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KEY DATES

July 20
Winter Tournament
Springer's
Keysborough

August 8-10
Southern Cross
International Open

August 11
JVI Schools
Tournament

August 24
First Aid Course
Venue :TBC

For more details
about these events
see website

President's Report Neville Sharpe

Welcome to the July Newsletter.

JVI Values Program **Judo Moral Code-** **Nine values, One Family**

As the President of JVI, I have been working for a few months with Aurelien (Ori) Couston, a qualified French judo instructor, to develop and promote a Judo Moral Code in Victoria, based on the French model. This Moral code consisted originally of eight values - Self-Control, Honour, Honesty, Courage, Friendship, Courtesy, Modesty and Respect.

As you can see, regardless whether you are a competitor, a coach, a referee, a parent or a curious person reading this article, I am sure these eight little words appeal to you through their simplicity and powerful meaning.

What makes these values so powerful is that they do not only relate to Judo but also to all aspects of our daily life.

I believe that the Judo moral code will help us to develop, market and promote our sport to the next level.

As a Lecturer in Education at La Trobe University and a recently retired School Principal, I also believe these values are a fantastic pedagogic tool to develop and boost the confidence of young players and strengthen bonds between young players, parents and coaches

Last December, Ori and I were the special guest instructors at a Far North Queensland skills camp for Judo. At the camp Ori ran a seminar for all of the coaches on the importance of the Moral Code and on how to integrate it into the teaching of judo. Since then Luke Ronlund who is a Psychologist and Judo Instructor at Cairns Southside and Innisfail Judo clubs has promoted the use of the Judo Moral code in his clubs. He is already reporting very positive outcomes and gives two examples.

JUDO VICTORIA 2014
SOUTHERN CROSS
INTERNATIONAL
OPEN CHAMPIONSHIPS

Friday 8th to Sunday 10th August 2014

Springers Leisure Centre
400 Cheltenham Road
Keysborough

Please go to www.jvi.org.au for online entries. Available 8th June to August 3rd.

JUDO Victoria
GREATER DANDENONG City of Opportunity
FOR RULES AND FURTHER DETAILS GO TO judovictoria.com.au
JUDO
Experience the Life

The first example is interesting because since Luke implemented the Judo Moral Code more explicitly in his coaching his wife's point of view on Judo as a mother and as a PhD in Psychology has evolved.

"The notion of children developing social and emotional skills through physical activity greatly appealed to my psychologist sensibilities. It was then that I actively began to search out information about Jigoro Kano, his beliefs and teachings and the Moral Code. The more I learned, the more I realised that Judo's foundation makes it stand apart, not just from other Martial Arts, but from other sports in general. It was then that I became an advocate for children's participation in Judo as a vehicle for so much more than physical skills development.

[...] that is why I found Judo's Moral Code so refreshing and valuable. It is an explicit acknowledgement of how Judoka should conduct themselves. Thus, it provides something essential for children - clear expectations for their behaviour. It is also wonderful that the values required on the mat are suitable across the lifespan and in all aspects of life (school, home, work)."

Dr Karen Orts Ronlund, 2014 (cont. page2)

The second example is about a parent, a teacher, who spoke to Luke to say how his Judo coaching had positively changed her son's behaviour and facilitated her communication with her son.

"Jill has a 6 year old son, 'Jimmy', who has been training for a little over 3 months now. Jimmy was acting a little unruly at home to which his mother responded with the question "Are you exercising self-control Jimmy? What does Luke say about self-control?" Jill took great pleasure in recounting to me how quickly Jimmy's behaviour changed just by mentioning the word "self-control." In this example, she was both amused and pleased in the generalising of what her son had learned in Judo to his wider environment with positive outcome."

Luke Ronlund, 2014

Ori's professional experience as an Engineer in France - where judo is the 4th most popular national sport - is that companies appreciate recruiting Judo players because of the combination of values and physical skills in Judo.

Ori is currently undertaking an MBA program at Monash University.

