



**BRITISH
JUDO
COUNCIL**

CROMER COURSE

SUNDAY SCHEDULE

**24TH
MAY**

📍 **VENUE MATS: 1-4 (KATA ON MAT 4)**

TIME	SESSION	MAT 1 & MAT 2	MAT 3	MAT 4 KATA
9:00	 COURSE REGISTRATION	COURSE REGISTRATION: Annette Shaw and don't forget to bring your Licence		
9:45	 WELCOME ON THE MAT			
10:00 – 11:00	 WARM-UP	Craig Robbins – focused on improving your standing techniques (Tachi-waza)		 GENERAL KATA JB, KB, BC
11:00 – 11:15	 COMFORT BREAK			
11:15 – 12:15	 WARM-UP	Craig Robbins – Dominate the Ground with Ne Waza Turnovers		 GENERAL KATA JB, KB, BC
12:15 – 1:15	 LUNCH BREAK			
1:15 – 2:15	 WARM-UP	Craig Robbins – Uchi Komi: The Foundation of Champion Throws		 GENERAL KATA JB, KB, BC
2:15 – 2:30	 COMFORT BREAK			
2:30 – 3:30	 WARM-UP	Craig Robbins – Winning Techniques Starts with Grips & Setups		 GENERAL KATA JB, KB, BC
4:00 – 5:00	 OFF THE MAT SESSION WITH STEVE TONGUE	Football – Rounders – Volleyball		

KEY:

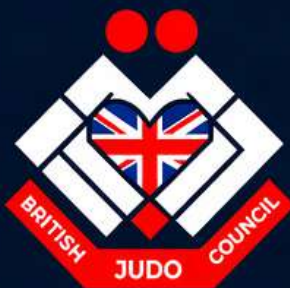
BC (Beryl Cooke)

JB (Jonathan Boswell)

BC (Bob Cleevely)

KB (Karl Barker)

 **ADDRESS:** Cromer Academy, Norwich Road, Cromer NR27 0EX











**BRITISH
JUDO
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CROMER COURSE

MONDAY SCHEDULE

**25TH
MAY**

📍 **VENUE MATS: 1-4 (KATA ON MAT 4)**

TIME	SESSION	MAT 1 & MAT 2	MAT 3	MAT 4 KATA
9:00	 COURSE REGISTRATION	COURSE REGISTRATION: Annette Shaw and don't forget to bring your Licence		
9:45	 WELCOME ON THE MAT			
10:00 – 11:00	 WARM-UP	Craig Robbins – Building balance, timing, and control through Tai Otoshi	Tori & Lisa	 Juno Kata focus & General kata KB, JB, BC.
11:00 – 11:15	 COMFORT BREAK			
11:15 – 12:15		Craig Robbins – Ne Waza : Precision grips. Effortless turnovers	Tori & Lisa	 Juno Kata focus & General kata KB, JB, BC
12:15 – 1:15	 LUNCH BREAK			
1:15 – 2:15	 WARM-UP	Craig Robbins – Uchi Komi: right or Left: Build real skill, not one-sided habits.	Tori & Lisa	 Juno Kata focus & General kata KB, JB, BC
2:15 – 2:30	 COMFORT BREAK			
2:30 – 3:30		Craig Robbins – Learn the grips and setups that make techniques work	Tori & Lisa	 Juno Kata focus & General kata KB, JB, BC
4:00 – 5:00	 OFF THE MAT SESSION WITH STEVE TONGUE	Football – Rounders – Volleyball		


KEY:

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**BRITISH
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CROMER COURSE



**TUESDAY 26TH MAY
REST DAY**



**TAKE TIME TO RELAX, EXPLORE
AND ENJOY CROMER!**

It's your day to unwind and explore everything this beautiful seaside town and the **Norfolk coast** has to offer.

THINGS TO SEE & DO



CROMER PIER

Enjoy stunning sea views, arcade games and classic seaside fun.



EXPLORE THE TOWN

Boutique shops, cafes and local treats await you in Cromer.



SCENIC WALKS

Walk the beautiful Norfolk Coast Path and take in breathtaking views.



HAPPISBURGH LIGHTHOUSE

Visit this iconic landmark and enjoy the surrounding beach and dunes.



BURE VALLEY RAILWAY

Step back in time with a scenic ride through the Norfolk countryside.



FELBRIGG HALL

Discover a stunning country house, gardens and fascinating history.



LOCAL FOOD & DRINK

Enjoy fresh seafood, traditional pubs and delicious local flavours.



RELAX & RECHARGE

Take time for yourself, relax by the sea and come back refreshed!

