

# The Academy Issue 25

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# Peter Morton Academy of

## Judo Jujitsu Karate

### Non-profit organisation

#### Founded 1962

#### The Academy

##### Volume 25

An annual publication of the Peter Morton Academy of Judo Jujitsu Karate Incorporated containing reports and news items for members of the Academy.

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Judo Jujitsu Karate Incorporated

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# Principal Overview

Shihan David Rowley, Principal



It has been a big year, even though I missed 3 months of it on my Scandinavian and European holiday. I would recommend that you all plan for a trip if you have not done so, to see how the other half lives.

I would like to thank Alan Maconachie & Greg Southwell for looking after the Radcliffe branch. Without these two the branch may have had to close for the time that I was away. It's good to be able to go away and know that you have members willing carrying on. This applies for the whole academy.

Congratulations to the Black belts that graded in November 2013 after 18 months of hard work, you've made it, well done. I would like you to give some thought to the attackers who were there on day, as this is what is expected of you at the next grading. Next year at the grading to do your best on the day so that you make the next group earn their belts as the attackers did for you. I would like to thank your black belt instructors and their helpers for their time and effort that has gone into making the students what they were on the day.

To the team who put the senior seminar together well done. To Julie and Debbie and their team organizing the seminar and Black belt dinner which I might add was delicious.

Lorraine (Red) Morton has decided that 2013 would be her last year of doing the grading certificates. I would like to thank Lorraine on

behalf of the academy for all the hard work that she has done in printing the grading certificates over the years and ensuring that the names are correct on the certificates and getting these back to you in a very timely manner.

I would also like to congratulate Eddie Scharrer for his 50th birthday (as some said Age is not a destination, it's a journey) and for all the work and support that he has provided over the years.

In conclusion I will again take this opportunity to thank everyone in our club for playing an integral part in our clubs operation, whether you're an instructor, student, parent or supporter without your participation this club would not be what it is.

Be master of yourself

Shihan David Rowley  
Principal

Peter Morton Academy Judo Jujitsu Karate



# A Message from Soke

*Soke Peter Morton, BEM, Founder*

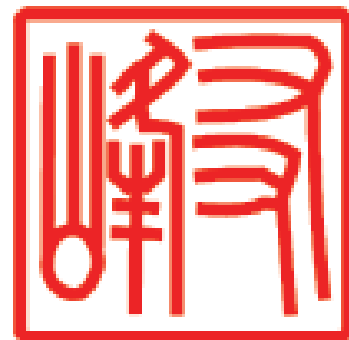


In January 2014 Laraine provided the editor with some words from Frog for publishing in the 2013 newsletter:

“please thank everyone for all they are doing for their clubs and congratulate all new Black Belts and a big thank you to Dave and Ed for all their work.”

Unfortunately Frog had a downturn in his health on 26 January when he was admitted to hospital. He spent a few days in ICU while they stabilised his heart with a pace maker. On 4 February he was feeling much better and finally moved out of ICU into the general wards. He was finally discharged from hospital in mid February.

A handwritten signature in black ink that reads "Frog Morton". The signature is written in a cursive, flowing style with a large loop at the end.





# Treasury Notes

Renshi Julie Streeter  
Academy Treasurer

Thank you to all branches that promptly provided the membership and Insurance premiums to the Club Account in 2013. I am happy to report that all details have been received with the exception of one branch that made prior arrangements.

I would like to congratulate all the new Black Belts in the Class of 2013. It was great watching your progress through the 18 months and working with you to arrange to the Black Belt Dinner and I look forward to your future contributions/participation with the club:

Matthew O'Loughlin  
Susie Korrel  
Cormac Farrell  
Lauren Woodbridge  
Shayne Boys  
J. Pascoe  
B. Gowen  
E. Farrell

I undertook the role of arranging the Black Belt Grading Dinner and Christmas Party for 2013 which was held at the Yowani Country Club in Canberra. I would like to take this opportunity to thank everyone that attended and also thank all the Chief Instructors that collected numbers and money prior to the event. From my point of view the event ran relatively smoothly, however I would be interested in comments (good and bad) and suggestions from all participants, to ensure that the next event meets all expectations. Please send an email to [treasurer@petermortonjijitsu.org.au](mailto:treasurer@petermortonjijitsu.org.au) if you would like to share your comments and suggestions.

## New Branches

All the best to Simon Ison who will be the Chief Instructor for the Brisbane Branch which will commence operations in 2014. Congratulations to Andy Wright who is the Chief Instructor for the Gunning Branch which commenced operations in July 2013. All the best with the operations of your new branches and please contact me if you require any assistance.

## Full Financial Report

An expanded financial report is available to Dan Belts in the login section of the Academy Website. If you are a Dan belt and do not have access to this site, please send an access request to [website@petermortonjijitsu.org.au](mailto:website@petermortonjijitsu.org.au).

## Membership

For an individual to participate in or provide the Academy martial art and associated services, that individual **must** be a registered full or temporary member of the Academy. This includes all juniors, seniors and instructors (including Dan Belts). All members (except Life Members) **must** pay an Academy membership fee and all members (including Life Members) **must** annually complete a membership form.

It is the responsibility of a branch Chief Instructor to ensure that every active member in their branch, including themselves, has completed a membership form and has paid the appropriate Academy membership fee.

## Branch membership list

By law, a register of members must be maintained by the Academy and provided to authorities upon request. All branches must provide a list of members on the approved *Branch Membership List* form. A list of members by branch has to be available for the Academy's insurer every year. This list is also used to identify Black Belts that are currently instructing, and their names are sent to the insurance company to meet our insurance requirements. Please ensure that you have membership forms completed for all black belts.

## Academy membership fee invoice

When Academy membership fees are due, an invoice is forwarded to a branch Chief Instructor and prompt payment is required. A Chief Instructor must ensure that their branch has sufficient funds to pay these fees when they are requested (this will usually occur in August of each year).

# Treasury Notes ...

## Academy membership card

An Academy membership card is available for any student that wants one. These can be obtained from any chief instructor on request. It's a very good idea to get one of these cards as it contains a record of your grading dates for each kyu belt. It's also proof of grade and identification if you transfer to, or want to train at, another branch

## Academy Badges for sale

Contact [treasurer@petermortonjudo.org.au](mailto:treasurer@petermortonjudo.org.au) if you wish to purchase any badges. Canberra branches: I will always have a few badges with me at the combined senior grading, seminar and South-East Region black belt forum Meetings. *Academy badges cost: \$8.00 each.*



## Academy set fees 2013

Category	Time period covered	\$
Dan Belt Member	01 January to 31 December inclusive	40
Ordinary Member (Purple Belt, senior Kyu, junior Kyu, Junior Black Belt, AEiM)	01 January to 31 December inclusive	40
Ordinary PCYC member or Self Insured <sup>1</sup> (Purple Belt, senior Kyu, junior Kyu. Only for concurrent memberships)	01 January to 31 December inclusive	20
Temporary Member <sup>2</sup> Special purpose short-term provision of the Academy martial art	Non-extendable limited time period of less than twelve (12) months e.g. Women's Self-Defence course	TBA
Life Member	Open	Exempt
New membership	Up to and inclusive of 31 December of that calendar year from acceptance of a new full membership by the Academy	40
Shodan course <sup>2</sup>	Total time length of course	250
Junior Black Belt course <sup>2</sup>	Total time length of course	100
Kyu grading	One grading	15
Note - Academy set fee does not include:		
1. PCYC and Branches that have Private Insurance - required membership fee		
2. Academy-required variable course additional fee for any additional service		