One of his guest lecturers Mr. Peter Wilson AM who is the Chairman of the Australian Human Resources Institute,



Early draft of sticker example with thanks- I. Wallis

AHRI, is on record as saying that "Recent research proves that Judo is very good to build up leadership and business skills."

I know that it will take time to fully implement this initiative and take Judo to the next level in Australia.

For this reason, combined with the fact that we live in a society where people want immediate results, we decided to add a ninth value which is Patience: it is to persevere without being discouraged.

For all of the reasons mentioned above and for many other reasons that we couldn't fit in this article, as the President of JVI and a passionate supporter of Judo, I hope and wish that these values become the DNA of the Victorian judo family.

JVI will soon be giving all clubs posters, brochures and stickers promoting our Moral Code.

On that last point, we would like to thank you for having the patience to read this article and we hope that you are convinced of the "Mutual Welfare and Benefit" of using the Judo Moral Code within your Judo and your daily life.

Neville Sharpe: President JVI, 5th Dan
Aurelien (Ori) Couston: DEJEPS 3rd Dan NCAS

JVI Events - Register Now



JVI First Aid and Update Course.

Free of charge to JVI Members



24th August, 8.45am start
Venue: TBC (Metro Melbourne)



Registration is required to attend.
Pre course work required
Course numbers capped



Register with Development Officer-
development@judovictoria.com.au



* If attending the OJU Kata Championships and need First Aid training please register with an expression of interest.

Sempai to Sensei Coach Development Program

Who should apply:

Assistant or Trainee coaches Nikyu (Blue), Ikkyu (Brown) or Yudansha (Black belts) or Shodan Black belts or those interested in becoming a coach.

Requirements:

- financial JVI member
- completed ASC Online General Principles of Coaching or prepared to undertake
- attend JVI Coach workshop
- be prepared to coach (or assist) at member clubs

Contact:

Development Officer for registration and further information -
development@judovictoria.com.au



**Southern Cross International Open
Online Entries Now**

Support our Open Championship!

Carroll Family Judo Adventures in Borneo

And yes.... I still have my head!

When my wife convinced me that a family trip to Borneo was in order, I figured it might be nice to drop in to a judo club at least once while we were away, so that's what we did!

Before leaving Australia, I ran a search on Facebook and found that there was a Judo Club in Sarawak. As an added bonus, it also happened to be quite close to the music festival that we were to attend. I sent a message to the club and was answered quite quickly by a senior club member called Nyam Yuang,

We then communicated semi-regularly to clarify details such as how my family and I would get to judo from the airport and where we would stay. I had no idea of the level of their club or how they operated so I decided to offer up some expertise in games based coaching as a point of difference in case their level was much higher than mine.

I was asked to lead training on the night I was planning to attend (19th June) which was quite an honour given the amount of trust it involved and that I was really a complete stranger.



'Like' JVI on Facebook

Can we get 500 likes?

We flew into Kuching, Sarawak at around 5pm and were met at the airport by Nyam and the club's Vice-President Alvin Lau, who together made a formal greeting. They looked after us while we organised our accommodation and kindly treated us to a light meal before judo.

On the way to training I discovered that the club was very isolated, being Sarawak's only judo club. It received an occasional visit from a Malaysian sensei and one Japanese sensei visited earlier in the year. Students are mostly local although there are one or two that occasionally drop in from Malaysia and Thailand to train as well.

The training hall was on the second floor of a block containing a variety of shops and other businesses. It's amazing the difference that one floor level and 25 or so people in a small room make to an already 34 degree with 100% humidity.

Coming to terms with the fact that it was 'going to be a hot one,' I donned the gi and joined the mat with a class that ranged from beginners through to a number of Dan grades who were already warming up (as if they needed to) with some ukemi.

As I hit the mat, my family were ushered to a seat by a window with the fan turned onto them before a student was sent to buy us all cold sports drinks to keep our fluids up.

