

## Olympic Judo Masterclass Training with Craig Fallon Day

Sunday 4<sup>th</sup> July 2010  
At Torquay Judokwai

Torquay Judokwai welcomed a visit from Craig Fallon, Great Britain's 2005 World Judo Champion, the 2006 European Champion and was placed 7<sup>th</sup> in the Beijing Olympic Games in 2008.

The special event was organised by Torquay Judokwai senior club coach Simon Ward along with Andrew Moshanov the British Judo Associations Technical Director. It's a fantastic honour for our club to have such a legend of our sport like Craig come to the club and demonstrate and teach many of the techniques which have won him many top titles in International championships.



Craig spent the morning session teaching judo groundwork and throwing skills to the younger club members before joining in with them in Randori practice, allowing many of the young judoka to throw him around with some of the techniques he had just been teaching them.

The afternoon session was spent with the clubs advanced competition squad and senior members. Craig started by putting them through a tough gymnastic style warm-up. He then moved into demonstrating and explaining the importance of his training styles which have improved his techniques over the years.

Craig then went through a range of excellent ne-waza "Ground work" drills which had all the class working hard to emulate Craig's skilful and effortless display of his techniques.



The last part of the afternoon was spent looking at Craig's tactical approach in Tachiwaza "throwing skills" and the drills which he uses to create space and break balance before executing his knock out throws such as Seoi-Otoshi and Tomoe-nage.

Craig finally spent some time taking questions about his career, his competition experiences and training programmes before making sure all the kids got a picture and autographed postcard.

It's been a very successful days judo for everyone at the club, we are very grateful to Craig and Andrew Moshanov for conducting an exceptional training day for many different age groups and abilities.

We are hoping to arrange a further visit later in the year, before Craig returns to concentrating on his competitive judo career and hopefully leading him to qualify to compete in the 2012 London Olympics.

