



## FOR FURTHER INFORMATION AND BOOKINGS

**Contact Head Office:**

**The British Judo Council  
37, High Road,  
Stalham,  
Norfolk,  
N12 9AH  
United Kingdom.**

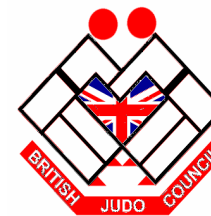
**Tel: 01 692 580 900  
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**e-mail: [admin@britishjudocouncil.org](mailto:admin@britishjudocouncil.org)**

**Affiliated to the British Judo Association**

Arun Leisure Centre, Felpham Way  
Bognor Regis, Sussex PO22 8ED  
Tel: 01-243-826-612

**BJC  
BOGNOR**



**AUGUST  
2009**

**British Judo Council National Summer School  
August 24th—28th 2009 Arun Leisure Centre  
Felpham Bognor Regis Sussex**



## PROGRAMME & INFORMATION

**GUEST INSTRUCTOR: KUNIMITSU OZAKI (23)  
3rd DAN KODOKAN from Tokyo Gakugei University  
Placed in the All Japan Junior Championships  
Currently Judo Coach at Bath University**

**Tutors in Attendance the Whole Week**

**Robin Otani—President**

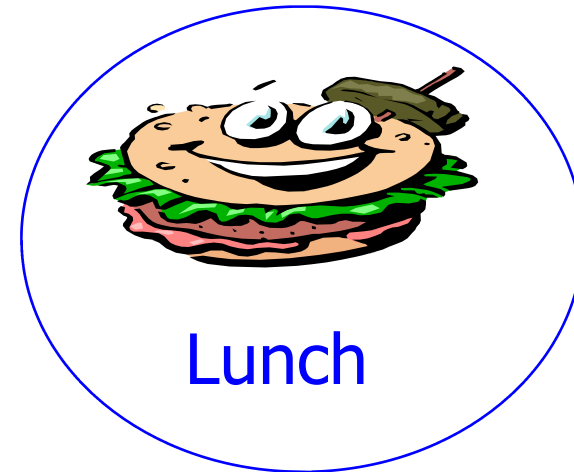
**Akinori Hosaka 8th Dan Kodokan  
BJC Chief Examiner and Technical Advisor**

**G.R.Mealing 7th Dan  
Vice President**

**M.Whyman 6th Dan Kodokan  
Technical Advisor Kata**

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**Special Guest Instructor  
Kunimitsu Ozaki 3rd Dan Kodokan  
Mon, Tues & Wed**



**Lunch**

Please ensure that you either bring a packed lunch or money to buy a meal, snack etc. from the Waterside Cafe. You will have to queue as meals cannot be pre-booked ! As usual all primaries will be supervised during their lunch break.

**Please note: -  
No food is to be consumed in the Main Hall.**

Make sure you also bring plenty to drink as water will not be provided.

**Swimming.**



All judoka can use the Leisure Centre's swimming pool at the membership rates at public swimming times only.

To qualify for the discount rate you must have a BJC swimming voucher. These are available from the registration desk each day and must be surrendered when you pay for your swim.

**Course Fees.**

Discounts : Registered Coaches less 10%

	Primary	Junior	Senior
All Week	£40	£45	£60
Daily Rate	£9	£10	£15

***The daily rate applies for part days including Friday***

- 2 persons less 10%
- 3 persons less 15%
- 4 persons less 20%

Any discount is on a "stand alone" basis.  
Assistant Instructors free day on the day of assistance.  
Assistant Instructors must pay any examination fees.  
**Daily rates are not subject to discounts!**

### Main Instruction

R. Otani Primary & Juniors: Mon & Tues — Seniors: Wed & Thurs  
A Hosaka FPJ1: Mon Tues FPJ2: Wed Thurs & Fri  
G.R.Mealing Mon Tues Wed KATA  
M Whyman Mon Tue Wed Thu KATA  
K. Ozaki Seniors: Mon & Tues — Primary & Juniors: Wed

### Additional Instructors

Simon Mazzullo	6th Dan	When available
Richard Raymond	6th Dan	When available
Phil Hammerton	6th Dan	When available
Paul Laskey	6th Dan	When available
B. Cooke	6th Dan	When available
M. Newton	5th Dan	When available
A. Newton	5th Dan	When available
P.Tipping	5th Dan	When available
Ann Scott	5th Dan	When available
P. Grigg	5th Dan	When Available
Andy Jones	4th Dan	When available
J. Harrison	4th Dan	General Judo when available.
L. Witts	4th Dan	All Week
P. O'Rourke	3rd Dan	All Week
A. Grigg	3rd Dan	When available
J. Shepherd	2nd Dan	When available
D.Foxwell	2nd Dan	When available.