# Promotions and Awards

## 2013 Black belts

Matthew O'Loughlin  
Susie Korrel  
Cormac Farrell  
Lauren Woodbridge  
Shayne Boys  
J. Pascoe  
B. Gowen  
E. Farrell



## National Self-Defence Trophy Two-Man Attack

David Stevens—Evatt ACT



## 2013 Promotions

2nd Dan - Benjamin Jeffries - Walkerville

2nd Dan - Linda Rossiter - Sunshine Coast

3rd Dan - Jonathon Mosely – Sunshine Coast

3rd Dan - Justine Tomasich – Sunshine Coast

6th Dan - Cameron Owers - Kaleen

8th Dan – Craig Swingler - Adelaide

## 2013 Awards

### Peter Morton Perpetual Trophy Basic Steps

Queanbeyan NSW



### Leonie Corey Trophy Most Outstanding Academy Junior Member

Simon Lerat - Queanbeyan NSW

The Leonie Corey Trophy is awarded annually by the Academy for the Best and Fairest Junior Member of the Year.

Chief Instructors are asked to nominate one of their junior students for consideration for this trophy by submitting their name for selection at the Annual National Seminar.

All nominees have shown to their respective chief instructors that they have the qualities of character that make them stand out as worthy nominees for this honour and the judging panel recognises that all junior





# Annual National Seminar

## 2013 Seminar Report - 18-20 October

The 2013 Seminar was hosted by Kaleen .

Over 61 seniors showed up for what turned out to be a fantastic weekend. Even the obviously injured (ankle in cast and on crutches) managed to find their way in to the Dojo in the hope of gaining a greater knowledge of our fine art form.

Saturday started with great enthusiasm as everyone was able to tweak some of the finer points of a few basic techniques with Rolls and Ed leading the way.



Soke Morton then arrived and spoke of the efforts put into the academy by everyone, especially Rolls and Ed. This was followed by a group photo with Frog which is no mean feat given the number of people in attendance.

The next session involved boxing. This was lead by Bianca Elmir and two of her upcoming boxers from Stocade (Rosevear Place Dickson). Who provided a great work out, tweaking our boxing



skills while having heaps of fun.

A team building exercise was run by Andy Wright from Gunning which had many tied up in knots, literally. Where as Phil Townsend from Kaleen was bouncing on a tyre, explaining the importance of balance in all techniques. Some grappling techniques were also practiced at this stage.





# Annual National Seminar

2013 .....

Saturday was wrapped up with "two man attack" and the "basic steps" competition. Congratulations to David Stevens from Evatt (ACT) for winning two man attack. Queanbeyan for the second year in a row took out the Basic Steps competition.

The seminar dinner was held at the Yowani Golf Club in which a great feast was placed in front of all. Many thanks go to Julie Streeter from Charnwood who once again made sure we were well feed and watered in a very nice and comfortable location.

Speeches were made, thanks was given and we heard very little about Rolls 6 weeks travelling overseas holiday. When is the slide show and dinner set for again Rolls?

Sunday eventually came and many sore bodies made it back into the Dojo, but willingly. An easy start to the day thanks to Julie as she presented a great talk involving the more junior members of the club. This covered some physiology about the growth of adolescence and the impact of training techniques which may have an effect on their growing bodies. She explained what signs to look out for as well as how to advise them on training strategies to not impact on their bodies. (Article included at end of newsletter).

Dark Carnival's Mitch and Jay demonstrated a number of techniques if ever attacked by someone yielding a knife. This was tremendous fun and exhausting as time after time people kept attacking each other and honing in their newly acquired skills. Who would have thought so many people would laugh when being attacked with a knife.....seriously, some great lessons were taught and learned, but in a safe and friendly environment.



The days sessions finished with a few kicking techniques and Peter cooking some snags on the BBQ to end the proceedings.



A huge thank you must be given to Rhonda Wilson and her trusty sidekick Carol for once again keeping our bellies full of wonderfully delicious food throughout the weekend as they have done so many times before. Thanks must also be given to everyone who helped organise the seminar to make it what it was in 2013. So a huge THANKYOU to Julie, Peter, Cameron, Susie and Deb.

# Club Matters

No changes have been made to positions from 2012

## Update Black Belt List

All Black Belts (especially the recently graded) are requested to provide their details to the web manager at [website@petermortonjujitsu.org.au](mailto:website@petermortonjujitsu.org.au).

The following formation is requested:

Address  
Home Phone  
Mobile  
Work Phone  
Fax  
Email

Qualifications: (first aid expiry, and

Working with Vulnerable people expiry date and other related information)

This information is stored in the members section of the website, that is, it is not available to the general public. Keeping this information up to date is vital for relaying information.

## Event Calender 2014

Date	Day	Event	Time	Venue
14 February 2014	Friday	South-east region black belt forum	7:30pm	Kaleen Sports Club, ACT
15 March 2014	Saturday	Junior seminar	9:00am	<a href="#">Kaleen</a> , ACT
2 April 2014	Wednesday	Combined senior grading	7:30pm	<a href="#">Evatt</a> , ACT
16 May 2014	Friday	South-east region black belt forum	7:30pm	Kaleen Sports Club, ACT
26 June 2014	Thursday	Combined senior grading	7:30pm	<a href="#">Queanbeyan</a> , NSW
15 August 2014	Friday	South-east region black belt forum	7:30pm	Kaleen Sports Club, ACT
16 September 2014	Tuesday	Combined senior grading	7:30pm	<a href="#">Isabella Plains</a> , ACT
19-21 September 2014	Friday-Sunday	Annual National Seminar		Canberra, ACT
14 November 2014	Friday	South-east region black belt forum	7:30pm	Kaleen Sports Club, ACT
4 December 2014	Thursday	Combined senior grading	7:30pm	<a href="#">Kaleen</a> , ACT

## Academy items for sale

### Badges

Contact [info@petermortonjujitsu.org.au](mailto:info@petermortonjujitsu.org.au)

- Academy badges: \$8.00
- Merit badges - Australian Merit Badges in Sydney. <http://meritbadges.com.au/> **Belts and Judogis**

Contact Peter Wilson

- Black belts: New or replacement dan belts.
- \$70.00 + approx.
- Belts or Judogis - Shogun Martial Arts at Penrith have good prices and are reliable. <http://shogunmartialarts.com.au/>

### Working with Vulnerable People Card

The ACT government has introduced the "Working with Vulnerable People" card. You must obtain this card to assist with teaching children at the Peter Morton Academy. You must complete the form ASAP, and as a volunteer it is free. Information can be found on the following website,

[http://www.ors.act.gov.au/community/working\\_with\\_vulnerable\\_people](http://www.ors.act.gov.au/community/working_with_vulnerable_people)

# Batemans Bay

*Renshi Amanda Noble, Chief Instructor*

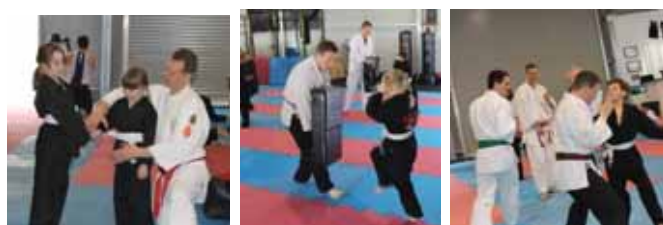
The beauty of what we have as a club is that we have the ability to make people that don't always believe in themselves, who think 'I'll never be able to do that', do a complete turn around and become extremely passionate about what they do not just in martial arts but in life and start to spread their wings and stop saying 'no' to giving new things a try and finding they actually like it.

