



**Akitas Judo Clubs**

秋 柔  
大 道  
柔 道



Akitas Southern Judo Club (S0381), Southern Leisure and Towns Centre, Gorton Park, Eastern Avenue SS7 4NP  
Akitas Harling Wagon Judo Club (S0651), Harling Wagon Partnership, 452 Little Waresing Road, Harling Wagon SS26 4WJ  
Akitas Rayleigh Judo Club (S0681), Rayleigh Leisure Centre, Priory Quays, off Rowett's Lane, Rayleigh SS6 9NF

sensei@akitasjudo.com www.akitasjudo.com

149 Parkanaur Avenue, Thorpe Bay, Essex SS1 3JD ☎07753 820 439

Newsletter: Issue 11, January 2010



**Akitas Judo Clubs**

秋 柔  
大 道  
柔 道



Akitas Southern Judo Club (S0381), Southern Leisure and Towns Centre, Gorton Park, Eastern Avenue SS7 4NP  
Akitas Harling Wagon Judo Club (S0651), Harling Wagon Partnership, 452 Little Waresing Road, Harling Wagon SS26 4WJ  
Akitas Rayleigh Judo Club (S0681), Rayleigh Leisure Centre, Priory Quays, off Rowett's Lane, Rayleigh SS6 9NF

sensei@akitasjudo.com www.akitasjudo.com

149 Parkanaur Avenue, Thorpe Bay, Essex SS1 3JD ☎07753 820 439

Newsletter: Issue 11, January 2010

*Shinjido seems so easy but that is precisely the point. Did Kano himself, not describe Judo as maximum result for minimum effort, or the efficient use of a coordinated mind and body? It is now 5 years on. After 3 mayor operations, I am back on chemo which is the bad news. The good news is that I may have a 3rd liver resection followed by 2 separate operations for each lung. If I am not remembered for my Judo, at least I shall be for my contribution to medical science!"*

Hopefully that little taste will convince you to join us on the day!

## Essex Training

The next Essex Training Session will be held at Kingsley Hall in Dagenham, this will be followed on March 27th when we host the event ourselves at Akitas Rayleigh. As many of you that can attend at Kingsley Hall the better!

## Adults Meal

We will follow the Kingsley Hall Essex Training with a return to a more local environment by attending our very own Christmas Meal at the Tandori Parlour in Thundersley. All you can eat for only £16—Traditional English Fayre also available!

## Membership Forms

I will be going through the returned membership forms and harassing you if you haven't returned your own! Please get these in as soon as possible. We have seen this month a club closure and amended times at Rayleigh (after being informed on the day at 2.30pm ourselves!), I need to be able to let you know if this happens, and I cannot if I do not have all of your details correctly! That said, Twitter and Facebook have been a great way of informing people—but that does not excuse you!

## Birthdays

We extend all of our best wishes to the Akitas that have their birthdays in January—Scarlett Wood, Jim Butson, Caroline Newbold, Michelle Kenny, Nigel Buckland, Eddie Browne, Cameron Heafield, Victoria Martin, James Clarson and Michael Teare. Happy Birthday all of you!

## Sensei's Bit

I am sure that you will agree what a fantastic job Bexs is making of the newsletter at the

moment?! I would like to thank her here for all the effort she has put in recently, if it wasn't for her we wouldn't have managed Clubmark anywhere near as quickly! Bexs has also stepped forward for Essex and is now the Child Welfare Officer for Essex! Well done, and thank you! Elsewhere, the world of judo has been rather interesting, the recent rule change has certainly swung international judo firmly back with the Japanese! This was no more evident than at the Tokyo Grand Slam, where the Japanese won 11 out of 14 Golds available! The Korean's managed to steal two of the other Golds on offer. It was Great Britain's Euan Burton that managed the final Gold! An absolutely fantastic achievement that along with fifth places for Ashley McKenzie, Sarah Clark and Karina Bryant meant that GB actually came 3rd! Well done everyone involved—we're all behind you and extremely impressed—some great signs for the future!

