

BJC OXFORD SUMMER COURSE

28TH-31ST August 2015

PROGRAMME

(This programme may be amended by the organisers)

FRIDAY

TIME	MAT 1	MAT 2	MAT 3	MAT 4	MAT 5
9.30	REGISTRATION				
10.00	REI & WELCOME				
10.05-10.45	Bronze Uchikomi BR	Silver Uchikomi NH/JB/CA/JD	Gold Uchikomi RH	Masterclass Nage No Kata (Breaks to be Arranged) GRM	Coach Education AC
10.45-12.00	Bronze Standing Instruction SM/BR	Silver Standing Instruction NH/JB/CA/JD	Gold Standing Instruction RH/LE		Coach Education AC
12.00-1.30	Kata instruction BC		Kata Practice RC		Grading theory LW /BR
1.30-3.00	Bronze Groundwork Instruction AC	Silver Groundwork Instruction NH/JB/CA	Gold Groundwork Instruction RH/LE		<i>Open session For all grades</i>
3.00-4.00	Bronze Randori SM	Silver Randori NH	Gold Randori LE		

SATURDAY

TIME	MAT 1	MAT 2	MAT 3	MAT 4	MAT 5
9.30	REGISTRATION				
10.00	REI				
10.05-10.45	Bronze Uchikomi BR	Silver Uchikomi NH/JB/CA/JD	Gold Uchikomi RH	Masterclass Katame-No-Kata (Breaks to be arranged) GRM	Coach Education AC
10.45-12.00	Bronze Standing Instruction BR/YF	Silver Standing Instruction NH/JB/CA/JD	Gold Standing Instruction RH/AM		Grading Theory & Kata Examinations LW [BR]
12.00-1.30	Kata Instruction BC		Kata Practice RC		
1.30-3.00	Bronze Groundwork Instruction SM/JD	Silver Groundwork Instruction NH/JB/CA	Gold Groundwork Instruction RH/AM		
3.00-4.00	Bronze Randori JD	Silver Randori NH/JB/CA	Gold Randori AM		

SUNDAY

TIME	MAT 1	MAT 2	MAT 3	MAT 4	MAT 5
9.30	REGISTRATION				
10.00	REI				
10.05-10.45	Bronze Uchikomi SM	Silver Uchikomi NH/JB/CA	Gold Uchikomi RH	PRIMARY GRADING RANDORI LW (TIL 11.00)	JUNIOR GRADING UP TO ORANGE +3 BR (TIL 11.30)
10.45-12.00	Bronze General Instruction SM	Silver Standing Instruction NH/JB/CA	Gold Standing Instruction RH/AH	OUTSTANDING KATA EXAMINATIONS LW/ GRM	11.30-1.15 JUNIOR GRADING 3RD KYU + BR/AC
12.00-1.30	KATA INSTRUCTION BC				
1.30-3.00	Bronze Uchikomi Awards YF/JD	Silver Groundwork Instruction AC	Gold Standing Instruction RH/AH	SENIOR GRADING up to 4TH KYU LW	1.15-4.15 SENIOR GRADING 2ND KYU AND ABOVE BR/GRM/BC
3.00-4.00	Bronze Randori JD/YF	Silver Randori AC	Gold Randori AH		

MONDAY

9.30	Registration		
10.00-10.05	Rei		
10.05-12.00	Bronze & Silver General Instruction NH/JB	Gold General Instruction AC/RH/AH	Uchikomi awards Residual Grading examinations BR/BC/LW
12.00	Final awards, rei and course closes		

KEY TO INSTRUCTORS:

GRM = Mr Mealing

BC = Beryl Cooke

SM= Simon Mazzullo

AC = Alan Carlisle

BR= Bernard Richmond

RH = Roger Harris

AM = Andy Marshall

NH = Nick Holmes

LE= Les Eacock

AH = Aaron Harrison

LW = Len Witts

JB = Jonathon Boswell

RC = Bob Cleevely

YF = Yvette Fox

CA = Chloe Alvis

JD = Jordan Doherty

NOTES TO PROGRAMME

Which Course should you attend?

The **BRONZE** Course is designed to improved and develop **CORE JUDO SKILLS**.

The following grades should attend the **BRONZE** course

All primary grades except those with 3 blue tabs or brown tabs

All junior white belts, and yellow belts up to and including 3 orange tabs

All senior white and yellow belts.

The **SILVER** Course is designed to build on core skills and develop new more advanced skills.

The following grades should attend the **SILVER** course

All primary grades with 3 blue tabs or brown tabs

All junior orange belts and green belts up to and including 3 blue tabs

All senior orange and green belts

The **GOLD** Course is designed to cater for higher grades and those whose skills are more advanced.

The following grades should attend the **GOLD** Course.

Junior green belts with brown or black tabs

Senior blue and brown belts

All Dan grades

NOTE: *If any particular individual feels that they should attend a different course to the one set out above, he or she should speak to BERNARD RICHMOND or ALAN CARLISLE at the start of the course. Their decision will be final. Further, the organisers retain the right to move any individual to a different course for Health and Safety reasons.*

KATA

The Kata Masterclasses, run by Mr Mealing, last the whole day (Friday for Nage-No-Kata, Saturday for Katame-No-Kata). Participants must attend the whole session.

Kata instruction sessions are designed to teach and improve specific kata skills.

The Kata practice sessions are for participants to practice their kata in a supervised environment.

COACHING SESSIONS

These sessions are designed for those who are engaged in coaching at club and area level (and above) and will focus on the coaching skills required to develop "BJC Judo".