



# Somerset Area British Judo Council



## 25<sup>th</sup> Anniversary Annual Winter Course & Enhancing BJC Skills Course with Jane Bridge

### Venue:

Robert Blake & Elmwood  
Sports Centre  
Hamp Avenue  
Bridgwater  
Somerset  
TA6 6AW

### Date:

Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> January 2018

### Time:

10:00 - 17:00 Saturday  
10:00 - 16:30 Sunday

### Lunch:

13:00 - 14:15

### Booking in

09:30 - Full day and Mornings  
14:00 - Afternoons only

Cost		Both days	One Day	½ day
Winter Course	Under 16 years	£24.00	£15.00	£8.00
Winter Course	Seniors	£30.00	£18.00	£10.00
Enhancing BJC Skills	Reg. BJC Coach	£35.00	£20.00	Not Applicable
Enhancing BJC Skills	BJC Member	£40.00	£25.00	Not Applicable
Enhancing BJC Skills	Non BJC Member	£50.00	£30.00	Not Applicable

### Guest Instructors:

Jane Bridge Sensei - 7<sup>th</sup>. Dan  
Futoshi Kurimoto Sensei - 6<sup>th</sup>. Dan



The Somerset Winter Course offers excellent general Judo tuition and training on both days. This course is aimed at Primary, Junior and Senior Judo grades from beginner to Dan Grade. We will be looking at basic Judo techniques put together in combinations to create very skilful Judo.

This year we will also be hosting the Jane Bridge Enhancing BJC Judo Skills Course. **Applications for places on Jane Bridge's course must be made to [admin@britishjudocouncil.org](mailto:admin@britishjudocouncil.org)** Please note that Jane Bridge's course is open to 3<sup>rd</sup>. Kyu and above from 14 yrs old.



Saturday	Mat 1	Mat 2	Mat 3
10:00 - 13:00	General Judo Coaching	General Judo Coaching	Enhancing BJC Skills
13:00 - 14:15	Lunch Break (Hot meals available)		
14:15 - 15:45	General Judo Coaching	General Judo Coaching	Enhancing BJC Skills
15:45 - 16:30	Dai Ni-Ju-Go-Kai Kan Geiko (Randori)		-
16:30 - 17:00	Traditional Sake(Rice Wine) toast to the new Year		-

Sunday	Mat 1	Mat 2	Mat 3
10:00 - 13:00	General Judo Coaching	General Judo Coaching	Enhancing BJC Skills
13:00 - 14:15	Lunch Break (Hot meals available)		
14:15 - 16:30	General Judo Coaching	General Judo Coaching	Enhancing BJC Skills

You may book in and pay on the day for the general course BUT Jane Bridge Enhancing BJC Skills Course must be pre booked by contacting [admin@britishjudocouncil.org](mailto:admin@britishjudocouncil.org) or telephoning 01692580900

Please contact John Macintyre at [somersetbjc@hotmail.com](mailto:somersetbjc@hotmail.com) or Facebook Kyo Kai Judo Club for further information.