

TIME TABLE

CROMER NATIONAL JUDO COURSE 2018

27th May – 1st June

The course will cover: Primaries, Juniors & Seniors Improving skills both standing and groundwork, Contest techniques, Kata instruction

(coaches are subject to change)

DAY	Session 1		Break	Session 2		Break	Session 3		Session 4	Afternoon Rest & Leisure Period
	10.00 -11.00			11.15 - 12.15			1.30 - 2.30			
SUNDAY	Registration	9.15							Optional	
	Mat 1 Gen Train	JS	11.00	Mat 1 Gen Train	JS	12.15	Mat 1 Gen Train	JS	Mat 1,2,3	
	Mat 2 Gen Train	JS	to	Mat 2 Gen Train	JS	to	Mat 2 Gen Train	JS	Randori JS	4.00-5.00
	Mat 3 Gen Train	JS	11.15	Mat 3 Gen Train	JS	1.30	Mat 3 Gen Train	JS	Mat 4 Kata	Rounders
	Mat 4 Kata/Awards	PL LW		Mat 4 Kata/Awards	PL LW		Mat 4 Kata/Award	PL LW	PL LW	Match
MONDAY	Registration	9.30		Mat 1 Gen Train	JS		Mat 1 Gen Train	JS	Optional	
	Mat 1 Gen Train	JS	11.00	Mat 2 Gen Train	JS	12.15	Mat 2 Gen Train	JS	Mat 1,2,3	4.00-5.00
	Mat 2 Gen Train	JS		Mat 3 Gen Train	JS		Mat 3 Gen Train	JS	Randori JS	
	Mat 3 Gen Train	JS	to	Mat 4 Kata/Awards	PL LW	to	Mat 4 Kata/Awards	PL LW	Mat 4 Kata	Football
	Mat 4 Kata/Awards	PL LW		Goshin Jutsu	GRM		Goshin Jutsu	GRM KB	PL LW	ST SK
	Goshin jutsu	GRM KB	11.15	KB		1.30				
	Classroom									
Supporting & coaching individuals with additional needs LC			supporting & coaching individuals with additional			Supporting & coaching individuals with additional needs LC				
Tuesday					Day off					
WEDNESDAY	Registration	9,30					Mat 1 Gen Train	All Judoka	Optional	
	Mat 1 Gen Train	PL KB	11.00	Mat 1 Gen Train	PL KB	12.15	Mat 2 Gen Train	& Coaches	Mat1	4.00
	Mat 2 Gen Train	JB NH		Mat 2 Gen Train	JB NH		Mat 3 Gen Train		Randori NH	
	Mat 3 Gen Train	RH RC	to	Mat 3 Gen Train	RH RC	to	Practical scoreboard training refereeing and recording		Mat 4 Kata	To Be Arranged
	Mat 4 Kata/Awards	GRM BC		Mat 4 Kata/Awards	GRM BC				GRM LW	
	Classroom		11.15			1.30				
Scoreboard Training	CL IV		Scoreboard Training	CL IV		Mat 4 Kata/Awards	GRM LW			
THURSDAY	Registration	9.30								
	Mat 1 Gen Train	NH RH JB	11.00	Mat 1 Gen Train	NH RH JB	12.15	Mat 1 Gen Train	NH RH JB	Mat 1 & 2	7.30 Start
	Mat 2 Gen Train	NH RH JB		Mat 2 Gen Train	NH RH JB		Mat 2 Gen Train	NH RH JB	Randori JB	
	Mat 3 Gen Train/Revise	LW BC	to	Mat 3 Train/Revise	LW BC	to	Mat 3 Train/Revise	LW BC		Buffet & Quiz @ Cricket Club
	Mat 4 Kata/Awards	GRM PL		Mat 4 Kata/Awards	GRM PL		Mat 4 Kata/Awards	GRM PL	Mat 4 Kata	
Classroom		11.15	Classroom		1.30	Classroom		GRM PL		
First Aid Course	ML		First Aid Course	ML		First Aid Course	ML			
FRIDAY	Registration	9.30								
	Mat 1,2,3 & 4		To be	Mat 1,2,3 & 4		To be	Mat 1 & 2		COURSE ENDS	
	JUNIOR GRADING	GRM PL	advised	JUNIOR & SENIOR GRADING	GRM PL	advised	SENIOR GRADING	GRM PL		
If traveling on Friday to grade please book before 10am			GRM PL			COURSE CLOSSES	4.00pm Approx.			

Compiled by: Karl Barker

GR M= Mr Mealing, PL= Paul Laskey, JS = John Smith, JB = Jonathan Boswell, KB = Karl Barker, RH = Roger Harris, NH = Nick Holmes, LW = Len Witts, BC= Bob Cleevely, RC Ricky Cleevely.

Activities ST = Steve Tongue, SK = Steve Key, Courses, ML = Matt Lish, LC = Lisa Cleevely, CL = Carol Laskey, IV = Ian Vale.