



On Saturday 5<sup>th</sup> March 2011 at Marling sports centre in Stroud a Gloucestershire junior squad session took place from 10:30am until 12pm. The session was taken by Bryan Butler, the junior squad coach.

At the squad session there were representatives from four different clubs in Gloucestershire, Bradley Stoke, Stroud, Dowty and Newent.

After limbering up with some fun exercises to get the blood pumping, we did some strength exercises using the belt and some general fitness and technique work.

The class was split in to two different groups based on size for the randori so that we could have a fight then rest. We began the tachiwaza randori with everyone mixing with other people from other clubs giving us new experiences and ways of fighting that we would not have unless we went to competitions. Each randori fight lasted 2 minutes and was challenging but enjoyable at the same time.

After tachiwaza randori we moved on to newaza randori which was also challenging, we did a few fights of newaza randori before doing newaza drills to help with newaza randori. To end the session we did some Pilates a leg exercise which strengthens the leg muscles.

The whole session was fun and enjoyable I was able to interact with other judo players from other clubs. Even though the session was tough it was exhilarating and fun. I can't wait for the next Gloucestershire junior squad session!!