ENJOY YOUR DAY OFF - YOU'VE EARNED IT!

SEE YOU BACK ON THE MATS TOMORROW!



CROMER, NORFOLK

A PERFECT PLACE TO REST, EXPLORE & ENJOY!







**BRITISH
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CROMER COURSE

WEDNESDAY SCHEDULE **27TH MAY**

📍 **VENUE MATS: 1-4 (KATA ON MAT 4)**

TIME	SESSION	MAT 1 & MAT 2	MAT 3	MAT 4 KATA
9:00	 COURSE REGISTRATION	COURSE REGISTRATION: Annette Shaw and don't forget to bring your Licence		
9:45	 WELCOME ON THE MAT			
10:00 - 11:00	 WARM-UP with John Sanders	Mark / Isaac		 Prequalifying assessment grading KB, JB, BC, ML, YF
11:00 - 11:15	 COMFORT BREAK			
11:15 - 12:15		Mitch / Charlotte		 Prequalifying assessment grading KB, JB, BC, ML, YF
12:15 - 1:15	 LUNCH BREAK			
1:15 - 2:15	 WARM-UP with Jit Parmar	Leigh Spinks		 Prequalifying assessment grading KB, JB, BC, ML, YF
2:15 - 2:30	 COMFORT BREAK			
2:30 - 3:30		Ricky Cleevely		 Prequalifying assessment grading KB, JB, BC, ML, YF
4:00 - 5:00	 OFF THE MAT SESSION WITH STEVE TONGUE	Football - Rounders - Volleyball		

KEY: **JB** (Jonathan Boswell) | **BC** (Bob Cleevely) | **KB** (Karl Barker) | **ML** (Matt Lish) | **YF** (Yvette Fox)

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**BRITISH
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CROMER COURSE

THURSDAY SCHEDULE

**28TH
MAY**

📍 **VENUE MATS: 1-4 (KATA ON MAT 4)**

TIME	SESSION	MAT 1 & MAT 2	MAT 3	MAT 4 KATA
9:00	 COURSE REGISTRATION	COURSE REGISTRATION: Annette Shaw and don't forget to bring your Licence		
9:45	 WELCOME ON THE MAT			
10:00 - 11:00	 WARM-UP	Ricky / Aga		 Prequalifying assessment grading KB, JB, BC, ML, YF
11:00 - 11:15	 COMFORT BREAK			
11:15 - 12:15	 WARM-UP	Matt / Tom / Paddy		 Prequalifying assessment grading KB, JB, BC, ML, YF
12:15 - 1:15	 LUNCH BREAK			
1:15 - 2:15	 WARM-UP	Laurie Craig	Syllabus Assessment	 Prequalifying assessment grading KB, JB, BC, ML, YF
2:15 - 2:30	 COMFORT BREAK			
2:30 - 3:30	 WARM-UP	Gareth Merredew	Syllabus Assessment	 Prequalifying assessment grading KB, JB, BC, ML, YF
4:00 - 5:00	 OFF THE MAT SESSION WITH STEVE TONGUE	Football – Rounders – Volleyball		

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BRITISH
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FRIDAY SCHEDULE

29TH
MAY

📍 VENUE MATS: 1-4 (KATA ON MAT 4)

TIME	SESSION	MAT 1 & MAT 2	MAT 3	MAT 4 KATA
9:00	 COURSE REGISTRATION	COURSE REGISTRATION: Annette Shaw and don't forget to bring your Licence		
9:45	 WELCOME ON THE MAT			
10:00 - 11:00	 WARM UP	Sessions by Team coaches	Grading Syllabus	 Prequalifying assessment grading KB, JB, BC, ML, YF
11:00 - 11:15	 COMFORT BREAK			
11:15 - 12:15		Sessions by Team coaches	Grading Assessments	 Prequalifying assessment grading KB, JB, BC, ML, YF
12:15 - 1:15	 LUNCH BREAK			
1:15 - 2:15	 WARM UP	Grading Assessments	Grading Assessments	 Prequalifying assessment grading KB, JB, BC, ML, YF
2:15 - 2:30	 COMFORT BREAK			
2:30 - 3:30		Grading Assessments	Grading Assessments	 Prequalifying assessment grading KB, JB, BC, ML, YF
4:00 - 5:00		PRESENTATIONS		

KEY: **JB** (Jonathan Boswell) | **BC** (Bob Cleevly) | **KB** (Karl Barker) | **ML** (Matt Lish) | **YF** (Yvette Fox)

📍 ADDRESS: Cromer Academy, Norwich Road, Cromer NR27 0EX