

SPECIAL POINTS
OF INTEREST:

- **President's Report**
- **ACT Open Report**
- **Athletes Profile**
(held over this issue)

KEY
DATES

March 22nd 23rd
JMIM
Judo Masters in
Melbourne
Springers
Keysborough

March 30th

Autumn
Competition
Springers
Keysborough

TBC
JVI First Aid Course
and CPR Update

For more details
about these events
see website

Welcome to this month's edition of the JVI Newsletter.

In this edition we have two guest contributors—Jim Goodin, Vice President of Mental Health Australia (Vic) and one of our elite female athletes, Hannah Trotter.

Changes in the IJF rules: As all coaches should be aware, the IJF has made some significant changes to the rules that came into effect on the 1st of January 2014. All coaches should try to look at the videos on the IJF site and to attend referee briefings so that your students are not disadvantaged.

On the 15th of March, Judo Victoria is supporting our referee commission members and our state coach Maria Pekli, to attend a seminar on the new rules being run by the head of the IJF referees commission, Mr Barcos from Spain and Carlo Knoester from Perth.

One referee on the mat: At the ACT Open and the Queensland Open the JFA is trialling the new IJF system of having one referee on the mat. The judges that would previously have sat at the corners and acted as a team on the mat, now will sit at the side of the mat and monitor the CARE system, which is a video replay system.

Based on international trials and our experience in Canberra, this new technology should produce better decisions and reduce mistakes.

It will involve changes in the roles of referees especially when they are judging from the side.

President's Report Neville Sharpe

For local tournaments Judo Victoria is planning to continue to use three referees on the mat, in conjunction with the care system. Software will be trialled at JMIM and the full process introduced at subsequent tournaments.

Changes in the step out and gripping rules: Both of these changes will result in a lot more penalties. We can already see from the live streaming of the international events such as the Paris Grand Slam this year that the rule changes are forcing competitors to change the way that they play judo. The players are keeping away from the edge of the mat, and have learned that they can't take a non standard grip without attacking immediately.

At the ACT International I was pleased to see that the Victorian competitors seemed to handle the changes better than most.

Best of luck to Judd and Linda Hallas and their family who are moving permanently to New Zealand for work reasons. Thanks to both of them for their contributions to JVI and I am sure that we will see Judd as a "Kiwi" referee in the future.

[Neville Sharpe](#)

Jim Goodin writes:

It was with great sadness that news of a suicide in the Oceania Judo community became known recently. The Judo family lost one of its international fighters; also a son, brother, friend and good opponent on the mat.

His untimely death leaves us all with the question all too often considered after an unexpected suicide – why?

We do know that suicide is “predictably unpredictable” and that the single common factor is a “depressed mood state” according to Professor Graham Burrows – Professor of Psychiatry at Melbourne University and Chairman of the Mental Health Foundation of Aust.

[Jim Goodin's article continues on page 3](#)

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ACT International Open - What a weekend!

Hannah Trotter reports from Canberra

Judo Victoria had an outstanding representation at the ACT International Open last weekend. Not only did we send an enormous team, but we also came away with some great results!

Luis Mott took out the senior boys -40kg division with some impressive wins for Judo Bendigo, as did Bryan Jolly who also won gold in the Cadets, junior men's 55kg.

Bryan also stepped up to the senior men's 60kg, giving a considerable amount of weight away yet again.

A great effort from Bryan!

Maeve Coughlan dominated with a debut performance in the 63kg division, securing gold in the cadets, juniors, and also a 7th in the senior women's division. Maeve had a staggering 9 fights over the weekend, and still managed to hand out some great ippons! Well done Maeve!

Noam Tidhar also looked very strong, and came away with a silver medal in the junior men's 66kg. Harrison Cassar looked sharp in the cadet men's 81kg division, winning a bronze medal.

Michael Valent from Kardinia Judo Club won gold in the junior men's 60kg division.

Airi Tajiri was another mentionable performer with some great wins over some difficult opponents! Airi grabbed gold in the cadet women's 48kg division, but was fearless in the senior women's 48kg division, winning a bronze medal over some senior ranked players!

Kim Chalmers also showed some great newaza over the weekend, securing a silver medal in the 48kg senior women's division.

In the senior women's 52kg division Hannah Trotter took out the gold medal.

The Stuart family also took home some medals, with Caine winning gold in the boys 36kg division, and Shayanne winning a bronze medal in the senior women's 57kg division.

In the senior men's 60kg division, Tom Pappas came away with a silver medal for Resilience Training Centre. In the 66kg division, Ivo Dos Santos showed yet again a dominant performance in a huge pool of competitors, winning a gold medal with a superb sode finish in the final.

The 73kg division was another huge division with some excellent performances.

Jake Bensted took home the gold medal with an outstanding performance, especially in the final where he outclassed London Olympian Arnie Dickins. We also had Ben Donegan and Perry Papadimitropoulos in 5th place. A great effort boys.

