

JMID NEWS

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Gerard MARCUAL, born September 30, in Barcelona

5th Dan – Independent Sports coach

2 X Bronte medallist in the Spanish National Championship

2 X Master World Champion WIBK

MY SPANISH EXPERIENCE

I started my Judoka life quiet early. Indeed, with the age of 5, I made my first judoka steps on the tatamis of my father's Dojo, place he used to teach to children, young and adults. AS well my competitor's life started very quickly, and took part in several tournaments and competitions.

At the beginning, I was practicing Judo, without asking myself any questions, and this only because I knew nothing else and having a father being a Judo teacher, it was part of our life at home. Arriving to the age of 10 I slowly discovered that other sports existed apart Judo, and I tried to practice ski and football and others. I quickly felt that practicing these other sports didn't produced this particular pleasure and satisfaction that did my Japanese martial art, having reached this conclusion, I decided training like a champion to get an Olympic medal.

Being 15 years old, I joined the Catalan (Spain) competition team, and started collecting medals (all 3 colours, Gold, Silver and Bronze) in several national

and international competitions. Of course, they are not Olympic medals, but I remain very proud of them.

Understanding that the most important, for me, was, looking backwards is the road accomplished with my trainer, my team mate, the friendship built after or during each competition, training and practical meetings. These remember will remain in my

memory all my life long.

For professional reasons I decided to quit the completion with the age of 24, also thinking that the competition was only a small part of Judo, and that it remains a permanent quest of learning and improvement. Today, I remain an active Judoka, but more for fun and in a, so called, "pleasure Judo" spirit.

Arriving in Switzerland, I was contacted by Jean-Michel and Jean-Pierre and asked to join

this beautiful JMD team, allowing me taking care of the school in Troistorrents in Valais. My goal there is to teach and learn the children, this beautiful way of life, Judo is.

Author Gerard MARCUAL

■ IN SHORT THE MENTAL PREPARATION

Not as well-known as the physical preparation, the importance to the mental preparation has raised, and has now reached a fundamental role on the tatamis. Before fighting, just think that you earned the right being there considering all trainings, uchi-komis and randoris performed during your preparation. Also keep in mind the good feelings you had while throwing your partners during the randoris. While fighting, keep in mind that even if you opponent is stronger or technically superior to you, sooner or later each Judoka falls on the ground, ant that everything remains possible till the last second of the fight. After the fight, keep a low profile, remain respectful un humble and this being the winner or the looser.

Auteur : Gerard MARCUAL

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

■ NEXT MONTH CALENDAR .

14.02.2018 : Valentine's day
 14 - 25.02.2018 : Holiday Vaud
 12 - 16.02.2018 : Holiday Genève et Valais

Spirit of Judo. Seeing some of my young beginners adopting a defensive position, with stretched arms and a hard profiled body, all this to avoid the attack of an opponent, not necessarily better than them, I like to say: “Would you be more relaxed, you could have felt that this particular attack was neither strong nor good enough making you fall...”. Seen from the outside, an outrageous defence against a non-existing danger appears clearly.

The best defence being an appropriate posture allowing the Judoka to feel if the danger is real or not. Having stated this, the real work on the correct posture might start.

Several time ago, by watching the images of the Korean Grand Slam, I was following the fight of Danny Williams (an English competitor) and was remembering the time, when we were in

charge of the technical training there. We had Japanese trainer Go Tsunoda, who was more specially taking care of some athletes, Danny being one of them. Go was insisting on the basic way of moving and on the body shape of these competitors. This little group was looking like my beginners; they didn't know how to move even if these athletes were high level competitors. Watching Danny compete, I saw his progression and also that all our and Go's effort brought some positives results in letting them understand what was missing.

By thinking about all this, suddenly, Danny's opponent (the Belgium Chouchi) managed to by-pass the strong guard and placed a superb Uchi-Mata, and Danny fell like a tree, without being able to avoid the technique

Author : Jane Bridge - Magazine : Spirit of Judo

10 intensive days in The Automnales

Thanks to Claudio Alessi, the president of the WIBK Switzerland and founder of the “salon des Arts Martiaux et du Mouvement” which took place between November 10 and 19 2017. JMD Judo is the sole Judo School of Geneva attending this manifestation. Attending this “salon” gives us the opportunity meeting all kind of martial arts schools as well as dance schools of the region. It remains an intense pleasure meeting all these champions, athletes and passionate participants coming and practicing the sports and arts.



It also offers us the possibility to use the scene and show the attending parents and everybody being interested, a small part of the work done by the children during the usual Judo lessons.

We are looking forward to the 2018 edition and hope having the pleasure meeting you there.

Author : Jean-Pierre BUENO

Classify the images here below in the chronological order binding your belt correctly:



General terms: this game is dedicated to the judokas of JMD Judo. A lottery will be carried out.

SAT | **SUN**
10 | **11**
march 2018

**EUROPEAN CHAMPIONSHIP
WIBK JUDO**

**POSSIBLY GREAT ON SPOT
REGISTRATION BEFORE THE
JANUARY 28 ON THE WEB SITE**

O SOTO GARI

*Translate in French:
Major outer reaping throw*

IMPORTANT POINTS

Move your opponent in the way to brake his balance backwards and the leg you decided to reap, Stay very close to him allowing a perfect control of his body and avoid him to escape. Finally reap the chosen leg with a lot of power as if you would kick a football.



COUNTER TECHNIQUE

For me the best counter technique to O Soto Gari is O Soto Gari. The secret is to feel the moment on which the opponent will launch his technique, be prepared, bend your abdominal muscles and change your foot position accordingly.

THE TEACHER'S TRICK

It like using this technique with an opposite “kumi kata”, means holding the right side of the judogi and attacking the left leg and vice versa. In this case the way to reach the leg is longer but when it works the technique is just amazing and strong.