



Swiss team Championship – Christmas training

A highly emotionally rich week end. In deed on December the 09 2017, the Swiss team championship, coupled with the X-mas technical training, took place in College des Rojalets in Coppet. More than 300 children and over 600 people attended both events.

Despite the beautiful winter weather, which kept several children at home

(due to the snowy conditions and the state of the roads), all attending competitors showed their parents, their progression accomplished all year long. They also were familiarized to the following words such as: victory, defeat and team spirit.

Competing in a team requires from the children an additional effort in helping and supporting each other allowing the team to win. Furthermore it also learns to observe and analyse the opponent team and checking out their future opponent.

These team competitions help the merge and enhance the team spirit by meeting other competitors and other clubs.

During these competitions, we also had the opportunity observing the behaviour of the children. Several different categories occurred: the motivated

ones, shy ones, frightful ones, confident ones and also afraid ones. In any case Judo remains a good philosophy by familiarizing the children to its moral code, which is Courtesy, Courage, Honesty, Honour, Modesty, Respect, Self-Control and Friendship. All these concepts being useful for their entire life, helping them taking to appropriate decisions at all

stages.

After the formal competition, at around 15h00t, and taking the opportunity having all children already there, the X-Mas technical course took place. Open to everybody but more especially to all children of JMD clubs in Vaud, Geneva and Valais, led by Mr.



■ **IN SHORT** Here is the JMD Judo recipe to cook over these festive periods:

- A little bit of fighting spirit
- 4 CC of technique
- 1 bag of joy and happiness
- 2 parts of love
- 200gr of self confidence
- 150gr of modesty
- 6dl courtesy

Shake it and serve it hot or cold with a big bottle of friendship

Christian FIGARI, the Technical Director and Judo teacher, all young participants had the opportunity improving their techniques competences as well as making new friends.

Ending this beautiful day, all children had the surprise seeing Santa Klaus bringing them a small present and wishing them a merry X-Mas and happy holidays.

Author Céline MAÎTRE

| January 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 | | | | |

■ **CALENDAR OF NEXT MONTH.**

- 06.01.2018 : Épiphanie : une galette des Rois : trouvez la fève et devenez Roi
- 08.01.2018 : Back on the Tatamis for all JMD schools

Spirit of Judo. It seems that, in the French mentality, a champion reaches his highest performance stage in the age of 24 or 25. 24 was the age of David Douliet, when he won his first world champion title in 1993, (even if he took a medal in the Olympic games by the age of 23 in 1992). Larbi Benboudaoud took his first title by the age of 25 year in 1999, and Regis Demonfocon was aged 26 in 2001. Some other important champions reached this goal with the age of 28. All this show that, even if this tendency remains valid, a new

tendency shows that this rule is actually changing, knowing that 33 of the 44 new world champions were aged less than 23 while winning their first title. More impressive is the fact that 9 of the new world champions were aged 21 when they reached the title. Finally note that only 5 Olympic or world champions took their title in the age of 28. To have a full picture keep in mind that only 3 competitors got the title being age less than 20 and 4 at the age of 20.

Author : Paco Lozano - Magazine : Spirit of Judo

World Championship in Belgium.

■ RÉSUMÉ ÉVÈNEMENT PASSÉ. Participation du comité Mondial

On November 25 and 26 2017, the world WIBK comity attended the 5th edition of the World Championship, which took place in Belgium in the "Centre Sportif des Ascenceurs de Thieu".

This beautiful Sport centre holding 4 nice fighting surfaces, tribunes for the visitors and supporters as well as with a big and well-equipped dining room.

About 150 competitors attended this beautiful edition (adults and children). Facing some Visa issues, 4 countries could not be there, and in the end only 9 countries were represented (Belgium, France, Switzerland, Angola, Algeria, Germany, Romania, Spain and Congo).



The world comity wanted to thank Mr. Eric GOLTRANT (6th DAN and Dai-Shihan for Belgium, for his organisation, his involvement as well as his motivation. These thanks will as well go to his whole team and staff being active Judokas or just helpers. The result of their efforts, sacrifices and motivation lead to a very successful tournament.

All Judokas left Belgium with nice remembers and for some of them beautiful medals and trophies



Author: Céline Maître

Results of the JMD game

- 1^{er} price: Zachary (Aubonne) : Kimono
- 2^{ème} price: Nathan (Coppet) : Training
- 3^{ème} price: Alessia (Coppet) : Mug
- 3^{ème} price: Nora (Céligny) : Mug

Price to be got back with your professors. Indicate the desired size. Bravo to all! And thank you for having participated.

THE WORD OF THE ORGANISATIONS

I am very happy having organized this Championship and this despite the internal tensions and crises faced during its preparation. I am, as well, very happy to see that the WIBK organisation is strongly unified in defending the traditional Judo values. This Championship was as well the occasion solving some issues and helped in taking some important decisions in establishing some new rules in this federation.

I finally wanted to thank all competitors taking part to this event, all the WIBK members who believed in this championship, and a special thank you goes to my Staff who was able to handle all this event on the best possible way.

Éric GOLTRANT

MUSIC FOR TRAINING

All the big champions have a rewarding music to give itself some more of energy. In here are some who were of use to our Champions JMD.



« Turn Down for What »
DJ Snake, Lil Jon



« All of the Lights »
Kanye West, ft Rihanna



« Gonna Fly now »
Bill Conti



« Eye of the Tiger »
Survivor

Saturday 06

January 2018

EPIPHANY:

CROWN OF THE KINGS

SEND US YOUR PHOTOS WITH YOUR CROWNS ON THE HEAD