



## Press Release

Michael Fife from the Vacaville Police Activities League Judo club competed in the 2008 US Junior Olympics and International Junior Olympics this past weekend. Both events were held in the Disney Sports Complex in Orlando, Florida.

On July 25, 2008, there were approximately 750-800 competitors from across the United States and Puerto Rico participating in the US Junior Olympics. Micheal, 13 years old, competed in the Juvenile A 36kg Division. He had 5 matches and placed 3<sup>rd</sup> in his Division.

On July 27, 2008, there were approximately 200 competitors from around the world participating in the International Junior Olympics. Micheal, competed in the Juvenile A 36kg Division. He had 2 matches and placed 1<sup>st</sup> in his Division.

Judo is a grappling martial art that originated in Japan. Competition judo matches are won by throwing or pinning your opponent. For older competitors, wins are also be attained by making your opponent submit by applying a choke or armbar.

The Vacaville Police Activities League Judo club is coached by Officers Gordon and Lucy Makimoto of the Vacaville Police Department. For questions about the Vacaville PAL program, please contact Officer Gordon Makimoto at 449-5200 or Amanda at 449-5629.