Our new member Katharina Haecker won gold in the women's 63kg division, followed by Stevie Kelly who took the silver.

Sara Collins also dominated the 70kg division, with an impressive sumi-gaeshi for ippon in the final.

Eoin Coughlan had an exceptional day, winning the men's 81kg division. Eoin was spectacular in the final with a great o-soto-gari ippon. It must be something in the family!

In the 90kg division Mark Anthony was simply too strong, convincingly beating a tough opponent- Sebastian Temesi with some enormous throws! Some would have thought they were super ippons!

Next up we had Luis Casanova in the -100kg division who secured gold with an unbelievable performance! Luis overcame Duke Didier, a very strong opponent with a flawless uchimata which carried him to the final, where he dominated with some very strong shimewaza! Great work Luis, we hear that 'there is a new sheriff in town!'

In the +100kg division we had a great medal haul, with a silver medal going to Nicolas Berard, and 2 bronze medals to Jake Andrewartha and Phillip Cursons!

Overall we had a fantastic weekend with a great display of judo!

Congratulations to all who fought; supported and coached!

Well done Judo Victoria, and good luck to all competing in the up coming Queensland International Open!

Look out for the new

JVI website coming

soon! In the meantime

'like' JVI on Facebook

to keep up to date.



Statistics on Suicide in Australia

- Suicide is the leading cause of death in Australia for men under 44 and women under 34 years.
- The most recent Australian data (ABS, Causes of Death, 2009) reports deaths due to suicide at 2,132. That equates to 6 deaths by suicide a day, or one every four hours
- However, this is under-reported and sector estimates are that this figure could be as high as 2,500 a year
- The overall suicide rate in 2009 was 10.2 per 100,000 in Australia (ABS, Causes of Death, 2009)
- This compares to an overall suicide rate of 11.0 for USA in 2002, 11.7 for New Zealand in 2004, and 7.0 for the UK in 2004*
- Men in Australia are four times more likely to die by suicide than women
- Indigenous people are four times more likely to die by suicide than non-indigenous people
- The most recent data (ABS, Causes of Death, 2009) shows that more people die from suicide in Australia than in road related transport deaths (1,151)
- The most recent data (Aust. Bureau of Stat., Causes of Death, 2009) shows that more people die from suicide in Australia than from skin cancer (1,837)
(* Most recent available statistics from Lifeline - If you need help call Lifeline on 13 11 14)

Fortunately there are some lessons and strategies for the Judo community that can be implemented in light of the recent tragedy, if we care to be proactive and look to our roots.

Most of us in Judo are very familiar with striving for "Maximum Efficiency" in our randori and shai.



Dr. Sachio Ashida, PhD

Conversely, as Dr. Sachio Ashida, Hachidan (8th degree) published in the 1975 USA Judo Federation Official Judo Handbook:

"The principle of mutual benefit and welfare takes longer to learn. This means that all students should help each other in advancing through Judo training. This principle brings out love, respect and self-control - qualities manifested by many Judo masters."

A simple way of understanding "Mutual Welfare and Benefit" which all Australian Judoka should be familiar might be "looking out for our mates."

In Judo we are all "mates." That is why we support our opponents from the hard Ukemi (breakfall) in training lest they fail to support us when thrown.

Good Judo coaches instil these things into young Judoka from lesson one.

We should all be alert to the need for "Mutual Welfare and Benefit" - and most importantly education - concerning the mood states and mental welfare of our fellow Judoka and students. Perhaps nothing and no one could have prevented this young person's actions. Alternately we can all begin by considering the following factors which may, or equally may not, have indicated what lurked in his troubled thoughts:

Know the signs: Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. If you see even one warning sign, step in or speak up. Take the time to learn what to do now, so you're ready to be there for a friend or loved one when it matters most.

Find the words: "Are you thinking of ending your life?" Few phrases are as difficult to say to a loved one friend or student.

When it comes to suicide prevention, none are more important.

Here are some ways to get the conversation started -

1. Start the conversation.
2. Listen, express concern, reassure.
3. Create a safety plan.
4. Get help!

Do not say: "You're not thinking about suicide, are you?" OR, "You're not thinking about doing something stupid, are you?" Don't ask in a way that indicates you want "No" for an answer.

Reach Out: You are not alone in helping someone in crisis. There are many resources available to assess, treat and intervene. Crisis lines, counsellors, intervention programs and more are available to you, as well as to the person experiencing the emotional crisis. Know what resources are available and know where to find them.



Lifeline 24 hour crisis support -13 11 14
Suicide Prevention Foundation (24/7) - 1800 HOLDON (1800 465 366)
Suicide Callback - 1300 659 467 in every State (available 24 hours a day)

[Jim Goodin – Vice President, Mental Health Foundation of Australia \(Victoria\)](#)
(Ring the MHFA(Vic) on 03 98261422)