

UNSW Judo News

DECEMBER 2011

SAMOA...A FANTASTIC OJU WORLD CUP

THREE MEDALS FOR AUSSIES IN WORLD CLASS COMPETITION



Flags of competing countries line up at the opening ceremony

With the countdown to Olympic selection now on in earnest, this year's OJU World Cup in Samoa attracted many of the cream of the world's judoka – 174 of them from a record 37 countries.

For most, this was their first visit to the South Pacific and they came not knowing what to expect. It was a pleasant surprise, as the tournament organisation far surpassed what is often encountered in more recognised judo nations. The friendly Samoan people welcomed the visitors with smiling faces and open arms...and the athletes loved it! The local volunteers, many of them just schoolkids, took to their task with enthusiasm and the tournament, although deadly serious in some respects, had a relaxed and friendly atmosphere.

The Australians were there in force, with by far the largest team. Expectations were not high regarding results, and a big medal haul as in past years seemed unlikely. All weight categories for both men and women were sprinkled with top-ranked athletes who stood in the way of Australian success. That we came away in this company with three medals, plus a string of fifth places, was a credit to our athletes. There were too many stars of the competition to mention, and the medals were very widely distributed. Slovenia came with a small team of three athletes, and left with two gold and one bronze medal...a fantastic result.

China also had a good tournament, taking gold, silver and 2 bronze; Great Britain had 2 gold, 1 silver and 3 bronze.



Ivo Dos Santos on way to silver

For the Aussies, Carli Renzi and Ivo Dos Santos were outstanding, to take the silver medals in their weight categories, coincidentally both losing in the finals to Canadian judoka. Young Arnie Dickins also had a great competition, with bronze in the 60kg category. Then there were several "near misses" with fifth placings to Jake Andrewartha (+100kg) Daniel Kelly (100kg) Sonya Chervovsky (52kg) and Isabelle Kopecny (78kg).



Kylie battles Janine Nakao (USA)

UNSW was there in force in the form of Sonya Chervovsky, Gemma Chadwick, Kylie Koenig, Karen DaSilva and Catherine Arscott.

Our only success in terms of results came with Sonya's 5th place in the 52kg. All our others met some very strong opponents early, and went out in the first round, so unfortunately did not figure in the placings.



Arnie Dickins' nice uchimata

After the competition it was time to party! The final function, hosted by the Samoan Prime Minister, a huge supporter of the event, was a fun night where everyone had the chance to let their hair down. These functions are a huge hit with the athletes and give a nice finishing touch to the event.



Sara Collins (W) with Kath Sell (USA)

After the party came a three day training camp, led by legendary Austrian Peter Seisenbacher, dual Olympic gold medallist and world champion. Currently coach of the Georgian team, Peter led a lively camp and also demonstrated a number of competition techniques, including those used by the Georgians, as well as his own personal favourites.

A feature of the camp was to see the athletes from all around the world performing the Samoan Haka. Lots of fun. It was a pity that so many of the international teams had to leave early to meet their other commitments, and therefore miss the camp.

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Xmas greetings to all our readers !!



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INVITATIONAL CHALLENGE - UNSW BACK ON TOP!



The teams line up for a spectacular night's judo

We won! With those brief words on his facebook page, Warren Rosser summed up a spectacular night's judo at the Roundhouse on 9 December.

Despite not being able (yet again!) to field our strongest team, UNSW emerged the victors after a great tussle with Illawarra International and Zenbu. The Uni team was a mixture of youth and experience, with youngsters Luc Baumgartner, Jack Newman and Paddy Kearney taking to the mat with veterans Gavin Kelly, Tatiana Minkovskaya and James Davies. All of them did us proud.



The UNSW team goes into a huddle

UNSW began the night with a close tussle with Illawarra, helped by the fact that the Wollongong team was unable to field any women, thereby forfeiting two fights. Their kyu grade men took the honours, with only Paddy Kearney successful, and it was left to the strong Uni dan grades to bring us home. Match two saw Illawarra back up against Zenbu, which resulted in a comfortable win to Zenbu, six fights to two.



