

British Judo Association

SOUTHERN AREA



ANNUAL GENERAL MEETING

Saturday 21st July 2007

2:00 pm

Dorking Rugby Football Club

Reports



Contents

President's Report	Mick Leigh
Chairman's Report	Barry James
Treasurer's Accounts	Richard Anderson
Treasurer's Report	Richard Anderson
Coaching Report	Alan Roberts
Male Squads Report	Alan Roberts
Female Squads Report	Mandy Humphrey
Competitions Report	John Bushnell
Refereeing Report	Martin Rivers
Director of Examiners' Report	Keith Adams
Recorder of Gradings' Report	Peter Powell
Development Report	Karen French

PRESIDENT'S REPORT

- 30/4/06 I met Densign White, BJA Chairman, in Croydon. The meeting was very positive.
- 21/5/06 I coached a course on Kata and how it relates to Shiai at Joff JC in Peacehaven.
- 4/6/06 The British Trials were held at Sovereign JC, Reigate.
- 18/6/06 I judged the first Swedish Kata Championships in Boras.
- July 06 During the first weekend in July, I attended the EJU Kata Seminar in Malta. Over the last weekend in July, the Annual Two-Day Kata Course was held, for the first time, at High Wycombe Judo Centre. I coached nage-no and katame-no.
- 6/8/06 I coached a go-no-sen-no-kata course at Chichester JC.
- 10/8/06 I coached a go-no-sen-no-kata course at Bexhill JC.
- 2/9/06 I attended the National Senior Examiners' meeting at High Wycombe Judo Centre.
- October Second European Kata Championships in Turin. The team performed well, in difficult circumstances. I attended as Kata Commission member.
- 12/11/06 I coached a goshin-jutsu course at Chichester JC.
- 29/11/06 I attended a meeting with Andrew Moshanov at Croydon JC.
- 3&4/03/07 I coached nage-no-kata and katame-no-kata in Galway, Southern Ireland.
- 17&18/03/07 I was introduced to Mr Iura, Kodokan 7th dan, at the European Kata Championships in Turin. He agreed to coach nage-no kata and ju-no kata at Croydon JC on 17th and 18th March. It was a superb couple of days and everybody appreciated the instruction by one of the Kodokan's top teachers.
- 25/3/07 The 2007 National Kata Trials were held at Sovereign JC, Reigate. The entry was low.
- 5/04/07 The first Southern Area Open Kata competition for Seniors and Juniors took place at Sovereign judo club. We had 20 pairs – 17 Juniors and 3 seniors. The juniors came from southern area, midland area and northern home counties. The event was so successful it will need to be held at a larger venue next year – Croydon. I am looking for sponsors for perpetual trophies for the different categories. The judges were Dennis Penfold, Tina Penfold and myself. The Southern Area has a monopoly of E.J.U. kata judges with the above three. The Southern Area is also the only area to hold official area championships.

There is now a certificate system for juniors. Anyone interested, please contact me.

Mick Leigh
May 2007

CHAIRMAN'S REPORT

For sometime we have been successfully consolidating our team of elected officials and the supporting groups of Referees, Coaches, Examiners and Competition Officials.

We hold technical conferences and revalidation opportunities for all the varied skills, usually annually but this varies with perceived demand.

However it is still evident that the age profile of our active officials is skewed to the 'later years' and we are trying to involve more younger people to find the satisfaction of these activities.

Refereeing has continued to develop young (junior) qualifiers but also Nat 'A' and 'C' awards. Area awards -have also had a pleasing increase. Martin Rivers still has time to work through the IJF training programme while leading all these other success - best wishes.

Female and Male Squads have had success in many International and National events with Simone Callender and Sophie Johnstone going to the Senior European Championships.

The Area players are working well in all the National Squads and the Masters successes include Golds for Lyn Tilley and Sarah Hopkins plus a silver for Mandy Humphrey in the Europeans. Alan Roberts and Mandy Humphrey continue to lead and inspire a wide range of players.

The President; Mick Leigh, has seen a lifetime of work, particularly in Kata coming to fruition with more Area Kata activity and success than ever. Our Area Kata Open Championship is reactivated and should grow and the SA monopoly in UK of EJU Kata Judges helps keep standards high. Extra thanks to Tina and Dennis Penfold.

The Examiners have had an especially busy year while trialling the new Mon and Kyu technical syllabi with Andrew Moshanov. High participating in the four launching events by coaches and examiners should lead to a higher standard in examinees from now on.

