

**Illawarra International Judo Club**

**Ladder Competition & Training Day**

**Sunday March 27th 2022**

Illawarra International Judo Club will again host a Senior Kyu Grades Event at our dojo on March 27th 2022.

In recent years there has been limited opportunities for kyu grades to compete and receive technical guidance and open randori against equal level opponents. Due to this, we have made a decision to change the format of the competition this year and run a Ladder Competition similar to what we have done at our annual training camp.

The program is as follows:

9:00 – 9:30am Female and Male Athlete weigh in and confirmation of registration & current grade.

9:30 – 9:45am Warm up and competition/referee briefing

9:45 – 12:00pm Female and Male Ladder competition & presentation

12:00 – 1:00pm Lunch break

1:00 – 2:00pm Training session for all competitors. Focus of this one hour training session will be to go over some of the common things witnessed in the morning competition to provide competition feedback to the athletes to assist with each athletes personal development. The athletes will have to opportunity to interact with & receive guidance from Dan grade coaches who have competed and coached internationally.

2:00 – 3:00pm Randori session to finish

**Competition information**

Judo NSW has sanctioned this competition and points awarded from winning bouts count towards your next grade, as per the National Grading Policy, Section 6.5, Senior Kyu Grades Contest Points Table.

All competitors will be lined up light to heavyweight and in order of grade. Beginning with the lighter weights, the first two athletes fight with the winner remaining on the mat and the loser moving to the second mat for their second “repechage” bout. You keep fighting until you lose a total of two fights.

Medals will be awarded to athletes on the following basis:

1. Athletes who win 4 fights or more in total are awarded a Gold medal.
2. Athletes who win 3 fights are awarded silver medal
3. Athletes who win 2 fights are awarded bronze medal.

The presentation will be held at the conclusion of all fights across both mat areas.

We will also award 1st, 2nd & 3rd place to the clubs who register the highest amount of wins across the day.

**Training & randori session information**

The training session will run from 1:00 to 3:00pm and give athletes an opportunity to work with coaches and receive direct feedback from the competition in the morning. Participants will get an opportunity to work on competition techniques in an environment that will be focused on individual development. On completion of the technical session we will finish out the day with the randori session for all participants to give the athletes a chance to put their new learnings into practice.

**REGISTRATION DETAILS:**

All athletes wishing to participate must be registered with Judo NSW. To ensure the event runs efficiently and to maximise the benefit for participants, registration is by pre-entry at [www.judonsw.com.au](http://www.judonsw.com.au)

Registration will cut off Thursday 24th March at 6pm

**Cost: $50 per athlete for the day**

The competition and training opportunity is aimed at competition athletes aspiring to compete in state and national kyu grade competition and athletes looking to obtain competition points against similar level opponents to contribute to their next grade.

This format has run successfully previously and provides an encouraging competition and training environment for individual athlete development. Knowledge and skills are shared openly to all on the mat during the training and randori session. We teach, practise and train together, with the aim of providing individuals the opportunity to improve their Judo skills and competition performance.

Looking forward to seeing you on the mat for a great day of judo.

**Ben Broadhead**

**Vice President**

**IIJC Inc.**