



INTERNATIONAL JUDO CENTER

NEWSLETTER

MARCH 2017

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

Its competition season and we're working hard!

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Roula Alikakos

Certified Yoga Instructor
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Congratulations to Team IJC for demonstrating outstanding sportsmanship at the 2017 NJ Open, Liberty Bell Developmental, Sergeant Ernest C. "Judo" Jones Invitational Judo Championships and Jimmy Pedro Judo Challenge!

Liberty Bell Developmental Invitational

Haig Arakelian – Outstanding Athlete Award
Gerald Asher Thomas – Best Technique Award

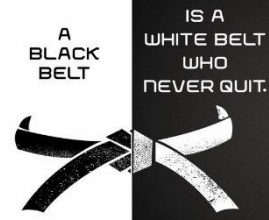


A special thank you to our Judo Family for your dedication and support of IJC and our judoka! Your time and effort is greatly appreciated!

Quitting & Mental Toughness

Quitting is the easiest option – everyone can do it.

Staying in the game, going through with the journey, overcoming the failures and disappointments and **STANDING UP AFTER FALLING** should be what we strive for. The hardest path is the path to success that matters and the true learning of Judo. By being mentally tough, we learn to keep strong in the face of various challenges presented to us throughout our lives as athletes and as members of society. Mental toughness gives you the ability to keep your focus, confidence and determination despite the difficulties you encounter. At moments during a competition bout, things may not go the way we would like them to or expected them to, but you must not let that throw you off your game. Learn from the moment, the mistake, the opportunity and the experience. Embrace the challenge and keep emotions in check because at the end of the challenging moment comes the lesson and the reward. Keep going, keep pushing, and keep trying. Always know that you have the utmost support of Sensei, your teammates and your judo family no matter what!



"It is not important to be better than someone else, but to be better than yesterday" – Jigoro Kano



Congratulations to Andreas Vithoulkas on his promotion to Gokyu !



Upcoming Tournaments

April 1st – Liberty Bell



Please, remember to maintain a quiet environment at all times in the waiting areas and locker rooms.

RESPECT



Please, remember that respect towards each other and the dojo is expected and mandated at all times.

We have been learning:

Top Grip Harai Goshi



Guard Escape



Turn-Over to Osaekomi

