

TIME TABLE

CROMER NATIONAL JUDO COURSE 2011

30 May to 3 June 2011

DAY	Session 1	Break	Session 2	Break	Session 3	Session 4	Afternoon Rest & Leisure Period
	10.00 -11.00		11.15 - 12.15	Lunch	1.30 - 2.30	2.30-3.30	
M O N D A Y	Mat 1 Gen Train JJ Mat 2 Gen Train JJ Mat 3 Mat 4 Kata GM MW PL Classroom: Full FPJ1 PG	11.00 to 11.15	Mat 1 Gen Train JJ Mat 2 Gen Train JJ Mat 3 Full FPJ 1 PG Mat 4 Kata GM MW PL	12.15 to 1.30	Mat 1 Gen Train JJ Mat 2 Gen Train JJ Mat 3 Full FPJ 1 PG Mat 4 Kata GM MW PL	Optional Mat 1 & 2 Randori Mat 4 Kata	4.00-5.00 Rounders Match
T U E S D A Y	Mat 1 Gen Train JJ Mat 2 Gen Train JJ Mat 3 Full FPJ1 PG Mat 4 Kata GM MW PL	11.00 to 11.15	Mat 1 Gen Train JJ Mat 2 Gen Train JJ Mat 3 Full FPJ1 PG Mat 4 Kata GM MW PL	12.15 to 1.30	Mat 1 Gen Train JJ Mat 2 Gen Train JJ Mat 3 Full FPJ1 PG Mat 4 Kata GM MW PL	Optional Mat 1 & 2 Randori Mat 4 Kata	4.00-5.00 Swimming
W E D N E S D A Y	Mat 1 Gen Train PL Mat 2 Gen Train PL Mat 3 Mat 4 Kata GM MW	11.00 to 11.15	Mat 1 Gen Train PL Mat 2 Gen Train PL Mat 3 Mat 4 Kata GM MW	12.15 to 1.30	Mat 1 Gen Train PL Mat 2 Gen Train PL Mat 3 Mat 4 Kata GM MW	Optional Mat 1 & 2 Randori Mat 4 Kata	4.00-5.00 Football/ Treasure Hunt
T H U R S D A Y	Mat 1 Gen Train/Revise RO MN Mat 2 Gen Train/Revise RO MN Mat 3 Jun Train/Revise SM Mat 4 Kata GM MW Classroom: Ref. STD	11.00 to 11.15	Mat 1 Train/Revise RO MN Mat 2 Train/Revise RO MN Mat 3 Train/Revise SM Mat 4 Kata GM MW Classroom: Ref.STD	12.15 to 1.30	Mat 1 Revision RO MN Mat 2 Revision RO MN Mat 3 Revision SM Mat 4 Kata GM MW Classroom: Ref.STD	Optional Mat 1 & 2 Randori Mat 4 Kata	4.00-5.00 Wide Game Buffet & Quiz @ Cricket Club
F R I D A Y	Mat 1,2,3 &4 JUNIOR GRADING RO/GRM/PL	To be advised	Mat 1,2,3 &4 JUNIOR & SENIOR GRADING RO/GRM/PL	To be advised	Mat 1 & 2 SENIOR GRADING RO/GRM/PL COURSE CLOSES 4.00pm Approx.		COURSE ENDS

Compiled by: BJC Nottinghamshire samantha.boswell@gmail.com Jan 2011

GM=Mr. Mealing, MW=Michiko Whyman, PL=Mr Laskey, JJ=Jamie Johnson, PG=Penny Grigg, MN=Maira Newton, AN= Tony Newton,SM=Mr. Merredew, RO= Mr. Otani, TG= Tony Grigg.