## All For Now

That's all for this months newsletter. Thank you for taking the time to read and I hope to see you at the committee meeting on the 23rd of this month to help move the club even further forward! Bexs Secretary, Akitas Judo Clubs

# Welcome to the Official Akitas Judo Clubs Newsletter Issue 11, January 2010

## AKITAS FINALLY ACHIEVE CLUBMARK!

Welcome to the first newsletter of the decade, and may we take this opportunity to wish you health & prosperity for the years to come.

Our own health has been recognized by the acceptance of our Clubmark portfolio. This is a huge endorsement to the changes that have been made recently as well as the solid base that the club has been founded upon.

## What is Clubmark?

Clubmark is an accreditation scheme for high quality junior sports clubs. It is managed by Knight, Kavanagh & Page on behalf of Sport England and

sets the standard for all high quality sports clubs in England.

Clubmark stands for higher standards of safety, fairness, coaching and management. That way the nation's sports club infrastructure will be safer, stronger and more successful.

This means that a club that has been awarded Clubmark has achieved minimum operating standards in safeguarding and protecting children, quality coaching, equal opportunities and good management.

In essence, a club that qualifies for Clubmark is a well run club which is ACTIVE and ACCESSIBLE. This means that



getting the best out of young people and giving everyone a sporting chance.

## Celebration

We now have all the certification, but we intend to have some kind of ceremonial presentation to celebrate—so please listen out this month, and keep the weekend of January 23rd clear as that is the most likely date at the moment.

I'm sure you will all agree that this is a huge achievement for the club! Thank you all for your support and well done!



**Akitas Judo Clubs** 秋柔 柔道 大思

Akitas Southern Judo Club (S0381), Southern Leisure and Towns Centre, Gatton Park, Eastern Avenue S37 4PA  
 Akitas Barling Magna Judo Club (S0651), Barling Magna Park, 452 Little Waresing Road, Barling Magna S51 0LN  
 Akitas Rayleigh Judo Club (S0651), Rayleigh Leisure Centre, Priory Quase, off Rowett's Lane, Rayleigh S36 9NF

sensei@akitasjudo.com www.akitasjudo.com

149 Parkanaur Avenue, Thorpe Bay, Essex S51 3JD ☎07753 820 439



**Akitas Judo Clubs** 秋柔 柔道 大思

Akitas Southern Judo Club (S0381), Southern Leisure and Towns Centre, Gatton Park, Eastern Avenue S37 4PA  
 Akitas Barling Magna Judo Club (S0651), Barling Magna Park, 452 Little Waresing Road, Barling Magna S51 0LN  
 Akitas Rayleigh Judo Club (S0651), Rayleigh Leisure Centre, Priory Quase, off Rowett's Lane, Rayleigh S36 9NF

sensei@akitasjudo.com www.akitasjudo.com

149 Parkanaur Avenue, Thorpe Bay, Essex S51 3JD ☎07753 820 439



Newsletter: Issue 11, January 2010

Newsletter: Issue 11, January 2010

## Christmas Party

We held our first ever Christmas Party at the beginning of December, and from all accounts all of the juniors had huge amounts of fun, boosted by the special guest appearance of Santa!



04.12.2009 20.16

On the same evening, we also held a Quiz Night for the adults—again, enjoyed by all who attended! All of this was made possible by our social secretary, Michelle Kenny. Thank you Michelle for an excellent evening!

## Grading

We will be holding our next grading early this month, on Sunday the 10th. We have decided to work with the

Squash Courts again, as these really worked well last time. We have also decided that the Saturday session the day before (Saturday 9th) will be a revision session, 9-11am for Kano and Mon grades, 11-1pm for Kyu grades. Don't forget, all syllabus is available at [www.akitasjudo.com](http://www.akitasjudo.com).