Class then began with the regular formalities and an introduction and handover to the guest coach. I kicked things off with a couple of simple games to ensure everyone was focussed, some range of motion exercises and then proceeded to teach a chain of techniques that moved from ippon seoi nage - kuzure kamishiho gatame - kata juji jime -

juji gatame and an escape to the groundwork components.

I then took a short break in order to meet Mr Francis Chan and a news reporter. As well as being the club's President, Mr Chan is also the manager of the Borneo Times.

The level at the club was mixed with some very speedy light weights that should develop well. Most students would fit in well at their grade level in an average Australian club whilst training on their feet, but they didn't tend to invest quite as heavily in newaza as we do. (continues Page 4)



Athlete Profile :**Melanie Wallis****Yamada Judo Academy***How did you become involved in Judo?*

I was always excited when my Dad brought home trophies he had won at Judo. One day when I was in grade 1, I asked him if I could take his big trophy to school for show and tell. My teachers asked me to present it at the school assembly. Little did I know that my Mum stayed to hear me stand in front of the entire school and claim it as mine and how I won it over the weekend. She thought it was incredibly funny. Up until I was 14 I had always thought I had gotten away with claiming it as mine. At age 7 I began my Judo career. I enjoyed every class and my goal was to compete and bring home trophies just like my Dad. I started my competing in 2007.

You had a wonderful Nationals last month. What do you put it down to?

I've always been lucky with my genetic size and strength and have always had a competitive nature. I have a very strict training regime each week. I'm always aiming for bigger and better. I'm open to feedback from my trainers and my peers. I aim to be the best role model I can be for young and upcoming judoka. I try to take a strong mental attitude and focus onto the mat with me every time I compete.

Who has been the most important influence on your career?

My Dad and Yamada Sensei have been my most important influences. Their encouragement and perseverance with my training has been a lot of fun over the years and it has helped my skill development immensely.

I'm very grateful for my training partners at Yamada Academy who have willingly lent me their bodies to allow me to train to the best of my ability each week. They make every week fun and enjoyable.

You stepped away from Judo for a while but came back.. Did you miss it?

My friends and family were a little shocked that I stopped Judo as I had just won the 2010 National titles in Canberra. Reflecting back, I felt a lot of pressure from everyone and at the time I felt like doing other things. I know it was the right thing to do, as now I am fully focused. I have all that partying out of my system! Astrid Podesser was the main one who was on my back to start up Judo again. She is a new and up and coming Judoka and my training partner at Yamada Academy. We are at each others sides. I am very thankful to her.

Why should girls do Judo?

Judo is amazing for self discipline, fitness, and body development. It brings you out of your comfort zone. It builds confidence in body and mind and you will meet new and different people. Women should be a part of this experience too, no matter what shape or size. I feel it is important that woman become stronger and more confident not just physically, but mentally and emotionally too, Judo has helped me in all these aspects, and I know it will help other woman too if they are willing to give it a go.

What is your favourite technique and what super power would you like ? Tomoe- nage and Teleport - free holidays ! hahaha**Simon Carroll** continues here from page 3

After the class ended most of the students and coaches were keen to take group and individual photos with me and in the case of the female students, also with my daughters.

By this time we were quite honestly starting to feel like royalty, our hosts were so lovely and giving.

My wife and I agreed that Persatuan Judo Sarawak could easily be the new definition for the word 'hospitality.' We were taken to a huge outdoor Chinese food market and were walked around to select food and drinks that again we were not allowed to pay for, before joining the club members in a meal.



After eating, Nyam became concerned that we wouldn't get to see any of Kuching and asked if we would allow him to show us the sights of his city.

We of course agreed and spent the next two hours, until around 12.30am, taking in the stories, sights and sounds of a really lovely place; before being safely delivered back to our hotel before continuing on our adventures.

So if you are lucky enough to travel to Borneo, please drop in to visit Persatuan Judo Sarawak. I'm sure it'll be an experience you won't forget and that they'll be very happy to see you.

Simon Carroll