NEWS FROM THE DOJO

THE MERIDIAN JUDO CLUB MONTHLY NEWSLETTER!

November 2026

Welcome to our latest club round-up. From brilliant grading successes to our newest training sessions and spotlighting remarkable dedication, our dojo spirit continues to thrive across every age and grade.

News and highlights From The Dojo

NEW ADULT SESSION AT DENMEAD

Don't forget! Starting Friday the 6th of November we are opening the Dojo doors to our new Adult session at Denmead.
Fridays 7:30pm - 9pm
See you on the mat!



WOMENS ONLY JUDO AT HAYLING



Ladies!
Have you tried our women's only adult sessions at our Hayling venue? Whether you are stepping onto the mat for the first time or returning after years away, our Hayling classes offer great fitness and traditional technique in a welcoming atmosphere.

Celebrating our members achievements and success!

New Belts & Promotions



- Denzel 6th Mon
- Hugh 4th Sho
- Keeley transferred from Sho to 1st Mon
- Seth transferred from Sho to 3rd Mon
- Lauren 1st Kyu
- Stanislaw 9th Mon
- Jasper 8th Mon
- Gwynli 4th Mon
- Finley 3rd Mon
- Dewi 4th Mon

Well done to all who recently graded! Your preparation, technical focus, and resilience was evident across every throw demonstrated.

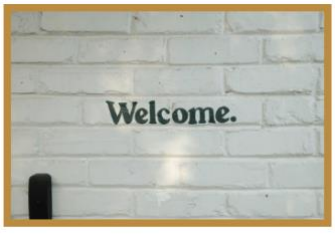
COMPETITION NEWS

A massive congratulations to Meridian Judo Clubs Andy Grand who attended the British judo National Veterans Championship in Scotland and walked away with a well deserved bronze medal.
Andy has only recently returned to the competitive circuit, so we are delighted with his incredible achievement.
Andy was also selected for the national veterans squad.
Well done Andy!

NEW & RETURNING MEMBERS

A big welcome!

- Dawn
- Claire
- Lauren



JUDOKA OF THE MONTH

COMING SOON!
We will be featuring the Judoka the coaches will select who identified as displaying exceptional respect, relentless technical effort, discipline and inspiring focus on the mat during the previous month.
Will it be you?

Coaches Corner



Welcome to the Coaches' Corner!

This month, our coaches share their insights on the evolving spirit of our dojo.

We are proud of how everyone is supporting each other on the mats.

A note from Mike - 5 of our Juniors Finley, Austin, Seth, Jasper & Denzel, are leading the way by completing our 50 Uchi-Komi challenge, all worked really hard to achieve the challenge all received a certificate of completion. We have more Juniors who will compete the challenge soon. Lots of our Seniors have also completed the challenge they will receive their certificates next week and of course another photo opportunity 😂



A reminder from Bruce - Check your licence ! if it has expired you are **NOT** insured and cannot grade! We have several Junior members who have expired licences, can parent/carers please get them renewed **ASAP**



A note from Bruce - The ladies are working really well in ladies only group on Tuesday, its all coming back to the returning members and a special mention to Bluebell who is really doing well. well done ladies. But we could do with more - so ladies, come on! join us

A message from Mike, to all the seniors at the Denmead session both old & new, there has been so much progress by everyone, the effort, motivation, teamwork and atmosphere make the sessions incredibly rewarding & enjoyable.

Well done everyone involved.

Club announcements and updates

CELEBRATIONS

Club Birthdays

A very happy birthday to all our junior judoka who celebrate their special day in November !
May your year ahead be full of health, progress, and great throws.

- Lewis (4th)
- Owen (11th)
- Jasper (23rd)
- Gethin (23rd)

A reminder that ALL members have to be registered with the club via the BJA **AND** on the club website. If you havent registered yet, please ensure you do ASAP!

Make sure you get your birthday card from the coaches!

Ask the Sensei

Have a burning question about your grading or specific throws, news you want to share in next months newsletter?
We want to hear from you. Send us your questions and they might be featured in next month's issue.

Have a go at this month's word search

1. Ippon
2. Matte
3. Randori
4. Sensei
5. Hajime
6. Dojo
7. Gi
8. Judo
9. O-goshi
10. Atemi
11. Osoto-gari

```
          H O
        T A Y I V
    M I U - J L R O Y Z
  A A N C V I K A U I N H
  R T C B C M G G C R O M
  C T P E M E W - P O P -
U X E A T E M I O Z D P I I
R I G M S T F H N T D N I H J
H D - Y E J N Y J O Z A M S N
- D N N S U Y C S M R H O I
B O U S T O D O O I B E G X
  J R E I F M O T M O W -
  O N I R L Y L G I E - O
    B E R V N E S P M B
      V L D P B
```