## Purple Belt

January's Purple Belt is the ever present Brandon Jillins! Brandon is always ready to work on as many mats as possible on a Saturday, and quiet months gives us the opportunity of rewarding real consistency! Well done Brandon!

## Twitter

We have now been tweeting merrily along for a month now. This is a great way of the club letting you know important information, including feedback from competitions and meetings whilst also giving us the opportunity of informing everyone with sudden news like our Clubmark success and session time changes. Follow us @AkitasJudo.



## Eastern Area Technical Conference

Sensei Adam and I attended the Eastern Area Technical Conference in Norfolk, and a great event it was to! Adam fed back all the information to the committee, but expect to see many more 'props' as we've seen some very exciting coaching initiatives! As you can see by the group photo—a healthy high grade mat!



## NHC AGM

Another journey that we made was to High Wycombe on the 18th December (despite the weather that was so bad we were forced to close our Barling Magna club for the evening) for the Northern Home Counties AGM. Much was learnt again (all fed back), for most of us the most significant thing is that 'Essex' is to remain NHC for the foreseeable future, and all movement to the Eastern Area has been postponed. As a club

we will continue the relationships of course, but at least we finally know where we are!

## 2010 Calendar

By now we would usually have issued you all with calendars for the new year. However, due to some reorganising of the management at Rayleigh Leisure Centre, it has not been possible for us to finalise some of our intended dates. This does not mean that we are not ready for 2010 - just that we need to rely on our digital calendars until these dates are finally sorted.

In the meantime, the important dates for your diaries at the moment are:

- 9th January—Revision Saturday
- 10th January—Akitas Grading
- 17th January—Shinjido Judo seminar at High Wycombe
- 23rd January—Clubmark Presentation
- 23rd January—Committee Meeting, Rayleigh
- 30th January—Essex County Training Session, Kingsley Hall, Dagenham
- 30th January—Akitas Christmas Meal, Tandori Parlour Thundersley
- 13th February—National Dan Promotion, High Wycombe
- 20th February—We're in the

dance studio instead for a seminar with Sacho, under 14's 12pm-1pm, over 14's 1pm-2pm.

- 27th February—Akitas Kosen Shiai, Rayleigh (TBC)

## Junior Committee

Our juniors are gathering speed at the moment. If you are interested, speak to Chris Chapman at the club, email [chris@akitasjudo.com](mailto:chris@akitasjudo.com), Twitter at @AkitasJuniors, on Facebook.

## Shinjido Judo

We will be attending a Danny Da Costa 'Shinjido Judo' Session with Kosei Inoue as special guest January 17th. Danny explains himself exactly what Shinjido is: "Shinjido literally means Danny's Way, a label given by one of my students to the variety of techniques that I have developed for martial art. I attempt to find the easiest solution to a problem either in attack or defence. My work is based on sound principles and the techniques serve to demonstrate the principles. I have applied this approach to judo starting from the premise that our sport is fighting within specific rules and limitations.

"Imagine that we lived in a closed society and our Glorious Leader suddenly decrees that we would enter international sport competitions including Judo. Suppose that we had never seen Judo and were just provided with a book of rules and given the objective of the sport. No doubt we would come up with some techniques that resembled Judo but doubtless we would discover just as many techniques that did not. Our sport has changed over the years. Some lament the change and feel that we have gone too far down the wrestling route. I am a pragmatist. Let the best man and the best skill win; provided they are within the rules.

"In April 2005, I was given a life expectancy of 6 months. Later that year while on chemo, I gave a seminar at High Wycombe that was attended by many renowned judoka spanning a 40 year period. The day was organised by Gary Gillot and sponsored by Colin Draycott. I was touched that they should take such trouble. Dave Starbrook for instance came from France just for the day. Neil Adams and Ray Stevens made a significant coaching contribution. However many came as spectators and without having the mat experience it is difficult to appreciate what I am about. This is largely because