

Riddlesworth Pupils win Gold & Bronze Medals

ISHIN RYU JU-JITSU

Norfolk Championships 2010

In 2006 Ishin Ryu was invited to start a Ju-Jitsu club at the school. This was the first year that students from the school had entered into our children's championships.

Michael Heslop and Hugo Williams entered their first ever Ju-Jitsu Championship and fought amazingly to win podium places. Michael Heslop won Gold place for his weight division and Hugo Williams won Bronze for his weight division. It was great to see all their hard work & dedication resulted in their great success on the day.

It was also very special to see them being awarded their medals from their headmaster Paul Cochran who was invited as an honoured guest to present the winners with their medals.

Below is a report on all the day's events and what a fantastic day it was for all the students.

Ishin Ryu Ju-Jitsu has just held its third Norfolk Infant & junior Championship at the Thetford club based at the Breckland Leisure Centre. Adults from the Thetford, & Dereham clubs arrived very early in the morning whilst most people would have still been in their beds in preparation for what was to be a mammoth event. The eager infants started to arrive from 8.30 am to register so they could get their weight re-checked just in case they had lost or gained weight. Excited and nervous students with even more excited and anxious parents waited to enter the main hall.

With well over 50 infants competing throughout the morning for bronze, silver and gold medals it was going to be a very exciting and busy Sunday morning. Not only did their parents come, but some brought their brothers, sisters, uncles and more. As parents entered into the championship arena, they were greeted with Japanese music playing in the background. At the front of the main hall were historic samurai armour with banners and other items of Japanese culture. The guests were left in no doubt as to how professionally this event was organised, right down to the set-up of the competition areas and all the instructors and coaches in team England blazers.

The competition officially started with the Ishin Ryu traditional opening ceremony, with all the students lined up facing the front of the training hall. All students were expected to behave respectfully to the referees and their competitors throughout the event, and did so brilliantly. The referees were led by the founder and chief instructor, Prof. Kevin Pell Black Belt 9th Dan and the National Coach for all the children's development and training, Trevor Steward Black Belt 4th Dan.

The infants were competing in five different weight divisions. Many of the infants who were between five and seven years old were very nervous before their competition and needed a little bit of TLC to help them prepare for their first round. Despite initial nerves, there were

some fantastic contests between the infants and they demonstrated great skills. Many of them were able to get submissions and great hold-downs. It was wonderful to hear and see parents cheering their sons/daughters on throughout the competition, and the applause that followed each round just added to the tremendous atmosphere. Some of the students were so happy they had won that they forgot about their etiquette and raced off the Tatami with a big grin straight into their parent's arms. Of course, in true Ishin Ryu style they were made to come back into the arena to bow to their partner, shake hands then bow to the top table and the referee!

Highlights of the day were captured by professional sports photographers De Sports, who photographed competitors during their contests to catch that special moment. It gave the parents the opportunity to buy that winning photo of their child competing in competition for the first time. It was great for the parents to be able to see the confidence and the skills that their children had developed whilst training at their clubs. All children had to work really hard to compete against children from different clubs, who all equally wanted to win! But there was always the respectful shake of hands and bow to each other at the end of the contest.

It was a very rewarding day with well over 100 contests for the infants it was a truly inspirational atmosphere right from the start of the day to the end of their championships. The students and parents waited nervously to find out who won in their weight divisions. The winners stepped forward and stood on the podium in bronze, silver or gold position and were presented with their medals from the invited guest Paul Cochran headmaster of Riddlesworth hall school and Professor Kevin Pell. It was a very heart-warming moment for parents to see their children on the podium with their little faces smiling and so happy with themselves.

It was then the juniors' time to find out who had won bronze, silver or gold position. Some were really surprised when their names were announced! All competitors received a medal for taking part, and had their photographs taken at the front of the hall with the instructors and regional coaches following the official ceremonial close.

Following a well-deserved lunch, the juniors starting arriving well before their pre-weigh in, this is always a good sign that they are keen to get started.

The juniors had the chance to compete in two competitions with three fights per weight division. There were some truly amazing contests within the different weight divisions. Right from the eight year olds to the fourteen year olds it was great to see such fighting spirit. The student with the highest score won gold with second highest taking silver, followed by bronze.

The referees had to judge well over 250 fights during the afternoon, so there was plenty of coffee being made for them. Many parents who had never seen their child enter a competition or even seen them training were over whelmed by their confidence and ability to deal with their opponent during the contest and no matter how aggressive and hard their contest was everyone showed each other complete respect at the end of each contest with a bow and shake of hands.

It was then the juniors' time to find out who had won bronze, silver or gold position. Many of them had not only won a medal in the takedown but also in the grappling competition. Some were really surprised when their names were announced. Our Honoured guest Paul Cochran Headmaster of Riddlesworth Hall School, presented the winners with their medals. The day finished with an official photograph following the official ceremonial close.

Ishin Ryu has a lot more to offer than punching, kicking and so on. We believe in building a student's confidence, teaching them the correct ways of self-defence.

Ishin Ryu Ju-Jitsu is a traditional martial art, and unlike many martial arts it still holds and believes in its martial military background. Many martial arts have gone down the line of turning it into a sport, and done away with all of the traditions. We are proud to say that we carry on the ways of the samurai and how true martial arts should be taught with respect discipline, plenty of hard work, & having lots of fun

If you would like to find out more about our clubs in Norfolk, Suffolk and throughout the UK you can contact the National Registrar Teresa Paginton on 01953 483795 or visit our web site.www.ishinryu.com