

**16th. Annual
Somerset Course
+ Kan Geiko**

Saturday 24th. & Sunday 25th. January 2009
Robert Blake Science College
Hamp Avenue
Bridgwater Somerset

Name.....

Address.....

Telephone.....

B.J.C. Number..... Grade.....

Age (If under 16 yrs.).....

I understand that Judo is a contact sport with risk of injury.

Signature.....

Date.....

In the event of the applicant being under age the signature of the parent or guardian MUST be affixed.

Parent/Guardian Sig.

Date.....

**Phone (01278)
429637 to check on
places available**

**16th. Annual
Somerset
Course
Kan Geiko
Contest Grading
and Training.**

**Robert Blake Science
College**

Hamp Avenue Bridgwater

- Many high grade instructors including Chief Instructor; Hosaka Sensei 8th. Dan Kodokan
- Large Mat Areas; separate training area for Senior and Junior/Primary grades.
- Junior and Primary programme run by fully qualified teachers, fully CRB checked.
- Mini Contest, with medals, for Junior and Primary Grades on Saturday afternoon.
- Contest training Session Kan Geiko (Winter Training) followed by the Traditional toast to the new year with Japanese Rice Wine (Sake).
- Contest Grading for **3rd. Kyu (Green Belt) and above**, including **Dan Grading**.
- Full catering facilities, lunches and snacks available.

Somerset Area B.J.C.
Presents



**16th. Annual
Somerset
Course**

+

**Dai Ju-roku-Kai
Kan Geiko
Contest Grading
and Training.**

Chief Instructor

Akinori Hosaka

8th. Dan Kodokan

24th. & 25th. January 2008

16th. Annual Somerset Course
 +
Dai Ju-roku-Kai Kan Geiko
Contest Grading and Training.
Robert Blake Science College
Hamp Avenue, Bridgwater
Somerset

Timetable

Saturday 24th. January

9.30 a.m.	Booking - in	
10.00 a.m.	Opening of Course followed by Newaza (Groundwork) Coaching	(All Mats)
11.30 a.m.	Coffee Break	
11.45 a.m.	Tachi Waza (Standing Techniques)	(All Mats)
12.45 p.m.	Light Randori session	(Mats 1 + 2)
	Supervised Kata Practice	(Mat 3)
1.15 p.m.	Lunch (lunches are available but should be pre-booked)	
2.15 p.m.	Primary & Junior Contest Practice (with medals)	(Mat 3)
2.30 p.m.	Senior Coaching	(Mat 1 + 2)
4.00 p.m.	Coffee Break	
4.30 p.m.	Dai Ju-roku-Kai Kan Geiko (Contest Randori)	(Mat 1 + 2)
5.30 p.m.	Traditional Rice Wine (Sake) Toast to the New Year	

Sunday 25th. January

9.30 a.m.	Booking - in	
10.00 a.m.	Tachi Waza (Standing Techniques)	(All Mats)
11.15 a.m.	Coffee Break	
11.30 a.m.	Ne Waza (Groundwork Technique)	(Mats 1 + 2)
	Supervised Theory + Kata Practice	(Mat 3)
12.30 p.m.	Light Randori Session	(Mats 1 + 2)
1.00 p.m.	Lunch (lunches are available but should be pre-booked)	
1.30 p.m.	Contest Grading - Starting with 3rd. Kyu (Junior & Senior)	(Mats 1 + 2)
2.00 p.m. - 4.00 p.m.	Kata Training	(Mat 3)
4.30 p.m.	Presentation of Grades followed by the Close of Course	

Applications
should be sent with
a cheque for the
deposit of £5.00 to:

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John G. MacIntyre
The Maples
108 Wembdon Road
Bridgwater
Somerset
TA6 7QS
or e-mail

SomersetBJC@hotmail.com

The full cost of the
course including Grading
is £20.00 for Seniors and
£15.00 for Inrs and Prs.

Options available;

One day Snr £15.00

One day Inr & Pr. £12.00

Half day (or Grading)

Snr £10.00 Inr. £7.00

cheques should be made

payable to

Kyo Kai Judo Club