Tatiana and Gavin discuss tactics



Paddy's great uchimata

The final and deciding match then saw Uni take on Zenbu, with UNSW eager to reverse their loss of last year.

This time our young kyu grades got the home team off to a great start. Three ippon wins to Paddy Kearney, Shaun McDougall and Jack Newman. Isabelle Kopecny brought Zenbu back into the match by defeating a game Alysha Sjarif and coming out on top in a great fight with Tatiana.

The last three fights between the senior men dan grades were a fitting end to the evening. In undoubtedly the match-up of the night, Slovak international Martin Janata took on Zenbu's Korean star Jun Kwon. There was added spice to the encounter with Jun having beaten Martin a couple of weeks earlier in the NSW challenge. In a titanic struggle, Martin dropped in for a remarkable seoinage and dropped Jun for ippon. The only bleak spot for the evening was the shoulder injury sustained by James Davies in his fight with Morgan. Fortunately immediate medical assistance was on hand in the person of club member Dr Joe Grech.

Gavin Kelly rounded off the night with a close win over Alex Taylor. So it was UNSW victors by six to three, delighting the largely home crowd who thoroughly enjoyed the evening's entertainment.



Jack Newman scores against Zenbu



Tatiana battles with Isabelle Kopecny

Thanks to Rita So for the fabulous pics!

NSW CHALLENGE - First Selection Tournament

13 Nov (Juniors)

Once again we had several of our kids making their competition debut, among them Liam Morley and Ken Takahata. Both boys fought very well, with good determination, and showed promise for the future.

Our young "veterans" Sam Worthington and Laurence Stiltchenko, as always, gave their best efforts. Laurence is a real fighter, and works well with his coaches to learn contest tactics. At just 10, he has great potential. Sam also had a good tournament and was a little unlucky to have a narrow decision go against him.

Cadet men: Luc Baumgartner 2nd 73kg, Dylan McDermott 2nd 55kg

Senior boys: K Takahata 3rd 66kg, Liam

McDermott 3rd 45kg, L Morley 3rd 40kg

Junior boys: Sam Worthington 3rd combined +/- 46kg, Laurence Stiltchenko 2nd 38kg

20 Nov (Seniors)

There was a really disappointing turnout for this competition – across the board, and only six entries from UNSW. Nevertheless our guys acquitted themselves pretty well, as the results show. Karen DaSilva took out the junior women combined 63/70kg, but was clearly troubled by the heat and was forced to pull out of the senior women's division.

In the senior men roman Sulovsky rolled back the years to emerge with bronze in a

competitive 81kg category. Shaun McDougall backed up for silver in the 90kg, and Cath Arscott was too good in the womens combined 70/78kg. It was also a good day for Hamish McDougall, who fought hard in both junior and senior men, being rewarded with third in the seniors.

Junior women: Karen DaSilva 1st combined 63/70kg

Junior men: Shaun McDougall 1st 90kg

Senior women: Catherine Arscott 1st combined 70/78kg

Senior men: Shaun McDougall 2nd 90kg; Martin Janata 2nd 100kg; Roman Sulovsky 3rd 81kg, Hamish McDougall 3rd 73kg.

UNSW PEOPLE AND EVENTS

JFA(NSW) AWARDS DINNER

This year's annual JFA(NSW) Awards dinner on 5th November was a festive affair, where the organisation took time out to celebrate the State's successes during the year, and to honour the most outstanding performers and contributors.



President Mick Briers welcomes guests to the special occasion

The annual awards saw Budokan take out the coveted club of the year, with many other clubs sharing the individual honours. UNSW had many finalists in the awards, and at the end our award recipients were: Karen DaSilva (cadet and Jun women) and Kevin DaSilva (jun men) Gavin Kelly was the night's "mystery speaker" and the group was entertained and inspired by his account of his wonderful career, spanning more than twenty years, and the lessons he learned along the way. For the record, we show elsewhere in this issue Gav's thoughts on these. They are worth remembering...



