

National Judo Course



CROMER 2025

25th-30th May

See You There!

BJC Cromer Whitsun Course - Cromer Academy, North Norfolk, NR27 0EX
Email: admin@britishjudocouncil.org





Our Guest Instructor

DEBRA SMALL 4th DAN



Sunday 25th & Monday 26th May

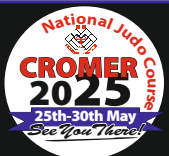
Debbie will be this years guest instructor and leading the Sunday and Monday sessions.

She is a BJC 4th Dan and is a current national coach with team BJC. Debbie has been actively involved in competing since she was a junior and has represented Great Britain in several top ranking events around the world, including winning medals in the World Masters. With a wealth of knowledge under her belt Debbie is looking forward to meeting and working you all.

Wednesday 28th May to Friday 30th May

Organisers and coaches throughout the rest of week will include; Annette Shaw, BJC Secretary and Course Administrator. Steve Merredew, Karl Barker, Roger Harris, Ricky Cleevely, Robert Cleevely, Gareth Merredew, Mark Avison, Riki Urquhart, Laurie Craig, Leigh Spinks, Tom Lish, Steve Tongue, Mitch Haines, Ian Vale, Matt Lish, Jonathan Fitches, Charlotte Haines.





B.J.C. National Cromer Course

Sunday 25th May 2025
Cromer High School, Norfolk

Course Administrators,
Annette Shaw, Roger Harris and Karl Barker
Kata, Bob Cleevely
Refereeing, Steve Merredew

N.B. Coaches
may change due
to circumstance
beyond the
organisers control

| Time | Mat 1 | Mat 2 | Mat 3 | Mat 4 |
|--------------|--|---------------|---------------|---|
| 9.00 | Course Registration & Booking In | | | Coaches Meeting |
| 9.45 | Lets Line Up! Course start, introductions and Safety Notices | | | |
| 10.00 -11.00 | <p align="center">Main Course Debbie Small & Assistants</p> <p align="center">Opening the Course with age and grade appropriate technical instruction, Warming up and Tachi Waza.</p> | | | |
| 11.00 -11.15 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 11.15 -12.15 | <p align="center">Main Course Debbie Small & Assistants</p> <p align="center">Tachi Waza key skills</p> | | | <p align="center">Bob Cleevely and Assistants Kata</p> |
| 12.15 -1.15 | Lunch Break | Lunch Break | Lunch Break | Lunch Break |
| 1.15 -2.15 | <p align="center">Main Course Debbie Small & Assistants</p> <p align="center">Exploring Tachi Waza and transitions</p> | | | <p align="center">Bob Cleevely and Assistants Kata</p> |
| 2.15 -2.30 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 2.30 -3.30 | <p align="center">Main Course Debbie Small & Assistants</p> <p align="center">Linking Tachi Waza skills to understanding controlled Randori.</p> | | | |
| 4.00 -5.00 | <p align="center">Keep Moving! Steve Tongue leads the off the mat activities</p> | | | |



B.J.C. National Cromer Course

Monday 26th May 2025

N.B. Coaches may change due to circumstance beyond the organisers control

| Time | Mat 1 | Mat 2 | Mat 3 | Mat 4 |
|--------------|--|---------------|-----------------|---|
| 9.30 | Booking In | | Coaches Meeting | |
| 10.00 | Lets Line Up! Course start, introductions of Vice President and Key Coaches and Safety Notices | | | |
| 10.05 -11.00 | Main Course Debbie Small & Assistants Judo specific warming up - Tachi Waza skill building | | | Bob Cleevely & Assistants Kata & Awards |
| 11.00 -11.15 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 11.15 -12.15 | Main Course Debbie Small & Assistants Tachi waza to Ne Waza transition skills | | | Karl Barker & Assistants Kata & Awards |
| 12.15 -1.15 | Lunch Break | Lunch Break | Lunch Break | Lunch Break |
| 1.15 -2.15 | Main Course Debbie Small & Assistants Warm up and Ne Waza development | | | Karl Barker & Assistants Kata & Awards |
| 2.15 -2.30 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 2.30 -3.30 | Main Course Debbie Small & Assistants Dynamic Uchi Komi & Structured Randori Practice | | | |
| 4.00 -5.00 | Keep Moving! Steve Tongue leads the off the mat activities | | | |

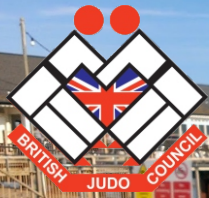


B.J.C. National Cromer Course

Tuesday 27th May 2025

N.B. Some Judoka may be seen eating fish chips and ice cream around the town

| Time | Mat 1 | Mat 2 | Mat 3 | Mat 4 |
|--------------|----------------------------|---------------|---------------|---------------|
| 9.30 | | | | |
| 10.00 | | | | |
| 10.05 -11.00 | <h1>It's A</h1> | | | |
| 11.00 -11.15 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 11.15 -12.15 | <h1>DAY OFF!</h1> | | | |
| 12.15 -1.15 | Lunch Break | Lunch Break | Lunch Break | Lunch Break |
| 1.15 -2.15 | <h1>RELAX & ENJOY</h1> | | | |
| 2.15 -2.30 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 2.30 -3.30 | <h1>CROMER</h1> | | | |
| 4.00 -5.00 | | | | |



Not just a Judo Course!



