

WORKSHOP WITH RAY STEVENS – OLYMPIC SILVER MEDALLIST

For those of you who weren't able to attend, you missed a really great morning of Judo. The whole session was dedicated to groundwork, some simple and some not so simple techniques were run through.

Ray's friendly character and excellent teaching style ensured that everybody had a great time, as well as learning a considerable amount.

Although four hours of continual Judo is quite hard going – the time flew by, and before we knew it we were having a Questions and Answer session. Everybody had the opportunity to ask about any Judo

techniques that they needed improving.

Earlier in the session, Jorge had asked if Ray could show some versions of Sangaku jime (Jorge's favoured technique at the moment), and we were then all engaged in practise of a series of versions of this strangle.

The people who did attend the workshop, varied in age grade and experience – but all had a great time and learned a lot of good judo.

We intend to run similar workshops in the future, so if you missed out this time make sure that you book early next time!



GLORY FOR DAVID MEDZINSKII

David Medzinskii brought some local pride to the borough and the Lyonsdown dojo at the Balfour Beatty London Youth Games judo finals on Saturday 18th June.

The 16 year old of Queen Elizabeth's Grammar School won a gold and a silver in the male senior U50kg and U55kg class respectively. After receiving his medal, the delighted youngster said: "I've won gold twice already and then bronze a third year before, so I was hoping to do reasonably well. The fact I was moved up a category kind of hindered me for a moment, but I was prepared for it and I think I did quite well."



Future events

Please take a look at the following events. For those of you available to receive a printed version, we'll tick the events we think would be ideally suited to you. Please speak to your coach to confirm your suitability and for any further information.

August 2011

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|-----------------|--|--------------------------|
| Thu 11 - Sun 14 | Cumbria & Borders Area Summer School Innerleithen, Scotland | <input type="checkbox"/> |
| Sunday 14 | NL Area Junior Randori Luton JC | <input type="checkbox"/> |
| Mon 22 - Fri 26 | Bognor Summer School Bognor Regis | <input type="checkbox"/> |
| Wednesday 31 | NL Area Senior Randori Luton JC | <input type="checkbox"/> |

September 2011

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|-------------|---|--------------------------|
| Saturday 10 | NL Area "Coaching the Syllabus" workshop Alexandra Park JC | <input type="checkbox"/> |
| Sunday 11 | BJC National Squad Training Rawlett Centre, Tamworth | <input type="checkbox"/> |
| Sunday 18 | NL Area Grading. Luton JC | <input type="checkbox"/> |
| Sunday 25 | Welsh Junior Nationals Hereford | <input type="checkbox"/> |
| Friday 30 | NL Area Senior Randori Barnet JC | <input type="checkbox"/> |

Special events

There are currently no plans for special events during August and September.

Remember our motto: 'Use his weight against him'.