UNSW was well represented

Thanks to Kathy Meyer and her hard working team for their efforts in putting the evening together.

Asian Competitions

Our two girls chasing Olympic selection competed in the final round of International tournaments in Asia in December. Between them, the girls took part in a World Cup in Korea, the Grand slam in Tokyo, and Grand Prix in China. Kylie enjoyed some success and came back with some valuable Olympic selection points.



Sonya and Kylie (above) training at the Kodokan and below with Hitoshi and friends in Tokyo



Also...

Rob and Liz Maurency are back home for Xmas. Of course Rob fitted in some training while here - what else would he do?

Wonderful to see that Tati has been granted her Australian permanent residency...now she's here for good!

JB, Sonya and Kylie also met up with Michael Penkov and long time friends Honami, Aki and Shogo while in Tokyo.

Xmas Social Function

The club marked the end of 2011 with our traditional Xmas dinner at "The Eight" restaurant in Haymarket. A record number of members and friends attended for a great night of socialising and celebrating a really successful year for the club.



The trivia quiz got people thinking hard

Club awards for the year.

Senior men:	Gavin Kelly
Senior women:	Kylie Koenig
Junior men:	Paddy Kearney
Junior women:	Karen DaSilva
Cadet men:	Luc Baumgartner
Cadet women:	Karen DaSilva
Boys:	Sam Worthington
Girls:	Abbie Gentin
Most improved female:	Gemma Chadwick
Most improved male:	Kel Locke-Sodhi
Most improved junior boy:	Liam Mcdermott
Most improved junior girl:	Georgia Goutsis
"Rookie of the year:	Toki Ling
Winnie Au Award (club spirit):	Kathy Meyer



JB and Warren congratulate Tatyana on her special contribution award (and her PR)

Wise Words from Gavin Kelly



As reported elsewhere in this issue, Gavin Kelly made an inspiring appearance as guest speaker at the JFA NSW Annual Awards dinner. He left the audience with five thoughts, gained over many years of international experience, that are worth recording here:

1. Learn good technique.

If you learn good technique it will stay with you long after the power and fitness of youth are gone. Also if you have good technique you are always a threat to your opponent.

2. Encourage Competition

Encourage competition at every level, don't force others out just because they are catching up to you. Those are the people who make you stronger, give you good training partners, and opponents to bring out your best.

3. Follow the Judo/Let them go!

As a player you must follow the Judo, train where the best train no matter where it is. As a coach let your students train with the best even if it is not your Dojo, don't hold them back and if the time comes for them to move on...let them go. If you start them off well and support them they will remember and respect you forever.

4. Believe in yourself

Sometimes the greatest triumphs come after the biggest lows. Don't let other people's negativity drag you down.

5. Have fun

This is the most important of all, and the one we can lose sight of in the intense pressure that is the life of an elite Judoka.

When things are getting you down and the pressure to perform is crushing you just stop and think "Why did I start doing Judo?" If your answer is not "because I love it" think about your motivation. As an elite Judoka it is too easy to get dragged down by the pressures of performance, selection, results, etc. However if you stop and think about when you first started out and what you wanted to do, you will find you are actually living your dream. Not everyone can do that.

MORE PICS FROM UNI CHALLENGE



Awesome fight between Martin and Jun



Paddy holding securely

Gav and Jamie Lynch



Warren, Kathy and Phil hard at work

...and SAMOA WORLD CUP



The colourful World Cup Opening Ceremony



The UNSW girls and coach JB relax in Samoa



Karen at the training camp



OJU Treasurer Brent Cooper presents guest coach Peter Seisenbacher (L) with a memento of his time in Samoa



Sonya having fun in training

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