

NEW STYLE BJC PRESIDENTS COURSE

Kingsbury Community and Youth Centre
Pear Tree Avenue, Kingsbury, Tamworth B78 2LG

OFFICIAL PROGRAMME
25TH - 26TH SEPTEMBER

Contact BJC HQ:

Telephone: 01692 580 900

Email: admin@britishjudocouncil.org

The British Judo Council

37 High Street, Stalham, Norfolk, NR12 9AH

Address from the President Robin Otani and Course Director Bernard Richmond



I have many fond memories of the President Courses, and this sentiment has often been reflected to me by the membership over the years. The Presidents courses were a superb event for bringing together the BJC regional areas and strengthening the links between members. I am delighted that the format is to be reintroduced with the focus on BJC values and FPJ Judo. For these courses to be successful it is essential that coaches and clubs encourage all their members to participate, enjoy and benefit from the experiences they provide.

Robin Otani - BJC President.



Traditionally, the President's Courses were a highlight of the BJC Calendar. They provided an opportunity for BJC members to come together and focus on everything good about this organisation. Importantly, they also represented an opportunity to remind ourselves about the essentials of BJC Judo. Finally, there was usually an opportunity to grade - indeed I remember a horrible line up to grade to 2nd Dan and a challenging pool to grade to 4th Dan, both at President's Courses. Post lockdown, it is more important than ever that we celebrate everything good in judo and, even more important, that we reinforce those strong ties which make the BJC what it is.

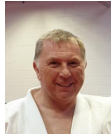
I hope you will enjoy the weekend.

Bernard Richmond- Course Director.

PLEASE NOTE - for the first of these courses only, there will be no grading as many clubs have only recently returned to practice.

Meet the Instructors

Senior Instructors



Simon Mazzullo 7th Dan



Ian Bailey 6th Dan

Primary/ Junior Instructors



Roger Harris 5th Dan



Ricky Cleevely 5th Dan



Craig Robbin 4th Dan

Kata Coaching Instructors



Beryl Cooke 7th Dan



Bob Cleevely 3rd Dan

Coaches training



Alan Carlisle 6th Dan

Referee training



Paul Laskey 7th Dan

Child protection Officer



Lisa Cleevely 1st Dan

Lead First aider



Mitch Haines 3rd Dan



COURSE PROGRAMME

SATURDAY

The course has 4 mat areas which specialist sessions for Kata, Seniors, Juniors and Coaches.

Time	Mat			
	1	2	3	4
10.00 – 10.05am	Welcome			
10.05 – 10.50am	Warm up and Uchikomi training			
10.50am – 12.30pm	Senior instruction	Junior instruction	Kata	Coach instruction
12.30 – 1.30pm	Lunch			
1.30 – 3.30pm	Senior instruction	Junior instruction	Kata	Coach instruction
3.30 – 3.45pm	Break			
3.45 – 5.00pm	Structured Randori training			

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.

TWO DAY COURSE FEE;

OVER 18 YEARS £40
UNDER 18 YEARS £30

DAILY RATES ARE AVAILABLE ON REQUEST.



COURSE PROGRAMME

SUNDAY

The course has 4 mat areas which specialise sessions for Kata, Seniors, Juniors and Coaches.



Time	Mat			
	1	2	3	4
10.00 – 10.05am	Welcome			
10.05 – 10.50am	Warm up and Uchikomi training			
10.50am – 12.30pm	Senior instruction	Junior instruction	Kata	Coach instruction
12.30 – 1.30pm	Lunch			
1.30 – 2.30pm	Senior instruction	Junior instruction	Kata	Referee revision
2.30 – 4.00pm	Contest and referee practice			
4.00 – 4.10pm	Course close			

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What to expect.

Uchi Komi session:

Dust off the cobwebs and get the muscle memory working to start each day. Also a chance to earn Uchi Komi Award certificates.

Primary/Junior/Senior Instruction:

Our general Judo coaching is aimed at getting you back into training, with sessions and skill practices designed to improve and develop all abilities

Kata:

Led by Beryl Cook, an open mat for anyone wishing to practise their kata or get tips on how to improve. Assessments towards future gradings also being marked.

Coach Instruction:

Led by Alan Carlisle, topics for these sessions will include- helping coaches to time manage, efficiently correcting students, methods of randori & presentation skills.

Referee revision:

Led by Paul Laskey, recap of the BJC contest rules, particularly the updates made in the 2019 version of the rules.

Competition & Referee practise:

A chance for Judoka & referees to practice in a relaxed atmosphere with no medals but valuable feedback for the referees coming back to competition after Covid-19.

Kingsbury community centre

Accommodation within approx 5 miles of venue.

Hotels

Premier Inn , North (Sutton Coldfield), Tamworth South and Tamworth Central.

<https://www.premierinn.com/gb/en/home.html>

Lea Marston Hotel - <https://www.learmarstonhotel.co.uk/> - 01675 470 468

Moor Hall Hotel - <https://www.moorhallhotel.co.uk/> - 0121 308 3751

The Grimscote Manor Hotel - <https://grimscotemanor.co.uk/> - 01675 464 222

Brook Marston Farm - <https://www.brook-hotels.co.uk/hotels/brook-marston-farm-hotel-sutton-coldfield-/tamworth.html> - 01827 872133

Cuttlebridge Inn - <https://cuttlebridgeinn.co.uk/> - 01675 475626

Accommodation to rent& guest houses

Littlebridge Cottage - <https://www.littlebridgecottage.com/>

Langley cottage guest House - <http://langleycottageguesthouse.co.uk/> - 01675 463 083

Kingsbury caravan and camping park - Glamping pods

<https://www.campingandcaravanningclub.co.uk/ReadyCamp/locations/glamping-central-england/glamping-in-sutton-coldfield/kingsbury/#section-club-site>

Ye Olde Station Guest House Birmingham, Shustoke.

Abbey Farm B & B - <http://www.abbeyfarmbandb.co.uk/> - 01827 715091

Touring Caravans, Motorhomes and Tents.

Kingsbury caravan & Camping park -

<https://www.campingandcaravanningclub.co.uk/campsites/uk/west-midlands/sutton-coldfield/kingsbury-water-park-camping-and-caravanning-club-site/#PitchAvailability>

Marston Caravan & Camping park - <https://marsten-caravan-camping-park.business.site/>
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What next?...



Date	Event	Location
2 nd /3 rd October 2021	The Lakes course	Staveley Village Hall, LA8 9LY
10 th October 2021	BJC National Squad Training	Batchwood Sports & Golf Centre, St Albans, AL3 5XA
14 th November 2021	Southampton Samurai Annual Championship	Woodlands Community College, Minstead Avenue, Harefield, Southampton, SO18 5FW
21 st November 2021	BJC Open National Championship	Kettering Arena Sports, Thurston Drive, Kettering, NN15 6PB
12 th December 2021	BJC National Squad Training	Batchwood Sports & Golf Centre, St Albans, AL3 5XA
23 rd January 2022	BJC National Squad Training	Kingsbury Community Centre, Pear Tree Ave, Kingsbury, B78 2LG -