Cromer Beach



Kart Trak Cromer



Pavilion Theatre



Cromer Museum



Henry Blogg Museum



Cromer Lighthouse



Amazonia Zoo



Seal Watching





B.J.C. National Cromer Course

Wednesday 28th May 2025

N.B. Coaches may change due to circumstance beyond the organisers control

| Time | Mat 1 | Mat 2 | Mat 3 | Mat 4 |
|--------------|--|---------------|---|---|
| 9.30 | Booking In | | Coaches Meeting | |
| 10.00 | Lets Line Up! Course start, introductions and Safety Notices | | | |
| 10.05 -11.00 | Course Opening Mark Avison & Leigh Spinks & Assistant Judo specific warming up and General Judo Training | | Ian Vale & Jonathan Fitches Insight into Table Officiating Part 1 <small>(some activities may use a class room or off mat activies bring a pen & paper!)</small> | Karl Barker & Assistants Kata Clinic Specific to your needs |
| 11.00 -11.15 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 11.15 -12.15 | Tom Lish & Assistant General Judo Training Ne Waza | | Ian Vale & Jonathan Fitches Insight into Table Officiating Part 2 <small>(some activities may use a class room or off mat activies bring a pen & paper!)</small> | Karl Barker & Assistants Kata Clinic Specific to your needs |
| 12.15 -1.15 | Lunch Break | Lunch Break | Lunch Break | Lunch Break |
| 1.15 -2.15 | Mark Avison & Leigh Spinks & Assistant General Judo Training Tachi Waza | | Mitch Haines First Aid and the Judoka. <small>(some activities may use a class room or off mat activies bring a pen & paper!)</small> | Bob Cleevely & Assistants Kata Clinic Specific to your needs |
| 2.15 -2.30 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 2.30 -3.30 | Riki Urquhart and Laurie Craig Structured Senior Randori Training | | Jonathan Fitches & Charlotte Haines Junior Judo | Bob Cleevely & Assistants Kata Clinic Specific to your needs |
| 4.00 -5.00 | Keep Moving! Steve Tongue leads the off the mat activities | | | |



B.J.C. National Cromer Course

Thursday 29th May 2025

N.B. Coaches may change due to circumstance beyond the organisers control

| Time | Mat 1 | Mat 2 | Mat 3 | Mat 4 |
|--------------|---|-------|--|--|
| 9.30 | Booking In | | Coaches Meeting | |
| 10.00 | Lets Line Up! Course start, introductions and Safety Notices | | | |
| 10.05 -11.00 | Riki Urquhart and Laurie Craig Judo specific Tachiwaza warming up and Skill Development | | Steve Merredew & Gareth Merredew Referees Forum | Bob Cleevely & Matt Lish Specific Kata Focus |
| 11.00 -11.15 | Comfort Break | | Comfort Break | Comfort Break |
| 11.15 -12.15 | Tom Lish, Matt Lish Senior Skill Development | | Steve Merredew & Gareth Merredew Referees Forum | Bob Cleevely Specific Kata Focus |
| 12.15 -1.15 | Lunch Break | | Lunch Break | Lunch Break |
| 1.15 -2.15 | Gareth Merredew & Assistant Ne Waza Skill Building | | Laurie Craig Riki Urquhart Juniors Skill Development | Karl Barker & Assistants Kata & Awards |
| 2.15 -2.30 | Comfort Break | | Comfort Break | Comfort Break |
| 2.30 -3.30 | Mark Avison Structured Senior Randori Training | | Leigh Spinks Structured Junior Randori Training | Karl Barker & Assistants Kata & Awards |

4.00 -5.00

Its all "going on" in the Cricket Club TONIGHT!

Get your Glad Rags on! Its the famous BJC Cromer Course "Buffet and Quiz" Cost is £5 for adults and children over 10 : £3 for children under 10. Starts at 7pm.



B.J.C. National Cromer Course

Friday 30th May 2025

N.B. Coaches may change due to circumstance beyond the organisers control

| Time | Mat 1 | Mat 2 | Mat 3 | Mat 4 |
|--------------|--|---------------|-----------------|--|
| 9.30 | Booking In | | Coaches Meeting | |
| 10.00 | Lets Line Up! Course start, introductions and Safety Notices | | | |
| 10.05 -11.00 | Main Course Leigh Spinks & Assistants Judo specific warming up and General Judo Training | | | Matt Lish and assistants Kata Workshop |
| 11.00 -11.15 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 11.15 -12.15 | Grading and Examinations Mats & Examiners as required on the day | | | |
| 12.15 -1.15 | Lunch Break | Lunch Break | Lunch Break | Lunch Break |
| 1.15 -2.15 | Grading and Examinations Mats & Examiners as required on the day | | | |
| 2.15 -2.30 | Comfort Break | Comfort Break | Comfort Break | Comfort Break |
| 2.30 -3.30 | Grading and Examinations Mats & Examiners as required on the day | | | |
| 4.00 -5.00 | Presentation of Grades & close of course | | | |