We have had the privilege in the last year to meet and train with some great martial artists from different countries that are on holidays, but also we have some awesome people start to train with us, who truly love what we do and believe in our community.

The Junior seminar went off very well and all the children had loads of fun, I think possibly some of the instructors may have enjoyed some bits more than other!.... photos may depict this!

Looking forward to 2014!

*Renshi Amanda Noble & Renshi Mark Tobin*





# Charnwood

*Renshi Julie Streeter, Chief Instructor*

## General News

Congratulations to the 2013 Black Belts, I look forward to seeing you during 2013 at black belt meeting and gradings.

Charnwood has increased in students steadily over the year and we now have 5 seniors and 14 Juniors who regularly attend. Many thanks to Sensei David Dalla Costa, Mrs Debbie Howard and Mr Jose Arranz, who are regular helpers at both the junior and senior classes. Also thanks to Mr Shayne Boys and Mr Patrick Rooks who have been assisting with classes in the later part of 2013. Their help has been invaluable, as the range of belts increases so does the need for more instructors.

## Charnwood Gradings

I would like to thank Shihan Peter Wilson and Renshi Cameron Owers who have made themselves available to attend junior gradings throughout 2013. Congratulations to all the students that were successful in grading to their next belt/s. Below is a list of the students who graded in 2013

Name	Belt	Date Graded
David Walton	Senior Yellow	27 Jun 2013
Isaac Stewart-Arranz	Senior Orange	16 Sep 2013
Vincent Palencia	Senior Green	3 Dec 2013
Nate Everett	Junior Yellow	26 Jun 2013
Kaitlyn Dalla Costa	Junior Yellow	26 Jun 2013
Jarrah Chisholm	Junior Yellow	4 Dec 2013
Chrysler Soledad	Junior Orange	21 Sep 2013
Jahryn Ruddell	Junior Orange	4 Dec 2013
Xavier Gadzinski	Junior Orange	4 Dec 2013
Elliott Detering	Junior Orange	4 Dec 2013
Vincent Palencia	Junior Green	26 Jun 2013
Kyle Walton	Junior Green	4 Dec 2013
Jesse Howard	Junior Green	4 Dec 2013
Chrysler Soledad	Junior Green	4 Dec 2013

## Seminars

Charnwood branch had 6 juniors attend the Kaleen Seminar in March 2013, Kyle Walton, Elliot Detering, Xavier Gadzinski, Ryan Cartwright, Joshua Andreatta and Marcus Andreatta. Everyone that attended had a great time and learnt many things related to both our martial arts and others. Some of the students also received medals for being in the winning team.

Charnwood branch had 4 seniors attend the Senior Seminar in October 2013, Frank Detering, Isaac Stewart-Arranz, Debbie Howard and myself. I think I speak on behalf of the Charnwood seniors that we definitely had a great time and thoroughly enjoyed all the activities. Thank you to everyone who was involved in organised the program and food for the weekend.



## End of Year Awards

The following Awards were presented at the End of Year Party:

Most Improved Award: Sophie Holland  
Branch Excellence Award: Vincent Palencia



# Erindale

*Renshi David Burgemeister, Chief Instructor*

## 2013 Juniors

There is definitely something in the water in Tuggeranong because the juniors seem to be sprouting out of nowhere; we are struggling for room and instructors to keep them all entertained. But not complaining, the kids certainly make it a very entertaining night, and I mean that in the best of ways. We have up to thirty kids most nights, ranging in age with Lara and Aiden who are 6 to Jaden the most senior who is 13. It's always great to see many new boys & girls who have started this year who have brought their mates along to train and have fun with, or many brothers and sisters who have joined the club to keep it in the family, and then there are many who have not brought anyone along but regardless make many new friends in the process. All the kids have done very well this year, we have had a number of successful gradings where everyone has passed and had a good attendance to the Junior Seminar. No Trophies this year but the kids Jack Bacon, Logan Poe, Jack Burgy, Jaden Sattler, Bradley and Savannah Smith did extremely well in representing Erindale Club. Congratulations to all the boys and girls who have successfully graded for the past year and thank you for your fun and games and of course your best efforts. Thank you most of all to Kris Arnold, Shayne Boys, Cormac Farrell for assisting with instructing the junior classes, without your assistance it would not be possible. Andy Fowler and Cory Smith thank you for your assistance, as busy parents you are both valuable volunteers who are most helpful assisting with such a large group of kids.



Thanks Boys & Girls, you have made me very proud of your achievements and my achievement as a teacher even sweeter.

## 2013 Seniors

I cannot speak highly enough of our current senior class, what a terrific bunch of people we have and it makes it so much easier that they enjoy coming to train their butts off. Firstly the Black belt class continued at the start of the year and after a hard 11 month slog it all came to the last Saturday in November. Saturday November 30<sup>th</sup> was the big day and the five Brown Belt trainees from the Canberra region : Matthew O'Loughlin, Susie Korrel, Cormac Farrell, Lauza Woodbridge and Shayno Boys all turned up adrenalin pumping, nerves a'rattlin in attempt to accomplish what they set out to do many moons ago. Well what a day, Bumps, Bruises, Blood noses, Black eyes, Broken Bones, Broken nails, all the B's could not stop them from reaching their destiny. 'Was it enough' you may ask? Well let me tell you it was sensational. What a day! all five passed in flying colours not only that, the three trainees from Queensland J. Pascoe, B. Gowen and E. Farrell also passed as well. Congratulations to all eight of the successful Black Belt trainees, the grading was an exceptional demonstration of skill and determination of each and every trainee. All eight are a credit to the Peter Morton club and a credit to each of their branch instructors. Congratulations to Mark Tomasitch (instructor for the Queensland crew) Job well done!

## Erindale ...

Now for the Erindale Crew!

There have been some outstanding students this last year who have performed very well training and performing at Grading's. Big Allen Barry one of our latest recruit successfully graded to yellow, Peter Dunlop our Taekwondo expert and convert graded to orange, Andrew Fowler, Corey Smith and Leon Seamons have trained so hard they have all successfully graded to green. Credit also goes out to Lachlan Sibley who always puts in the most at every training session, he successfully graded to blue belt on his second attempt this year. Highlights for 2013 apart from the Black Belt Grading was the Senior Seminar at Kaleen, Thanks to the Crew from Erindale who contributed Leon, Corey, Adam, Jaden, Andy Fowler on crutches (read below), Andy Wright and wife to be Lauza. You guys performed extremely well over the weekend and represented the Erindale club in grand fashion.

The Erindale PCYC/PMAJK Team competed in Tough Mudder Sydney 2013.

Anyone who hasn't heard about Tough Mudder, It's a 20Km obstacle course once developed for the British commandoes now developed into a tourist attraction. Ha-ha! Not quite for tourists.

