



St Georges Day Training Session

Sunday 23rd April 2017

Venue: Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ

Time: 12:30 – 15:30

Timetable: 12:30 – 13:30 – Ground techniques
13:30 – 14:30 – Standing techniques
14:30 – 15:30 – Randori
15:30 – 16:00 – Pictures and Q&A

Special guest: Chris Sherrington, London 2012
Olympian & Glasgow 2014 Commonwealth Games
Gold medallist



Mat fee: £4.00 for all ages for the whole session or £3.00 for Randori only

Minimum age: 10 years old

Minimum grade: Yellow belt

Please note that this is an open training session and although it is primarily for the benefit of BJC members from the South West, other areas & BJA licence holders are welcome to attend.

To register your interest, please contact: matt.hope@katanajudokai.co.uk