

TIME TABLE
CROMER NATIONAL JUDO COURSE 2013
26th to 31st May

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	
SUNDAY	Registration	9.15	11.00	Mat 1 Gen Train	NR NH	12.15	Mat 1 Gen Train	NR NH	Optional Mat 1 & 2 Randori NR	4.00-5.00
	Mat 1 Gen Train	NR NH		Mat 2 Gen Train	NR NH		Mat 2 Gen Train	NR NH		
	Mat 2 Gen Train	NR NH	to	Mat 3 Kata/Awards	MW PL	to	Mat 3 Kata/Awards	MW PL	Mat 4 Kata Masterclass GRM	Rounders Match ST SK
	Mat 3 Kata	MW PL	11.15	Mat 4 Kata Master class	GRM	1.30	Mat 4 Kata Master class	GRM		
	Mat 4 Kata Master class	GRM								
MONDAY	Registration	9.30	11.00	Mat 1 Gen Train	NR NH	12.15	Mat 1 Gen Train	NR NH	Optional Mat 1 & 2 Randori NR	4.00-5.00
	Mat 1 Gen Train	NR NH		Mat 2 Gen Train	NR NH		Mat 2 Gen Train	NR NH		
	Mat 2 Gen Train	NR NH	to	Mat 3 Kata	MW PL	to	Mat 3 Kata	MW PL	Mat 4 Kata Master class GRM	Football ST SK
	Mat 3 Kata	MW PL	11.15	Mat 4 Kata Master class	GRM	1.30	Mat 4 Kata Master class	GRM		
	Mat 4 Kata Master class	GRM								
Tuesday Day off , sun sea and explore Norfolk. (Games at the cricket club TBA)										
WEDNESDAY	Registration	9,30	11.00	Mat 1 Gen Train	PL MW	12.15	Mat 1 Gen Train	PL MW	Optional Mat 1 & 2 Randori JB NH	4.30
	Mat 1 Gen Train	PL MW		Mat 2 Gen Train	PL MW		Mat 2 Gen Train	PL MW		
	Mat 2 Gen Train	PL MW	to	Mat 3 Gen Train	PL MW	to	Mat 3 Gen Train	PL MW	Mat 4 Kata GRM LW	Swimming £1
	Mat 3 Gen Train	PL MW	11.15	Mat 4 Kata/Awards	GRM LW	1.30	Mat 4 Kata/Awards	GRM LW		
	Mat 4 Kata/Awards	GRM LW								
Classroom	First aid course	ML		Classroom	First aid course	ML	Classroom	First aid course	ML	
THURSDAY	Registration	9.30	11.00	Mat 1 Gen Train	RO MW	12.15	Mat 1 Gen Train	RO MW	Mat 1 & 2 Randori JB NH	7.30 Start
	Mat 1 Gen Train	RO MW		Mat 2 Gen Train	RO MW		Mat 2 Gen Train	RO MW		
	Mat 2 Gen Train	RO MW	to	Mat 3 Train/Revise	PL JB KB	to	Mat 3 Train/Revise	PL JB KB	Mat 4 Kata GRM LW	Buffet & Quiz @ Cricket Club
	Mat 3 Gen Train/Revise	PL JB KB	11.15	Mat 4 Kata/Awards	GRM LW	1.30	Mat 4 Kata/Awards	GRM LW		
	Mat 4 Kata/Awards	GRM LW								
FRIDAY	Registration	9.30	To be advised	Mat 1,2,3 &4		To be advise d	Mat 1 & 2		COURSE ENDS	
	Mat 1,2,3 &4									
	JUNIOR GRADING			JUNIOR & SENIOR GRADING			SENIOR GRADING	RO GRM PL		
	RO GRM PL			RO GRM PL			COURSE CLOSES 4.00pm Approx.			

Compiled by: Karl Barker & BJC Notts Area

RO = Mr Otani GR M= Mr Mealing PL= Paul Laskey, MW = Michiko Whyman, N R= Neil Roode. First Aid Course ML= Matthew Lish MPara Assistant instructors JB = Jonathan Boswell KB = Karl Barker LW = Len Witts ST = Steve Tongue SK = Steve Key NH= Nick Holmes