

BJC North London Area Kata Course

Venue: Luton School of Judo Club, Putteridge Recreation Centre, Putteridge Road, Luton, Bedfordshire, LU2 8HQ

Date: Sunday 6th June, 2010 **Time:** 10.00 am – 2.00pm

The North London Area is providing this course to all judoka who wish to learn, practice and improve their kata.

- ❑ Learning Kata for the first time
- ❑ Getting up to standard for the BJC National Grading Event or Area Grading
- ❑ Improving your technique and understanding of Kata
- ❑ Coaches refining technique for use in their own club environment

Kata instruction available

- ❑ Nage-no-kata
- ❑ Katame-no-kata
- ❑ Juno-kata
- ❑ Kime-no-kata

Course fee: £6.00

To allow the course organisers to cater for the needs of all attendees your place on the course must be booked in advance by emailing, writing or telephoning Darren Rolph – 130 Putteridge Road, Luton, Bedfordshire, LU2 8HQ : Email – darren@lutonjudo.co.uk : Tel - 07779331129

(Please fill in and return by 2nd June)

Name		Club	
Age		Grade	
Contact Number			
Email			
Kata Required			