Barbwire, mud, Crawling through mud, wall climbs, Mud, Rope climbs, Mud, Monkey Bars, Marching through mud, 15ft free fall, swimming through mud and even 'ELECTROCUTION' and a bit more mud

So you could say there was a bit of mud! But it was tough. But the toughest on the day had to go to old mate Andy Fowler who demonstrated sheer guts and determination. 7Km into the event Andy was sliding down a 30ft mud slide when his foot got caught on a branch and 'SNAP' went his ankle. Not knowing how serious it was and only a lot of pain to go by Andy was uncertain in what he should do! He did what only a very few tough mudders would do!

Ignoring the advice of his loving wife Marissa (by the way Marissa was also competing) he was determined to go on. 13Km of mud, 10ft walls, monkey bars, mud pits and electrocution did not deter him and he continued the gruelling event. There were no records set that day my friends but a good demonstration of Guts and comradery, for we did not leave our fallen comrade behind. Marissa the wife, Leon his best man, and I the strap on stayed behind and provided the support he needed to finish and complete the mammoth challenge.

The remainder of the Team went on without us Peter Dunlop, Andy Write, Rosa, Donna and Kit the 'knight rider' went on and finished in flying colours only to be at the finish line when Andy and his support come in. It was a wonderful moment!

The Vitamin B (VB) was flowing freely after the event and it was a quiet trip home.

Unfortunately for Andy three fractures in the ankle a splint and a cast for the next few months. "That's one Tough Mudder"

Thank you to Kris Arnold, Andrew Wright for their assistance with instructing the Black Belt Class and the Erindale Branch. Thank you to Vinnie and Patrick for Assistance as well.

Thank you to all the seniors students, parents and families for contributing to another successful year at Erindale

Many Thanks Burgy



## Erindale ...



From Left Back Row: Leon, Andy, Burgy, Peter, Kit, Andy  
Front Row: Rosa, Donna, Marissa



# Evatt

*Graham Darby, Chief Instructor*

Although we have lost Adam Duke, Alycia Brown and Keith Norman to careers in Perth, they have proceeded to start a club in WA and Keith and Alycia are in training for their Shodan which is exciting news.

Andrew Wright had a big year in 2013 assisting Dave Burgemeister (Burgy) with the black belt trainees, and now he and fiancée Lauren Woodbridge have started a new club in Gunning. This is a great result for Andrew and Lauren who are real assets to our club.

In 2013 a demonstration day was held at Evatt school Environment Fair, with Suranjith De Silva, Andrew Ellis and Janet working hard to encourage new students. Thank you guys for a great day!

At the Annual Seminar our student David Stevens won the Two Man Attack competition. Well done David!

There must be something in the air at Evatt Club, as romance regularly seems to blossom. We were very happy for Thomas Wilson on the news of his marriage – but that was just the start! Adam Conroy and Belinda McPhee, Melinda Mitchell and Timothy Gowty, and Adam Duke and Alycia Brown have tied the knot! A little later in the year Adam Wright and Lauren Woodbridge will join their ranks. All these newlyweds are, or were students of Evatt Club and we wish them all happy and prosperous lives together.

Congratulations to Lauren Woodbridge, Shane Boys and Cormac Farrell for attaining their black belt. It has meant lots of hard work, but the outcome has been well worth it. I am so proud of you all on your achievement. A special thanks to Sensei Ellis and Sensei Damien Mitchell, who have provided the much needed support while our brown belts have been away. Looking for big things in the future now that we are back to a full set of instructors. (See Cormac's item below)

*Evatt Club has had a challenging year, with many of our brown belt instructors away completing their black belts. Shane, Lauren and I trained like mad with Andrew Wright's valuable help. Everyone put in a*

*huge effort, with extra required by myself to push through the pain of a knee reconstruction earlier in the year. All the hard work paid off with everyone successful in grading for their Shodan in what was a great day. Shane, in particular, was able to avoid being caught during the simultaneous two man attack. Lauren was dominant in her judo session, scoring multiple Ippons against her black belt opponent. I had a great day on the mats, and was mostly relieved that my knee withstood the pressure of the day.*

I hope to see everyone back on the mat in February with renewed enthusiasm and energy.

Yours in Budo

Graham Darby CI Evatt





# Gunning

*Andrew Wright, Chief Instructor*

The Gunning branch has had a momentous year, this being our first. We started the year with no students and only one Sensei only to finish with over a dozen juniors, a brand new black belt and half a dozen seniors.

Gunning has shown amazing support for our little club offering free advertisement in the local rag and the local school has kindly allowed us to store our matts and use their hall for nothing, gotta love small towns!

Working with the country kids has been rewarding and at times amusing, their work ethic and gift with the aussie slang is inspiring. We've learnt all about the difference between a tractor and a back hoe.

We've already had our first promotions with 2 of our seniors Tahn and Trent making us proud earning their yellow belts in the last grading of the year at Isabella Plains, just 3 days after our brown belt Lauren achieved her Black Belt at Kaleen. We look forward to many more in the New Year with all our juniors keen to move ahead and our seniors prepping for the next grading.

We would like to thank all those too numerous to name that have made this first year such a successful one and have given us the tools to look forward to many more positive years to come.

Andy



# Hughes

*Renshi Simon MacNab, Chief Instructor*

Another successful year at the Hughes Dojo, all thanks to tough, dedicated training and a heap of persistence. We trained every Wednesday night from 6<sup>th</sup> February right through to late December, with extra Sunday sessions over the last couple of months – our training tempo certainly increased. We had energy and momentum, and were determined to see progress and growth; both of which we did! Almost all our juniors and seniors graded – successfully – and we put on a demonstration at the biannual Hughes Primary International Fair.

We had a number of new juniors and seniors join us, and most have stayed on. Of course the test is to see who turns up on February 5 this year! It was fantastic to have a few of our seniors regularly turn up early to help with the kids, and special thanks to Sarah, Will and Matt – our grading successes were thanks to your efforts.

Around mid-year we started pushing the kids to work harder towards their grading at the end of the year, and there was renewed energy at training – everyone wanted to grade! On the second last session of the year we held our Junior grading, our largest for a few years. It was the quietest our juniors had been all year, as they diligently went through their tsuki, geri, Basic Steps, breakfalls, techniques and two-man attack. They all successfully graded to their next belt – congratulations to Ben Calvert and Lucas Coad on earning their Yellow Belts, and to Annalise Laverie, Elfine Kabay, Calvin Coad, Bridie Ng, Scarlett Rixon and Evan Shi for progressing to Orange Belts.

In September a hardy crew of juniors & seniors led by Shihan Tuckfield showed the local community what our training was about, and how self-defence can work. With Shihan MacNab working hard behind the microphone, the crowd learnt a little bit too. The “oooo”s and “agghhhh”s were well coordinated as small students threw large students, and big bodies hit the mats. There was absolute silence as the team methodically worked through their Basic Steps.

The two-man-attack defences were impressive, which our attackers could attest to. Tuck and Matt tackled Will, with a blend of brotherly love and instructor wrath (Will had missed a few classes) and a combined weight almost four times his own. It was a great example of how our techniques can work, despite the size and ferocity of the attackers.

