



October 2009 www.kitsune-gari.com



Kitsune-Gari News



KITSUNE-GARI TRIUMPHANT AT EPPING

On Sunday October 4th the Club went en-masse down to Epping for the popular Tsu- Mo-Kie competition.

We were represented by Tom Smith, Archie Yabsley and Chris Hammond in the primaries, Rachel Wood, Joe Barlow, Jack Smith, Amber Smith, and Chris Leroux in the Juniors, Mel Pell, Morris Pell, Paul Cooke, Paul Rand, Mariusz Brzozka, Julian Nieto Alonso and Tony Leroux in the seniors.

EVERYONE CAME HOME WITH BLING!

You will be able to find full details of our medal winners on the website. Craig and Tony were extremely pleased by the turnout for the competition which meant that all the competitors had lots of support. For some of the younger judoka this was their first competition experience, a daunting challenge for everyone. We're very proud of them for stepping forward and taking part – coming back with a medal too is just showing off!

GRADING

With all the training that has been going on for the competition it would be easy to forget that the area grading is nearly upon us – **Sunday October 18th at the Evreham Sports Centre, Swallow Street, Iver, Bucks, SLO OHS.** Don't forget that you can brush up your theory with the quiz on the grading page of the website. Don't forget to ask Craig, Steve or Gary if there is any technical work you need to polish over the next fortnight.