



JVI Newsletter



Welcome to the July '15 newsletter

Presidents Report

One Tournament Three Venues

July 19 saw the first Regional Tournament held by Judo Victoria. Instead of gathering together in one location, the same tournament was held simultaneously in three locations. This was a real break from the traditional way of holding a JVI tournament, however the experiment seems to have been a great success.

One thing that appears to have been appreciated by our members was the closer proximity of the tournaments. Holding the tournaments in three widely differing locations meant that no JVI members had to cross to the other side of the State to get to their competition.

Cutting down on the travel time needed for our members was an obvious boon for everyone.

But there were other benefits to holding the Regional Tournaments. Being held in smaller venues, the tournaments were less formal and more intimate, which made them more "user-friendly" for our juniors and first-timers.

Thanks to this, the total number of participants across all three tournament venues was 150 people – slightly more than the average turn-out for our standard central tournaments.

Finally, holding the tournaments in separate locations, in a less formal and more intimate, friendly atmosphere, had one other major benefit; coaches, club seniors and parents were encouraged to learn how to run a tournament, in a relaxed, non-threatening context. Hence people were trying their hand at refereeing, time-keeping, scoring, or learning how to draw up the contest divisions. It goes without saying that having more people with these skills will be a great help at the next JVI tournament.

I think that the July Regional tournaments were a great success all –around. They were a success because of the reasons outlined above, but most importantly, they were a success because of your positive participation.

Congratulations and thank you to all those who made these tournaments a winner!

Doug Noack

New Section! Coach in the Spotlight

In a new section of our newsletter we highlight one of our busiest JVI coaches. We caught up with Naohiro Taketani to find out his thoughts, just before he headed off for a trip to Japan.



[What do you enjoy about coaching?](#)

I am most happy when I feel my students love Judo. I often see this when students stay after class to practice what I just taught them. Also, after my kids class, kids run and give me a hugs. If my students didn't love their Judo (and me) I would never see such instant feedback.

[Who has been the biggest influence in your Judo ?](#)

Taka Nakajima - If I had not met Taka, who used to teach Judo at a different campus in my university, I would not have come to Australia. About 50 years ago, Taka taught Judo in Tasmania for more than 10 years and made many Australian friends. When I was in the 3rd year of my university, I decided to live (and study Judo) overseas and told coaches of my decision. They quickly informed me of Taka who then introduced me to the Australian Judo community. I am very grateful to Taka for everything.

[What advice do you have for someone who is thinking of becoming a coach?](#)

I am still learning how to coach so I do not want to say too much. However, if I needed to give some advice to someone who is thinking of become a coach I would say - Coaches have a responsibility for their students' entire Judo life. We can give our students a dream to become a great Judo athlete / international competitor but if you do not know 'what Judo is' you can snuff out that dream before their Judo life really begins. Some Judo players have the potential to become great Judo athletes but if you don't foster your students correctly, their passion of Judo will end quickly. So before you become a Judo coach, you should learn 'Judo'.

[Are there any techniques that you think a beginner judoka should absolutely learn?](#)

Two handed techniques! This is one of my teaching philosophies. I understand that one-hand techniques are easier to use than two hands techniques, however once we start teaching one-hand techniques, students will not try to use a two-handed technique. One-hand techniques are easier to use but are very difficult to control an opponent. So I recommend everyone stay with their two-handed techniques until they become advanced. The second thing people have to learn is - how to grip and how to control an opponent with that grip. Many people focus on their throwing techniques but without a good grip so they cannot control opponent. It means – they have no chance to use their technique properly. It is important to improve your gripping skills as well as throwing techniques.

[Are Australian children different from coaching Japanese children?](#)

Yes, they are very different. Japanese kids are very interested in the competition and the result. Australian kids want to have fun and are less interested in the result. When my students are absent from class, parents often said 'my kid was tired after school that is why he was not in the class last time'. However, in Japan, kids do not skip classes unless they are sick. Australian kids want to win a competition but to a Japanese kid, it is everything.

[As a personal trainer and Judo coach do you have a fitness tip for judoka?](#)

Judo is very explosive martial art and also it requires cardio endurance as well. So I always suggest to my students to do plyometric training as well as heavy weight training. I recommend to everyone 'High Intensive Interval Training' which is conducted by heavy weight training and plyometric training. This can increase both your strength and your cardiovascular system.