Our discussion with R Inman have produced a healthy exchange of views about the Dan Grade Technical Syllabus, though not stopped Keith Adams from hand writing his long letters.

The Registrar Peter Powell wrote a longer than average report to point out how much paper his job generates but thank goodness he keeps it working. The data to input is enormous.

Finance has been supporting significant SA moves to invest in mats at K2 following our installation at Dartford and Croydon.

A healthy balance remains after supporting every kind of Area Event and our officials in training etc.

Richard Anderson remains calm (and efficient) despite the varied demands and work required to keep the funds under close control.

Coaching, led by Alan Roberts but strongly supported by Derek Pears and Terry Malkinson, has made a good variety of inputs.

Club coach exams, Personal Safety, Kata, Child Protection and First Aid have all worked well and the coaches have strongly supported the development of the new technical Mon/Kyu pilot.

Development is very well served by our officer Karen French. The variety of activities in schools, clubs and outside is enormous.

The Gold Club award to Dartford (a BJA first) reflects their effort but also the encouragement they receive.

Coach education has been very demanding but with much success.

Competitions have gone through the complete cycle of the standard events. John Bushnell and his team have made a success but we have had some smaller entries making last minute arrangements more complicated. Good to see a re-emergency of the Channel Islands.

The ruling on under 10 and 12 players is causing many difficulties making many extra groups to deal with the weight restrictions and medal problems.

Overall a very successful year so thank you to all our supporters and for so much work particularly to our secretary Graeme Skelly for holding us all together.

Barry James
Southern Area Chairman
June 2007

TREASURER'S ACCOUNTS

apr 05 to mar 06

apr06 to mar 07

INCOME

£

£

Additional Needs Judo
Bank Interest
BJA Rebates
Coaching
Competitions
Examiners
Grading Levies
Miscellaneous
Refereeing
Sponsorship

Total Income

EXPENDITURE

Accountancy Fees
Additional Needs Judo
Bad Debt
Bank Charges
Coaching
Committee Expenses
Competitions
Development & Equipment
English Areas &
Commonwealth Games
Examiners
Financial Commission
Grading Levies
Honoraria
Newsletter / PR
Refereeing
Secretary / Chairman
Sponsorship
Squads

Total Expenditure

Total Income

Net

_____ (deficit

05/06)

_____ (surplus

06/07)

BALANCE SHEET AS AT

31/03/2006

£

£

Current Assets
Represented by:
Debtors
Bank Balances

Current Liabilities
Represented by:
Creditors
Net Current Assets

Represented by:
Balance b/f
Less Excess
Expenditure / Income
Funds Balance cfrd

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TREASURER'S REPORT

Notes to the Accounts for Year ending 31 March 2007

The attached account sheet shows the Southern Area maintains a healthy bank balance with a substantial surplus at the end of the financial year.

Again, the Southern Area's major income is the rebate from the membership subscriptions to the BJA. The Area also receives an income from the grading levies sent to the BJA, part of which is passed back to the four counties.

Once again, the Southern Area gratefully acknowledges the gift of £_____ from The Terence Donovan Trust through Brian Davies of the Budokwai. The Area Squad Managers nominated Katrina McDonald and Bradley Belsey to share the £_____ during the 2005/2006 financial period. A further generous gift of £_____ has been received from the Trust to sponsor 2 more Young Judo Players during 2006/7, Kerry Ford and Mohamad Lasladj have been nominated to share this award.

Development of the Southern Area judo venues has continued with the investment of £_____ towards the cost of mats and equipment at the K2 Leisure Centre, Crawley, Sussex.

The accounts were submitted to Julie Gomer of Aquarian Accounting for examination.

Richard K Anderson
May 2007

COACHING REPORT

We are pleased to have Derek Pears back in position as Assistant Area Technical Director, and with Terry Malkinson already in place this gives a strong coaching team in the Area.

Club Coach (Level 2) Courses and exams have been held in Surrey and Kent, together with a Level 3 Course I ran earlier this year.

I have a Kata Course organised for 10th June, and Hampshire ran a Coaching Day on 29th April.

Child Protection and First Aid Courses are continuing to be held, as need arises.

I had an extremely interesting visit to Estonia, to discuss children's judo coaching with Indrek Pertelson, one of Europe's leading judoka and coach.

A Personal Safety Advisor Course was run at Croydon JC..

Several Area coaches and officials have been involved in setting up and organising the non competitive judo syllabus, currently being trialled by the Southern Area under the guidance of Andrew Moshanov.

