

GLEESON JUDO – SPECIAL TRAINING No. 16
Sunday, 12th March 2023.



(can you spot anyone you know?)

This is a follow on, if you like, from my recent report on the University national championships, of a couple of weeks ago. The link is I selected one of the medalists from both the individual and team events at BUCS, Evie Halvey-Jacobs to help us out with this Special training event. Next to me at the back, in blue & left here.



Throughout the school year, at various intervals, I hold these training events, at the University of Bath. It is a unique opportunity for the children involved in the school club to experience a wholly different kind of judo to what they're used to! Students are selected from the schools I teach at,

having shown, commitment to training and an ability to learn, so putting them in a good position to benefit from these intense *invitation* only Specials.

To make this Special training event, special, I select a full-time trainee from the Judo High Performance Programme at the University of Bath to help out. This is to give the participants the opportunity to do judo with an athlete who is either competing at an international level or



is about to and in the place they train! The Special training session introduces the judo student from the school to the venue and athletes at the very top of the performance

triangle of British judo! Parents also get to see this, along with their children living it! Often for the first time.



I am trying to bring judo into the life of the child, not just a school club but as something that is much more! A relevant sport, something that could fill their lives and take them, who knows where? Once a week at school is one thing, this takes it so much further! The hour session, pushes everybody! What has been studied at school is tested here. Does it work, can you make it work? These are questions each child has to find out. Growing the student,

building confidence and so much more! Education in its broadest sense!

As mentioned, selection of school judo club students is down to me. By the very same token, I scrutinise and select the full-time athletes too! I'm often at the uni training sessions, watching, using my long experience of judo, both here and in Japan to recognise the qualities needed to ensure the Special session is special for all the right reasons!

In previous sessions we've had helping: Prisca Awaiti-Alcaraz who went to the Tokyo Olympics, and recently got silver at the Tashkent Grand Slam. Both the Assistant and Head Coach from the uni programme when they were competing as athletes internationally, before taking up their present positions, have helped, Chloe Robyns-Landricombe, who only a couple of days ago was in Tunisia fighting in the African Open, and got a bronze medal, was our first after the lock-down, plus many more... you can look all these up on the International Judo Federation website!

There will be another Special planned for May. I have my eye on a male athlete this time. He is helping with the coaching at the youth judo in the university. An added link to future judo for your growing athlete!

Any questions about this or anything judo, please feel free to get in touch! Either catch me at the school club or use my website! Thanks ever so much for reading this far!!

Finn Gleeson

5th Dan, Level 2 coach, QTS, MA, PGCE, BA (Hons)

14.3.23.

gleesonjudo.com