



# PETER MORTON ACADEMY OF SELF DEFENCE

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## THE PETER MORTON PERPETUAL TROPHY

### THE HISTORY:

This trophy started as a she oak tree root, dug out of Robert & Gail Toll's property in Salt Ash, NSW, for the October 1993 Seminar at Morpeth, NSW. Many hours of cleaning, cutting, sanding, polishing and painting took place to create a worthy monument befitting the person it is a tribute to.

### THE PARTS AND WHAT THEY SIGNIFY:

The Protruding Branches signify all the branches of our club that are bound together by one central core. The branches are seen to be reaching out, this signifies the way in which Peter has reached out to help others less fortunate than himself.

The Club Name Badge tells other people who we are.

The Shields are a place of honour for the winning Branches.

The Rock that is embedded in one of the branches is called a "thunder egg". This reminds those that have been privileged enough to train with Peter, of the way he could look or sound to extract just that little more effort from us. It also reminds us of his toughness. This rock also signifies a foundation stone, Peter being the founder of our Club.

The Plaque at the base is made of stainless steel. This reminds us of Peter's everlasting strength.

As mentioned before, the trophy is made from the root of a tree, and those that have trained under Peter will understand that this is exactly how you feel at the end of one of Peter's sessions.

### RULES:

1. The trophy has been instigated a create a friendly, but very competitive competition between Branches, performing the Basic Steps, at annual Seminars.
2. All clubs are to have mixed grades of belts where possible.
3. If the competition is not held at an annual seminar or a combined club seminar is not held in a given year, the trophy is to be returned to the Salt Ash Branch.

### JUDGING CRITERIA:

1. Shihan Morton and several instructors of high rank are to judge the contest. Judging is on the basis of accuracy in technical skill and mental focus in the performance. Individuals and the whole group are judged on this basis.
2. The group must show excellent cohesion by moving as one unit.
3. All individuals in the group must show clear, crisp and concise movements and strikes. Movements are to be smooth and all strikes are to be done with maximum power.
4. All individuals must show excellent focus, concentration and discipline.



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## LEONIE COREY TROPHY

### HISTORY

Leonie Corey started training with the Queanbeyan RSL Judo and Jujitsu Club in 1969. During her training in the juniors she always gave an excellent account of herself. In 1972 she was awarded the Best and Fairest Girl. To be singled out for this award was quite an honour in the heyday of the club, because one was competing with about 200 other students. A year later she graduated to the senior class.

Leonie participated in many exhibitions through her time in the club. Again only the 10 best students were picked by Shihan Morton to represent the club in these exhibitions. She was always asked to perform in the two man attack segment of these exhibitions, because her techniques were always sharp and she was not afraid to hammer the attacking instructors in front of 300 spectators.

In 1980 she was nominated for the black belt class and in December 1981 graded successfully to that level.

Leonie continued training with the club until she found a new discipline in body building and power lifting. In 1987 she won several accolades, including 'Best in Canberra' and 'The South Pacific Championships' in body building and another two in power lifting including breaking a NSW bench press record.

Tragically, in 1995, Leone died in a car accident. Her parents and family asked Shihan Morton if she could be remembered by the club in some way. In 1996, this saw the inauguration of the Leone Corey Trophy for the Best and Fairest Junior throughout the entire Academy in recognition of her dedication and excellence.

### JUDGING CRITERIA

Chief Instructors are asked to nominate one of their students by writing a few paragraphs about them and submitting it for judging at the AGM at the annual seminar.

The award is for the Best Junior Member throughout the Academy branches. To assist in the preparation of the nomination, CI's should cover the following aspects about their student:

- Skill in their technique,
- Etiquette
- Behaviour
- Dedication
- Clubmanship
- Respect
- Attendance
- Attitude.

In order to provide the most even playing field, so that the judging panel can assess the character of the nominee, CI's should when writing their submissions, attempt to site examples of their nominees character and behaviour with reference to the points above, rather than relying upon the eloquence of literary superlatives.

It is recognised by the judging panel that all junior members nominated for this award are worthy of congratulations, because they have shown to their respective CI's that they have the qualities of character that make them stand out as worthy nominees for this honour.



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## TWO MAN ATTACK TROPHY

### HISTORY

This award was inaugurated at the 1995 Annual Seminar held at Birrigai ACT hosted by the Evatt branch. Like the Basic Steps competition, this competition is meant to foster a friendly competitive spirit between branches in the arena of two man attack.

### JUDGING CRITERIA

The CI of the host branch is to select a judoka from each branch present at the seminar to representative their branch in the competition. If the 'volunteer' does not wish to participate then that branch will forfeit the competition.

Shihan Morton and several other high ranking instructors shall judge the competition. There shall also be a separate timekeeper to call time on and out.

Bout duration and techniques shown are to be of the following length and format

Belt Level	Basic & Yellow	Holds, Chokes Throws etc		
	Orange	As above & ⇒	Kicks	
	Green & above	As above & ⇒	As above & ⇒	Punches
		30	40	50
		Duration in Seconds		

Execution of techniques must be hard and precise with defenders showing good fighting spirit. Judges are to assess the defenders performance both on the execution of their technique and on their fighting spirit. Attackers, where possible, should come from the defenders branch and should be Brown Belt and above. Defender should allow attackers to apply their attacks and attackers should should not totally resist the defence either.