Alan Roberts
May 2007

MALE SQUAD REPORT

Area players have been successfully involved in all levels of judo activity throughout the year.

Regional Training Sessions, organised by the BJA on a monthly basis and the occasional weekend Regional Training Days, also organised by the BJA, have largely taken over the Area Training Programme.

Area players are prominent in all BJA National Squads, and have had considerable success in International Tournaments.

I organised and run an International Senior Training Camp at Dartford JC in January, which was attended by 70 Canadian and USA judoka, and the coaching was done by 4 Olympic Medallists, Neil Adams, Jimmy Pedro, Jason Morris and Eddie Liddle.

I am arranging two camps for August, one for 12 and Under, and the other for 13 to 18 Year Olds. Both camps have attracted interest from International players.

I have taken Area players to compete in Tournaments in France, Belgium, Holland, Italy, Spain and USA during the year. The annual Zuidland Tournament trip will be back on the calendar this year, after not featuring during 2006.

I have continued to work with the BJA National Squads, mainly the Start Squads.

Alan Roberts, May 2007

FEMALE SQUAD REPORT

Area players at all levels have been in action.

Cadets have participated in events in Holland, Portugal, Poland, and Spain as part of the selection process for the Cadet European Championships being held in Malta and the European Youth Olympic Days in Belgrade, Serbia. Kerry Ford has been selected at under 63

Juniors have competed in France, Portugal, Holland and Russia, and still have further events to complete prior to selections for the Junior Europeans.

The Area was represented in the Senior European Championships by Simone Callendar and Sophie Johnstone. Seniors have been in action in Russia, Switzerland, Romania, Portugal and Belgium. Players were also part of Area teams to compete in Spain.

The Masters athletes have also been competing with success in the European Championships in Prague (Golds for Lynn Tilley and Sarah Hopkins and silver for Mandy Humphrey).

A small team is travelling to the World Masters in Sao Paulo, Brazil.

The Area will be represented with a Junior and a Senior team in the National Team event hosted by the Area in June.

Mandy Humphrey, June 2007

COMPETITIONS REPORT

We have now been holding events at K2 for over a year, in addition to the Southern Area, the BJA and BSJA have also held events there; we work in conjunction with the Centre in setting up the area for events. Because of the expertise needed to lay the mats correctly we now use the services of members of Kin Ryu Judo Club.

During the past year the competitions organised by the Southern Area were:

Nov 06: South of England Orange and Under Championships which attracted a total of 277 entrants.

March 07: South of England Dan and Kyu Grade and Masters Championships. Four weeks prior to the event we had a total of 10 entrants spread over the three groups, with only twenty one days to go this had increased to 15. Unfortunately even though our event had been published on the BJA web site the English Open was allowed to take place on the same day. Prior to any event, organisers often get worried about the amount of entrants required to make a competition a success, with only 15 entrants

received and knowing that a certain percentage often drop out on the day the decision was taken to cancel the event.

May 07: Southern Area Inter Counties, this was hosted this year by Hampshire and was once again a successful event held in an enjoyable atmosphere. There were a full quota of entrants in the Girls, Boys and Men's categories but unfortunately there were only two ladies teams entered. In addition there was an additional boys team entered from Guernsey, though they lacked competition experience the boys thoroughly enjoyed themselves and were a credit to their club and Island.

During the year we have seen an increase in the amount of new timekeepers mainly in Surrey County, but we are significantly short of Competition Controllers and Senior Recorders which is a great cause for concern. Every effort must be made to encourage new officials and for the existing ones to progress through the ranks. At present we have Paul Sexton from Hampshire who is working his way towards becoming a Provisional Competition Controller, without others following him within the next few years we will not have sufficient Senior Officials to run County and Area events.

The new ruling on Junior under 10 and 12 players is causing problems with organising events. To fully comply with the requirements the Junior and Youth in June now has 80 groups, combined with weight restrictions this will be a very challenging event to run. Counties are finding it hard to maintain reasonable size groups who can compete against each other. Although it does happen in competitions where a group has only three or four players where we award a medal to all so as not to penalise a player for something that was not their fault, we will seriously have to reconsider the amount of medals that we award in the future. If you have a group of 4 players and give four medals then it devalues the prestige of winning a medal when you are guaranteed one just for entering. This year the Competitions Committee will be analysing the amount of entrants into each group to see how events should be planned in the future.

