

# APOLLO JUDO CLUB

## Newsletter

**Issue 2**

**25/09/2006**

So this is the second edition of the newsletter, this is 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!

If you want to do a competition let Chris know, and he will try and organise a competition form.

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

Ed.

Competitions

### Grading's

- 14 Oct 2006 National Promotion Examination
- 15 Oct 2006 Midland Area Junior Grading
- 29 Oct 2006 National Kyu & Dan Grading for Men & Women
- 12 Nov 2006 Midland Area Combined Grading
- 26 Nov 2006 National Kyu & Dan Grading

### Competitions

- 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
- 10 Dec 2006 NHC Age Band Championships

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### Recent News

#### Grading

On the 15<sup>th</sup> September, our red belt juniors went to a grading in Newent everyone did really well, and congratulations to you all. The results of the grading are as follows:

LAUREN WILDIN	Novice to 1st Mon	SIOBHAN SCOTSON	Novice to 1st Mon
TODD MONTAGUE	Novice to 1st Mon	LUCY PHELPS	Novice to 2nd Mon
BRODIE NICHOLLS	2nd to 3rd Mon	CARRIE NICHOLLS	2nd to 3rd Mon
RUPERT POWLES	3rd to 4th Mon	TIMOTHY REMNANT	3rd to 4th Mon

#### XMAS Party

This years Christmas party will be on the 18<sup>th</sup> December, which will have a disco and awards evening, and were hoping to get Father Christmas as a special guest.

#### First Aid

Are any their parents who are first aid currently qualified, and willing to help out with any first aid we may need. If so let Darrell or Chris know.

#### Other

Would you be interested in a practical and theory session on the rules of judo, or if you are interested in becoming a referee in the future(either Junior or Senior)

#### Quiz Questions

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

What do Ippon, Waza Ari, Yuko and Koka mean?

What does Hantei mean?

What does Randori mean?

What does Rei mean?

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