

## SPECIAL POINTS OF INTEREST:

- Presidents Report
- Coach Accreditation
- Athlete profile

## KEY DATES

### October 20th

JVI AGM 1pm  
Springers  
Keysborough

### October 27th

JVI Spring  
Tournament  
Springers  
Keysborough

### October 28th

World Judo Day

### November 12th

KIC Cup  
Kardinia  
International  
College

For more details  
about these events  
see website

## Masters, AGM and more

### Annual General Meeting— 20th of October:

Judo Victoria Inc. is holding its annual meeting at 1.00pm on Sunday the 20th of October in the meeting room at Springers.

At this meeting we will be formally thanking Andrew Collett and Judd Hallas who are not renominating for committee due to heavy work commitments in both cases. Judo Victoria Inc. is appreciative of the contributions to Judo in our state by both of these retiring members. At the AGM we will be voting on a new constitution. There are a lot of changes necessitated by the changes in Victorian government legislation introduced last year.

The changes that the committee are putting to the meeting were drafted by an independent solicitor and I would like to thank Andrew Collett for guiding us through this process. It is important that the changes are passed at the AGM otherwise our constitution is in contravention of the relevant acts.

I urge all voting member clubs to support the changes that we are putting forward in one motion.

### Australian Masters Games:

The Australian Masters Games held in Geelong at Kardinia International

## President's Report Neville Sharpe

College on the 5th and 6th of October were a great success. While the numbers were down from the high in 2009, the competition on the Sunday which was held alongside our JVI Geelong competition, had a great atmosphere and was very successful. The feedback from the masters competitors was all positive.



[www.raulphotography.com.au](http://www.raulphotography.com.au)

At the Games opening ceremony on Saturday night, Dale Keogh carried the banner for Judo. Everyone who attended said that they had a great time. All of our referees and officials commented on the high standard of the judo and the excellent spirit in which it was played.

It was also a great opportunity for our own "champions of the future" to see some of the all time greats of Australian judo competing including the oldest competitor Gary Ward!

Not to be outdone, the standard of our own JVI competition was of a very high standard. I was very impressed with the quality of the judo produced by many of our juniors.

The AMG Kata competition on the Saturday only had eleven teams in the competition. However three of the teams will be representing Australia at the World Kata Championships in Tokyo next month. Janet Lambert and Jenny Beaton who are the Oceania Kata Champions won at the Masters and will be representing

Australia in Kyoto. Current Australian champions Ernie Wakamatsu and Michael Griffiths won the Katame No Kata section and will also be representing Australia at the World Titles. Andrew Coatsworth and Boris Ansons did not compete for Victoria at the nationals but have been selected by the JFA to compete in the Kime No Kata for Australia. They are the Oceania Champions. We wish all of these masters competitors great success for the World Titles. Special thanks must go to Janet Lambert who was the Judo organiser for the AMG and Sandy Hollingworth who is our Tournament director. They were ably supported by a strong team of volunteers. (Cont. page 2)

## Coaching Accreditation and Updating



To be an accredited Judo Coach in the National Coaching Accreditation Scheme (NCAS), Coaches must

- ◆ attend the recognised practical judo coaching course
- ◆ complete the online Beginning Coaching principles course
- ◆ hold a current First Aid qualification
- ◆ undertake a WWC check

Coach Accreditation is valid for 4 years.

Coaches can maintain their coaching accreditation by undertaking the Updating process.

The process of updating helps to ensure that accredited coaches are actively coaching and stay abreast of rule changes, safety requirements and technique changes .

For Judo Club Level Coach (formerly Level 1)-

60 hours/points (1 hour = 1point)are required to be completed over the 4 years with a minimum of 10 hours per year practical coaching.

Example Updating activities and JVI coaching activity record sheet will be found on the JVI website under [Documents/ Technical Procedures / NCAS Committee](#) shortly

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Don't forget—Coming soon

**The 14th Annual**

**KIC Cup**



**Tuesday 12th  
November 2013**

Can we get 300 'likes'  
on JVI Facebook?

### Presidents Report (continued from page 1)

#### Media Coverage for Judo at the AMG:

The media in Geelong ran a few stories on unique pairing of Janet Lambert and her daughter Rebecca in the Ju No Kata at the Masters Games.

