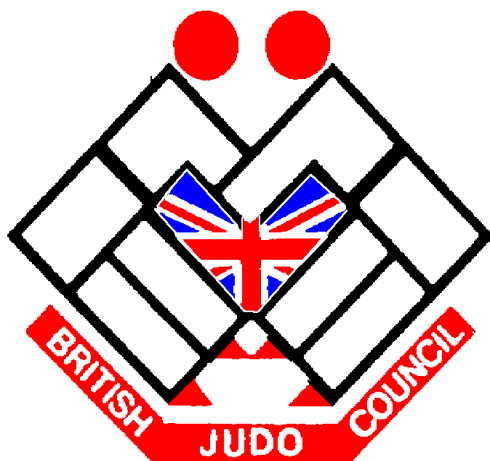


Cromer National Course 2010



MONDAY 31st MAY
TO
FRIDAY 4th JUNE

SENIOR TUTORS IN ATTENDANCE WILL BE:

Robin Otani	- President
Michiko Whyman Kodokan 6 th Dan	- Technical Adviser
G R Mealing 7 th Dan	- Vice President
Paul Laskey 6 th Dan	- NTC
Simon Mazzullo 6 th Dan	- BTC

Kings Chalet Park Mrs Jackie Anderson

01692-650591

Russell's of Cromer

01692-513139

Tourist board Cromer

01263-512497

REGISTRATION

Registration : This will be at 9.30 am daily for a 10.00 am start, please remember to book in every morning.

Bring your up-to-date licence with you, to registration.

Any senior wishing to take any qualifications should make this known to the registrar when booking in on the first day or on the enrolment form with this booklet .

Please enrol for the Cromer Course using the form in this booklet.

THE COURSE

There will be a full Judo programme of:
Randori, Kata, Coaching, Refereeing, Table Officials and Syllabus work for those who wish to brush up there theory for the grading on Friday.

Qualification course are as listed below.

General practice on Monday and Tuesday will be taken by Guest instructors:

Andy Marshall 5th Dan

Les Eacock 5th Dan

Other sessions will run by the Course Tutors and available assistants, including: Moira Newton 5th Dan, Pat Tipping 5th Dan, Penny Grigg 5th Dan, Steve Merredew 4th Dan, Leonard Witts 4th Dan

QUALIFICATION COURSES

Qualification Courses will be held on the following days:

Mon	10am FPJ 1 Techniques (revalidates L1 & L2) 2.30pm Level 1 Club Grading Administrator CGAd 3.30pm Level 1 Club Grading Assessor (CGA)
Mon & Tue	Var. Table Official Courses-open to parents
Tue & Wed	FPJ 2 Full Course
Wed	Various Refereeing Exams and Revalidations
Thur	10.00am Level 1 Club Grading Administrator

Notes:

The Level 1 - Club Grading Assessor (CGA) award requires three units:

- 1) Club Grading Administrator (CGAd) award - 1 hour classroom presentation & short written exam.
- 2) Club Grading Assessor - Classroom 1-2 hours
- 3) An FPJ 1 award dated 2009 onwards or the FPJ 1 Techniques Course (Also revalidates of FPJ 1&2)

