



A UNIQUE JUDO FAMILY EXPERIENCE
Making Memories

BJC Cromer Whitsun Course - Cromer Academy, North Norfolk, NR27 0EX
Email: admin@britishjudocouncil.org





Our Guest Instructor **RICKY CLEEVELY**



5th DAN

Sunday 26th & Monday 27th May

Ricky will be this years guest instructor and leading the Sunday and Monday sessions.

He is a BJC 5th Dan and is a current member of the British Kata Team, having represented Great Britain in several top ranking events around the world, including the World Championships.

Ricky is still one of the BJC's youngest contest 5th Dans and he is looking forward to meeting and working with you all at this years BJC Cromer National Course.

Wednesday 28th May to Friday 30th May

Organisers and coaches throughout the rest of week will include; Annette Shaw, BJC Secretary and Course Administrator. Alan Carlisle, Steve Merredew, Karl Barker, Roger Harris, Ricky Cleevely, Robert Cleevely, Gareth Merredew, Mark Avison, Riki Urquhart, Laurie Craig, Tom Lish, Steve Tongue, Mitch Haines, Ian Vale, Matt Lish, Jonathan Fitches, Charlotte Haines.





B.J.C. National Cromer Course

Sunday 25th May 2024
Cromer High School, Norfolk

Technical liaison Officer, Alan Carlisle
Course Administrators,
Annette Shaw, Roger Harris and Karl Barker
Kata, Bob Cleevely
Refereeing, Steve Merredew

N.B. Coaches
may change due
to circumstance
beyond the
organisers control

Time	Mat 1	Mat 2	Mat 3	Mat 4
9.00	Course Registration & Booking In		Coaches Meeting	
9.45	Lets Line Up! Course start, introductions and Safety Notices			
10.00 -11.00	<p>Main Course Ricky Cleevely & Assistants Opening the Course with age and grade appropriate technical instruction, Warming up and Tachi Waza.</p>			
11.00 -11.15	Comfort Break	Comfort Break	Comfort Break	Comfort Break
11.15 -12.15	<p>Main Course Ricky Cleevely & Assistants Tachi Waza key skills</p>			<p>Bob Cleevely and Assistants Kata</p>
12.15 -1.15	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1.15 -2.15	<p>Main Course Ricky Cleevely & Assistants Exploring Tachi Waza and transitions</p>			<p>Bob Cleevely and Assistants Kata</p>
2.15 -2.30	Comfort Break	Comfort Break	Comfort Break	Comfort Break
2.30 -3.30	<p>Main Course Ricky Cleevely & Assistants Linking Tachi Waza skills to understanding controlled Randori.</p>			
4.00 -5.00	Keep Moving! Steve Tongue & Karl Barker lead the off the mat activities			



B.J.C. National Cromer Course

Monday 26th May 2024

N.B. Coaches may change due to circumstance beyond the organisers control

Time	Mat 1	Mat 2	Mat 3	Mat 4
9.30	Booking In		Coaches Meeting	
10.00	Lets Line Up! Course start, introductions of Vice President and Key Coaches and Safety Notices			
10.05 -11.00	Main Course Ricky Cleevely & Assistants Judo specific warming up - Tachi Waza skill building			Bob Cleevely & Assistants Kata & Awards
11.00 -11.15	Comfort Break	Comfort Break	Comfort Break	Comfort Break
11.15 -12.15	Main Course Ricky Cleevely & Assistants Tachi waza to Ne Waza transition skills			Karl Barker & Assistants Kata & Awards
12.15 -1.15	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1.15 -2.15	Main Course Ricky Cleevely & Assistants Warm up and Ne Waza development			Karl Barker & Assistants Kata & Awards
2.15 -2.30	Comfort Break	Comfort Break	Comfort Break	Comfort Break
2.30 -3.30	Main Course Ricky Cleevely & Assistants Dynamic Uchi Komi & Structured Randori Practice			
4.00 -5.00	Keep Moving! Steve Tongue & Karl Barker lead the off the mat activities			



B.J.C. National Cromer Course

Tuesday 27th May 2024

N.B. Some Judoka may be seen eating fish chips and ice cream around the town

Time	Mat 1	Mat 2	Mat 3	Mat 4
9.30				
10.00				
10.05 -11.00	<h1>It's A</h1>			
11.00 -11.15				Comfort Break
11.15 -12.15	<h1>DAY OFF!</h1>			
12.15 -1.15	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1.15 -2.15	<h1>RELAX & ENJOY</h1>			
2.15 -2.30	Comfort Break	Comfort Break	Comfort Break	Comfort Break
2.30 -3.30	<h1>CROMER</h1>			
4.00 -5.00				



Not just a Judo Course!



