




# WELSH JUDO



Welcome to Edition #1, filled with important updates and news for the Welsh Judo community.

## REWIND

As we come to the end of 2023, the team and I have reflected on what has been a very busy year!

We have seen our community grow by nearly 30% and we are very thankful to have so many wonderful volunteers involved in our sport, and look forward to continuing to develop in 2024.

Diolch and croeso to our new members.

Nadolig Llawen and Happy New Year!

*Lucy Scott*  
CEO



*Nadolig Llawen  
Cymdeithas Judo Cymru*



# EVENT SEASON

## AUTUMN 2023



**COURAGE  
RESPECT  
MODESTY  
FRIENDSHIP  
HONOUR  
HONESTY  
COURTESY  
SELF-CONTROL**

Autumn was a busy period as competitors from around the UK came to Cardiff for our major events; the Welsh Pre-Cadet & Cadet Open, Welsh Junior & Senior Open and the Welsh National Championships.

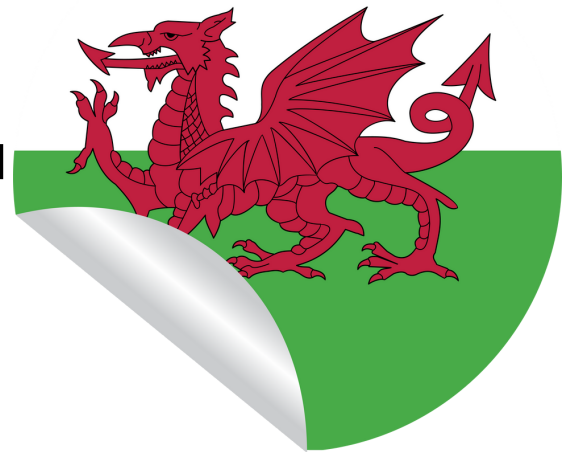
The Welsh Junior & Senior Open hosted record numbers with over 275 entries resulting in one of the strongest events in the calendar.

Young competitors from all Home Nations and beyond, filled the days of action at the Welsh Pre-Cadet & Cadet Open.

Concluding the year, over 200 of Wales' Judoka gathered for the Welsh National Championships to battle it out to become Welsh Champion.

We extend our appreciation to all of the officials, referees and volunteers for contributing to the success of these events.

# REGIONAL HUBS



The Regional Hubs launched in September across Wales providing a great opportunity for Judoka to come together and work on their skills, as well as lots of Randori with athletes from different clubs.

A big thank you to coaches who have supported these sessions. remember to encourage athletes to sign up for the next Regional Hub Session in Cardiff at [www.welshjudo.com/events](http://www.welshjudo.com/events).

*Michael Horley*  
National Coach



 January 13 | The National Dojo | Sophia Gardens | Cardiff

 10am-3pm

 10am-12pm | Minor & Pre-Cadet  
For Judoka born (born 2013 & 2012) and Pre-Cadet (born 2010 & 2011) with minimum grade of yellow belt

 1-3pm | Cadet, Junior, Senior & Veteran  
For Judoka with minimum grade of orange belt



# DAN GRADINGS

**MOVING INTO THE DAN GRADES IS A SPECIAL MOMENT THAT ALL JUDOKA TREASURE. IT IS A SYMBOL OF HARD WORK, PASSION AND DEDICATION, AND ONE TO BE CELEBRATED.**

The Competitive Dan grading on September 24th was a testimony to that pursuit, with 38 Judoka taking to the mats, displaying excellent judo across the day.



To add to the occasion, the grading panel we were able to conduct female line ups, with a record number of female in attendance.



A special congratulations to Sophie Nurse, of the Shepton Mallet Judo Club, for her wins and becoming the first woman to achieve this at a Welsh National Dan Grading.





# ATHLETE AWARDS

We were delighted to launch our brand-new Athlete Awards in April 2023, a significant funding programme aimed at supporting our athletes in reaching their potential.

This financial year, we have awarded twelve athlete awards, which has seen recipients go on to become European U23 Champion, win British Championships medals and represent GBR at the European Youth Olympic Festival (EYOF).

Our next Athlete Award window will open in April 2024 so keep an eye on your emails, our socials, WhatsApp channels and website for further information.

