



SUMMER ROUND UP

WOMEN IN
JUDO

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SEPTEMBER
2023

JUDO IS OUR LIFESTYLE

WOMEN IN JUDO



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ADAPTIVE JUDO

Peggy Magee accompanied 4 of our female athletes; Lauren and Bella Buchanan, Collette Kerr, and Chloe Finlay to the British Adaptive Open which was held in Cardiff, Wales on the 5th of August 2023. It was proven to be a very successful weekend with Collette, Lauren, and Chloe taking home gold medals and Bella, a silver medal. Peggy and Collette, along with Peggy's son Shea, were then invited onto the Ulster BBC Radio to promote their success and Adaptive Judo. Peggy discussed adapting teaching techniques to suit the athlete, and Collette explained some adaptations made to Judo for those with visual impairments. Such adaptations include taps on the shoulder instead of hand signals, commencing the match with each Judo player already holding their opposition's collar and sleeves, and warnings when outside certain areas of the mat instead of penalties.

WOMEN IN JUDO



ADAPTIVE JUDO

The full segment can be listened to on [If you missed Peggy, Collette and Shea on BBC Radio Ulster today you can listen here!](#) - Fantastic interview following their recent success at the recent... | [By Simply Judo | Facebook](#). It is extremely important to encourage everyone to participate in sport. It can provide life skills and a sense of community which may not be found in other aspects of a person's life. Gemma Reynolds plans to continue developing the coaching for Adaptive Judo by going to each province and growing the skill level amongst existing coaches. We thank everyone working and creating opportunities for those in Adaptive Judo and we are very proud of our female athletes! For more information regarding Adaptive Judo see [Adaptive – Irish Judo Association](#).

WOMEN IN JUDO



ADAPTIVE JUDO





COMMONWEALTH JUDO CHAMPIONSHIPS



WOMEN IN JUDO

The Commonwealth Judo Championships were held in Port Elizabeth, South Africa from the 2nd to the 6th of August. Representing Northern Ireland, both Kirsten Millar and Alex Kelly from Simply Judo competed at the games.

It was a triumphant occasion with Kirsten Millar taking home a gold medal in the Junior u63kg category and Alex Kelly took home Silver in the Senior u63kg category. Kirsten added to her medal tally by also taking the bronze in the Senior u63kg category.

Congratulations ladies and we are excited to see what the future holds for them.

TRAINING WHILE ON HOLIDAYS

SHINGI TAI JUDO





Grainne and Eireann Murphy of Shin Gi Tai Judo Club continue to prove that fun in the sun really means Judo in the sun. Eireann can be pictured training whilst on their summer holidays abroad in the UK.



Women in Judo



There is no rest for Grainne, who while even away on work trips in Vancouver, still manages to find a Judo mat. This is possible due to Irish Judo licenses being associated with the Irish Judo Federation (IJF), allowing for license holders to train in any club affiliated with the IJF.



TRAINING CAMPS

On Saturday the 6th of August, 8 young Irish women took on the challenge of a three-day C2 judo camp in Kendal, England. The 8-judoka included Jersey Surgenor, Lauren McClintock (Abbey Judo Club), Robyn Deegan (Galway Judo Club), Niamh O'Loughlin (Carraroe Judo Club), Saoirse O'Donnell (Galway Judo Club), Zofia Lech (Shin Gi tai Judo Club), Leah and Jena Deegan (Galway Judo Club), came from different judo clubs across Ireland but all have the same interest and determination to improve their judo skills.

As young women want to progress in the sport of Judo which entails training three times a week as well as attending school/college and/or holding down part time jobs. In a sport where a range of training partners and competition in Ireland are becoming more difficult to find, as many females drop out of the sport. The Irish girls attending the C2 camp represented themselves and their clubs to the highest standards giving one hundred percent at each session of the action-packed camp.

The girls participated with 100 other judoka from England, Scotland, and Wales. The gruelling training started at 7.15am in the morning with a 2-mile run and ended at 8.00 pm in the evening with an intense sparring session.

