

# Judo mates do battle

RODNEY Cox and Ian Gillies might be good mates but they don't mind the odd judo tussle.

The pair, who scored two gold medals each at the 2007 Pan Pacific Masters Games in the kata, have recently returned from the World Masters in Belgium where they put in a personal best performance in the kata.

The kata involves pre-arranged patterns of attack and defence, which are practised in pairs for the purpose of perfecting judo techniques.

"It's the best we've done so far," Cox said.

Cox, 62, is a fifth degree, black belt.

He has been an international referee and refereed four world championships, two Commonwealth Games and an Olympic Games.

"I really enjoy it, I like seeing all the players and new techniques," he said.

Mr Cox has managed the Australian Olympic judo team and was the longest standing member of the national referee commission.

He founded the Hawthorn Judo Club and has been instructing at the Balwyn Judo Club for 40 years.

At 82, Gillies is a fourth-degree black belt.

He holds the Service Award



**Rodney Cox and Ian Gillies put in personal best efforts in judo at the world masters.**

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of Judo Victoria, is an Oceania referee and is presently a member of the Victorian Referee Commission.

Gillies has been instructing at the Balwyn Judo Club for 30 years.

Cox and Gillies are *Progress*

*Leader Sports Star* nominees in the services to sport category.

If you know someone who has made a long-term contribution to sport or achieved at state level or above, email [progress@leadernewspapers.com.au](mailto:progress@leadernewspapers.com.au)