

柔道



## Lang Park PCYC JUDO Club: News: April 2013

### Dates to remember:

Sunday April 21<sup>st</sup> – Hantokan Redcliffe Judo Comp (see attached Flyer)

Friday April 26<sup>th</sup> – Hantokan Deception Bay – Senior Teams Comp (wanna be in Team LPJ? Come see me)

Sunday May 19<sup>th</sup> – Qld State Titles – Orminston College , Brisbane

June 7-10 – National Titles – Woolongong

Friday April 12<sup>th</sup> – Club Closed due to Suncorp Event

Friday April 26<sup>th</sup> – Club Closed due to Suncorp Event

### Congratulations!

Well done to everybody who passed their Grading recently.

For the Juniors we see Alexi ,Harrison, Joshua, Katie, Eliza, Spencer and Chris all walk away with a new belt.

Good efforts too from Sean, Daniel and Amando in the Senior class.

While time in grade is one factor , the most important is that there is a definite increase in skill since the last grading.

A friendly reminder that the grading fee is due when we next see you \$25 Juniors and \$40 Seniors.



Chris Pepper grading like a champion

### Monday, Wednesday, Friday

Don't forget that you can train at Lang Park Judo three times a week if you want. Some people already are. The fact is that we will lose nights due to Suncorp Events.....so please support the club by training at least twice a week where you can.

### Ohori Senior" Comp" Feedback

Thanks to all the Seniors who played along and went to the Ohori Judo Club recently. I am sure you all enjoyed a great "competition". At least you didn't just fight each other, you didn't have to pay and you all had a good workout. As always it was great to see Lang Park attend on mass.



### Learn your Terminology

It is really important to learn the correct terms for your Judo Techniques.

There are a few LINKS from the Lang Park PCYC Judo Club Website.....get on it!

I know you use the interweb for lots of other stuff.

This is NOT why we call this Hold Down by this name.



See you at training. Rob.

# HANTOKAN

Judo Club

## Tournament

Sunday 21<sup>st</sup> April 2013

at  
Redcliffe P.C.Y.C  
Klingner Road, Kippa Ring 4021

**Weigh In Times: All Age Groups from 8am.**

<b>Monstars</b> (born 2005 - 2009) .....	closes 8.30am
<b>Junior Boys/Girls</b> (born 2002 - 2004).....	closes 9.00am
<b>Senior Boys/Girls</b> (born 1999 - 2001) ...	closes 9.30am
<b>Cadets</b> (born 1996 - 1998) .....	closes 10.30am
<b>Junior Men/Women</b> (born 1993 - 1998)...	closes 10.30am
<b>Senior Men/Women</b> (born 1998 or earlier) ...	closes 10.30am
<b>Veterans</b> (born 1983 or earlier) .....	closes 10.30am
<b>Special Needs</b> .....	closes 10.30am

**Starting Time: 9:00 am approx.**

**Competition Fee:** All Divisions \$10.00  
\*\* Extra Divisions \$ 5.00

**Pay on the day – no Pre-Nomination.**

**Divisions:** - Novice Divisions (*White/Yellow Belts*) will be catered for where possible.  
- Weight Division adjustments at the discretion of the Tournament Directors.

- JFAQ Membership must be current.
- Current membership card **must** be presented at Weigh In on the day.
- Cadet Divisions are permitted to use strangling and armlock techniques.

**Enquires to TOURNAMENT DIRECTORS:**

**Kelly Croton** - Mob: 0412 458 383 Email: croton@netspace.net.au

**Kent Bulger** - Ph: 3283 1463 a/hrs Email: kent.bulger@bigpond.com

**Spectators FREE - please support the Raffle**

**Canteen Facilities Available**