



**Lancashire Area Coaching Course
Fundamental Principals of Judo Level 1.
Sat 30th July and Sunday 31st July
This course will be directed by
Penny Grigg 5th Dan**

This course is open to all members of the British Judo Council. Places will be limited and you are advised to reserve your place as early as possible.

All bookings fully paid before the 1st of June 2011 will be discounted by **£5.00**

**Venue: - Our Lady of Lourdes School Grantham Rd.
Southport.**

Date: Sat & Sun 1st, 2nd of August

Full course fee: £30.00

Early Bookings with full payment: £25.00

Revalidation only: £20.00

Early Bookings with full payment: £15.00

Cheques must be made out to the:

British Judo Council Lancs Area.



Lancs Area F.P.J. Level 2 Application form.

Candidates requirements: -

1. Age 16 and above. (Date of Birth.....)
2. Holder of a current BJC Licence
3. Grade of 3rd Kyu and Above

Name.....

Grade.....

BJC Book Number.....

Club.....

Area.....

Address.....

.....

Cheque enclosed for the amount of :

.....

£30 F.P.J. Level 2.

£25.00 Early booking

£20.00. Revalidation only.

£15.00 Early booking

Cheques to be made out to the

British Judo Council Lancs Area, and sent to:

A.W. Newton 45, Chestnut St. Southport.

Merseyside. PR8 6

No refunds are made if the Candidate is unable to attend.



Time Table.

The B.J.C. Fundamental Principles of Judo Level 2, Coaching Award and Revalidation.

Saturday.

9. a.m. to 12.30 pm.:

Discussion and lecture in the classroom.

Pen and paper required.

Then on the mat in Judogi.

Standardisation of techniques; Teaching practical.

12.30 to 1.30. Lunch Break.

1.30 to 5 p.m.

Standardisation of techniques; Teaching practical.

Sunday

9.00 a.m. to 12 Noon:

On the mat in Judogi, teaching. practical.

12.30 p.m. to 5 p.m. Examinations.

British Judo Council Forthcoming Events 2011

1st May	BJC National Junior Championships	Hereford
3rd July	BJC AGM	Novotel Longford Coventry
17th July	Lancashire Area Champs.	Southport
30th/31st July	FPJ Level 1	Southport
1st to 5th Aug	Summer School.	Southport
4/5th Aug	FPJ Level 2	Southport
4th August	Area Grading	Southport
22nd/26th Aug	Bognor Summer School	Bognor Regis
18th Sept	Lancs Area Committee Meeting Referee's Course Same Day	Southport
25th Sept	BJC Welsh Junior Champs	Hereford
20th November	BJC Senior National Champs.	Hereford
26th/27th	Peterborough Area Weekend Course ORTON, Peterborough. Contact Head Office.	

**For full details and further information contact: -
Lancashire Area Representative.
A.W. Newton 45, Chestnut St. Southport. Merseyside.
Tel: - 01704-546-706**