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KEY
DATES

April
State Squad training

May 4th
Referee Seminar
Venue: TBC

May 18th
Pre Nationals
Tournament
Springers

For more details
about these events
see website

Bumper
Issue

JVI Newsletter

VOLUME 2

APRIL 2014

President's Report Neville Sharpe

Welcome to the April Newsletter.

Once again we have a number of guest writers for this edition including Dr Paul Coughlan. I thank them for their contributions.

On behalf of Judo Victoria Inc. I wish to congratulate all of the Victorians that have been selected to represent Australia at the Oceania championships in Auckland on the 25th of April.

This year the OJU Championships are very important for our members as they are vying for selection for the Commonwealth Games!

One positive development this year is that Maria Pekli will be going to Auckland as one of the Australian coaches.

Vying for Commonwealth Games team selection are: Hannah Trotter, Shayanne Stuart, Kath Hecker, Tom Pappas, Ivo Dos Santos, Jake Bensted, Eoin Coughlan, Mark Anthony, and Jake Andrewartha.

From the 11– 18th April , Victorian Judoka and coaches will be taking part in a High Performance Training camp at the A.I.S. I would like to congratulate the 18 Victorians chosen to take part.

Readers of the newsletter may have noticed advertisements placed in it. These businesses are owned by members of the Victorian Judo community. I would encourage you to support these business.

IJF/OJU Referee Workshop :

Rod Cox, Member of the JVI Referee Commission reports.

AN EYE OPENER !

Six Victorians which included our State Coach Maria Pekli and members of the commission attended the recent IJF/OJU refereeing seminar in Sydney.

This one day seminar was presented by Carlos Barcos (Chair of the IJF Referee Commission). His very friendly and informal manner made the seminar quite enjoyable.

In the morning session he led us through many video examples of both scores and penalties related to the new rules and interpretations. In the afternoon we were "on the mat" where both Mr Barcos and our own Carlo Knoester were happy to answer any questions.

The material covered will be presented at the next JVI referee seminar.



Victorian Sports Awards:

The Victorian Sports awards were held at the home of sport , the MCG ,on the 19th March. Judo Victoria was represented by shortlisted nominees, Janet Lambert , Masters Athlete and Bryan Jolly, Junior Athlete of the Year.

From Janet: I would like to thank JVI very much for the honour of being nominated for the Victorian Sport Awards 2013, Masters. It was a very enjoyable night and a privilege to be amongst so many great sport participants including Olympians, the Minister for Sport & Recreation, the Governor of Victoria ,Chumpy Pullin and Bryan Jolly, just to name drop a few people! I was very proud to have my name next to Judo in the Programme.

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Judo is a vigorous contact sport and inherent in such activity is risk of injury, including concussion.

Concussion is temporarily altered brain function caused by direct or indirect impact to the head. A player does not have to lose consciousness in order to have significant concussion.

Much of the research on concussion comes from football codes, ice hockey and boxing where direct or indirect forces to the brain may occur from collision and scoring.

I was unable to find a major study on concussion in Judo, but a report on 2013 JFA Nationals recorded 4 cases over the course of a three day event at which there were 78 injuries in total which required medical attention. (Dr John Azoury)

The Sports Medicine Australia (SMA) site has links to resources such as the International Consensus Statement on Concussion in Sport 2012. There is also access to resources for the first aider such as the pocket concussion recognition tool. The Rugby League policy link is comprehensive and well worth a read.

Judo Guidelines for return to play are in line with the Consensus Statement Standards- concussed athletes to be withdrawn from competition and not to return to play without a medical clearance if there is a history of concussion within the last 4 weeks.

I would encourage coaches and athletes to refer to the SMA site resources for definitions of concussion, recognition of the potentially concussed player, and best practice for further assessment.

With regard to issues specific to Judo: because of the nature of throwing techniques, direct or indirect impact to the player's head is relatively unlikely to occur in the normal course of play, either in randori or shiai.

Poor performance of a technique (drop-Seoi nage off the knees without shoulder rotation being the classic example) is the most likely avoidable cause of direct head impact.

Te-guruma (with poor head control), and somersault Uchi-mata have been implicated in the past, but have been removed from the repertoire by rule changes. Similarly, bridging out of a throw to avoid a score will occur less often in the future as it is now guaranteed an ippon to the thrower.

Another situation that I have noted as generating concussion risk is speed Nagekomi where one player is less experienced and conditioned than the other, resulting in fatigue and loss of control.

Even Nage No Kata has potential for concussion - ask any Uke who has been on the end of a YokoGake, and they do it twice! No wonder I can never remember the fifth set.

In Ne-Waza there is potential to be struck accidentally in the head by another pair, or a falling player if Tachi-Waza and Ne-Waza are ongoing on the same area.



In addition, I have seen a knee to head impact occur in Ne-Waza, where the top player attacked for front Sangaku while the defender was on all fours resulting in Hansoku-make. Risk management for the above scenarios involves player awareness and coaching in correct Seoinage form, referee surveillance to penalise dropping without kuzushi and dangerous play, matching players for intensity drills and management of mat space during randori.

[Paul's article continues on page 4](#)

The new JVI website is up and running with new information going on regularly.

Athlete Profile : AIS Talent Transfer Program Athletes

Anthony, Emily and Dylan

What is your sporting background?

