



François de WERRA, born 1st of september
 6^{ème} dan – Dispatcher
 World champion WIBK 2015
 European champion WIBK 2017



Is Judo a school of life ?

I always heard and read the you never forget your first Judo teacher. I must be an exception to this, as I neither kept an image nor any remembers of him. Having stated this, Judo allowed me meeting some extraordinary women and men, who's human and technical qualities and values, remained an example and an inspiration during my whole Judoka life.

« Hundred times on the job put back your work! » Nicolas Boileau

All my life long I tried keeping in mind their advices a values. So, YES Judo is definitively a school of life, as its precepts, lessons and moral code are everything but easy to follow and adapt in our daily lives, even if by thinking about it, everybody can find some answers to the questions you may have.

Our noble art is like the real life, sometimes hard, sometimes unpleasant but always gratifying in the end. Remembering all these hours of training, of mental and physical preparation, being ready for the d-day, and being told by the coach, that for the prepared event, you will be ONLY the number 2 on the list, the second choice for the team, and that you will be allowed fighting only if the number one (the titular) should be injured. What a frustration, knowing that you are fully ready and on top of your preparation. Being next to the tatami encouraging the one who took your place remains an exercise which forges your character.

As well admitting and letting your best student (the one you trained since he or she was small) go and train in another club or with another teacher, because you reached the limits of what you can learn, and that you are convinced tha his or her potential can be increased,

requires modesty and courage.

Even if I remain convinced that Judo is an individual sport, I am also sure that that it is in teamwork that the evolution and the progress can occur. Becoming stronger and better can only be achieved by competing with the others, confronting with everyone's physical characteristics. Only a positive and strong team spirit will allow everyone expressing his physical and moral potential becoming a future champion.

Not all of us will become champions, but all of us will learn from each other's, fulfilling our expectations on our own level.

■ IN SHORT JEUNESSE AND SPORT

As most of you will know, or not, all your JMD teachers are as well "Jeunesse et Sport" qualified, this means that the are part of a federal organisation, which means is to promote and encourage the praxis of the sport for children and young people in Switzerland. Therefore, all your JMD teachers are requested following each 2 year, a recurrent course, keeping them up to date and current. The diversity of the offered courses are helping your teachers being up to date with the latest technical and tutorial evolution, but, also allow them getting familiarised with new competences and techniques in very different subjects, like the fight against addictions, abuses on children's, and many other. The goal of all this being the wellness and the pleasure of the children, but always keeping in mind the rules, applicable for them.

Author : François DE WERRA

Having a look on my past Judoka life, I realise how this martial art and sport impacted most of the important decisions I had to take on a daily basis. Based on all this, I can only sincerely wish you, younger and older Judokas, following actively the way offered to you. Be strong, always consider your choices, decisions and thoughts on a faithful way, on this on and outside of the tatamis

Author : François DE WERRA

Décembre 2017						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

■ THIS MONTH ON THE CALENDAR.

09.12.2017 : Championnat Suisse par équipe et Stage technique de Noël
 25.12.2017 : Vacances Judo (reprise le 08.01.2018)

Spirit of Judo. Numerous Asiatic people are present in the TOP 15 of the youngest medals winners in the World championship. 9 of them are in the top 10, only the Serb national Majdov (23 year old) is breaking their supremacy occupying the 3rd Place. The number 1 being Hifumi ABE in the weight category -66kgs, and the Japanese national are holding 7 of the 8 first ranks. What about the rest of the world? You will find the rest of the world representatives on

Invited to the technical training in France.

On Saturday November 4th we have been invited by Mr Laurent Cusmano, participating to his clubs' technical training. Having been very friendly welcomed by the comity of the Club Pontoise, Jean-Michel DRACOS led this training attended by 70 Judokas aged between 4 and 70 Years, as you can see Judo can be practiced at any age. The major goal of this training was to study all kind of Sutemi wasa (sacrifice movements). Our president Jean-Michel DRACOS demonstrated and explained various techniques using some educative and tutorial tools, showing that Suteemis can be used at any age.



We, hereby, wanted to thank Mr. Cusmano as well as his whole team for their preparation, the ambiance on the Tatami, and all these highly appreciated sheared moments

JMD Judo also wants to take the opportunity congratulating Serge, the founder of the Club for his 4th Dan WIBK.

Author : Céline Maître

Results of the JMD Game

Name : _____

Vonname : _____

School : _____

September : What is the date of birth of Judo ? : ____ _

October : Connect the boxes in order to discover the hidden technic : ____ _

November : How many differences are you able to find between these two pictures : ____

This paper sheet needs to be fully completed and put in box, located at the entrance of the training room. The named child needs to attend the training and during the drawing which will take place before the appearance of Santa Claus

Saturday 09 december 2017

**SWISS CHAMPIONSHIP FOR
THE TEAMS BETWEEN
09H00LT AND 12H00LT**
POSSIBILITY TO EAT ON SPOT
**PLEASE REGISTER ON THE
WEB PAGE TILL
NOVEMBER 20TH2017**

**CHRISTMAS TRAINING
BETWEEN 14H00LT AND
15H00LT,
WITH A POSSIBLE APPEARANCE
OF SANTA CLAUS**

COLLÈGE DES ROJALETS
ROUTE DE FOUNEX 31
1296 COPPET

the other part of this ranking, meaning that the medals holders are mostly older than the Asiatic representatives. The winner of the "older" category being the Mongol citizen Maidan, who got his first medal with the age of 33 year, and this 7 years after his defeat against the french citizen Favre in the small final (Bronze medal) in the -100 KG category at the world championship of Tokyo.

Author : Anthony Diao - Magazine : Spirit of Judo

IPPON SEOI NAGE

Traduction en français :

*Ippon Seoi Nage (one point shoulder throw)
from the Seoi Nage together with Morote
Seoi Nage and Eri Seoi Nage*

IMPORTANT POINTS

The goal being to bring your partner on his tows and very close to your back, which should stay as straight as possible, bending your knees placing your gravity centre below his obi (Belt). Control his arm by blocking it inside your elbow, and after having done all that, just stretch your knees and raise again.



COUNTER TECHNIQUE

If this move is executed perfectly, there is almost no way to counter. But should you miss the balance braking, or should you fail in controlling the arm properly, the risk exist facing a backward throw.

TEACHER'S WORDS

Ippon Seoi Nage remains a very strong movement and will never be as powerful as, when it is placed in the right timing. The ideal solution being to generate a an appropriate reaction of your partner creating an opening in his defence. Applying the "actin - reaction" principle you absolutely need to create enough space allowing you to come as close as possible from your opponent.