After funding their own camp some of these young women have now entered "The Heart of England" competition taking place in Wolverhampton, England in early September to promote both themselves and women in the sport of Judo.

The future is looking very appealing and bright for these young women as they have also been invited to attend the next C2 camp in London, England this December.



C2 KAMP KENDAL



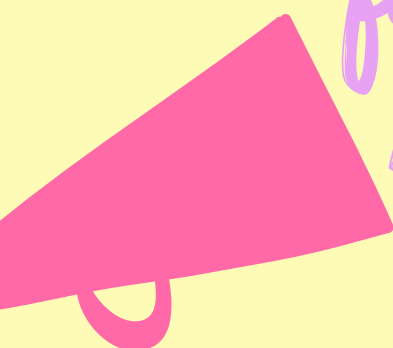
WOMEN IN JUDO

Una Howe and athletes Jenna and Amy attended the Western Area and England Judo International Training Camp also being held from the 6th – 10th of August in Bideford, England. The girls were in awe as they were instructed in judo masterclasses by high performance athletes such as Lele Nairn where they broke down throwing techniques into simple steps. Una has said the girls have implemented these techniques into their own training here in Ireland which in turn has boosted their confidence. In addition to Judo, the girls also learnt about the importance of strength and conditioning, recovery, and nutrition.

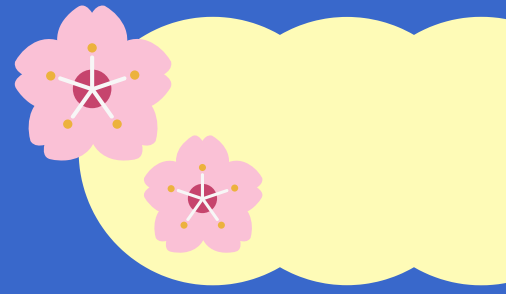


Having athletes go and experience training camps such as these provides them with opportunities to make friends from around the world. It also introduces the athletes to training standards that need to be met to perform at the highest level. The knowledge and guidance that is received by the athletes at these camps can introduce a domino effect to their teammates at home. We would love to build on this group of girls going abroad to these camps to continue to provide them with opportunities to increase their Judo understanding and enjoyment.

the future is
FEMALE





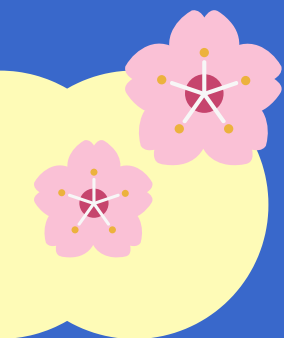


ROBIN & RACHAEL IN JAPAN

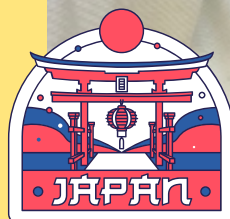
Robin Lowry and Rachael Hawkes jetted off to Japan for a 3-week training camp from the 16th of July to the 6th of August. The girls travelled to many different clubs to increase their judo exposure. They trained in Kodakan, which Robin stated has always been a dream of hers, and it finally came true.



Each day consisted of a judo session and a gym or recovery session, depending on what the body needed. Their spare time was spent indulging in the culture that Japan had to offer, experiencing the Japanese cuisine, and touring the sights. Additionally, the girls spent their spare time getting plenty of rest from their vigorous days of training and socialising with their new friends. Many female athletes from around the world attended the camp which allowed for Robin and Rachael to get exposure to an array of different opponents with the same goals, increasing their experience on and off the mat.



Robin said her experience was incredible and the Japanese were extremely friendly and generous, and she would go back to the camp in a heartbeat. She now has friends for life that she has on social media, where they keep in touch regarding upcoming training camps and competitions. We asked Robin about her future plans to which she responded "I am focused on the here and now. I want to compete at the highest level and go as far as I can, staying fit, healthy and injury free."



Robin and Rachael are just another example of the importance of being provided the opportunities to go to these camps. Both having gained more Judo experience and friends for life; we are glad the girls had a great time in Japan!