In general we look forward to another successful year and would like to wish every success and enjoyment to everyone involved in the Sport of Judo

John Bushnell
May 2007

REFEREEING REPORT

Sub-Committee:

Alan Rickard - Chairman
Alan Lingham - Sub-Committee Member
Martin Rivers - Senior Refereeing Registrar
Peter Seymour - Junior Refereeing Registrar

Events:

- The Area ran various events: Kyu, Dan and Masters Open, Young Women Trials, Inter-County Team Championships, Senior Closed and Junior Open.
- Each ran successfully, with thanks to officials from outside the area, and without major incident.
- The Area's referees continue to referee the length and breadth of the country, refereeing at over 40 events during 2006/7.
- The Area's Referees were involved with the Women's World Cup in Birmingham, both refereeing (David Stanley and Claire Greenwood) and various other duties, including Judogi Control.
- David Stanley continues his International duties.

Courses:

- The Area has had at least one Junior Official course run in each of its four counties over the year, and also assisted with courses outside of the Area.
- Area-level courses and exams have been run in Surrey, Guernsey and Hampshire, qualifying 6 new Area-level Referees.
- David Stanley ran a Visually Impaired Refereeing Course, hosted by the Area in Croydon.

Examinations:

- Peter Seymour passes his National 'A' examination.
- Graham Holmes, Kevin Holmes and Tracy Bird passed their National 'C' examinations.
- Michele Natelino Agnelli, Benjamin Rees Jones, Paul Seldon, Owen Bernard Watton, Richard Keith Anderson passed their Area examinations.
- Alison Sommerville 'converted' from Junior Level Three to Area Referee.
- A number of junior officials passed their Level 1 and 2 during 2006.
- Martin Rivers is currently on the IJF Training Programme.

Appointments:

- Martin Rivers was appointed to the National Refereeing Commission, as Senior Refereeing Coordinator.
- Alan Lingham continues on the National Refereeing Commission, as Junior Refereeing Coordinator.

Referees:

The Southern Area has the following number of referees:

IJF A:	3	IJF B:	2
Snr. Nat:	1	Nat. A:	9
Nat. B:	8	Nat. C:	14
Area:	15		
		Total:	52

Martin Rivers, May 2007

DIRECTOR OF EXAMINERS' REPORT

When I read what I said in my report at last years AGM this year can be regarded as a failure when measured against the objectives I set. These were, if you recall:

- a) to produce a grading handbook for examiners
- b) increase the number of newsletters, and
- c) improve communications.

The main reasons for the failure were twofold. Firstly Martin Rivers resigned from the Examiners/Promotions Commission where his input and computer expertise have been greatly missed and secondly my workload increased considerably with problems arising from the Technical Dan Grade Promotion Scheme and by the development and trialling of the Technical Promotion Scheme for 7th to 10th mon and its gradual extension to the remainder of the mon and kyu grades.

Because of the workload connected with these matters there have only been two meetings of the Promotions/Examiners commission in the past 12 months. However since you can see from the Area Recorders report there has been an increase in the number of players who are entering the Area gradings. The policies and procedures put in place must be succeeding, and the number of complaints I have received regarding gradings have been minimal. That cannot be said about the Technical Dan Grading Scheme where there are lots of misunderstandings and complaints – so much so that we, the Area, organised a face to face meeting with Densign White, Joint Chairman of the BJA Promotions Commission. I submitted a written report and whilst not all the matters I was concerned about were taken on board, some were and despite a very robust reply from Roy Inman defending totally the scheme and discrediting some of my observations, some slight changes have been made – for the better I might add.

With regard to Technical Promotions for 7th – 10th mon there have been several meetings with Andrew Moshanov and the Area working party, which was formed when the Area Chairman offered the Area for developing a trialling the scheme. Much progress has been made and very soon the fully written detailed and illustrated scheme will be published.

Our immediate tasks will be to organise the bi-annual Examiners Conference which is due to be held this coming winter, to continue the Technical Gradings development and to maintain the high standards of gradings within the Area as well as to continue with the objectives that were not met last year.

Finally I would like to thank the commission members for all their hard work and co-operation Martin, Mags, Barbara, Richard (Martin's replacement) and Peter – Thank you and a special thanks to Peter Powell for what he has done and is doing as Area Recorder.

Keith Adams
May 2007

REGISTRAR'S REPORT

Well where do I begin? First of all I would like to thank all Examiners, Senior Examiners and Coaches for the effort they have put in over the past twelve months. The effort that has been put in is reflected in the recorded figures which shows an increase in the number of players, both Junior and Senior, by approximately 16% over the whole of the southern Area, this is really good news so we must be doing something right!