The Senior class were dedicated – in their attendance, endeavour, and enjoyment of their weekly training sessions. There was plenty of pain, but none compared with Pat’s busted peg – having come a cropper off his scooter! We also lost Tania and little \*coff\* Pat throughout the year, but welcomed back James and Andre. We sent Will and Sarah to grade at Radcliff mid-year – on a shockingly wet night, with Maca and Alex in support. Will successfully progressed from Junior Green to Senior Green, and Sarah impressed in earning her Yellow Belt. With tales of valour and triumph, the Senior crew committed to all grade at year’s end. As the weather warmed Matt and Alex picked up their training, and Sensei Kris returned to Hughes to provide a few much appreciated specialist sessions. A few of our other Seniors turned up each Sunday to don the boxing gear and test the lads – the grading in December was going to be a team effort! Over the final few Sunday sessions the whole senior class was turning up, even James who wasn’t planning on Grading – thanks for being there mate.

That senior grading went exceptionally well, with Andre, Binni and Curtis earning their Yellow Belts, Sarah advancing to Orange Belt, and Alex and Matt impressing in their Brown Belt grading. The highlights for the night were Binni conquering her nerves, Sarah copping an elbow strike from James, and Alex being asked to slow down. With Hughes Dojo having our first Brown Belts in several years, we anticipate training stepping up another notch, and more big things ahead for us.

Renshi Simon MacNab  
Shihan David Tuckfield  
**Hughes Branch**



Hughes ...



# Kaleen

*Shihan Peter Wilson, Chief Instructor*

Well its back to the start of another year for all of us to start all over again. The years go so fast, no sooner do we start and then we are finishing for the year.

Overall Kaleen had a good year, plenty of children attending each class, anywhere up to 34 children were coming to gain some knowledge of our art. The senior class was also well attended with 12 to 16 seniors making an appearance on most sessions.

The children's seminar was quite a big day for everyone pretty well full on all day. We had approximately 40 children who attended for the day and they all would have been very tired at the end. Many thanks to all those instructors who gave up their time to come along and help out for the day.

A lot of people were commenting on the food on the day so it is a big thank you to Rhonda and Carol for doing such a good job.

Mid last year at Kaleen we introduced half belts for the junior class in yellow and orange, this has really worked for us and was a great success, it gave the children a boost and they made it a quite worthwhile exercise to do so we will be carrying on with using the half belts.

Our senior chief instructor Cameron Owers was promoted to 6<sup>th</sup> Dan in December last year, well done to Renshi you well and truly deserve it for all the time and work you have put in to the Academy and the Kaleen branch.

One of the great things I like about our branch is that many parents come and watch the classes and I do think that is important because they can see what goes on and show that they are interested in seeing what their children are being taught also more importantly the children like to see them there as well.

We have 2 new black belts in our branch, they both graded in December and made us proud. Susie and Shayne congratulations on your black belts and they are much deserved.

Shayne came up through the junior and senior classes and also did a lot of instructing on the way to help us out throughout all those years.

Susie, well she started with us a while back as a

junior and I think she was about 8 or 9 years old at that time. She got up to her green belt and then disappeared for a few years.

A couple of years ago she walked through the door to our surprise and having not seen her for a number of years we did not recognise who she was. She told us she wanted to continue with martial arts and get her black belt and the rest is history. Susie put in a lot of work with teaching the kids and doing extra training to reach her goal so she is very worthy of wearing a black belt.



At our final night for the year we presented some of our juniors with a trophy for their efforts throughout the year.

Best Junior Girl was Ashli Chipperfield  
Most Improved Girl was McKenzie Day  
Best Junior Boy was Luke Sokolovic  
Most Improved Boy was Connor Hedley

And the Chief Instructors trophy went to Shayne Boys and Susannah Korrel in particular for their work and excellent grading for their black belts.

There are many people who I would like to thank for all the work they have done over the past year and it would have been impossible to operate the branch without their help.

The old Phil Townsend has done a great job over the past year with both the seniors and juniors so thanks Phil we do appreciate what you do.

Adam Campaign is the quite one who has done a lot for our junior class and we do thank him for all the effort he has put in.

Debbie (DORAS) Howard is a gem, she has helped us on the door and also has done a lot work for the Academy as well, thanks Doras.



# Kaleen ...

Renshi Owers has always been there for me throughout the years as well as being a fine instructor and words cannot say enough about him.

Sensie Campbell at his age is still jumping around on the matts and I think the green belts would not be able to cope if he was not there to teach them. Thanks Cambo for being there when needed.

Sensie Streeter not only runs her own classes at Charnwood she also helps out at Kaleen so she is a very lovely lady and great friend, thanks Jules.

Jeremy and all those who have contributed to the running of Kaleen I cannot thank you all enough.

Don't forget the Junior class now starts at 6.30pm and finishes at 7.30pm.

Everyone have a safe and successful year.



# St Edmunds

*Shihan Edward Scharrer, Chief Instructor*

Our usual quiet year's training received some excitement this year with an influx of some littl'uns. We had about 4 youngsters aged about 6 try out the class for a couple of months. One, Brianna (Bree), even stayed for several months and is now close to grading to Yellow Belt. Happily I was able to ask Kit and Caitlyn to look after the adults while Sensei tackled the task of "training" the kiddies.

For those that have been to Our Dojo know that we train in an area the size of a full basketball court. Our mats take up 36sqm usually in one corner and the remainder is vacant and serves only as an echo chamber. The first couple of weeks were OK as we went through the basic Kempo and Breakfalls. Moving into techniques proved to be a different challenge. As with most kids these days, high on activity and low on concentration, my students were no different. So I hatched up a cunning scheme to keep them engaged .....

So now you have to picture the scene....

As I was on my knees demonstrating Front Choke to Bree I got to the end of my sentence and innocently said, ".... And after you bop him on the nose you just run away!" There was a slight pregnant pause as Bree looked at me eyes wide, and then, just took off. "WEEEEEEeeeeeee.....!!! For what seemed a victory lap of the hall!

Before I could shout out the automatic professorial command of "STOP, Come back here!" I looked at the other 3 kids in front of me and had a thought. *Hmm, I wonder, now what if I...?*

"OK next. Your turn" Grab..... Break..... Bop.....  
"WEEEEeeeeeee.....!!!"

And so in turn the Dojo resembled an airport, with one on the mat with me while the others were kept in a holding pattern of looping around the hall emitting squeals of excitement practicing their "running away". Until the one on the mat one took off and I called the next closest one in from the holding pattern to practice another technique against the "evil and nefarious attacker" Mwaahahaha!

Who ever said a coach of 35 years experience can't get inspiration from novice 6 year old student!

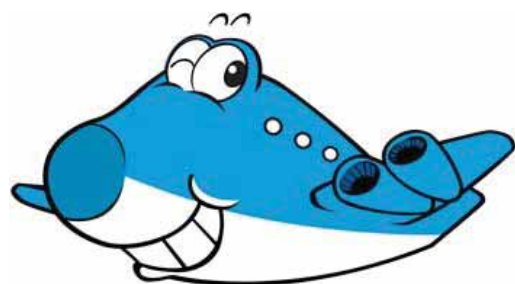
On some nights Bree was the only junior present standing amongst a group of big burly blokes about to practice martial arts. It must have been comical to look at. However, she remained unfazed and only delighted in thumping Sensei with every technique and relished even more two man attack!

