

Oxford Judo

2019-2020



BEGINNER COURSE
60 NEW FACES



COMPETITION
REVIEW



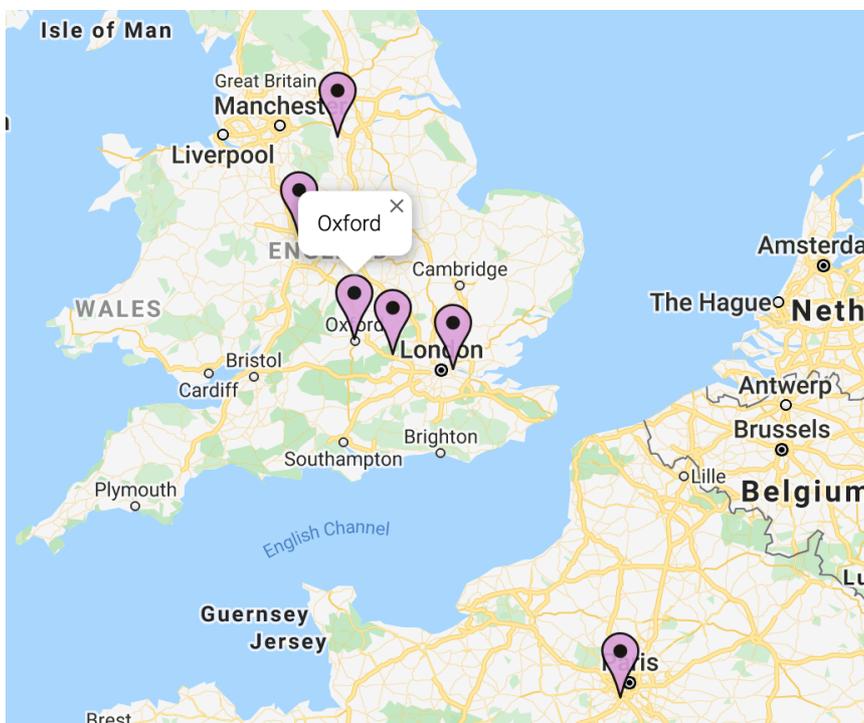
TRAINING ACTIVITIES

CAPTAINS REPORT

Competitions

Both the University and City clubs were well-represented at competitions within the UK and beyond. The map shows some of the more prominent destinations of Oxford Judo in 2019-2020, although some of our members also competed in other countries.

Before the academic year started, some of our student and city members including our coach Chris medalled at the Commonwealth Games in Walsall, followed by impressive results at the British Championships.



With the University club we took part in the London University championships in November, the Ecole Polytechnique team tournament in Palaiseau (France), BUCS in Sheffield, and the 90th year of the Varsity on home soil. Across the board the results were promising, with our junior members taking up the largest share of the 20+ medals that were earned between all tournaments. Thanks to the minibus scheme we were able to arrange transport to each event to and from Oxford, therefore making tournaments as accessible as can be to all our members.

Left to right: GB Masters Championships, London University championships, and the team competition in France.



Growing our club

As is tradition, the first term kicked off with a campaign at the Fresher's Fair. We drew in close to 60 new faces and filled the dojo for the entire term. Three of the beginners later went on to compete in the Varsity B team and will be off to a great start of their judo careers. Particularly in Michaelmas Term, the high frequency of social events bonded our old & new members, some of whom took part in the Paris competition after only their first 3 months of judo.

Over the course of two grading sessions at the club, the majority of the beginners who stayed on managed to pass for their yellow or even orange belt. A good number of the more advanced members passed for green, blue and brown belts and we are happy to welcome a new 1st, 2nd and 3rd dan grade as well. This shows that Oxford Judo is well-catered to the full spectrum of student and city members of all levels of proficiency.

In addition to the regular Tuesday, Thursday, Friday and Sunday sessions, our coaches were kind enough to run more specialised training sessions on some Saturdays. In the run-up to the competitive season, we undertook some fitness rounds to get that extra edge in strength and stamina. This was ideal for what was to come in the last few days of 2019: a four-day randori training camp in Tonbridge that was enough to push us to our limits. In order to stay creative on the training front, we're sending 8 of our junior members to the next available coaching course.

A special highlight this year goes to the judo ladies of Oxford. There have been years when women were scarce in judo and this has totally changed. We're now in the fortunate position that we can compose two full women's teams for the Varsity (which they won, before being awarded all the Blues awards!). Two of the Saturday training sessions were dedicated to the ladies and we hope to carry on growing this important part of our club in the future.

Training the next generation of dan grades



Fresher's Fair



Gradings



Fitness session



Training camp

