



PRESIDENT'S COURSE PROGRAMME 25th/ 26th September 2021

TIME	DOJO 1			DOJO 2
	MAT 1	MAT 2	MAT 3	MAT 4
SATURDAY 10.00am	REI AND WELCOME			
10.05 – 10.50am	WARM -UP & UCHIKOMI TRAINING			
10.50am- 12.30pm	SENIOR INSTRUCTION	PRIMARY/JUNIOR INSTRUCTION	KATA	COACH INSTRUCTION
12.30-1.30pm	LUNCH			
1.30-3.30pm	SENIOR INSTRUCTION	PRIMARY/JUNIOR INSTRUCTION	KATA	COACH INSTRUCTION
3.45-5.00pm	STRUCTURED RANDORI TRAINING			
SUNDAY 10.00am	REI & WELCOME			
10.05-10.50am	WARM-UP & UCHI KOMI TRAINING			
10.50am- 12.30pm	SENIOR INSTRUCTION	PRIMARY/JUNIOR INSTRUCTION	KATA	COACH INSTRUCTION
12.30-1.30pm	LUNCH			
1.30-2.30	SENIOR INSTRUCTION	PRIMARY/JUNIOR INSTRUCTION	KATA	REFEREE REVISION
2.30-4.00pm	COMPETITION PRACTICE & REFEREE PRACTICE			
	<i>A chance to blow away the cobwebs with some competition practice & a chance for the referees to dust off some rust....</i>			
4.00pm	FINAL REI & ALL HELP TO PUT AWAY MATS			

Course Coaching Team:

Course Director & Uchi komi sessions– Bernard Richmond 6th Dan.

Lead Senior Instructor –Simon Mazzullo 7th Dan. Assistant Senior Instructor – Ian Bailey 6th Dan.

Lead Junior Instructor – Roger Harris 5th Dan. Assistant Junior Instructor -Ricky Cleevely 5th Dan

Assistant Junior Instructor – Craig Robbins 4th Dan

Lead Coaching Instruction – Alan Carlisle 6th Dan. Lead Referee trainer - Paul Laskey 7th Dan

Lead Kata Instructor – Beryl Cooke 7th Dan Assistant Kata Instructor – Bob Cleevely 3rd Dan.

COVID AWARENESS

If you wish to wear a mask when not training your welcome to do so.

IF YOU ARE FEELING UNWELL OR EXPERINCING ANY COVID SYMPTONS PLEASE DO NOT ATTEND.