

Newent Judo Club Newsletter



An Interview with your coach - Bryan Butler

How long have you been doing judo?

About 23 to 24 years.

What club did you start judo at?

Dowty Judo Club.

What age did you start at?

About 11 years old.

What competition did you get your first medal in? and what was it?

'The Bristol Challenge' and it was a Bronze medal.

How old were you then?

12 years old.

When did you get your black belt?

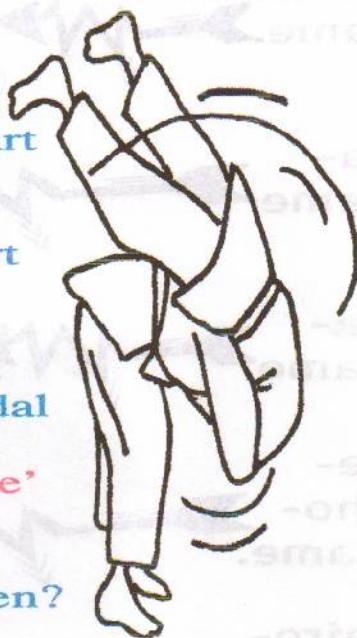
On the 13th September 1987.

Are you planning to go for your 2nd Dan in the near future?

Maybe, but maybe not it depends on family commitments, Alison and I have a new baby on the way.

What was the hardest fight that you have had?

The junior Nationals, were very hard, also fighting in the West of England competitions sometimes proved very demanding.



What is the biggest competition you have entered?

There were several big competitions 'The Bob Taylor' (a team event), we won GOLD; 'The West of England Senior' and 'Junior Nationals' at Crystal Palace, where I represented the West of England.

How did you get interested in Judo?

My brother and future brother-in-law were both doing it, so I wanted to beat them!

Why did you decide to become a coach?

It was the next progressive step after getting my black belt in 1989.

How long have you been a coach at Newent?

About 10 years.

BREAN WEEKEND

You will probably already know that some people from newent attended the judo weekend at Brean Sands. It started on Friday 9th March at 6 p.m., when about 30 people got onto the mat area and played games for about an hour. At 7 p.m. we finished and went back to our rooms, to get ready for the evening disco and karaoke.

The next day at 10 a.m. we had people dragging themselves on the mat to be ready for Neil Adams. It was a long session but everybody learnt a lot. Then we had a well earned lunch break from 12-2pm. Then we had a gruelling session for 3.5 hours, by the end of the session I was glad to go and have a rest! Then it was Disco and Karaoke again. Sunday at 11.00 we had a 2 hour session with Ryan and Rowena Birch (British cadet coaches) the session ended with Koka training. 1 hour for lunch then we did some self defence where Chris was used as a Uke (and had the bruises to prove it!). Then at 3.30 p.m. we finished and went home at last!! Apart from being very tired after 9.5 hours of Judo, it was an excellent weekend and I learnt a lot!!

HOLDDOWNS

English → Japanese → picture

Upper four quarters.

Kami-shiho-Gatame.



Shoulder Holding.

Kata-Gatame



Scarf Hold

Kesa-Gatame



Length wise 4 quarters.

Tate-shiho-Gatame.



Reverse Scarf hold.

Ushiro-Kesa-Gatame.



Side 4 quarters.

Yoko-shiho-Gatame.



New Lottery Idea

You may already have picked a number for the lottery bonus bal. If you havent its time you did! It costs £1 and all money made goes to new mats. The good thing is you can win half of the money if you pick the write number! To pick a number talk to Brian. GOOD LUCK!!

We have
over
£100 at
the
moment!

Lucky winners!
Ryan £18
Gary £9.50