

Session times

Tuesdays	Alexandra Park	Primaries & Juniors: 7.00pm - 8.00pm Seniors: 8.00pm - 9.30pm
Fridays	Barnet Judo	Primaries: 6.30pm - 7.30pm Juniors: 7.30pm - 9.00pm Seniors: 9.00pm - 10.30pm
Saturdays	Alexandra Park	Primaries & Juniors: 9.30am - 10.30am Seniors: 10.30am - 12.00am

Contacts

Barnet Judo

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Events secretary: Julie Llorca
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Alexandra Park Judo

Senior coach: Stewart Wilkinson
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Events secretary: Chris Dixon
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BARNET JUDO

Newsletter

December 2011



Unbelievably Christmas is upon us once more and Barnet Judo will be organising a Christmas party for all our members and their families. Date to be announced soon!



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www.barnetjudo.co.uk



Alexander Park Judo
Alexandra Park School,
Rhodes Avenue,
Muswell Hill, N22 7UT
www.alexandraparkjudoclub.co.uk

THE BRITISH JUDO COUNCIL NATIONAL CHAMPIONSHIPS 2011



David and Lukash unfortunately missed out on receiving any medals, but, Jorge, Lisa and Benji however got bronze in their categories. Ian and Nicholas managed to win through to the finals, but missed out at the last hurdle being awarded silver medals.

On the whole Barnet Judo Club won a number of medals and had an enjoyable and very successful day and would all like to thank Simon for entering us and for his excellent coaching.

'GIVE IT A GO' AT BARNET JUDO



The women's only judo courses, held as part of the 'Give it a go' scheme, have recently finished at both Barnet and Alexandra Park judo clubs.

It was gratifying that these courses were both well attended and enjoyed by all the attendees. The purpose, from the club point of view, was to attempt to increase the female membership – This proved to be successful as already four women have joined the club. Hopefully several of the other attendees will also join us soon.

Many thanks to all of the coaches that assisted with the scheme and to all the other coaches who took up the slack, teaching the existing membership.

On January the 20th 2011, several representatives from Barnet Judo Club made their way up to Hereford to compete in the BJC Senior Nationals.

Having arrived at 9am after a foggy three-hour drive, they all weighed in promptly and took their seats. The competitors included: Jorge, David, Lisa, Nicholas, Benji, Lukash and Ian.

All the Barnet entrants fought competitively and with passion.

Unfortunately, Lisa seriously injured her arm and Lukash his ankle and both were unable to continue contesting - we all wish them both a speedy recovery.



Future events

Barnet Judo is not just about Tuesday and Friday nights training, there are a huge number of external competitions and courses that would benefit any Barnet Judo member to attend. In the list below you will find a large number of judo events that we could and should go to.

December 2011

Saturday 3	Kata revision	Alexandra Park JC	<input type="checkbox"/>
Sunday 11	Herts Area Grading	St Albans JC	<input type="checkbox"/>
Saturday 31	Closing date for the club photographic competition		<input type="checkbox"/>

January 2012

Sunday 8	National squad training	Rawlett	<input type="checkbox"/>
Sat 14 - Sun 15	FPJ level 1 course	North London	<input type="checkbox"/>
Sat 28	Barnet JC and Alexandra Park JC party	Venue to be decided	<input type="checkbox"/>

JU-DO-HO-HO!



Christmas party!

Although the time, date and venue have yet to be decided upon, we'll hopefully doing something for all our members and their families in late December. We'll let you all know as soon as it's been arranged.