**COURAGE**  
**RESPECT**  
**MODESTY**  
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**HONOUR**  
**HONESTY**  
**COURTESY**  
**SELF-CONTROL**





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LINKTREE**

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Sign up for our Linktee account and stay up-to-date on  
our latest news!

# SUBSCRIBE TO OUR WHATSAPP CHANNELS NOW!



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JOIN NOW



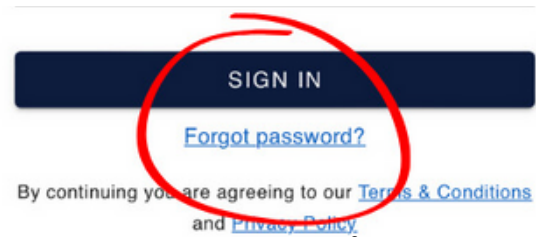
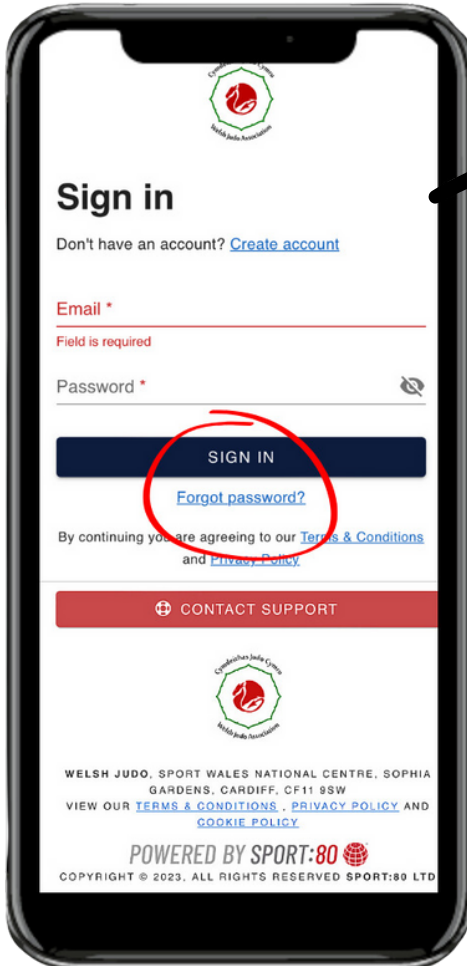
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# YOUR SPORT:80 ACCOUNT

## PASSWORD ISSUES



How do I reset my password?

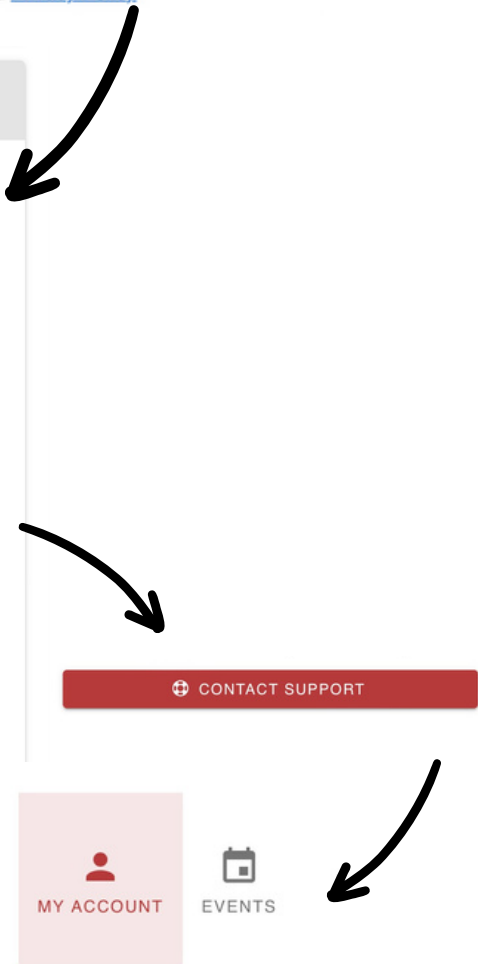
From time to time we forget things. If you can't remember your password or need to reset it, follow these steps:

1. Go to the log in screen
2. Click on 'Forgotten password'
3. Follow the on screen instructions

**\*Note\* - You must use the email address that was used to create your account and have access to this email account in order to continue through the password reset process.**

If you no longer have access to the email click on the 'Contact Support' button below, to help us help you as quickly as possible please provide the following information:

