

Wiadomości

Wtorek, 18 listopada 2008

The day without violence in the Węgrzce Wielkie Grammar

The policemen from the Voivodeship Headquarters in Cracow showed the interventional overpowering techniques while Karol Jędrusiak, Karol Kłęsk and Franek Kaczmarczyk demonstrated the elements of judo in self-defence.

The youth participating in the "Day without violence" project also had the chance to meet with the Youth Sports Club trainer –Stanisław Bugajski, who spoke about the history of judo.

He's trained the martial art of judo for 10 years and then for forty years has worked as a judo trainer.

His charges won 150 medals. After the lecture an interesting judo presentation has been performed by the advanced competitors: Mateusz Jędrusiak and the grammar school graduate – Krzysztof Mazur.

At the end of the grammar school self-defence workshops a film was screened presenting the culture, the history and the architecture of Japan.

This short but substantial film, prepared for this occasion by the Japanese Art and Culture Centre "Manggha" thrilled everyone and shall doubtless for long remain in the memory of the pupils.