

APOLLO JUDO CLUB

Newsletter

Issue 1

July 2006

Welcome to the new club newsletter, this will be a bi-monthly update on what is happening with the club, any Grading's, Competitions and a little bit of fun, with some questions to help you with your theory!

Don't forget if you have any questions let your coaches know, they should be able to answer them!!

Ed.

Important news

From the 31st July the next four sessions have different times due to Chris being on holiday, the times are:

31/07/2006 to 21/08/2006 All Juniors 7.00pm – 8.00pm, senior session as normal
28/08/2006 Club Closed for bank holiday
04/09/2006 Club times back to normal

Grading's

15 Sep 2006	1 st – 6 th Mon Grading at Newent starts at 6.30pm
15 Oct 2006	Midland Area Junior Grading
30 Oct 2006	Western Area Combined Grading
12 Nov 2006	Midland Area Combined Grading

Competitions

30 Sep 2006	Samurai JC Boys Mini Mon
1 Oct 2006	Devizes Budo Club 31st Annual Tournament
28 Oct 2006	Samurai JC Beverley Price Team Championships
28 Oct 2006	NHC Junior Open Championships
5 Nov 2006	NHC Red Belt Rumble - 0 - 3rd Mon
19 Nov 2006	Samurai JC Rod Lane Girls Minimon & Senior Kyu Grades

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Recent News

Grading

On the 2nd July, two of our seniors went to a grading in Taunton along with their cheerleaders.

Dean in his first grading for a number of years won all his fights in impressive style by ippon (maximum score) with some excellent throws and was able to gain his top brown

Gemma in her first grading was in a tough group with most of the other competitors being higher grades than she was. When Gemma fought she won one fight and narrowly lost two others, coming back to the club with Top Green and being promoted 4 grades in the process.

Well done to both fighters for some fantastic Judo and your excellent results.

BBQ

The club would like to say a special "Thank You" to everyone who attended the barbecue; it was a great day which everyone enjoyed.

XMAS Party

This years Christmas party will be on the 18th December, which will have a disco and awards evening, and we are hoping to get Father Christmas as a special guest.

Bonus Ball

The social committee are planning to run a bonus ball over the next few weeks, 49 numbers at £1 per number. Winning bonus ball gets £25 with the remainder to go to the club funds.

Quiz Questions

Try these question's, they might help you with your grading!

What do Hajime, Matte, Osae Komi and Toketa mean?

What does Judo mean?

Where does Judo come from?

What does sensei mean?

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