

Mina's ladies only classes at Galway Judo Club

Mina's class for women, from teens up, has been running at Galway Judo Club on Friday nights. Here is the latest report from Mina:

The ladies' class I'm teaching had their first grading on the 24th of November

2023. Derek, the head coach of Galway Judo Club, came down to do the grading as I thought it would add to the occasion and generate more of an atmosphere amongst the women. They all had good form, and it was great opportunity to

showcase their skills to people outside of the ladies' class. A shoutout to Maria, who also came to help out with the administration side of things.

The women only classes started in April of 2022, and since then we have had many participants. It is not easy to keep a steady flow of members, however. With the classes being held on Friday evenings, many of the

participants have prior commitments and the full-time job of being a parent. The ladies that attended the grading are the steady members that have had excellent



attendance. Cliona was awarded her 3rd kyu green belt and has joined the senior (mixed) class.

Two weeks before the grading, a few special guests turned up to show off their expertise. Robyn Lowry demonstrated Uchimata, and on the same day, Gerry from Belfast popped in to surprise the women also.

Thanks to all our special guests and helpers that have been part of this journey so far. We hope to continue this into the future, and in turn encourage more women to participate and increase the number attending the classes regularly.

-Mina Ishihara

