



# AVON AREA British Judo Council



## FPJ LEVEL 1 COURSE 2018

<b>Venue:</b>	Shidokai Judo Club Scotch Horn Leisure Centre Brockway Nailsea Bristol BS48 1BZ	<b>Time</b>	(Saturday): 09:30 - 17:00 (Sunday): 09:30 - 16:00 Coffee & Registration : 09:00 (both days)
		<b>Cost:</b>	£35.00
		<b>Lunch arrangements</b>	There is a Café on site or please remember to bring your own lunch
<b>Date:</b>	Saturday 10 <sup>th</sup> & Sunday 11 <sup>th</sup> February 2018		
<b>Instructor:</b>	Penny Grigg- 5 <sup>th</sup> Dan - Blackhorse Judo Club		

### **About Penny:**

Penny is a 5<sup>th</sup> Dan chosen by Akinori Hosaka to take over the FPJ Coach Development Programme at the beginning of 2010. She started doing Judo in Cornwall in 1974, gained her 1<sup>st</sup> Dan at the age of 17 and went on to become BJC National Champion in both the U63K and Open Weight Women's Dan Grade categories in 1979. From 1980 to 1992 Penny was the Chief Instructor at the University of Bristol Judo Club. With a PhD in Educational Research, Penny currently runs two community Judo Clubs in the north of Bristol, carrying out active research into how to improve the learning experience for all beginners taking up the sport.

**Prerequisites:** Anyone wishing to obtain the FPJ 1 qualification will need to be a minimum of 16 years old and hold a minimum grade of 3<sup>rd</sup> kyu. Anyone who is younger than 16 or lower grade than a 3<sup>rd</sup> kyu may attend the course and will be awarded the FPJ 1 qualification upon turning 16 and obtaining their 3<sup>rd</sup> kyu.

All judoka wishing to participate must check in and present a full & in date licence **before** the start of the course.

- Any out of date licences must be renewed prior to the start of the course
- Any Judoka presenting an out of date licence **will not** be allowed onto the mat for insurance purposes.
- Please note, licences will be collected on Saturday morning and returned at the end of the course.

Closing date for entries: **Thursday 1<sup>st</sup> February 2018** or when spaces are full



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Name of Judoka: \_\_\_\_\_ Grade \_\_\_\_\_  
 BJC Licence number: \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Club \_\_\_\_\_ Club Coach \_\_\_\_\_

Any medical conditions? Yes / No

Any allergies? Yes / No

Any medication taken / needed? Yes / No

If you have answered yes to any of the above please provide details:

Any other relevant information that we may need to know (E.G.: special needs):

Contact Details:

Email address: \_\_\_\_\_  
 Telephone number: \_\_\_\_\_ Home/Mobile (delete as appropriate)

Emergency Contact:

Name: \_\_\_\_\_ Relationship to Judoka: \_\_\_\_\_  
 Telephone number: \_\_\_\_\_ Home/Mobile (delete as appropriate)

I am aware of and give permission for photographs and / or videos to be taken of the course

Signed: \_\_\_\_\_ Judoka (if aged 18+)

Signed: \_\_\_\_\_ Parent / Guardian (if Judoka under 18)

Closing date for entries: Thursday 1<sup>st</sup> February 2018 – entries may still be taken after this date if spaces remain. Please note that this is a small course with a limit of 50 Judoka.

Please send all entry forms and mat fees to:

Matthew Hope  
 174 Hillside Road  
 St George  
 Bristol  
 BS5 7PR

Method of payment:

Cheque enclosed (payable to Avon Area BJC)

Cash or cheque on the day (Please do not send cash in the post)