[What is your coaching philosophy?](#)

I think people in Australia focus on throwing a lot and maybe do not care about gripping much. To throw your opponent, you have to control them. To control them, you have to dominate your opponent by using your grips. It means we have to know how and where to grip and also how to use that grip. So my first job with any beginner is to teach them gripping skills. I do not teach one-hand techniques much, such as Ippon-Seoi-Nage, especially for beginners. It is because I strongly believe

that people need to learn how to do Judo with two-hands before they learn one-hand techniques. Many people in Australia learn one-hand techniques too early and it always makes it difficult to learn more two-hands techniques later. I do not show new techniques or new movements often. It is because Judo techniques are very complicated and difficult to learn in a few days or few weeks. It is because learning a new technique is not only learning how to throw. We have to learn how to control an opponent to the set-up, how to use the techniques in different directions, what kind of combination to use etc. It takes at least a few months. So I always focus on one technique and I break-up the technique and show it step by step. I studied Judo at Kokushikan University which is the one of strongest Judo clubs in Japan and I strongly believe my job is to show my students what I learned there. I trained with some Olympic competitors and medalists and learned a lot from them. I also learned the traditional Japanese style of Judo which is: grip orthodox and keep gripping all the way to the throw. Under the most recent IJF rules we now need to learn that kind of Judo which I believe prepares my students for competition Judo to a high standard.

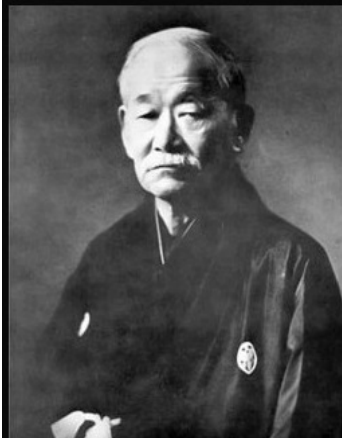
Sports Trainers and First Aiders

We are establishing a pool of primary care volunteers to assist at tournaments. We would like enough so that no-one is overworked and we can have 2 volunteers at each tournament.

We would love to have you on board!

Minimum requirements- Working With Children card, Level 2 First Aid or Sports Trainer qualification or equivalent.

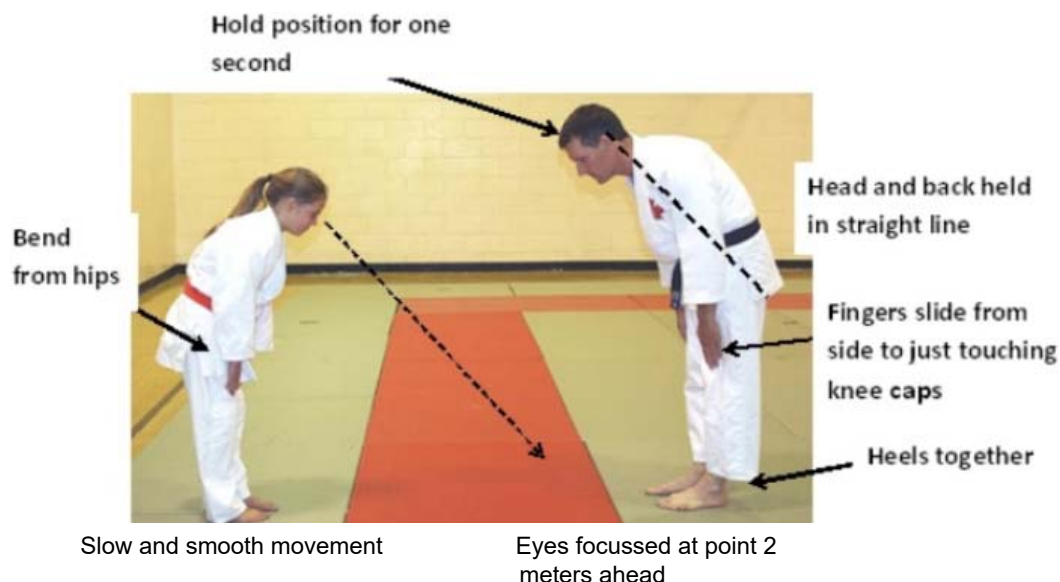
Please contact Sandy Hollingworth, Chair of the Tournament sub-Committee at tourndir@judovictoria.com.au



Before and after practicing Judo or engaging in a match, opponents bow to each other. Bowing is an expression of gratitude and respect. In effect, you are thanking your opponent for giving you the opportunity to improve your technique.

(Jigoro Kano)

Standing Bow Ritsurei *How well do you do It?*



And from the JVI Referee Commission **Contest Etiquette**

When entering the tatami area, fighters should

- walk to the entrance of the competition area at the same time
- walk to the centre of the edge of the contest area (on the safety area) at their respective side according the fighting order (first called on the right side and second called on the left side of the Referee's position), and remain standing there.
- not shake hands at the start of contest

At the signal from the Referee, the contestants shall

- move forward to their respective starting positions
- bow simultaneously towards each other and take a step forward from the left foot.

Once the contest is over and the Referee has awarded the result, the contestants shall simultaneously take a step back from the right foot and bow to each other.

If the contestants do not bow or do so incorrectly the Referee shall direct the contestants to do so. It is very important to perform the bow in a very correct way.

Ask a Ref - If you would like a rule discussed in the next newsletter email :

judovictoria.com.au