Subject to requests made upon your registration - Refereeing & Table  
Official update with Exams will be on Wednesday & Thursday all  
day in the classroom. **Tutor will be advised**

#### Kata.

There are designated times for Kata. You may practice a particular  
kata on a free mat if you wish. Kata instruction will generally be  
under the supervision of G.R.Mealing and or, Mrs.M.Whyman.  
Other instructors may be named.

## DAILY INSTRUCTIONS !



### **Registration. (9 a.m. to 9.45 a.m.)**

Please register each day at the Summer School Desk (not at the Leisure Centre Reception). Please arrive at the centre in good time, each day, to allow for getting changed, registration and being on the mat in time for the commencement of your lesson.

Allow extra time on Monday to register. You will be given a number which you must remember, this will speed up daily registration.

### **Licences.**

You must produce an up to date Licence of an approved judo organisation when you register. Make sure all the details are correct especially, your address and grade! Also that the licence contains a current photograph. Licences of BJC members will be kept at the registration desk for your attendance to be recorded.

### **Notes for Parents.**

Whilst primaries will be supervised during the lunch break, there is no supervision after 4 p.m. each day for the under 10 year olds. Juniors may finish at a later time. Please check lesson plan for details.



**Food is not to be consumed in the main hall.**

### **Seniors.**

Any senior wishing to take *any* qualification must register at the desk their wish/intention to do so, on the first day of attendance.

This includes Shudoshadai Awards, Refereeing awards, Timekeeping or Recording qualifications Provision will be made for revalidation of the above awards plus the Referee & Table Official Awards.

### Monday the 24th August to Friday the 28th of August

Day	Time	Mat One	Mat Two	Mat Three	Mat Four	Mat Five	Classroom
<b>Mon</b>	10 .15 a.m to 12	Senior Judo	Junior 3rd/4th Kyu	Junior 5th/6th	Primary Grades	Juno-Kata	
	<b>FPJ Level 1</b> 10.00am to 4.30pm unless otherwise advised. Morning Classroom—Mat to be designated for afternoon session						FPJ Level 1
	<b>Lunch</b> 12.00. to 1.45 p.m.						
	2 p.m. to 4 p.m.	Senior Judo	Junior 3rd/4th Kyu	Junior 5th/6th	Primary Grades	Juno-Kata Seniors	
	4.30 to 5.30 p.m.	Randori Daily					
<b>Tues</b>	10 a.m. to 12	Senior Judo	Junior 3rd/4th Kyu	Junior 5th/6th	Primary Grades	Nage-No-Kata Seniors	Child Protection J. MacIntyre  Cancelled
	<b>FPJ Level 1</b> 10.00am to 4.30pm unless otherwise advised. Mat to be designated						
	<b>Lunch</b> 12.00. to 1.45 p.m.						
	2 p.m.to 4 p.m.	Senior Judo	Junior 3rd/4th Kyu	Junior 5th/6th	Primary Grades	Katame-No-Kata Seniors	
	4.30 to 5.30	Randori					
<b>Wed</b>	10a.m. to 12	Senior Judo	Junior 3rd/4th Kyu	Junior 5th/6th	Primary Grades	Kime-No-Kata Senior	BJC Refereeing & Table Official Course With Examinations  
	<b>FPJ Level 2</b> 10.00am to 4.30pm unless otherwise advised. Mat to be designated						
	<b>Lunch</b> 12.00. to 1.45 p.m.						
	2 p.m. to 4 p.m.	Senior Judo	Junior 3rd/4th Kyu	Junior 5th/6th	Primary Grades	Kime-No-Kata	
	4.30 to 5.30	Randori					
<b>Thurs</b>	10 a.m. to 12	Senior Judo	Junior 3rd/4th Syll	Syllabus	Primary Grades	Kata Juniors	
	<b>FPJ Level 2</b> 10.00am to 4.30pm unless otherwise advised. Mat to be designated						
	<b>Lunch</b> 12.00 - 1.45 pm.						
	2p.m. to 4p.m.	Senior Judo	Syllabus	Syllabus	Syllabus	Kata Juniors	
	4.30 to 5.30	Randori					
<b>Fri</b>	10 a.m. to 12	Senior Judo Revision	Grading	Grading	Grading	Grading	
	<b>Lunch</b> 12.00. to 1.30 p.m.						
	12.00 to 3p.m.	Kyu Grading	Grading	Grading	Grading	Grading	
	2 p.m.	Dan Grading					
	<b>FPJ Level 2</b> 10.00am to 4.30pm unless otherwise advised. Mat to be designated						