- Full Name
- DOB
- Sport
- Membership Number

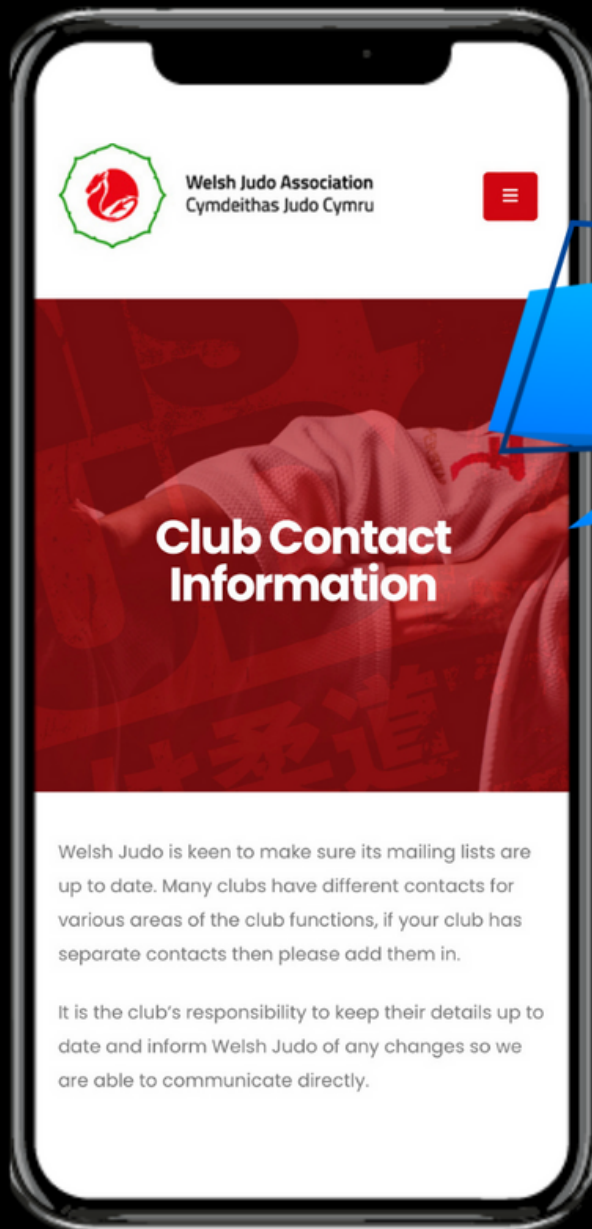


- I am not receiving the email link to verify my account
- Do I need an account for each of my children/family members/friends
- I can't access my account and don't have access to the email address that I registered with
- How do I create an account?
- How do I reset my password?



# WE NEED YOUR HELP!

Please take a moment to update your club information!



**TIME TO UPDATE**

[CLICK HERE](#)



**SCAN HERE**

# OVER 3000 CHILDREN TRY JUDO THIS TERM!

We were delighted to launch our partnership with Sport For Schools in early 2023. Sports for Schools is a Social Enterprise that brings the country's top athletes into primary schools to inspire kids to be more active, more resilient and lead a healthy life.

Since the launch, Natalie Powell, our Welsh double-Olympian, has seen over 3000 primary-aged school children across Wales, with more athletes and even more primary school visits planned for 2024!



**FREE**  
3 MONTHS  
LICENCE



SCAN HERE

**THROW**  
**YOURSELF INTO**  
**JUDO!**

FIND YOUR NEAREST CLUB



SCAN ME



Welsh Judo Association  
Cymdeithas Judo Cymru



If your primary school is interested in a visit from one of our athletes, then please visit:  
[School Fundraising Ideas](#) | [School Sports Equipment](#) ([sportsforschools.org](https://sportsforschools.org))

# CHAMPIONSHIP RESULTS



## British Championships Results Round Up

### Pre-Cadet

Ashwin Yoganathan: Silver  
 Jasmin Yoganathan: Bronze  
 Olivia Roberts: 5th

### Cadet

Ocean Hughes: Gold  
 Niussha Tabarizi: Bronze  
 Ioan Carter Jones: 5th  
 Wil Jones: 5th