Anthony: Swimming, Water Polo, Brazilian Jiu-jitsu

Emily : I've been involved with gymnastics since I was 3 years old .I started with Women's Artistic Gymnastics but at 9 I moved into Acrobatic Gymnastics. From that point on I was hooked I was getting a chance to do something that you only ever saw in the circus. Gymnastics is very much still a part of my life, I still coach and judge and always find myself being brought back to my local gym club.

Why did you take part in the ASC Athlete talent search?

Anthony: One of the coaches at my Brazilian Jiu-jitsu club posted the application in our Facebook group and I thought I'd apply to see if I had the talent to be selected.

Emily: Gymnastics is my passion but towards the end of last year , I was starting to feel like I needed a new challenge . At the right time I received an email with the details about the new sports draft program that the AIS was running. I didn't really know what judo was but I thought it was a great opportunity that I just couldn't miss. Next thing I knew, I was off to Canberra for the selection camp and given the chance to try out this new sport. It felt like a perfect fit for me as a sport, the rough and tumble that I had always liked as a kid and the new challenge that I had been looking for.

What do you do in between Judo training sessions?

Anthony: I work full time as a buyer at a food manufacturer/supply chain manager.

Emily: I'm studying to be a nurse at the Australian Catholic University, working as a gymnastics coach at Eastern Gymnastics Club and work part time at Bounce trampoline Park.

How are you finding training ?

Anthony: Training is hard work but definitely fun and enjoyable at the same time. The coaches and fellow judo players are great and training has become part of my weekly routine.

Emily: Every week training is a new challenge and different, there is always something to work on and new goals to be set. Everyone at Resilience is so enjoyable and great to be around.

What was your first competition like?

Anthony: Intense but a great learning experience. Really helped to identify on what I had to work on in training.

Emily: I had my first tournament at Springers. It was great to get an idea of how a judo competition would run and see the more experienced fighters and how they faced their opponents. One thing I did feel while fighting was the difference in intensity for normal randori in training. There is also nothing like the feeling of stepping onto the mat and feeling the rush as you approach them.

What is your special talent?

Anthony: Can sweat like a waterfall

Emily: For as long as I could remember handstands have always been my favourite thing to do and I can't help myself doing them everywhere I go.



Vale Theo van Kalleveen This photo of Theo (middle) was taken on board a Japanese cargo steamer, Osaka Maru, at the Melbourne docks in the 1950's.

It shows Theo Van Kalleveen with Bob and Kevin Todd-all were first dans and were graded by the quarter master of the ship (Matsumura) who was a fifth dan and a frequent visitor to Melbourne with the Osaka Maru.

Theo, Bob ,Kevin and I were probably the most enthusiastic judo players in Melbourne in the early days. We visited the Japanese merchant ships and picked out any judo players among the crew, entertained them and practised with them. Theo dropped out of judo in the 1970's, did an arts degree and joined the Education Department as a teacher. Theo in his seventies was a dedicated cyclist but was struck by a car and seriously injured – an injury which led to his death.

Nick Witkamp and I attended his funeral on behalf of JVI. Theo will be well remembered by the older members of our body as a judoka of national standard.

Frank Dando

Paul Coughlan article on Concussion continues here-

Inexperience, intensity, younger and older players, recent concussion are all factors that may increase risk of further injury.



An issue less often discussed is the responsibility of the player to report – I have frequently encountered situations in my practice where players in several sports have minimised impact history in order to continue to play.

In addition, the combative nature of the sport occasionally extends to player and coach reaction to medical advice to withdraw from competition. The player may be excused as they have had a bump on the head. (Not sure about the coaches though).

This is a hazardous practice, complicates medical assessment and risks further injury.

It is important to realise that the assessment of a player with concussion is something which evolves from the witnessed injury, through ongoing testing and observation. (If you have two points, you can draw a line, three or more will plot a trend). Decision support tools or checklists such as SCAT -3 are helpful, but an individual clinical decision has to be made in each case.

Player safety is paramount, and optimum risk management requires a combination of awareness, match regulation, good injury reporting (by players, coaches or first aid documentation), medical assessment, and graded return to activity, play and competition.

Paul Coughlan

FACRRM MFamMed

Junior DEVELOPMENT Camp—Shoreham '14



Many thanks to Garry McPhee for picking up the mats from Springers and returning them on Monday

The camp was awesome. The food was wonderful and the training will come in handy for my competitions. I would be happy to come back again to this camp. Ryan

Vin Spaul has coached at the camp for 15 years!

Thank you Coaches—Michelle, Vin, Garry, David, Brad, Ori

This year's Shoreham judo camp was the best camp I've ever been to. The food what quite nice and I developed better balance. There were lots of fun games to play and all the Sensei's were quite nice. Orion



This year's Shoreham judo camp was the best judo camp I've been to. I really enjoyed it and I think it taught me a lot about break falling better and my technique improved. It was a lot of fun! Balin

I liked meeting new people and playing games when we weren't practising Judo. When we were doing Judo I loved the part when we could practise our throws and hold-downs. There was a French instructor who was really funny and I like him a lot too. Clay



It was great to train under different coaches so that you learn different ideas that you can bring back to your club. I also enjoyed being part of a team for the camp and trying to encourage my team mates to win the team competition. It was good learning left and right handed throws which will help me in competitions. Charlotte

We train, we refuel, we have fun, we do serious work, we get physically challenged, we have to use our brains, we laugh with joy, we cry with fatigue. For this reason we all love the camp and as long as our age allows us, we will be there to support Sandy and the coaches, and make the Labor day weekend an unforgettable judo experience. Ana

Thank you Caroline, Jackie and Janet