

## FPJ1 Course

NB This course has limited places available so early booking is essential. Minimum requirements are 3<sup>rd</sup> kyu and age 16yrs. If the course is oversubscribed a full refund will be made to unsuccessful applicants.

I would like to attend the FPJ1 course on 20<sup>th</sup> and 21<sup>st</sup> February 2010 and enclose the course fee full amount of £30.

Name:..... Telephone No:.....

Address:..... Club:.....

..... Area:.....

..... Grade:.....

## General Course

I would like to attend the Mercia Judokwai Judo Course on 20<sup>th</sup>/21<sup>st</sup> February 2010.

NB If grading, there is a **pre-requirement** that the technical aspects of the grading examination have been completed and a grading card is submitted on the day.

Name:..... Telephone No:.....

Address:..... Club:.....

..... Area:.....

..... Grade:.....Age.....

Email address:.....

Day attending:            Sat/Sun/Both            Grading:            Yes/No

Fee enclosed:	Senior £30 (both days)	£17 (one day)
	Junior £17 (both days)	£12 (one day)
	Family £54 (both days – 2 children)	£33 (one day)
	£61 (both days – 3 children)	£37 (one day)

Make cheque payable to Mercia Judokwai and send to:  
Keith Dawson, 3 The Green, Bonehill, TAMWORTH, Staffs, B78 3HW

**Further information from:** Keith Dawson (01827 289406) or Len Witts (01509 821750)



In association with the Midland & Nottinghamshire Areas of the BJC



Present



their annual course

# Judo 2010

## February 20<sup>th</sup> - 21<sup>st</sup> 2010

At

**The Rawlett Community Sports College**  
**Comberford Road**  
**TAMWORTH**  
**Staffs**  
**B79 9AA**

**Further information from:** Keith Dawson (01827 289406) or Len Witts (01509 821750)

## COACHES ATTENDING INCLUDE

Sensei Robin Otani – President of the BJC

Sensei A. Hosaka – 8<sup>th</sup> Dan (BJC Technical Advisor)

Sensei G R Mealing – 7<sup>th</sup> Dan (BJC Vice President BJC)

Ray Stevens – 6<sup>th</sup> Dan

John Cole – 6<sup>th</sup> Dan

Andy Marshall – 5<sup>th</sup> Dan

Len Witts – 4<sup>th</sup> Dan

Roger Harris – 4<sup>th</sup> Dan

Jon Boswell – 4<sup>th</sup> Dan

& other BJC Dan grades

## COURSE COSTS

	Senior	Junior
Weekend	£30	£17
Day	£17	£12

A family discount is available to members of the same family. Parent and first child pay the full amount, subsequent children pay £7 for two days and £4 for one day.

Pre-registration is strongly recommended. See back page for booking form.

Enquiries Tel:01827 289406 email: [keith@merciajudokwai.co.uk](mailto:keith@merciajudokwai.co.uk)

*Further information from:* Keith Dawson (01827 289406) or Len Witts (01509 821750)

We are pleased to invite you to our Annual Judo Weekend. Once again, we are offering a mixture of competition training, kata work, Fundamental Principles (FPJ1) and a regional grading.

Mercia Judokwai is host to the British Judo Council's Team BJC training centre at Rawlett Community Sports College. We are affiliated to the Midland Area of the BJC and close friends of the Nottinghamshire Area. We are grateful for their support with this course.

During the course there will be three mat areas designated for general judo and gradings, plus two further mat areas, in a quiet dojo, dedicated to Fundamental Principles under the guidance of Mr Hosaka and Kata under the expert eye of Mr Mealing.

We welcome Ray Stevens, 6<sup>th</sup> Dan who many of you will know from BJC National courses in the past and our course in 2008. As well as an Olympic Silver Medallist (1992), Ray was European Silver Medallist in 1993, Commonwealth Games champion in 1986 & 1990 and champion of several British National competitions.

Please note that an up to date license (with a photograph) of an approved judo organisation must be produced on the day in order to attend any of the sessions. Only BJC license holders may grade.

You may choose to bring a packed lunch with you or you can purchase snacks/sandwiches from our club café. Lunches can be pre-booked each day.

Registration takes place each day at 9.00 until 9.45. Please allow time to register and change so as to be on the mat for a 10.00am start.

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