Kit, Thamba and I also attended the national seminar at the Kaleen Dojo. A great experience had by all. I feel certain that we were only just pipped at the post in the Basic Steps and Two Man Attack competitions. Both competitions were fiercely contested by all the branches and as an onlooker I felt there were several branches that had the front running in both arenas. Congratulations to the winners!

Finally I'd like to express my thanks and appreciation for the time, loyalty and commitment given by my two assistants, Kit and Caitlyn with their help in teaching classes this year. It is very much appreciated!

Shihan Edward Scharrer, 9<sup>th</sup> Dan

Chief Instructor St Edmunds Branch



## St Edmunds...

2013 was another solid year at St Eddies with dedicated training from the regulars, the Queanbeyan ring-ins and a number of new members keen to get on the mat. The new seniors showed real ability as did the juniors, some of which kept Ed on his toes and thinking of new ways to keep them entertained.

Those of us who have trained under Ed know to expect a high standard and 2013 didn't disappoint with plenty of drills on basic steps and techniques for the lower grades and boxing and judo for the higher grades.

Fitness was also key component in 2013, and students showed solid improvements over the year with their basic strength, endurance, cardiovascular ability and flexibility (although we're working on the flexibility!).

For my part, I learn't a lot through assisting Ed with instructing and working with the other students. Going back over the basic techniques and seeing them as not stand alone techniques but components which can be added together to create infinite combinations gave me a greater appreciation of what we're practising at PMAJJK.

2014 promises to be another great year of training at St Eddies which we're all looking forward to. Focus. Discipline. Practise, practise, practise.

Kit



## STOP PRESS

### NEW Branch Opening

A new PMAJJK Branch will be opening in Brisbane this year, located in the suburb of Murarrie about 10km East of the CBD.

Heading up the branch will be Sensei Simon Ison, ably assisted by his sister Tanisha. Both Simon and Tanisha achieved their Dan rank through the Batemans Bay branch in 2002 and 2008 respectively.

After a distinguished career in the Army, Simon decided to call it a day to assist Hollie Hewett setting up the Arête Academy of Arts. Part of Arête's repertoire will be PMAJJK Classes running on Saturday for juniors and Thursday for seniors.

For more information, visit:

<http://aretearts.com.au/self-defence>

On behalf of the Academy, we wish Simon and Hollie every success in their new business venture.

**Edward Scharrer, Shihan**

Deputy Principal PMAJJK Inc.

C.I. St Edmunds Branch

Kudan Black Belt



# Queanbeyan Branch 2013

*Renshi Scott Teys, Chief Instructor*

The Queanbeyan branch got off to a slow start to the year. The move to the Scout hall was not working out as well as we thought it would. We had a few issues with the Scout hall people and our numbers were dropping very quickly so we decided it would be best if we found a new venue for term 2.

So after a bit of hunting around we moved to Queanbeyan West primary school and hoped that the few kids we had would come over too. We also decided it was time to upgrade our mats. So with the new mats set up at QNB West we waited to see how many kids would turn up. They turned up..... and kept turning up. By about week 4 the hall was full. We had gone from 36 mats to 70 and we had run out of room.

Term 3 went by with no problems, but at the beginning of term 4 we were told the roof on the hall was damaged from a storm and we couldn't use the hall as it was too dangerous. As the weather was good, we decided to train outside.

Well, the 1<sup>st</sup> week of outdoor training was cold. The seniors were wearing layers under their judo suits and the kids had turned blue by the end of the class. I think it got down to 5 degrees that day.

A few weeks later we were training in 36 degree heat. It's the only time we have had to put sun block on before training.

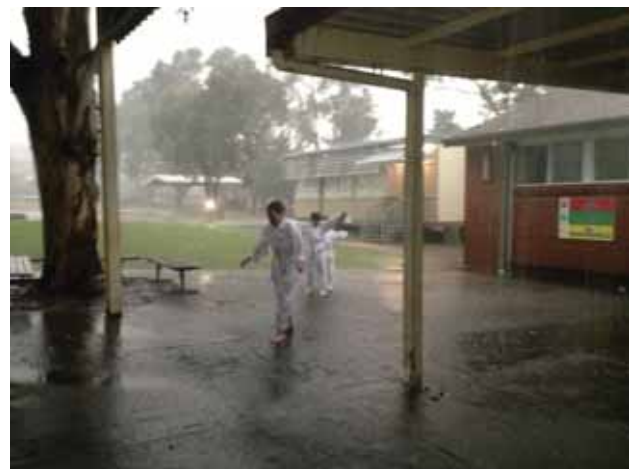
A few weeks after that we were setting up the mats and there were a few storm clouds gathering around, we thought it would go past. As soon as we started the warm up a few very large drops came down, we thought it would be ok to keep going. Three minutes later it was bucketing down - it was one of the biggest storms to hit Queanbeyan in a long time. Our nice new mats were no longer nice and clean, we had to scramble and put them up on the benches in the playground to stop them floating away. The kids were drenched, we were drenched, the parents were also drenched but we all had a good time in the rain.

I would like to take this opportunity to congratulate the senior class for winning the Basic Steps Trophy for the 2<sup>nd</sup> year running and also Simon

Lerat for winning the Leonie Corey trophy as well (again 2<sup>nd</sup> year running).

I would also like to thanks the senior class for helping out with the influx of juniors. Cheers guys.

The photos below are the juniors training in the heat and the day the rain came down.





# Walkerville

*Sensei James Melhuish, Chief Instructor*

Training has recently returned post Christmas/new year break and at the time of writing this mother nature has blessed us here in Adelaide with being the hottest city on planet earth, giving us all a bit of an extra challenge to get back in to regular training. 2013 seemingly came and went faster than every year before it and I'm sure 2014 will do the same. So what happened in the big blur of 2013?

Attendance has been excellent throughout the year with many new faces and many older faces returning diligently, several achieving new stripes or belt levels with an overall excellent standard of grading. I'd like to take this chance to congratulate everyone who has trained hard and achieved a new rank this year! Many of the juniors especially have improved a great deal in their level of discipline and understanding of techniques.



Brown belts Andrew Stroud, Paul Garner, Acacia Tredrea and Richard Branford commenced their training for the black belt grading at the end of 2014. So far they've enjoyed learning the value of head movement/protection and the dangers of maintaining striking range by being biffed around by Craig Swingler in their defence against a boxer. They've also had the benefit of working on technique with experienced boxer Greg Titus and some of us were lucky enough to have a training session or two with 30-year black belt Paul Jurkowski. They were also introduced to the fitness regime and the infamous Target Hill Road, both of which they will be very familiar with by the end of 2014.

The Walkerville club once again had a presence at the 2013 seminar and while I was unable to attend this year from what I hear a good time was had by all. Of particular interest was the new perspective on knife defences from Crazy Monkey Defence. Ben Jeffries was presented with his 2nd Dan at the seminar and David Clayton was presented with his 4th Dan later in the year.

The year ended with the traditional end of year barbeque, which according to Sensei James Melhuish was great fun for all seniors as well as juniors, most of whom who enjoyed practicing breakfalls on a trampoline.