The CGAd is a stand alone award also for non-members

TIME TABLE CROMER NATIONAL JUDO COURSE 2010 (31 May to 4 June 2010) R. OTANI 23-04-2010

DAY	Session 1	Break	Session 2	Break	Session 3	Afternoon Rest & Leisure Period	Session 4
	10.00 -11.15		11.30 - 12.45	Lunch	1.45 - 3.00		6.00-7.00
MONDAY	Mat 1 Gen Train AM LE Mat 2 Gen Train AM LE Mat 3 Revalid FPJ 1&2 RO PG Mat 4 Kata GM MW PL		Mat 1 Gen Train AM LE Mat 2 Gen Train AM LE Mat 3 Revalid FPJ 1&2 RO PG Mat 4 Kata GM MW PL		Mat 1 Gen Train AM LE Mat 2 Gen Train AM LE Mat 3 Revalid FPJ 1&2 RO PG Mat 4 Kata GM MW PL	4.00-5.30 Rounders Match	Optional Kata Randori
TUESDAY	Classroom: Introduction to Table Officials/Recorders PT CL		Classroom: Introduction toTable Officials/Recorders PT CL		Class:Table Official PT CL 2.30-3.30 L1 CGAd*	Class: 3.30-5.30 L1 CGA*	
WEDNESDAY	Mat 1 Gen Train AM LE Mat 2 Gen Train AM LE Mat 3 Mat 4 Kata GM MW PL		Mat 1 Gen Train AM LE Mat 2 Gen Train AM LE Mat 3 FPJ2 (12.15 cont. on mat) Mat 4 Kata GM MW PL		Mat 1 Gen Train AM LE Mat 2 Gen Train AM LE Mat 3 Full FPJ2 RO PG Mat 4 Kata GM MW PL	Mat 3 Full FPJ2	Optional Kata Randori
THURSDAY	Class room: Coach & Exam PT Timekeepers/Record/Scoreboard		Class room: Coach & Exam PT Timekeepers/Record/Scoreboard		Class room: Exam PT Timekeeper/Recorder	4.00-5.30 Treasure Hunt	
FRIDAY	Classroom: Full FPJ2 RO PG		Classroom: FPJ2 11.30am RO PG		Classroom: Referee continued SM TG	Mat 3 Full FPJ2 Football Match	Optional Kata Randori
SATURDAY	Mat 1 Gen Train PL Mat 2 Gen Train PL Mat 3 Full FPJ2 RO PG Mat 4 Kata GM MW		Mat 1 Gen Train PL Mat 2 Gen Train PL Mat 3 Full FPJ2 RO PG Mat 4 Kata GM MW		Mat 1 Gen Train PL Mat 2 Gen Train PL Mat 3 Full FPJ2 RO PG Mat 4 Kata GM MW		Optional Kata Randori
SUNDAY	Classroom: Referee, Training, Exams, & Revalidations SM TG		Classroom: Referee, Training, Exams, & Revalidations SM TG		Class: Referee continued SM TG		Optional Kata Randori
MONDAY	Mat 1 Gen Train/Revise RO MN Mat 2 Gen Train/Revise RO MN Mat 3 Jun. Train/Revise SM Mat 4 Kata GM MW		Mat 1 Train/Revise RO MN Mat 2 Train/Revise RO MN Mat 3 Train/Revise SM Mat 4 Kata GM MW		Mat 1 Revision RO MN Mat 2 Revision RO MN Mat 3 Revision SM Mat 4 Kata GM MW	4.00-5.30 Wide Game	Optional Kata Randori
TUESDAY	Classroom: L1 *CGAd PT						
WEDNESDAY	Mat 1,2,3 &4		Mat 1,2,3 &4		Mat 1 & 2		COURSE ENDS
THURSDAY	JUNIOR GRADING RO/GRM/PL		JUNIOR & SENIOR GRADING RO/GRM/PL		SENIOR GRADING RO/GRM/PL		
FRIDAY						COURSE CLOSES 4.00pm Approx.	

GM=Mr. Mealing, MW=Michiko Whyman, PL=Mr Laskey, PT=Pat Tipping, PG=Penny Grigg, MN=Maira Newton, AN= Tony Newton, AM= Andy Marshall, LE= Les Eacock, SM=Mr. Merredew, CL=Carol Laskey RO= Mr. Otani, TG= Tony Grigg. *CGA= Club Gradg Assessor, *CGAd= Club Gradg Administrator

B.J.C. NATIONAL WHITSUN COURSE CROMER 2010 BOOKING FORM

Please enter the approximate numbers interested in each of the following Courses :

Gen Primary } Gen Junior } Gen Senior } Kata } Time Keepers and Recorders } FPJ 1& 2 Revalidation } Referee }

FPJ 2 Full Course } Level 1 Club Grading Administrator } Level 1 Club Grading Assessor } Shudosha Awards }

NAME	ADDRESS		TEL. NO.	S=SENIORS J=JUNIORS P=PRIMARY			GRADE	B.J.C. NUMBER	AMOUNT £10 per person	Deposit
1.										
2.										
3.										
4.										
5.										
6.										
7.										
Course Fees	PRIMARY £36.00	JUNIOR £41.00	SENIOR £46.00	Total amount payable to B.J.C.						

Deposits to : - B.J.C. Head Office, 37, High Street, Stalham, Norfolk, NR12 9AH.

Photographs may be taken during the Course; please inform Officials if you do not wish your child to be photographed.

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