### Juniors

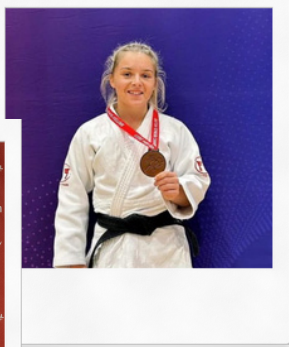
Laurence Hill: Gold  
 Holly Devall: Gold  
 Millie Bayliss: Silver  
 Paige Keane: Silver  
 Ben Moore: Bronze

### Seniors

Oliver Barratt: Silver  
 Stephanie Walker: Bronze  
 Ashleigh Barnikel: Bronze  
 Holly Devall: Bronze

## European U23 Championships 29th Nov 2023

Special congratulations to Oliver Barratt who had a fantastic performance at the prestigious European U23 Championships in Potsdam, Germany, earning him a silver medal!



# MAKE 2024 THE YEAR YOUR CLUB IS COMPLIANT

All coaches need to be up to date with their safeguarding, protecting children course, DBS and First Aid.

Club Welfare Officers (CWO) – EVERY CLUB needs one!

They must also have DBS, Time To Listen, Safeguarding and Protecting Children Course. They must also be registered with the BJA.

Struggling to recruit a Club Welfare Officer (CWO)? – think about your parents who always attend the sessions, are they approachable and willing to support you and the Judo club.

- Are you operating in a school?
- Do they have a designated safeguarding lead or a member of the teaching staff who is readily accessible to your participants if they need support or advice?
- Do you have partner clubs in your local area and regularly support each other?
- Perhaps you could look at sharing a CWO or CWOs?



**TIME TO LISTEN  
COURSE**



**FREE E-LEARNING  
COURSE**



**ESSENTIAL SAFEGUARDING  
ADULTS IN SPORT COURSE**

If you want to chat through your ideas please contact [safeguarding@welshjudo.com](mailto:safeguarding@welshjudo.com)

# NEW MACRON KIT!



We were delighted to launch our Macron Wrexham Sports Hub partnership in August 2023, which includes our new clothing range, an online shop and also sponsoring our Welsh National Championships in November 2023.

We are regularly updating and adding to the online shop so keep an eye out for new products, such as our latest winter hat and scarf!



SCAN ME

macron  
JUDO SHOP



@WELSH\_JUDO



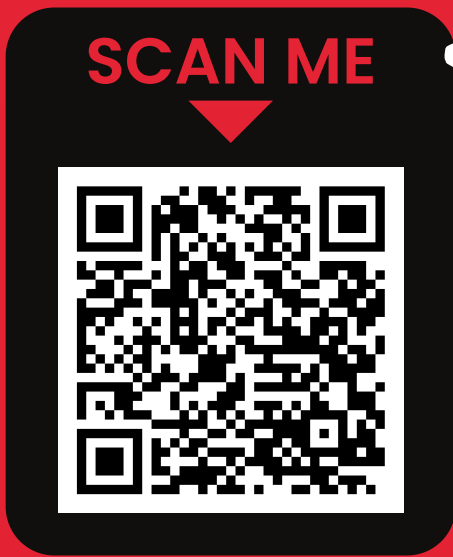
macron  
SPORTS HUB / WREXHAM  
JUDO SHOP



# BE ACTIVE WALES FUND



*sportwales  
chwaraeoncymru*



The Be Active Wales Fund offers grants from £300 to £50,000 to sports clubs and community organisations to support projects that promote equality, sustainability and innovation in sport.

**CLICK HERE**



**COACHING**  
**COURSES**

**CLICK HERE**

# LET'S KEEP GROWING!



## 3 MONTHS **FREE** INTRODUCTORY MEMBERSHIP



SIGN UP TODAY!

**CLICK HERE**



# GRADING CERTIFICATES

## We've gone digital!

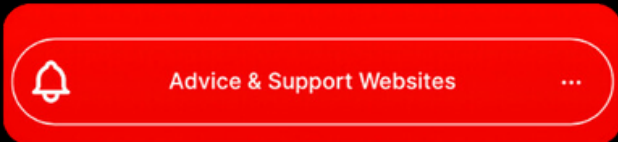
If you'd still like hard copies of certificates, email us at [memberships@welshjudo.com](mailto:memberships@welshjudo.com) and we'll send a payment link!



**JOIN NOW**



Linktree\*







## **Office Christmas Hours**

**The office will be closed  
20th December until 2nd January**

**Please note, calls and emails will not be answered during these times.**