However there are a few hiccups that need pointing out:

The first problem encountered has been since the advent of all monies for 1st – 6th Mon gradings going to the BJA HQ. This was more to do with the rebate calculations than a Judo problem, but co-operation between all parties concerned to produce the correct information to assist the Southern Area Treasurer, Richard Anderson, to get the maximum amount of rebate the Southern Area, and hence the Counties, are entitled to has paid dividends and therefore has made the calculation easier, this was finalised at the last financial meeting of the Southern Area.

The rebate system now works on a 6 monthly roster and therefore it is hoped that a six monthly report will be available to help in calculating the rebate with Richard Anderson, providing the grading sheets are to me in time.

Which brings me to the next. This is a problem that both myself, and I believe my predecessor, John Pluckrose, had, this is the information being returned to me on the grading sheets and in particular the 1st – 6th Mon sheets.

Usually I find a majority are being returned to me and the BJA completed correctly but there are some that are being passed that are missing some particulars like:

1. No club, or club number
2. Only a location and
3. Sometimes not even dated let alone a Coach on them.

As stated in my previous bit concerning the rebate unfortunately some sheets are arriving to me a bit late, I do not mind a few weeks as I work a month behind, i.e. I produce the report in May, books close April 1st, I would ask that these sheets are returned to me at the earliest time, three months late is not the way ahead to keep an up to date record.

Can all Examiners/ Coaches that are filling these forms in please properly annotate them to aid the registration in the correct area and assist in the smooth running of the records that I have to produce, remember please that I too also have a day job and this would reduce the amount of time I spend hunting for information and the length of time I spend doing the paperwork (and keeps my wife happy as she already says she is Judo Widow!!!!!!). Thank you in advance for your future co-operation in this matter.

What's next? Well it must be the notorious paperwork mountain that I have in my house and the problem of getting this onto a database, this has proved a little frustrating to say the least.

Things were in place with the help of Martin Rivers and seemed to be going well but then it stalled and has not progressed since October last year and this particular

avenue of progress has now come to a grinding halt, even crashed and burned, and we are back to square one in the pursuit of making life easier for all.

I will be looking at this again, once the box has arrived back to me from Martin Rivers and seek a conclusion to the matter, there are funds available to get this done, it is just a case of finding ways to do it. So at present it is the old snail trail for queries I'm afraid.

The County Co-ordinators are thankfully still doing a grand job keeping the routines going that were put in place by Mr Keith Adams, Director of Examiners but again there are a few minor problems to deal with but it is working well.

From time to time I would like to pay a visit to a grading venue in the Southern Area, I am open to invitations, to see how things are run and of course gain fruitful ideas on how we could help improve how we conduct our gradings, remembering that it was us in the Southern Area that introduced Assessment into the grading scheme.

I did pay a visit to Dartford Judo Club at their last Grading, what a venue! if you have not been there, then go even as I did as a visitor I am sure you would be made as welcome as I was so you can see for yourselves what a great asset the BJA and the Southern Area have.

I have to admit I did fall foul of the strict laws they have and entered the hall with training shoes on, (sorry Alan!!) but I do thank Alan Roberts and his Team for their hospitality and also making me feel welcome. It was very encouraging to see that there was a few provisional examiners sitting in with Alan and the newly appointed Supervisory Examiner, Dave Dunsford, proving that the call for more officials is working, please encourage more officials to come forward in your areas (see your County Co-ordinators for more information).

There still is no news on the new sheet front, having been very busy this year myself what with starting a new job and getting settled, also other parties concerned have been very much involved with the new Technical Grade, this I am afraid will still be ongoing and therefore the use of the Old style sheet will still be in force, however please remember to use the new up to date rules when carrying out gradings.

The trial of the new technical grade which has started with the 7th – 9th Mon seems to of been well received at the seminars attended, I felt very positive towards what was trying to be achieved and look forward to working with Keith Adams and everyone concerned to get this off the ground.

I am being handed paperwork by Keith Adams from the BJA HQ showing the gradings (1st – 6th Mon) that have taken place in the Southern Area (more paperwork!!!), this gives me the opportunity to do a comparison between those BJA HQ figures with what I produce from the sheets returned to me, this ensures that the records I produce are correct and true.

