

Judo



Vinehall School Judo Club

During the past academic year it has been pleasing to welcome some new faces to the Judo Club that operates on a Tuesday evening.

Judo is an activity that promotes traditional values such as honesty, respect, discipline, self-control and fair play through a Japanese Martial Art that provides recreation, competitive sport and is useful in self-defence.

Those that participate have fun whilst learning the techniques of the Olympic Sport whilst their body and mind become fitter and stronger.

Many National Rugby Union/League teams are now using Judo as part of their weekly training schedule as many of the physical attributes of Judo can be used in many other sporting applications.

Judo is a tremendous tool to assist a child's all round development as concentration, co-ordination and balance should improve with regular training.

Many girls are now practising at Vinehall, Jesse O'Shaughnessy, Saffia Dalton, Cordelia Brown, Perdita Knight and Philippa Moore and are all progressing and some have had success in competition. There have been some notable performances from James Wood, Jack Clayton and Fred Holt; Ryan McWilliams won Gold in the Rose Hill event back in May.

The Club featured in the summer edition of Koka Kids Junior Judo Magazine. The magazine is included in the training fees and is regarded by the coach to be a great learning aid.

Vic Court