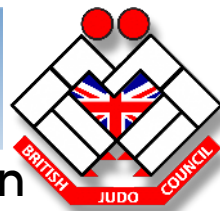


The British Judo Council 2018



Enhancing BJC Coaching Skills with Jane Bridge 8th Dan

Start or advance your coaching knowledge with a BJC Coaching Course



"Don't miss this course, You'll leave with a tool kit of skills to motivate and inspire your members"

Parts 1 & 2

The weekend will comprise of 2, 1 day units to cater for those who can only attend 1 day.
Attendance certificates will be issued for 1 or 2 day attendance
Accommodation details available from BJC Head office and to book yourself on this course contact
01692 580-900

5th - 6th May

**Open to those in a coaching capacity
from 3rd Kyu**

These courses are planned to integrate with the current FPJ level 1 & 2, and to give depth in aspects that have not yet been covered in detail by FPJ.



A brief summary of some subjects covered:

- How to create movement and rhythm for efficient judo
- Different means to prepare techniques
use of tori's body weight, uke's body weight, movement counter balance, action and reaction, combinations
- Mobility in ne-waza/transition into ne-waza.

Limited spaces!!!!!!
Call the BJC office on
01692 580900

**Batchwood Golf & Sports Centre
Batchwood Drive
St AIBANS
Herts
AL3 5XA**

| | Course Fees: | |
|-------------------------|--------------|-------------|
| BJC Registered Coaches: | £20/day | £35/weekend |
| Non Registered Coaches: | £25/day | £40/weekend |
| Non BJC | £30/day | £50/weekend |

Registration 9.30 course starts at 10.00