On the day they did a great Kata in a tough field. Janet was interviewed by Channel 10 News and received some great coverage for our sport along with action shots of Rebecca and Janet, Dale and Ernie, Michelle and Jenny.

#### JVI State Titles 1st of December:

I would like all clubs to treat the Victorian State Titles on the 1st of December as our premier event for the year. We have the best performing judoka in Australia and I would like to see them all compete for the state titles.

The 2012 state titles had a lot of organisational problems but I am confident that under the leadership of our new Tournament Director Sandy Hollingworth, our championships will be run efficiently this year.

#### Bryan Jolly selected to represent Australia at the Youth Olympics in Shanghai next year:

Congratulations to Judo Bendigo, Cadet Bryan Jolly. Bryan is one of only two Australians to be selected by the IJF to compete at the Youth Olympics in Shanghai in June next year. The other cadet invited to the Youth Olympics is Naomi De Bruin from NSW.

**Neville Sharpe JVI President**

## Profile

### Janet Lambert

Life Member

Godan

In each edition of the JVI Newsletter a Judoka will be profiled.

*Who has been the biggest influence on your career?* Quite a few people in their own way, my Dad, Mum & brother Frank, John, Ivan & Celie, Keiko Fukuda Sensei who first visited Australia in my formative years, I benefited greatly from her knowledge and teachings and gained an equal respect for Shiai and Kata at an early age, one facet complimenting the other.

*If you weren't doing Judo what would you be doing? (Or can you ever see your self playing Lawn Bowls..?)* I played netball for quite a few years and really enjoyed it but the underlying reason was to increase my fitness level for Judo. Thought about Akido at one stage but I would have continued with Judo. Might try Lawn Bowls in a few years, had a go at a work function, it's really quite an interesting game. Guess the answer is, I'll still probably be involved in Judo no matter what other hobbies or interests I pursue.

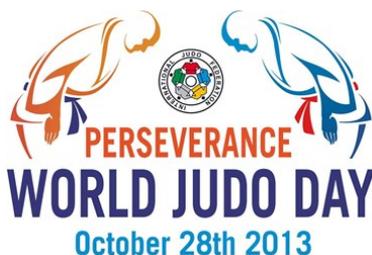
*How did you become a Kata partner with Jenny Beaton?* Jenny Beaton was my one of my students from her teen years and I am now very glad to have her as one of my Kata partners, first competing together in 1994 and still going strong, OMG nearly 20 years later.

*If you won Tattsлото what would you do..?* I do buy a ticket on the odd occasion, so I guess it's possible. Permanent mats would definitely be on the top of the list with a purpose built dojo, depends how much I win -a cruise with the family would be nice.

*What's your favourite Judo technique?* Morote Seoi nage was definitely my favourite technique in my shiai days. I thought it important to have a variety of throws enabling attack from right and left, forward or back so my opponent wasn't sure where I would attack from next. My favourite Kata are Ju no Kata and Kodokan Goshin Jutsu.

*What was it like competing with your daughter Rebecca at AMG?* I was so proud of her, she did such an excellent Kata, I couldn't have asked for more in her attitude and her ability. Bec started Judo when she was 6yo and competed until 17yo, returning to club in her 20's, doing a little Kata training where we discussed the possibility of us competing together one day. A few years went by where she left the Judo mat and is now back to training. Our long term goal has come to fruition! A very special day. Thanks Bec 😊.

\* Janet asked that all the volunteers who assisted at the Masters games be acknowledged and thanked .



The theme for IJF World Judo Day 2013 is **PERSEVERANCE**

The IJF World Judo Day page, has some posters and certificates that can be customised by clubs to celebrate Jigoro Kanos birthday and Judo fundamental values.

<http://www.worldjudoday.com/en/WJD-Graphics-61.html>

## Mouth Guards – JVI position

Mouth guards help protect the teeth and gums from traumatic injury, by cushioning the blow to the face, minimizing the risk of fracturing teeth and injury to the soft tissues of the mouth. Wearing a mouth guard can help reduce the risk of sustaining a concussion.



Dr Ian Gillies, JVI Life Member and cranio-facial surgeon, recommends that a dentally fitted mouth guard be worn by judoka at all times while training and competing.

Judo Victoria Inc. will allow the wearing of dentally fitted mouth guards in all State competitions.

Further information-

<http://sma.org.au/resources-advice/injury-fact-sheets/dental-injuries/>