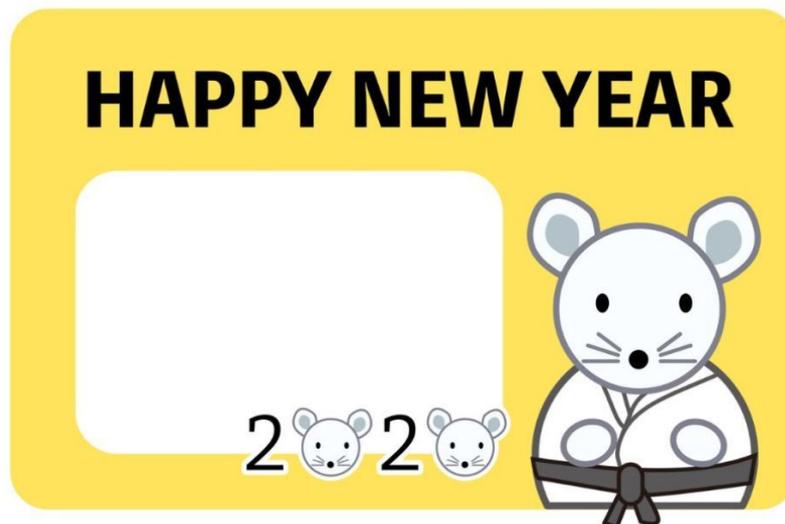




## January 2020 News



### *From the President - Daniel Kelly*

Happy New Year

I hope you all had an enjoyable break and are ready to get back into the business of Judo. Most clubs are getting back on the mat. The first competition of the year is not far off. State Team training commences in February. Nominations for JVI Sub Committees are open and the nomination form can be found on the website.

#### **Get involved!**

Our Admin Officer has asked me what I would like for JVI in 2020.

I want high competition participation and increased membership as usual!

We asked a number of **JVI Chairs and Committee** members the same question and here are their comments.

**Alice Le** [New JVI Secretary]: I am excited to take on the new role of Secretary JVI. I would like to see Judo as a compulsory sport in Schools. There is a lot of work to be

done and everyone will need to help.

**Sandy Hollingworth** [Life Member and Tournament Director]: I am looking forward to the year. I would like all the tournaments to go smoothly especially with the new National format. I would like more people offering their time to help at tournaments - we provide training. It's very satisfying!

**Rod Cox** [Out going Secretary]: I would like to see the numbers in Kata expand with more people studying, practicing and doing Kata, especially the lesser known ones.

**Chrisophe Legaud** [Chair Referee Commission]: 2020 is not only an Olympic Year for the competitors but also for the referees!

The entire judo community is hugely proud to have Lubo Petr, referee from Sydney, who will represent Australia at the Tokyo Olympic Games 2020.

As such, the Victorian Referee Commission is looking forward to welcoming and supporting new young referees who aspire to become an Olympic referee. Just your judo enthusiasm is required. Please contact Christophe Legaud and start your journey!

**Pat Quek** [RAB Committee and JVI Treasurer]: I would like more two way communication between clubs/members and JVI Committee and Sub committees. I want members to be more aware of what goes on behind the scenes. I would like members to be more proactive in their support of the organisation and less of "What have you been doing for us?"

**Michelle Matthews** [JVI Committee and Chair Kata commission]: In 2020 I would love to keep sharing my love of judo with my members and the greater judo community.

All the very best for 2020.

## Upcoming Dates January and February

January 6 - Call for Nominations for JVI Sub Committees

January 28 - Victorian School Term commences

February 2 - Committee Of Management Meeting

February 9 - Rules Seminar 1 for 2020

Followed by a training session - Ju You Kai



**Sport and Recreation Victoria's Sporting Club Grants Program** is now open.

The **Sporting Club Grants Program** provides grants to assist in the purchase of sports uniforms and equipment and to improve the capacity and accessibility of Victorian clubs and other community sport and recreation organisations and increase the skills of their coaches, officials and managers.

**Closing:** 28/02/2020

For more information see:

<https://sport.vic.gov.au/grants-and-funding/our-grants/sporting-club-grants-program> .

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## ***Ask a Ref!***

Email [office@judovictoria.com.au](mailto:office@judovictoria.com.au) if you would like a question answered by one of the JVI Referee Commission

If you want more questions answered, come to the Rules Seminar, Sunday 9 February.

Details have been sent to your club.



### **What is the difference between a bad attack that fails and a negative attack?**

A good attack in Judo, is one that throws your opponent. If the attack doesn't work but breaks the balance of your opponent in the process, it counts as a positive attack.

A good judo player will use an attack to break the balance of their opponent to set up the second technique to score.

To see the rest of the answer - [See Below](#)

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*Is getting better sleep one of your New Year's resolutions?*

Tennis great, Serena Williams, told a UK publication that she usually sleeps well and enjoys going to bed early around 7 p.m.

Sleep is essential in the preparation for, and the recovery from, training and competition.

A study in the journal *SLEEP* confirms the role of sleep in performance with results that show declines in split-second decision making following poor sleep.

It is becoming increasingly clear that adolescence (ages 12–18 yrs) is a period of development where sleep is particularly important. What is also becoming obvious is that many adolescents do not obtain the recommended amount of sleep.

Some research suggests that sleep deprivation increases levels of stress hormone, cortisol. Sleep deprivation has also been seen to decrease

production of glycogen and carbohydrates that are stored for energy use during physical activity. In short, less sleep increases the possibility of [fatigue](#), low energy, and poor focus at competition time. It may also slow recovery post-game.

If you would like more information on this :

<https://www.sleephealthfoundation.org.au/files/pdfs/Sleep-Mistakes.pdf>

<https://www.gssiweb.org/sports-science-exchange/article/sse-167-sleep-and-athletes>

<https://ylmsportscience.com/2019/12/16/its-quite-clear-lack-of-sleep-makes-youth-athletes-more-likely-to-get-injured/>

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JVI Newsletter Jan\_20

State Sporting Association, Member of Judo Australia

The home of Olympic and Commonwealth Games Judo in Victoria

## What is the difference between a bad attack that fails and a negative attack?

A good attack in Judo is one that throws your opponent. If the attack doesn't work but breaks the balance of your opponent in the process it counts as a positive attack. A good judo player will use an attack to break the balance of their opponent to set up the second technique to score. Top players will use their first attack to fool the reflex of their opponent to set up the win.

A negative attack is when you try to throw without breaking the balance of your opponent.

The classic example of a negative or false attack is a drop seo-niage that doesn't move your opponent.

Negative or false attacks are penalised with a Shido... a minor penalty.

The decision on whether an attack is negative or not is made by the referees and can be subjective.

Historically this rule was brought in to stop a player who is ahead in the fight from dropping, with no intent to throw, to stop the opponent from having the opportunity to score. Referees are more lenient for Junior Boys and Junior Girls in that we don't penalise for the first offence. We stop the fight to explain what the player has done wrong. However if the player keeps repeating the offence they will get a penalty.