I am at present negotiating with BJA HQ that this information be sent by e-mail (and therefore cut down on another part of the Amazon Rain Forest or the New Forest disappearing!).

With one more year gone as the Registrar it is hoped that the improvements to the detailed report based on what information is required now gives a true reflection of the Grading System of the Southern Area. Once I have correlated the information I then pass this to the County Co-ordinators to confirm the report is right according to

their records before making it available to the Southern Area. It is hoped that as it is now this will provide the necessary information by all concerned.

This report as the Southern Area Registrar I enclose for Southern Area approval and acceptance. It is a true reflection of players who have attended Gradings within the Southern Area between April 1 2006 and March 31st 2007. It is also all on computer now and a record is always kept for perusal.

In conclusion:

1. 1st to 6th Mon grading fees all to BJA HQ Southern Area reimbursed, rebates now being seen returning from BJA HQ.
2. All 1st to 6th Mon sheets be returned completed correctly and returned as quickly as possible
3. 6 monthly reports to Richard Anderson for calculating rebates from BJA
4. Continuing progress on the paperwork being transferred to a database, that paperwork mountain needs to go!!
5. Production of a more acceptable Grading Sheet
6. BJA HQ paperwork sent via e-mail or disk.

My last comment is to once again reiterate what I have previously stated that without your help and support the Southern Area would not be in such a healthy state as it is at present, may your support continue so that next year will again see an increase in the number of players as it has done this year. Should you need to contact me use e-mail address: peter.hampshirejudo@ntlworld.com.

THANK YOU

Peter Powell
May 2007

DEVELOPMENT REPORT

This report covers the period of May 06 – May 07 and covers the Counties of Hampshire, Kent, Surrey and Sussex.

The bulk of my time has been in supporting Clubs signing up to Clubmark and working towards and achieving accreditation. Clubmark, as well as being a good health check for the Club, supports development in Coaching and revalidation, encouraging and rewarding volunteers and setting good club procedures and help with marketing. Along the process it may also involve help with funding and facility issues.

At present there are 18 Clubmarked Clubs in the Area, with Dartford being the first in the Country to achieve the prestigious Gold level and Chichester Ronin and Kin Ryu among the first five achieving Silver level. 37 clubs in the region are in the process of “working towards” Clubmark. Some of these applying and being successful at Awards for All and other local funding bids.

Schools and Local Authorities are more receptive towards clubs that have been through the accreditation process – as they clearly show a child friendly and safe environment for them to create links with.

BJA Cluster work for schools is taking place in Kent. Present two year funding is just coming to the end for schools work in the Hastings area of Sussex, with development here now being sustainable.

I also attend Sport England, NGB and County Sports Partnerships Forums working with Local Authority Sports Development Units throughout the area on local and club initiatives. It is these partnerships that help to raise the profile of Judo and the excellent work that our Clubs, Coaches and Volunteers carry out.

County Youth games are flourishing in Surrey, Hampshire and Sussex with new negotiations taking place to include judo into the Kent Youth games structure. These competitions give our young people and schools Judo participants the chance to compete together – many for the first time in an event supported by not only judo but Sport in whole, in a festival atmosphere, with the aim of them moving fully into our own competition structures. Hopefully these events are now integrated into the Counties competition structures as they follow the Long-term Player development models for Sport.

Coach education has been a major issue for us in the South, with the advent of the UK Coaching Certificate it has been a challenging time for both ATD's and County Coaches. Level 1, 2 and 3 courses have been available in the Area and various revalidation events have taken place. I have also facilitated 4 judo specific Safeguarding and protecting children workshops this year

I still manage to get out to clubs, events and competitions in the area – even sometime still Refereeing! – The support I get from fellow judo persons and officials make development work a pleasure in the south with a lot of forward thinking and open attitudes being the key factor to success and development

Karen French
May 2007

Once, when Kyuzo Mifune visited a karate dojo, he was shown a demonstration of tile-breaking by one of the karate men.

After the karate man had smashed a number of tiles piled on top of each other, he asked Mifune, "Can a Judo man do this?"

"Yes, it is very easy," Mifune replied.

"Is that so? Can we see what kind of technique a Judo man uses?" the karate man challenged.

"Of course. Please set up the tiles. I'll be back in a minute," Mifune instructed.

Mifune returned with a hammer he had brought along in his bag.

"You are not going to use that to break the tiles, are you?" the karate man protested.

"Yes. I told you it was easy. Efficient use of energy is a key principle of Judo."

From Budo Secrets, by John Stevens.

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