I'd like to thank everyone from the club for training, as without each other we have no training partners to improve ourselves. I'd like to especially thank all the instructors for volunteering their time so that we can all learn. I'm sure that 2014 will bring as much good news and growth within the club as 2013 and I look forward to continue training with you all as we all continue to aspire to be master of ourselves.



## Craig Swingler

This year was a great honour to be presented with my 8<sup>th</sup> Dan from Frog through Dave and Eddie celebrating 30 years as a Black Belt having graded in Jishukan on December 17<sup>th</sup> 1983 at Para Vista High School with Marilyn Middaugh, Paul Jurkowski, Simon Griffin, Shaun McCoy and Joshua Marchant with instructor Ginny Pysden. Now 30 years on most of us still keep in touch as we share a life long bond with an achievement few will ever accomplish or understand and a memory of how fit we were and determined to achieve a goal.

30 years on at Marilyn's as others now reside interstate and Paul J was back in Australia for his yearly visit from Japan



*Back row - Paul Arnold (graded 1986), Craig Swingler, Simon Griffin*

*Front row - Marilyn Middaugh, Paul Jurkowski*

On that grading day Paul Jurkowski was unanimously elected as chief instructor due to his dedication to training and assisting other members and took the next group (Paul Arnold & Darren Richter) with me as assistant instructor before relocating to Mildura where the role was handed over to me in early 1988 where we had 4 clubs; Shaun & Mariyln at St Jays in Salisbury (1985-2001), Craig & Paul A at Walkerville YMCA (1986-present) , Craig at Para Vista (1978 – 2002) rotating instructors at Craigmore (1988-89) and the next black belt group with Marilyn underway (Lisa Cini, Mark Jurkowski graded dec 1988 also at Para Vista).

Since being chief instructor I have done my best to co-ordinate the operation of all the clubs in South Australia and oversee all black belt

classes with the help of past black belts and brown belts that have graded as we have changed, moved, rested, adapted and survived with particular mention of the dedication and support shown by chief instructors since my appointment for the last 25 years; Paul Arnold , Mark Sorgini , Martyn Clark , Jamie Sumsion, Tom Atterton , Tanya Ellis , David Clayton, James Melhuish and assistance given by Ginny Pysden, Marilyn Middaugh, Paul Jurkowski, Lisa Cini, Rolf Scharbillig, David Chen, Martin Gabb, Steve Whelan, Arron Turner, Garath Kramer, Ben Jeffries & Steve Newman

Over this time and to present the South Australian branch have been fortunate to have been supported with regular visits from Frog & Laraine until he had to limit his travel and Dave & Eddie. So I have been able to examine how Frog has grown the Queanbeyan club over the years and had advice on how he has done it with mentoring from both Frog & Ginny and in practice with all the clubs we have had in South Australia and issues that have arisen. There have been times when I have been fed up with the politics and ego's but I have not wavered from my dedication to my second family that has allowed me over the years to watch students grow as individuals by being present at their special birthdays, watching them enter the work force or make career changes as their mind is opened up to new possibilities as confidence grows, socialising and watching out for each other all values that has helped me as a parent and person be more understanding and seek to be challenged and appreciate life.

In 2000 Frog put my name forward for nomination in the Australasian Martial Arts Hall of Fame which was a great honour and this lifted me to another level as over the years I have learned it is not getting the belts that is the hardest test but living up to the expectations as with greater recognition more responsibility is felt as you are a role model as you eat / live and breathe our motto – "Be Master of Yourself" and we are the worst critics of ourselves which is why it is good to be distracted and help others. Over the years I have found myself advising and coaching not because I am the best but because I have made a lot of mistakes and learnt from them. As Chuck Norris once quoted "you only fail if you give up or don't learn from a mistake".

## Craig....

Just over 6 years ago November 10<sup>th</sup> 2007 another date I am destined not to forget I had the opportunity to test all the training I have had over the years when on my first ever parachute jump I had complications with a pressure knot which changed a simple jump to one that could have ended in the morgue. I hit the ground estimated by the ambulance drivers around 60-70km and as a witness put it I bounced at least a metre in the air after impact. Obviously the training I practiced with the kids classes with jumping off tables with eyes closed and relying on using instincts by jump on impact into a roll may have assisted in some way, but to have an ambulance going past at that point in time was the major factor in keeping me alive.

Our training provides 2 major points that helped survive and recover from this ordeal, firstly never panic under pressure which is what we teach when we put students under pressure when we do 2 man self defence by relaxing as much as possible to focus energy on the task at hand – survival and the pommel attack where you are locked physically to test your mental toughness of never giving up even when it seems hopeless and your physically exhausted. The application of our training can apply to almost any goal as it is all about learning, adapting, changing and surviving.

In summary I wish to extend my sincere gratitude to all the members in the club that has given me the opportunity to learn, energy to keep going and grow as an individual. A few years ago I set a goal of wanting to see the club unite more after my accident and this will never stop being a goal as we need to support the club, its founder Frog and principals Dave and Eddie as we are not being challenged sitting on the side lines having learnt so much as we must apply what we learn.

## Collin Essery

Hello from Lismore NSW!

We finally got out of Washington in one piece.

My final weekend in Falls Church was spent in the Krav Maga school doing knife and gun defences, which was fantastic. Training with Americans I felt their club ethos greatly promoted assisting one another to get ahead and improve ones techniques - even though he is coming at you with a knife or pointing a gun at your head! I will miss their friendship, comradeship and training.

I was hoping to attend last year's seminar but the packing company moved us to Lismore the week before. Hopefully I will make it in 2014.

Over the last few years I have been doing a lot of research into our techniques. There is a lot more to them than what meets the eye. It is fascinating where a lot of our moves have come from. With a bit more study, perhaps I will be able to explain the reason behind the techniques.

There is an old saying "The more you sweat in times of peace, the less you will bleed in times of war".

Colin Essery



# Kids Health Article

## INTRODUCTION

I attended the AMAHOF weekend in Hobart 2013 and one presentation sparked my interest. The gentleman spoke about injuries to children that were going through a growth spurt or were still growing. As some of our students fall into this age bracket, I thought it a worthwhile topic to discuss with other instructors.

I am not a medical professional however my two children have suffered from two different growth plate injuries. The aim of this discussion is to raise the awareness of some of the implications for your students and the impacts on their training.

## Overview - Children aged 8-17 Years

When you think of growing bones, you might think they grow out from the centre of the bone. But the long bones in the legs and arms grow from an area at either end of these bones commonly known as the **growth plate**. These areas produce new bone tissue and determine the final length and shape of bones in adulthood. When growth is complete the growth plates are replaced by solid bone.

