

PRESS RELEASE



FOR IMMEDIATE RELEASE

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COLLEGE STUDENT SELECTED FOR BRITISH JU JUTSU TEAM

Yeovil College student and current Ju-Jutsu national champion Craig Zimmerman has been selected for the Great Britain Ju-Jutsu team.

Craig (17) of Milborne Port is the only person in his weight category and age group to be selected for the Great Britain team. He previously took part in a major international competition in Germany, so this is the second time Craig has been asked to represent the country.

Craig's next international competition will be the World Martial Arts Games in Las Vegas in September, now less than six months away.

Craig, a former student of King Arthur's School who is currently studying for a BND in Sport at Yeovil College, took up Judo and Ju-Jutsu at the age of seven. Proud mum Tracey Zimmerman said *"As a parent, I want him to be the best he possibly can and will support him all the way. He excels in the competition side of the sport and absolutely loves training and preparing for competitions. He's working really hard and we're really very proud of him."*

As well as training with the Bushido Martial Arts Club, Craig is receiving one-to-one support from Yeovil College. A bespoke training programme has been specifically designed for him by College staff to help him prepare for the Games and build his fitness, strength and conditioning.

Craig, who hopes to train as a teacher, said *"I love the variety that Ju-Jutsu gives me – you're never quite doing the same thing twice and you can go for years without repeating a move. The College have a great Sport Academy system which means that I can take part in all sorts of different conditioning sessions to make sure I'm ready for the Games. I've got an individual training programme with Andy Roda and I know I can go and speak to him or any of the other coaches about my training whenever I need to."*

Craig and the rest of the British team will compete against the top sportspersons from across the globe at the World Martial Arts Game in Las Vegas later this year.

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Notes to Editors

All press enquiries to Eileen Furze, Marketing Officer t: (01935) 845322 e: eileen.furze@yeovil.ac.uk
www.yeovil.ac.uk