



## **Judo success for Oathall Community College pupils at the 2016 Sussex County Judo Trials**

The 2016 Sussex County Judo Trials were held on Sunday 17th April, with Oathall Community College pupils also competing.

Hannah Nelson, Azhar Ahmed and Thomas Abram all train at Oathall Judo and at The Mid Sussex Martial Arts School, which was founded in the local area over 25 years ago. Judo training at both Oathall Judo and The Mid Sussex Martial Arts School is taught as a Martial Art, not as a 'competitive sport'. Despite that, this year, the team took to the podium no less than 13 times!

Hannah found herself in a very tough category facing some much higher graded and more experienced players than herself. Despite this she showed the great heart and determination that we often see with Hannah, who took the Bronze medal in her category to become part of the Sussex County Judo Squad for 2016.



**Hannah (pictured left) during one of her contests.**

Azhar joined Oathall Judo in order to take Judo as part of his GCSE PE. As such, he has only been training for a very short time, but was keen to enter such a prestigious Tournament for someone of his level of experience. Up against some much bigger and more experienced players than himself,

he showed some brilliant grit and determination plus a great understanding on technique for someone of his level, going on to take the Bronze medal in his category, to become a part of the Sussex County Judo Squad for 2016.



**Azhar (pictured left) picking up his Bronze medal alongside some much bigger and more experienced players.**

Thomas found himself in a large category, again facing Players far more experienced than himself. The maturity and mental strength displayed by Thomas was far beyond his years and experience, so fought very well indeed. In the end, he secured the Bronze medal in his category to become part of the Sussex County Judo Squad for 2016.



**Thomas (pictured right) during one of his contests.**

We would like to congratulate Hannah, Azhar and Thomas for their fantastic performances in the Martial Art of Judo, which is still relatively new to all of them. We wish them every success in their future training and competition as they progress!

The Judo Sessions at Oathall Judo are open to all pupils and held every Monday after school between 3.30 - 4.30pm. For more information on the club, please speak to Miss Gyngell in the PE Department.



**The Mid Sussex Martial Arts School Judo Team, pictured after the Sussex County Judo Trials with Oathall Community College pupils Hannah (pictured kneeling on the far left), Azhar (pictured front row, fourth from the right) and Thomas (picture standing back row, second from left).**