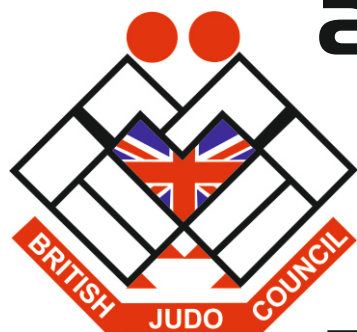


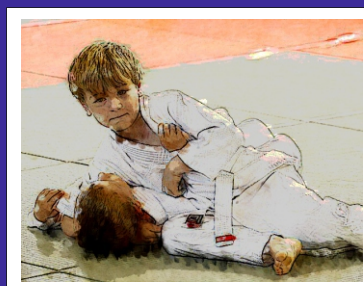
The BJC London &
South East Region
P R E S E N T



a PRESIDENTS Weekend Judo Course

22nd & 23rd November 2025
All Levels of Judo Experience Welcome

Technical
Judo
Randori
Kata



Something for Everyone!

St Albans JC - Batchwood Sports Club,
Batchwood Drive, St Albans AL3 5XA



The British Judo Council 37 High Street, Stalham, Norfolk, NR12 9AH.
Tel: 01692 580 900 ; Email: admin@britishjudocouncil.org



British Judo Council London & South East Presidents Course 2025



St Albans JC - Batchwood Sports Club, Batchwood Drive, St Albans AL3 5XA

Saturday 22nd : Registration opens 9.00 am

22 Nov 2025 - 23 Nov 2025
Time table and content subject to adaption.

**LONDON
SOUTH EAST
REGION**



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10.00 am	Welcome to the course and Introductions.	
	Mat 1 and 2 Personal Technical Judo Development	Mat 3 Kata
10.15 am	Developing Standing Techniques (experience relevant groups)	Kata Clinic
11.15 am	Comfort Break.	
11.30 am	Developing Groundwork Techniques (experience relevant groups)	Kata Clinic
12.30 pm	Lunch Break.	
1.30 pm	Developing Standing Techniques (experience relevant groups)	Kata Focus
2.30 pm	Comfort Break.	
2.45-3.45 pm	Developing Transitional Techniques (experience relevant groups)	Kata Focus
4.00-6.00 pm	Randori Open to All (If you cant make the full course then why not attend the randori)	

Sunday 23rd : Registration opens 9.15 am

10.00 am	Welcome Back to the course.		
	Mat 1	Mat 2	Mat 3
10.05 am	Groundwork Techniques (experience relevant groups)		Kata Clinic
11.30 am	Comfort Break.		
11.45 am	Standing Techniques (experience relevant groups)		Kata Clinic and Kata Focus
12.45 am	Lunch Break.		
1.30 pm	Developing Uchi Komi (experience relevant groups)		Kata Clinic and Kata Focus
2.30 pm	Comfort Break.		
2.45 pm- 4.00pm	Randori Open to All (If you cant make the full course then why not attend the randori)		

All Class's subject to change
Finish times are estimated

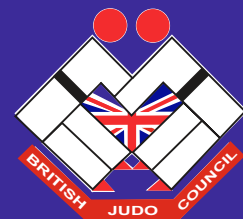
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Saturday 22nd & Sunday 23rd November 2025



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Useful Information

Acomodation

There are lots of hotels and accommodation at varing prices in the local area here is a selection, why not search trip advisor St Albans?

Premier Inn St Albans City Centre hotel.

1 Adelaide St, St Albans AL3 5BH www.premierinn.com.

Travelodge St. Albans City Centre

53 St Peter's St, St Albans AL1 3DY 0871 984 6577

St Michael's Manor Hotel

Fishpool St, St Albans AL3 4RY 01727 864444



Should I Bring the Family ?

There are many things to do for none Judoka in your family while you are on the Mat,

Roman Ruins, Great Christmas Shopping, and a World famous Cathedral are all close by.

Even getting into London via the local rail service is easy!
treat yourselves to a west end show!

Why not visit, the St Albans vistor guide at;
www.enjoystalbans.com/plan-your-visit/visitor-guide/

What do I need to participate ?

You will need with you a valid upto date BJC, BJA or AJA Licence,
We ask you use a plain, clean, white Judogi in keeping with BJC heritage. Don't forget your zoris to come to the mat in and please bring lots of enthusiasm and good sprits for a great weekend to make and renew some fantastic Judo friendships.
If you are unsure about anything ask your club coach
or contact the BJC head office on 01692 580 900.



This course is open to Judoka with a valid BJC, BJA or AJA licence.
Instruction will be given by qualified coaches who all have the relevant qualifications and up to date insurance and credentials.

In addition to the qualified coaches and senior grades there will be
Simon Mazzullo: BJC Technical Committee Member
Beryl Cooke : BJC Technical Committee Member

First aid and welfare support, as well as on site food and beverage will be available.

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