



# INTERNATIONAL JUDO CENTER

## NEWSLETTER

NOVEMBER 2016

35-22 150th Place  
Flushing NY, 11354  
646-779-JUDO(5836)  
www.ijcnyc.com  
info@ijcnyc.com

## October was a busy month...

by International JUDO Center

### October 15 was the IJC Grand Opening



**Invitational tournament!** Judoka from IJC, Samir Judo and Spartak Sport's Club were in attendance and displayed great athleticism. We were also honored to have Reggie Van Eer and Devin Cohen as our honorary referees. IJC presented Sensei Arkady Aronov of Spartak Sport's Club with a plaque for appreciation of his outstanding contribution to Judo.

### October 23 was the 2016 Big Apple Judo



**Classic** and we thank our Judo family for all their help and support! Congratulations to all our athletes for their outstanding sportsmanship! IJC is proud of each and every one of you.

### October 28 was World Judo Day and at IJC we celebrated with BRING-A-FRIEND NIGHT!

A big THANK YOU to all our judoka, friends and families who came out to celebrate World Judo Day 2016 and Dr. Jigoro Kano's birthday!



### BRAZILIAN JIUJITSU SEMINAR with JULIAN FONTANES



IJC in collaboration with Humble Rumble presents: Brazilian Jiu Jitsu Gi Seminar by Julian Fontanes here at IJC!

**November 13<sup>th</sup> from 12-2pm**

*"The pine fought the storm and broke.  
The willow yielded to the wind and snow  
and did not break. Practice Jiu-Jitsu in  
just this way"- Dr. Jigoro Kano*

### Warm-ups matter...



A very important component of judo education and technique are the warm-up exercises. The performance of push-ups, sit-ups, cartwheels, tumbles, squats, jumps, ukemi, etc. must be executed with precise mechanics. Correct posture, extensions and flexion are crucial to ensure proper readiness and utilization of the various muscles that are being used during our physical training. Correct movement and sufficient warm up of our bodies ensure the appropriate use and strengthening of muscles in preparation to execute various judo techniques. Perfecting of warm up techniques requires patience and dedication on the part of the judoka, but the benefits of these exercise are endless and will serve the judoka tremendously in both the practice of judo and of their physical wellness in general.

### Why does Sensei ask for report cards ?



*Nothing under the sun is greater than education. By educating one person and sending him into the society of his generation, we make a contribution extending a hundred generations to come - Dr. Jigoro Kano*

Here at IJC, we believe that academic education is a vital and mandatory part of our success. Sensei fosters an environment that stresses the importance of academic excellence and hard-work. Throughout the school year Sensei requires all school-aged judoka to submit a copy of their school report cards. At IJC, we must ensure that our student-members are able to and committed to dedicating a strong effort towards their academics. Students must show that they are able to balance their academic work-load with that of their judo classes. Sensei continuously strives to ensure that students stay on track with their academics and is devoted to assisting any and all that need guidance.

### HOLIDAY CLOSURES

**November 11 Veteran's Day**



**November 24 & 25 Thanksgiving**



### Upcoming Tournaments

**November 27<sup>th</sup> - Nakabayashi Memorial**  
**December 4<sup>th</sup> - North Eastern Invitational**  
**December 11<sup>th</sup> - Spartak Cubs Invitational**

### We have been learning:

**Ogoshi:** Major Hip Throw



**Osoto Makikomi:** Leg Hook Drop



**Tomoe Nage:** Self Sacrificing Waza

