



Christian FIGARI, born 5th of june
 6th dan - Technical director at JMD Judo
 3 times Worl Chamion WIBK
 World champion IJF 2012 Masters
 European champion WIBK 2017
 3 times European champion UEJ

How after all these years in the South of France, did it take the desire to me for coming to Switzerland?

Chrisitan FIGARI, 6th Dan, born in 1957 in Marseille, professor of judo 2nd degree since 1977. I formed more than 40 black belts, 3 champions of France and 1 world champion UNSS. I taught in 5 clubs in the Marseille area like in the Var. I began the judo at 5years old, and during a few years in spite of my serious in the trainings, I was unable to win a competition, until the day when the trigger occurred. Confidence in me arrived and podiums were chained.

Quite simply, after a family rupture, I wanted to change my life, to change place, with my actual partner. We decided all to leave and come to join a friend (Jean-Michel Dracos) with whom I past most of my youth, one involved oneself in the same club. To come to teach in Switzerland was some share a challenge, of as much more that my partner became itself teaching at JMDJudo at the school of judo of Genthod.

A challenge filled of happiness, success, passion and love. On my side, I continue to

take part in the competitions (European and World Veteran Championship and several international tournaments of selection).

3 MORE IMPORTANT TITLES TO DATE

My 1st championship of Provence when i was 15 years old, (that which triggered other), my two 2 titles of vice-Worlrd champion and European Champion and of course my world champion title in 2012, after having taken 3 times the second place. To date, I continue and prepare the World championship in Olbia in Sardinia 01.10.2017 with of course full with other tournaments thereafter.

Author Christian FIGARI

■ IN SHORT. PHYSICAL AND MENTAL PREPARATION

Before any competition, there is a hard mental physical preparation to put into practice. For my part, that always begins 3 months before the D-day. Jogging on the basis of endurance (to run at moderate speed and a long time, approximately 1 hour), then the musculation 3 times per week. Obviously 2 times one hour and half of judo (technical work) and much of randoris and more the date of the event approach, more I increase in rhythm and density. My joggings become shorter (20 minutes at half an hour), but resistance (sprints, split...), in order to make my heart rate pace up. My trainings musculation by groups (several muscular groups) and my more intensive trainings judo. 1 week before the D-day, complete rest except 2 small joggings o f "cleansing" to eliminate toxins stored in the body. Of course, each candidate prepares his D-day with his way with his means and his need.

October 2017						
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■ NEXT MONTH CALENDAR. Holidays of October by canton.

- 09.10 - 20.10 : Canton de Vaud
- 23.10 - 27.10 : Canton de Genève
- 16.10 - 27.10 : Canton du Valais

The spirit of Judo. In Japan, it is often said that the judo is a discipline with life. Indeed, many are those which, passed 60 or 70 years, continue to be involved and take part in the competitions with still effective heat and technics. This complicate the situation, in particular on the level of the tests kata, not envisaged with the program of the world championships, but promoted by the leaders of Master degrees Japan Judo in order to obtain a greater participation of old judokas. The participation of the foreign judokas is also an important data of these “International JapanVeterans

Championships Judo “as it is advisable to call the Master degree from now on. 18 years later and which more is the approach of the Olympic Games 2020 on the Japanese ground, all these veterans will continue to cultivate their state 'spirit irreproachable, not being able to arouse interest of the judo in all the layers of the population, including the young people and those which are in a approach of practical leisure, widening of as much the basic adherents. A true windfall for the Japanese judo. **Judo,what..**

Author : Gotaro Ogawa - Magazine : L'esprit du Judo

EVENT KNIE SEPTEMBER, 12TH 2017

■ SUMMARY LAST EVENT JMD JUDO. JMD Judo is for the 4th year consecutive guest by Association “No Difference” with theKnie evening in Geneva.

This evening is one evening of emotion and of felt so much extremely, that we does not leave insensitive; it is not possible.

The show of Knie is already with him only a moment of dream, work, effect for these artists who are also athletes. The women and men of “noDifference” added to this, the tears cannot be retained any more. The work carried out by Mr Claudio Alessi and his team is great show.

It is our 4th edition and we give the chance to our pupils and their parents to participate at one evening unforgettable to start this new season.

Testimonies of the parents and the eyes of our children reflect the joy and happiness to have been, once again, with us at the time of this splendid event.

All the JMD Judo team joint with me to thank you for your presence and hopes that you set out again with the heart filled with beautiful images.

At the next year and do not forget, that the differences, to sometimes return us more extremely in the life.

Author : Jean-Pierre Bueno



KATA GURUMA

Translation in French:

Wheel around the shoulders

Movement is 8th 3rd group of Gokyo

IMPORTANT POINTS

Tori (that which perform the technic) bends down to seize the Uke's judogi (that which undergone the action).

The arm remains available will seize the sleeve of the arm on the same side. In raising Tori will make undergo a wheel around its shoulders while drawing the sleeve from Uke.

Tori finishes the movement while projecting in the direction of traction.



AGAINST TECHNIQUE

Against of Kataguruma quite simply is to anticipate the action and to be crushed very quickly on the ground in order to does not come to make reverse. The wealth of the Judo it is well that “any movement carried out” with automatically against. A parade and any parade have a sequence again. The Judo is “without end”, even after 60 years of practice, a judoka learns always and still and still... No one is the judoka who will say “that's all, I know all.”

TIP OF THE PROFESSOR

Several ways and versions are possible on Kata guruma, according to its gauge and of its morphology, with him “to create” his.

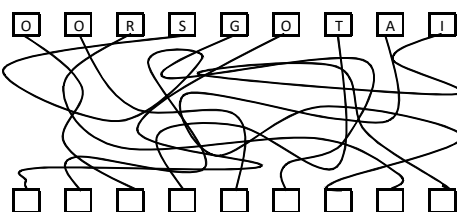
WORD OF THE PROFESSOR

It is this there pleasure and the passion of Judo ! The possibility of building one Personal judo.

Then with your Kimonos and be strong and brave !!!

Good continuation

Connect the boxes in order to discover the hidden technic.



General terms: this game is dedicated to the judokas of JMD Judo. It must be complete and brought in December at the Swiss Championship by team. A lottery will be carried out.

Tuesday 31th

october 2017

HALLOWEEN

JMDJUDO EXPECTS BY E-MAIL YOUR PICTURES OF THE MOST BEAUTIFUL DIGUISE

