



AVON AREA British Judo Council



Autumn Course & Regional Grading

Venue:	Blackhorse Judo Club The Ridings Academy Sports Centre Off Flaxpits Lane Winterbourne Bristol BS36 1JL	Date:	Saturday 23 rd & Sunday 24 th September 2017
		Time:	10:00 - 16:00 (Both days)
		Lunch	12:30 - 13:30 (Not included)
		Check in	09:30 – Full day & Mornings 12.45 – Afternoons only

Cost	Both days	One day	½ day or Grading only
Under 16	£24.00	£15.00	£8.00
Seniors	£30.00	£18.00	£10.00

Guest Coach:

Futoshi Kurimoto Sensei - Kodokan 6th Dan.

About the course:

This event is an excellent general Judo tuition and training on both days. There is Primary, Junior and Senior Non-Contest Grading on the Saturday and also a Grading for Junior 3rd Kyu's and a point scoring Senior Grading on the Sunday. A current BJC, BJA or AJA Judo Licence must be shown when checking in and please ensure all Judogi's comply with BJC regulations.

The main focus of the course this year is to cover the use of basic judo techniques put together in combinations to create very skilful judo sequences. It is aimed at Primary and Junior club members through to Dan grades.



Timetable (Approximate):

Saturday	Mat 1	Mat 2
10:00 – 12:30	General Judo Coaching	Primary and Junior up to 3 rd Kyu Grading
12:30 – 13:30	Lunch break / Kata practise	Lunch break / Kata practise
13:30 – 16:00	General Judo Coaching	Senior up to 3 rd Kyu Grading
16:00	Formal close of course	

Sunday	Mat 1	Mat 2
10:00 – 12:30	General Judo Coaching	Junior 3 rd Kyu Grading
12:30 – 13:30	Lunch break / Kata practise	Lunch break / Kata practise
13:30 – 16:00	General Judo Coaching	Senior Kyu Grading (Point Scoring)
16:00	Formal close of course	

You can book in and pay on the day, or you can register in advance by using the form attached.

For the Grading, all technical requirements, syllabus and kata will be expected to be performed on the day. Kata may be pre-qualified if suitable arrangements are made by an Area ATO or an appropriate Kata Award has been achieved. Judoka from within the Avon Area may pre-qualify their kata with either the Area Grading Officer, Area Kata Officer or Area Technical Officer and a the appropriate signed and dated BJC Kata Sheet(s) submitted.



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Name of Judoka: _____ Date of Birth: _____
BJC Licence No: _____ Grade: _____
Club: _____ Club Coach: _____

Any medical conditions? Yes / No

Any allergies? Yes / No

Any medication taken / needed? Yes / No

If you have answered yes to any of the above please provide details along with any other relevant information that we may need to know (E.G.: special needs):

Attendees Contact Details: Parent / Guardian (if Judoka under 18)

Email address: _____

Telephone number: _____ Home/Mobile (delete as appropriate)

Emergency Contact:

Name: _____ Relationship to Judoka: _____

Telephone number: _____ Home/Mobile (delete as appropriate)

I am aware of and give permission for photographs and / or videos to be taken of the Course and Grading.

Signed: _____ Judoka (if aged 18+)

Signed: _____ Parent / Guardian (if Judoka under 18)

Closing date for entries: **Saturday 16th September 2017** – entries may still be taken after this date if spaces remain. Please note that this is a small course with a limit of 90 Judoka.

Please send all entry forms and mat fees to:

Matthew Hope – Area Secretary
174 Hillside Road
St George
Bristol BS5 7PR

Method of payment:

Cheque enclosed (payable to Avon Area BJC)
Cash or cheque on the day (Please do not send cash in the post)

For Avon Area BJC Use Only – Participating in Grading and a valid Full BJC Licence submitted

