



North Star Judo Bulletin

Summer 2011 • June

Join Us On Facebook

Now you can keep in contact with all of your fellow judoka through facebook in our North Star social group. If you have not yet been added feel free to go to our group and click request to join and one of the North Star Senseis and moderators will approve you. You can use this site to find an uke for your promotion, discuss Judo topics, post photos and links as well as videos you think are cool. Be sure to also "like" our North Star Judo community page as more likes will get us better exposure.

Upcoming Events

Clinic

August 20 – Judo Clinic: Throwing Techniques & the Biomechanics of judo by Dr. Rodney Imamura 4th Dan – Midway Judo Club

August 13-14 – Fight Like a Girl Camp – South Side Dojo, Michigan

Shiai

November 4-6 – Ontario International Masters Judo – Canada (Includes Kata)

September 24 – Women's All National Championship – Ohio

Future Shiai dates will be e-mailed when they become available.

(For more Information see your Sensei)

Promotions

July 10 – Little Canada, 1-5pm

July 24 – Burnsville, 1-5pm

(Check with your Sensei to see what date applies for your rank test)

General Information & Announcements

Closing Dates for 2011

Closing Dates can be found on North Star's website.

Promotions

Katherine Norton – Gokyu

Mickelle McDowell – Gokyu

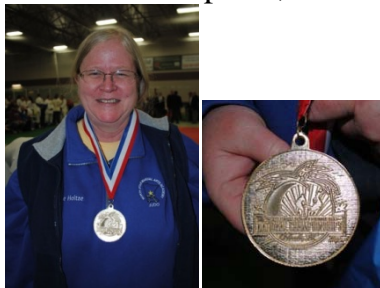


In keeping with judo's maximum efficiency through minimum effort, Katherine and Mickelle thought that they were just walking into a pre-test demonstration, surprised they walked away with their yellow belts.

Shiai Results

Nationals

Michelle Holtze – 1st place, Ju No Kata



Not only did Sensei Holtze and her partner win first place at nationals but by doing so they won the opportunity to compete in the World Championship in Frankfurt, Germany.

USJI State

Naomi O'Brien – 3rd place,
Girls 7-8 Division



Iowa State Shiai

Naomi O'Brien – 1st Place,
Lightweight Girls



Tohkon Classic

Naomi O'Brien – 3rd place,
Girls 7-8 Lightweight Division



Midwest Regional Shiai, St. Paul

John Fischer – 2nd place, Advanced Men's Heavyweight Division

Katherine Norton – 1st place, Novice Girls Division

Kayle Kehret – 3rd place, Novice Middleweight Division

Kyle Lysford- 2nd place Novice Lightweight Division

Mickelle McDowell & Katherine Norton – 1st place Novice Ju No Kata

Naomi O'Brien - 2nd place in age 6-7 division

Nathan Santos – 1st place in Novice Middleweight, 1st place in Advance Middleweight, & 2nd place in Grand Championship

Nathaniel Santos - 2nd Place novice middleweight & 2nd Place advanced middleweight



North Star had a tremendous turn out for the Midwest Regional Shiai most competitors placing in more than one division.

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The Basics of Judo
by Tom Crone
and
Michelle Holtze



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