

# Newsletter

Vol. 1 No. 5. Spring 2006

## Our Club

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

## Contacts

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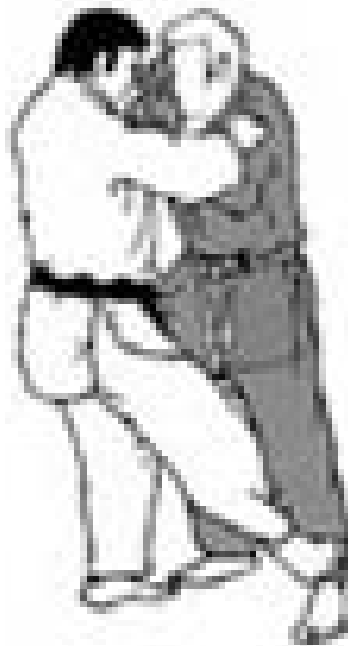
## Junior Class Times

(5-15 year-olds)  
Monday 6.00-7.00  
Tuesday 6.30-7.30  
Thursday 7.00-8.15  
Saturday 10-11.30 (Advanced Juniors)

## Senior Class Times

Tuesday 7.30-9.00 (with BBR)  
Thursday 7.30-9.00  
Saturday 10-11.30

## Throw of the month



Tori advances with tsugi-ashi and increases his pace, sweeping forward with a straight leg, pushing Uke's right foot back into his left. Tori pulls up and toward himself, driving the leg forward from the hip to throw Uke.

## Harai-tsurikomi-ashi

## Lifting pulling foot sweep

## Zenbu Coaching Staff

### Head Coach - Morgan Endicott-Davies

Athens 2004 Olympian  
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

### Assistant Instructor - Jennifer Purcell

2nd Kyu NCAS Level 1  
National Team member since 2000  
Youth Olympics Bronze medalist 2005

### Junior Coach and Instructor - Robert Ivers

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

### Assistant Instructor - Daniel Mitchell

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

### Assistant Instructor - John Eklund

1st Kyu NCAS Level 1 Grade C Judo Referee  
Former National Silver medalist  
Newsletter Editor

## RSL Tournament 24 Sept

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  
11.30 men and women

Competitors \$8 Seniors \$10 Spectators \$2  
Competitors MUST HAVE A BLUE BOOK

### Weight Divisions

#### U/10 Years

U/21, U/24,U27,U31,U35,U40, O/40

#### U/13 Years

U/27,U/30,U/35,U/40,U/38, U/42,U/46,U/50,O/50

#### U/16 Years

U/38,U/42,U46,U50,U/55, U60,U/66,U73,O/73

Senior Divisions decided on the day

## Calendar

10 Sept Referees seminar  
16-17 Sept NSW International Open  
21, 28 Oct Kata Kenshusei  
15 Nov Dan Grading  
19 Nov RSL Tournament

See also [www.judonsw.com.au/calendar](http://www.judonsw.com.au/calendar)

## Monster Tournament Result

Congratulations to Pete who won 2 fights and came first in the under 40 kg division in the Mons tournament held at Budokan Dojo in Castle Hill on Sunday 27<sup>th</sup> August.

## Judo Supplies

JudoGi's and Apparel is now handled by **Gordon Tipene** of our club. Email [gordon@zenbu.com.au](mailto:gordon@zenbu.com.au) for enquiries. JudoGi's, T-Shirts, Caps, DVDs



## Grading News

Jonathan Eklund 3<sup>rd</sup> kyu Shonen



## NSW Club Team Championships held on 30 July 2006 - RESULTS -

Congratulations to the Zenbu members who competed in the teams event. Zenbu fielded 5 Teams and it was a great morale building exercise for our club.

The results were:

A Division - Silver  
B Division team 1 Silver  
B Division team 2 Bronze  
Women's Team - Silver  
Masters Team - Bronze



With the B division and Women's team mainly novices, Zenbu's performance was really outstanding. We clearly dominated on the ground.

## New Training Venue

**Exciting news!** A new venue for training on MONDAYS in Terry Hills. Details to follow....

## Did you know?

Ernie Wakamatsu at our club gave a talk the other day about the three components of any throw. They are *Kuzushi* (unbalancing), *Tsukuri* (entry to position and lift) and *Kake* (completion and throw). He emphasized that 80% of a technique is the *Kuzushi*, 15% is the *Tsukuri* and 5% is the *Kake*. This shows how important unbalancing is and has implications for how we should practice uchi-komi

## 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](mailto:john@eklund.com)). Thanks to <http://www.judoinfo.com> for some graphics and information contained in this newsletter.



