



**Japan Arts Centre  
Police Sport UK Judo**  
WWW.japanartscentrejudo.com



# April 2009 Newsletter

**The last class of this term for All  
Classes will be Thursday 2nd April**

There will not be a class for Juniors or Seniors Thursday 9<sup>th</sup> or 16<sup>th</sup> April (EASTER). We will re-open for all classes **Thursday 23<sup>rd</sup> April.**

\*\*\*\*\*

**Junior Term Fees**

Term fees are payable on the 1<sup>st</sup> week on next term – **Thursday 23<sup>rd</sup> April.**  
The term will end on Thursday 21<sup>st</sup> May (5 weeks). Terms fees are £17.50

**Please can we ask that parents make every effort to pay on the 1<sup>st</sup> week of term ! Cash or Cheque payable to “British Police Judo”  
Many thanks**

\*\*\*\*\*

**Contact Details**

Please could all members/parents please ensure that they have provided us with email addresses and emergency contact telephone numbers as last week we needed to contact members urgently regarding the club closure and many emails addresses appear to have changed?

Could all members please email their name and emergency contact numbers to [paajudo@aol.com](mailto:paajudo@aol.com).  
Many thanks

:

**BJA Licences**

Please note that licences must be renewed directly with the BJA annually. Please ensure your licence is kept current or your insurance will be invalidated . The BJA do send reminders, renew online, by phone or post. Club Number to quote is 2106.

**Championships Results**

Ben Attwood becomes clubs  
4<sup>th</sup> National Champion in 2009 !



Ben, Lisa and Alex travelled to Sheffield last weekend to compete in the British Schools National Championships. Ben representing Fairlands Middle School in Cheddar, had a fantastic day winning the gold medal in his weight category to become British Schools Champion.

Lisa Jones representing Clifton High School added to her national medal collection winning the bronze medal, her second national medal this year ! Alex Rossiter (Cheddar), was competing in his first major championships and was in the largest group of the day, Alex had some good fights and

although finished out of the medal positions gained some valuable experience. Well done to you all a great result !!

\*\*\*\*\*

Earlier in March four boys competed in the Independent Schools National Championships at High Wycombe. For most of the boys this was their first major championships.

Sean Regan-Capes representing QEH got off to a great start winning three fights to win the Bronze medal in the u14 category. Next on were Robbie McGirr representing St Ursulas and Josh Dyer representing Clifton College. Josh had some great fights unfortunately picking up an injury in the bronze medal fight leaving him in 5<sup>th</sup> place.

Josh was awarded the Budokwai Cup for the best fighting spirit of the tournament.

Robbie overcame his nerves and went on to perform well winning a bronze medal.

Last to fight was Joe Rogers representing Bristol Grammar, Joe our most experienced had a great day winning all his fights in under a minute for Ippon making him the u18 Independent Schools Champion.

Well done boys !



## Junior Gradings

Well done to all those in class 1 and class 2 who have recently graded. The following changed belt colour ! Isaac Aspinall , Lily Yarde, Theo Hannam - yellow belt  
JoJo Rooney- orange belt, Bradley Murray & Tom Krause- green belt.

Class 3 are still working on their gradings which should be completed very soon !

## Em gets to train with Japanese World Champion !



The long drive to Wakefield was worth the effort to train with two of the world's best coaches. Em took part in the Police Sport UK training weekend where guest coaches were Mr Kashiwazaki and Dr Andrew Moshonov. After some great sessions, Em was able to socialize with the Japanese students who were visiting the UK with Mr Kashiwazaki , introducing them to her legendary training aid of Jaffa Cakes !

## Lisa, Luke and Em selected to begin UKCC coaching qualifications !

Every Tuesday evening in March Lisa , Luke and Em have been attending a Sport

England “ step into coaching course.” The course sponsored by the Youth Sport Trust has taken 15 volunteers from all sports in Bristol to train as coaches. So far the course has covered coaching skills, child protection , and first aid. Lisa, Luke and Em will now be eligible to complete the UK Coaching Certificate Level 1 in Judo. This involves a further 30 hours of study but will be a worthwhile qualification once completed boosting the clubs number of qualified coaches.

### **Forthcoming Events 2009**

**4<sup>th</sup> April- Black belt grading High Wycombe**

**18<sup>th</sup> April- u18 Open championships – Kiddminster  
( 3 \*point scoring)**

**26<sup>th</sup> April- Black Belt grading Budokwai – London**

**26<sup>th</sup> April- Kyu grade Championships – Walsall  
( 2 \*not point scoring )**

**10<sup>th</sup> May- u21 Open Championships- High Wycombe  
( 3\* point scoring)**

**31<sup>st</sup> May- Black belt grading Budokwai- London**

**7<sup>th</sup> June- Salisbury Open Championships  
Youth , Senior and Masters, ( 3 \* point scoring)**

**7<sup>th</sup> June- Bedminster u16 Open ( 2\* not point  
scoring)**

**Please see Jo for entry forms or more details  
regarding the above events.**