Cromer Beach



Kart Trak Cromer



Pavilion Theatre



Cromer Museum



Henry Blogg Museum



Cromer Lighthouse



Amazonia Zoo



Seal Watching



B.J.C. National Cromer Course

Wednesday 28th May 2024

N.B. Coaches may change due to circumstance beyond the organisers control

Time	Mat 1	Mat 2	Mat 3	Mat 4
9.30	Booking In		Coaches Meeting	
10.00	Lets Line Up! Course start, introductions and Safety Notices			
10.05 -11.00	Main Course Tom Lish & Assistant Judo specific warming up and General Judo Training		Ian Vale & Jonathan Fitches Insight into Table Officiating Part 1 <small>(some activities may use a class room or off mat activies bring a pen & paper!)</small>	Karl Barker & Assistants Kata Clinic Specific to your needs
11.00 -11.15	Comfort Break	Comfort Break	Comfort Break	Comfort Break
11.15 -12.15	Main Course Mark Avison & Assistant General Judo Training Ne Waza		Ian Vale & Jonathan Fitches Insight into Table Officiating Part 2 <small>(some activities may use a class room or off mat activies bring a pen & paper!)</small>	Karl Barker & Assistants Kata Clinic Specific to your needs
12.15 -1.15	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1.15 -2.15	Gareth Merredew & Assistant General Judo Training Tachi Waza		Mitch Haines First Aid and the Judoka. <small>(some activities may use a class room or off mat activies bring a pen & paper!)</small>	Bob Cleevely & Assistants Kata Clinic Specific to your needs
2.15 -2.30	Comfort Break	Comfort Break	Comfort Break	Comfort Break
2.30 -3.30	Riki Urquhart and Laurie Craig Structured Senior Randori Training		Jonathan Fitches & Charlotte Haines Junior Judo	Bob Cleevely & Assistants Kata Clinic Specific to your needs
4.00 -5.00	Keep Moving! Steve Tongue & Karl Barker lead the off the mat activities			



B.J.C. National Cromer Course

Thursday 29 May 2024

N.B. Coaches may change due to circumstance beyond the organisers control

Time	Mat 1	Mat 2	Mat 3	Mat 4
9.30	Booking In		Coaches Meeting	
10.00	Lets Line Up! Course start, introductions and Safety Notices			
10.05 -11.00	Riki Urquhart and Laurie Craig Judo specific Tachiwaza warming up and Skill Development		Steve Merredew & Gareth Merredew Referees Forum	Ricky Cleevely & Bob Cleevely Specific Kata Focus
11.00 -11.15	Comfort Break	Comfort Break	Comfort Break	Comfort Break
11.15 -12.15	Main Course, Mark Avison & Assistant Ne Waza Skill Building		Steve Merredew & Gareth Merredew Referees Forum	Ricky Cleevely & Bob Cleevely Specific Kata Focus
12.15 -1.15	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1.15 -2.15	Tom Lish, Matt Lish Senior Skill Development		Laurie Craig Juniors Skill Development	Karl Barker & Assistants Kata & Awards
2.15 -2.30	Comfort Break	Comfort Break	Comfort Break	Comfort Break
2.30 -3.30	Gareth Merredew Structured Senior Randori Training		Riki Urquhart Structured Junior Randori Training	Karl Barker & Assistants Kata & Awards

4.00 -5.00

Its all "going on" in the Cricket Club TONIGHT!

Get your Glad Rags on! Its the famous BJC Cromer Course "Buffet and Quiz" Cost is £5 for adults and children over 10 : £3 for children under 10. Starts at 7pm.



B.J.C. National Cromer Course

Friday 30th May 2024

N.B. Coaches may change due to circumstance beyond the organisers control

Time	Mat 1	Mat 2	Mat 3	Mat 4
9.30	Booking In		Coaches Meeting	
10.00	Lets Line Up! Course start, introductions and Safety Notices			
10.05 -11.00	Main Course Mark Avison & Assistants Judo specific warming up and General Judo Training		A.Carlisle R.Harris, K.Barker B Cleevly Grading Administration	Matt Lish and assistants Kata Workshop
11.00 -11.15	Comfort Break	Comfort Break	Comfort Break	Comfort Break
11.15 -12.15	Grading and Examinations Mats & Examiners as required on the day			
12.15 -1.15	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1.15 -2.15	Grading and Examinations Mats & Examiners as required on the day			
2.15 -2.30	Comfort Break	Comfort Break	Comfort Break	Comfort Break
2.30 -3.30	Grading and Examinations Mats & Examiners as required on the day			
4.00 -5.00	Presentation of Grades & close of course			