to wear to judo to keep warm. From £8.50

Hoddies in black and gold smart and warm. From £17.00

Good selection of judo suits of all sizes.

We also have a small selection of second hand judo suits all in good order, well worth a look. Various prices

As a reminder once you have had your first grading in club you need a national grading syllabus £3 each

Easter Course St Ives 2018

Congratulations to Sensei Janet and Sean Gray an old student of Carn Brea on receiving their 4th Dan. A well deserved reward for being so loyal to the BJC and the sport of judo. Well done to all that graded.

We are looking for a new club sponsor
do you know anyone who would like to support our club

Please speak to Sensei Jacky or Sensei Janet

**Sensei Janet would like to thank Thomas and Joseph Cormack for
their help on the 4pm class**

The next Peninsula schools Competitions 2018 at Mullion School is on 11th July

Primary & Secondary JUDO COMPETITION CORNWALL (Competitors must be over 8 years of age) We would like as many of you to enter but it needs to be done through YOUR SCHOOL PE coordinator that you attend Sensei Janet has emailed you all the form please take it to you School

GRADINGS

It is essential that we have all names in four weeks before a grading.

The main one being that this gives the coaches time to ensure that the student is able to demonstrate that they can do the work required for their next grade.

They need to feel confident they could show these techniques on the grading day should should they be asked It is also extremely necessary that they know the names of the techniques that they are learning, these can be in

Judoka of the week

Jacob Roberts

Toby Brown

Tom Bentham

Jack Leeson

Amelia

Judo Etiquette & Safety

Politeness, good manners, common decency is all parts of judo. All students of judo are expected to train themselves in judo etiquette and make it a part of their judo, in doing so students will eventually understand the principal and the spirit of judo.

The following must be observed

1. If you have a medical problem or taking medication you must inform the sensei, prior to getting on the mat
2. Respect your **Sensei** (Teacher)
3. Be quiet in the **Dojo** (Hall)
4. Breakfalls are performed for safety
5. No metal seals in hair
6. Keep your body clean
7. Respect higher grades
8. Be considerate to lower grades
9. Be courteous to your opponents
10. Behave sensibly in the dojo
11. Keep finger and toe nails short
12. Frequently wash your **Judogi** (suit)
13. Never use judo techniques outside the dojo
14. On entering the dojo you should always **Rei** (bow)
15. On stepping on to and off the tatame you should Rei
16. When asking to leave the mat you should Rei
17. Before and after practise you should Rei to your partner
18. Stop on the command of '**Matte**'
19. You must always submit by tapping with the hand twice on the partners body if possible, by tapping the foot or by saying **Mitta** (submit/give-up)
20. Hands and feet are not allowed on your partners face
21. All jewellery is removed visible or not
22. One should line up on the mat in a straight line opposite the Sensei with the highest grade to the right of you.

We ask that parents watching keep noise down to a minimum



No judo half term week

return refreshed Tuesday 5th June

CORNISH CHAMPIONSHIPS 2018

Well done to all who took part even if you did not win a medal you would of learned a lot from the experience.

Gold medal winners are Cornish Champions

Gold Joel Roberts, Jazz Bryant, Ned Pritchard, Joe Bryant

Silver Josie Welch, Samuel Reed, Noah Darby

Bronze Jacob Reed, Micah Pritchard, Riley Thomas, Harrison Trestrail,

Joseph Cormack, Ellis Allard-Peck

We need to get a wriggle on

**We need names in for the Cornish Team Championships on Saturday 9th June at
Carn Brea Leisure Centre**

The following entrants are welcome to enter the competition.

- Primaries 7, 8 and 9 years with a minimum of 3 Orange tabs.
Categories: Under 22kg, under 25kg, under 28kg, under 31kg, under 34kg & under 37kg
- Juniors with a minimum of 2 Yellow tabs
Categories: Under 30kg, under 35kg, under 40kg, under 45kg, under 50kg, under 55kg, under 60kg & under 65kg
- Espoirs aged between 16 and 17 years old, all grades
- Seniors all Kyu grades
- All Dan grades

NAMES INTO THE FRONT DESK

