



Somerset Area British Judo Council

25th Anniversary Annual Winter Course & Enhancing BJC Skills Course with Jane Bridge



Venue:

Robert Blake & Elmwood
Sports Centre
Hamp Avenue
Bridgwater
Somerset
TA6 6AW

Date:

Saturday 27th & Sunday 28th January 2018

Time:

10:00 - 17:00 Saturday
10:00 - 16:30 Sunday

Lunch:

13:00 - 14:15

Booking in

09:30 - Full day and Mornings
14:00 - Afternoons only

Cost		Both days	One Day	½ day
Winter Course	Under 16 years	£24.00	£15.00	£8.00
Winter Course	Seniors	£30.00	£18.00	£10.00
Enhancing BJC Skills	Reg. BJC Coach	£35.00	£20.00	Not Applicable
Enhancing BJC Skills	BJC Member	£40.00	£25.00	Not Applicable
Enhancing BJC Skills	Non BJC Member	£50.00	£30.00	Not Applicable

Guest Instructors:

Jane Bridge Sensei - 8th. Dan
Futoshi Kurimoto Sensei - 6th. Dan



The Somerset Winter Course offers excellent general Judo tuition and training on both days. This course is aimed at Primary, Junior and Senior Judo grades from beginner to Dan Grade. We will be looking at basic Judo techniques put together in combinations to create very skilful Judo.

This year we will also be hosting the Jane Bridge Enhancing BJC Judo Skills Course. **Applications for places on Jane Bridge's course must be made to admin@britishjudocouncil.org** Please note that Jane Bridge's course is open to 3rd. Kyu and above from 14 yrs old.



Saturday	Mat 1	Mat 2	Mat 3
10:00 - 13:00	General Judo Coaching	General Judo Coaching	Enhancing BJC Skills
13:00 - 14:15	Lunch Break (Hot meals available)		
14:15 - 15:45	General Judo Coaching	General Judo Coaching	Enhancing BJC Skills
15:45 - 16:30	Dai Ni-Ju-Go-Kai Kan Geiko (Randori)		
16:30 - 17:00	Traditional Sake(Rice Wine) toast to the new Year		

Sunday	Mat 1	Mat 2	Mat 3
10:00 - 13:00	General Judo Coaching	General Judo Coaching	Enhancing BJC Skills
13:00 - 14:15	Lunch Break (Hot meals available)		
14:15 - 16:30	General Judo Coaching	General Judo Coaching	Enhancing BJC Skills

You may book in and pay on the day for the general course BUT Jane Bridge Enhancing BJC Skills Course must be pre booked by contacting admin@britishjudocouncil.org or telephoning 01692580900

Please contact John Macintyre at somersetbjc@hotmail.com or Facebook Kyo Kai Judo Club for further information.