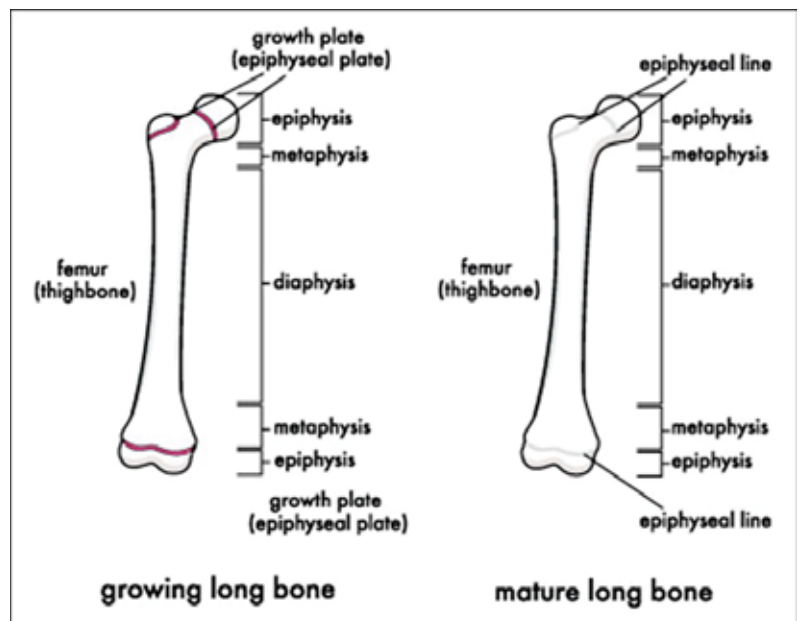
Growth plates are made up of cartilage, a rubbery, flexible material (the nose, for instance, is made of cartilage).

Girls tend to reach skeletal maturity earlier than boys; their growth plates usually close around ages 13 to 15, while boys' growth plates close later, at around ages 15 to 17. However, before growth is complete, the growth plates are susceptible to fractures (breaks). An adult whose bones have finished growing might simply pull a muscle or a tendon after a fall. But in a child, that same fall could injure the growth plate.

## Causes of Growth Plate Injuries

While growth plate injuries can be caused by an acute event, such as a fall or a blow to the body, they are also from overuse. Contact sports, like football or basketball, or fast-moving activities like skiing, skateboarding, sledding, or biking, are common causes. Injuries can also happen from activities that require repetitive training, like gymnastics, track and field, or pitching a baseball.

This means that the student may not develop the injuries in martial arts however children are active in more than one sport, and any of those sports may result in overuse.

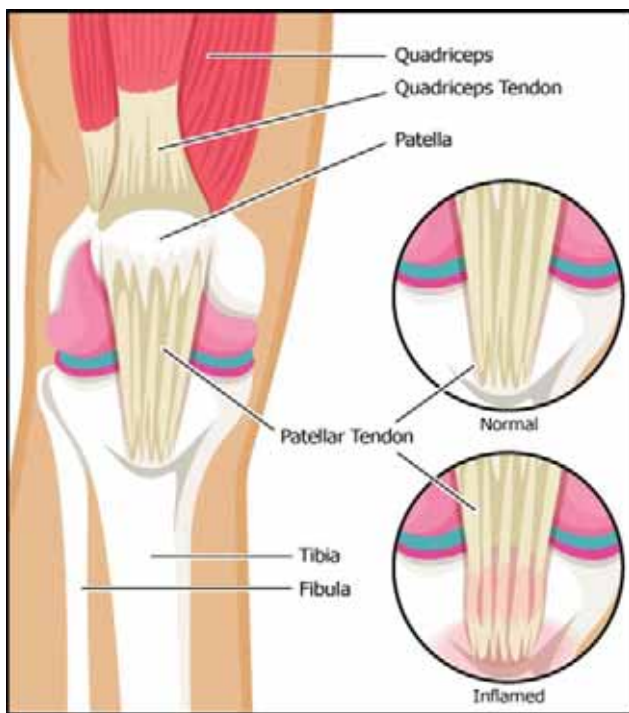


## Osgood-Schlatter Disease

The first injury I want to discuss is Osgood-Schlatter disease. The Good news is that Osgood-Schlatter disease (OSD) is far less frightful than its name. Though it's one of the most common causes of knee pain in adolescents, it's really not a disease, but an overuse injury. OSD can be quite painful, but usually resolves itself within 12 to 24 months.

### About Osgood-Schlatter Disease

Osgood-Schlatter disease is an inflammation of the bone, cartilage, and/or tendon at the top of the shinbone (tibia), where the tendon from the kneecap (patella) attaches. Most often only one knee is affected.



© The Nemours Foundation/KidsHealth

OSD usually strikes active adolescents around the beginning of their growth spurts. Growth spurts can begin any time between the ages of 8 and 13 for girls, or 10 and 15 for boys. OSD has been more common in boys, but as more girls participate in sports, this is changing.

Teens increase their risk for OSD if they play sports involving running, twisting, and

jumping, such as basketball, football, volleyball, soccer, tennis, figure skating, and gymnastics.

### Some symptoms may include:

- pain that worsens with exercise
- relief from pain with rest
- swelling or tenderness under the knee and over the shinbone
- limping after exercise
- tightness of the muscles surrounding the knee (the hamstring and quadriceps muscles)

There are a large number of treatments recommended:

- Applying moist heat for 15 minutes before or icing for 20 minutes after activity can minimize swelling.
- Wrestling gel pads and basketball knee pads can protect a tender shin from bumps and bruises.
- A good stretching program, focusing primarily on the hamstring and quadriceps muscles, before and after activity is important.
- Rest is the key to pain relief.
- Limit the activities that cause pain.

We could incorporate the following in our sport:

- Limit the activities that cause pain.
- Encourage the student to bring ice with them for after training
- Encourage the student to wear shin protection
- Encourage the student to add their own stretches before and after the training

## Sever's Disease

The other injury I will raise is Sever's Disease. It is really a common heel injury that occurs in kids. It can be painful, but is only temporary and has no long-term effects.

### About Sever's Disease

Sever's disease, is a painful bone disorder that results from inflammation (swelling) of the growth plate in the heel. Sever's disease is a common cause of heel pain in growing kids, especially those who are physically active. It usually occurs during the growth spurt of adolescence. This growth spurt can begin any time between the ages of 8 and 13 for girls and 10 and 15 for boys.

### Causes

During the growth spurt of early puberty, the heel bone sometimes grows faster than the leg muscles and tendons. This can cause the muscles and tendons to become very tight and overstretched, making the heel less flexible and putting pressure on the growth plate. The Achilles tendon is the strongest tendon that attaches to the growth plate in the heel. Over time, repeated stress (force or pressure) on the already tight Achilles tendon damages the growth plate, causing the swelling, tenderness, and pain of Sever's disease.



Such stress commonly results from physical activities and sports that involve running and jumping, especially those that take place on

hard surfaces, such as track, basketball, soccer, and gymnastics.

### Signs and Symptoms

The most obvious sign of Sever's disease is pain or tenderness in one or both heels, usually at the back. The pain also might extend to the sides and bottom of the heel, ending near the arch of the foot.

A child also may have these related problems:

- swelling and redness in the heel
- difficulty walking
- discomfort or stiffness in the feet upon awaking
- discomfort when the heel is squeezed on both sides
- an unusual walk, such as walking with a limp or on tiptoes to avoid putting pressure on the heel
- Symptoms are usually worse during or after activity and get better with rest.

We could incorporate the following in our sport:

- Limit the activities that cause pain.
- Encourage the student to bring ice with them for after training
- Encourage the student to add their own stretches before and after the training

I know we are not doctors and therefore cannot diagnose these injury, however being aware of them and understanding how they effect and impact our students can give us some insight into why they are behaving the way they are and how we can support them through these "growth spurt" years.

Submitted by Julie Streeter

Reference: Peter G. Gabos, MD and Kathleen B. O'Brien, MD  
<http://kidshealth.org/> look under bones and muscles.