



Newsletter

Vol. 1 No. 3. May 2006

Our Club

North Hall behind Olympic Park Sports Halls,
Corner of Grand Parade and Orana Street,
Homebush Bay

Contacts

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Web: www.zenbu.com.au

Postal: Zenbu Judo Club
PO Box 1041
Nth Sydney, NSW 2059

Junior Class Times

(5-15 year-olds)
Tuesday 6.30-7.30
Thursday 7.00-8.15 (**new time starts 2nd June**)
Saturday 10-11.30 (Advanced Juniors Only)

Senior Class Times

Tuesday 7.30-9.00 (with Black Belt Register)
Thursday 7.30-9.00
Saturday 10-11.30

Throw of the month



Ippon Seoi-nage (one arm shoulder throw)

Shown is left-side (hidari). As Uke reaches forward or strikes with his left arm, tori blocks uke's attacking arm with his right arm, and turns under, locking the Uke's shoulder in his left forearm. His knees are bent, he is on the balls of his feet with his back quite straight and feet inside his opponent's. He lifts uke with his legs and turns his head and body to the right.

Coaching Staff

Head Coach - Morgan Endicott-Davies

Athens Olympian 2004
4th Dan Black Belt NCAS Level 1
BBR Academy Instructor
Australian National Team Member for 8 Years.

Technical Advisor - Ivor Endicott-Davies

Former National Team Coach for New Zealand
BBR Academy Head Instructor 6th Dan Black Belt
Former New Zealand National Team Member

Junior Coach and Instructor - Robert Ivers

2000 Olympian in Sydney
National & Oceania Champion 86kg and 90kg
4th Dan Black Belt NCAS Level 2

Assistant Instructor - Daniel Mitchell

1st Dan Black Belt NCAS Level 1
Former Assistant Coach, NT Junior Team Coach
Former National Silver Medallist (Under 66kg)
BBR Academy Administrator

Assistant Instructor - John Eklund

1st Kyu NCAS Level 1 Judo Referee grade C
Former National Silver Medallist (Under 9 stone)
Newsletter editor

Upcoming Events

See also:

www.judonsw.com.au/calendar

RSL Tournament 28th May

This is a training tournament suitable for white and yellow belts

Venue: The Hills Sports School
Corner of Best Road & Mackenzie Blvd,
Seven Hills

Weigh in times

8.30 under 10 years
9.00 under 13 years
9.30 under 16 years
10.30 young men and men,
young women and women

Competitors \$8 entry MUST HAVE A
BLUE BOOK

Judo Supplies

JudoGi's and Apparel is now handled by **Gordon**

Tipene of our club. Email gordon@zenbu.com.au for enquiries.

JudoGi's, T-Shirts, Caps, DVDs



CONTEST RESULTS

State Championships

Zenbu entered 5 contestants, The players who were placed were:

- Jonathan Eklund Silver u46kg Boys (Shonen)
- Koya Matsushita: Bronze u60kg Boys (Shonen)
- Christopher Eklund: Bronze u35kg (Yonen)
- Morgan Endicott-Davies Gold u90kg mens
- Morgan Endicott-Davies Gold Open mens

Congratulations to **Vincent Salinos** for a really excellent ippon seoinage at the State Championships. He threw his opponent for Wazari using a very skillfull drop seoinage as his opponent moved forward to take ha grip. Unfortunately he did not win the match, but demonstrated great skill with this technique

For Sale

Used Judogi in good condition – Size 00 white (very small) \$20, Contact John Eklund 0419439274.

Want to list an item for sale here? Email
john@eklund.com



What is *kiai*?

It is a sudden concentration of physical and mental power, combined with a loud shout used to defeat the opponent. Often also applied effectively to distract the opponent. It is:

1. A sudden concentration of the abdominal muscles.
2. A forceful exhalation of breath.
3. A sharp loud yell or shout.

Editor's Note

We aim to keep players and parents up to date with Judo at our club and in Australia. Comments and suggestions should be sent to the editor **John Eklund** (john@eklund.com). Thanks to <http://www.judoinfo.com> for some graphics and information contained in this newsletter.



