Reminder, No Training over Easter!!! Throw some Easter Eggs!!!
Yes, like all public holidays everyone will be busy with family stuff etc, so we are not training.

Colored Belt Grading Saturday May 8th - 6 weeks to go!!
There have been quite a few people returning to get their stuff organized for the 8th May. You can collect your orange green or blue belt assessment forms at judo classes in Thebarton. Here is Ashi and O Guruma again for you to look at!!
http://princetonjudo.org/princetonjudo/gokyu/Ashi-guruma.php

Can you see the similarity with O Guruma? Can you see the difference? Check it out.
http://princetonjudo.org/princetonjudo/gokyu/O-guruma.php

And have another look at your sacrifice technique. Maybe we will look at Yoko next week!
http://princetonjudo.org/princetonjudo/gokyu/Tomoe-nage.php

THE SA AUTUMN CHAMPIONSHIPS - Sunday 9th May 2010
Yes, this event is being hosted by LEOPARD Judo Club and will be held at:
Hallett Cove R-12
School Gymnasium
Gledsdale Rd, HALLETT COVE

All Brown/Black Belts who want to get their First/Next Black Belt this year must enter to be eligible in December 2010. Come and get involved and help your mates out too!!! The Competition Programme is shown below.

Competition Programme
Trial/ Official Weigh-In: Boys/Girls & Intermediates 7:30am – 8:30am
Trial/ Official Weigh-In: Juniors & Seniors 8:30am – 9:30pm
Competition Starts: 10am

Entry fees
Boys/Girls $10.00
Intermediates $15.00
Juniors/Seniors $20.00
Additional divisions $10.00 / division

Come and put your name down Saturday, 22nd May is the Fun Challenge- You can all have a go!
Once you have got the basics you can try it out at a Saturday session on 22nd May. A full mat area will be set out and you will be taught the rule of judo in a fun atmosphere.

Saturday, 22nd May is the Fun Birthday Party too!
There is a rumor that a big Birthday party is happening in May. Meera has already started planning. Should be plenty of candles - 60 to be precise! A piece of cake for everyone!