



C.U.J.C Newsletter – Summer 2013 – Issue 2

Welcome to the second edition of the Cambridge University Judo Club's Newsletter. This issue contains the highlights of last year, so read on to hear about the Varsity results, individual success and a foreign exchange.

The 2013 Varsity Match:

Following last year the Cambridge City team and Men's B were fighting to defend their trophies, while the Women's and Men's A teams were hoping to win theirs back. This year the student Men's teams were dropped to 7 players to overcome the unfairness of how we have resolved draws in the past.

The City team started the day brilliantly with a very impressive 6-2 win, clearly indicating the skill of CUJC's non-student contingent. CUJC has dominated the city match for the last few years, and hopefully will continue to do so.

The Men's B team maintained the high standard and won with a nice margin at 5-2. The B team included players who had only just started judo a few months beforehand, but you wouldn't have guessed that when watching!

The Women's A team fought exceedingly well and, despite Oxford having higher grades, managed to win back the trophy with a 3-2 victory. Particular mention goes to 4th Kyu Madeline Ang who during a long, hard fight managed to pull off two *maki-komis* against a 1st Dan and so helped to secure Cambridge's victory.

The Men's A put up a heroic performance against Oxford's incredibly high calibre team, which including several national and international players. Unfortunately despite their best efforts Cambridge lost 1-6. Congratulations to Michael Bockmayr whose *uchi-mata* saved it from being a clean sweep. The entire team had fantastic performances in the face of opposition that, according to paper, should have had an easy day.

"All Cambridge players fought beyond expectations and their dedication to training really paid off." M. Sørensen, President



Individual success:

The club was very successful throughout the year and the medal haul has set a high standard for future years. In the London Universities Open 7 out of 8 players medalled and, just the next day, at the Littleport Open 9 further medals were won by students and city members. In the Eastern Area Championships Chris Coward won gold and Rob Blackburn took bronze. In BUCS Megan Sørensen, Liang Wu and Madeline Ang won bronze medals in their respective categories, making this one of the most successful years at BUCS in the last few years. To wrap up for this year, Joshua Hunt took bronze and Lawrence Rowles managed to win two golds in the Thomas Deacon Judo Club Under 21s.



Rob Blackburn winning a fight at BUCS

Awards:

Full Blue status awarded to Megan Sørensen

Half-Blue status awarded to Rachel Moore (Women's Captain), Jesse Olszynko-Gryn (Men's Captain), Gergely Racz, Lawrence Rowles, Michael Bockmayr, Luc Darmé, Charlie Whittaker, Joshua Hunt and Rob Blackburn.

Finland Judo Exchange – September 2013

This September nine CUJC members travelled to Helsinki, Finland for the 36th anniversary of the Marburg-Helsinki-Cambridge judo exchange. The trip was an excellent balance of training, socialising and experiencing local culture, but this did make for an exhausting week. The Helsinki, Marburg and Cambridge coaches took it in turn to take the sessions, so that everyone saw something new. Each session allowed time for *randori* and the range of abilities meant that everyone had plenty of chances to fight players of a similar ability.



Local culture involved giving Finnish Baseball a try, hiking around a beautiful lake, and a karaoke night. CUJC members seemed to take to the sauna culture particularly well. In the evenings pub-crawls and parties ensured that everyone got to know each other. The welcoming atmosphere of the trip ensured the newbies and veterans alike had a great time, and hopefully even more players will get involved next year when it is Cambridge's turn to host.



“Some new and beautiful experiences, some old and lovely ones too. Good friends, good judo and good fun!” Nick Palmer, Coach

The new Sport Centre – opened August 2013

This summer saw the close of Fenners, which has held CUJC training sessions for over two decades. The club now trains in the new University Sports Centre. Located in West Cambridge, the centre offers state of the art facilities. The club unfortunately was unable to make a bid for a permanently matted *dojo* as the space was already spoken for. The club, however, has access to a multi-purpose room whose larger size offers the possibility of a larger mat space (up to 14m by 14m mat), and the gym facilities are greatly improved. So it looks like the new facilities will help the club to grow in future years.



Circuits – the new initiative

Throughout the last year, both during the Varsity build up and afterwards, CUJC members have been attending weekly judo-specific circuit sessions. Run by the club, these sessions improve strength, cardiovascular fitness, balance and coordination as well as including some basic judo movements. Senior coach Alec Edwards noted the improvement in players' fitness and believed that this helped competition performances. It is hoped that the club will be able to continue this successful programme next year.

Coming up

The club is holding a regional training session to celebrate the club's move to the new Sports Centre. This is to be held on Saturday 26th October and several coaches from across the region will be attending, so the club is hoping for a good turnout.

Finally, to catch up on last year's events in action, view this year's video (created by Jamie Sutherland) at <https://vimeo.com/68374109>

Remember you can stay up to date with the club through its website:

<http://cujc.soc.srcf.net/>