

# NORTH EAST TECHNICAL EVENTS

# BRITISH JUDO

## PREPARATION FOR PERFORMANCE BLOCK 4 NEWBURN

Sunday 17<sup>th</sup> July 2011  
Newburn Activity Centre,  
Newcastle upon Tyne  
NE15 8ND

Time: 10.00am to 3.30pm  
Cost: £3.00

The Preparation 4 Performance sessions are developed through partnership with Nigel Donohue, England Coach and GB Performance Analyst. The first block was well attended by players who all worked very hard and picked up some valuable key fundamentals and performance building techniques. Coaches are strongly recommended to get involved in these sessions so they can help and deliver the contents back in the club environment.



strong - gentle  
beautiful  
women and girls in judo

## BRITISH JUDO ASSOCIATION WOMEN AND GIRLS SESSION

SATURDAY 30<sup>TH</sup> JULY 2011

Don't miss this fantastic opportunity to meet and train alongside your female friends in a fun, challenging and interactive learning environment. Attending this session we are pleased to have the following guest coaches:

Chloe Cowen 5<sup>th</sup> Dan  
Kerry Finney 5<sup>th</sup> Dan

Cost: £5.00

Book-in: 11.30pm

Session: 12:00 am to 4:00pm

Venue: Temple Park Leisure  
Centre, South Shields, Tyne &  
Wear. NE34 8QN

No prior registration is required; however it would be appreciated if you could let us know your coming to help with the session organisation.

## JUDO FITNESS AWARD

BRITISH JUDO ASSOCIATION  
SQA

The BJA would like to offer coaches and instructors the opportunity to participate in our 'Judo Speed, Agility and Quickness and Judo Agility' course which is part of our Shape Up for Success initiative.

Venue: Eston Sports Academy,  
Normanby Road, Middlesbrough,  
Cleveland, TS6 9AE  
Tutors: Chloe Cowen & Joyce Heron

Date: 7<sup>th</sup> August 2011  
Booking in: 9.00 – 09.30  
Session: 09.30 – 16.00  
Cost: £10.00

BOOKING REQUIRED VIA BJA  
CALENDAR OF EVENTS.

## Evening Coach Revalidation - Tachi-Waza to Ne-Waza 25<sup>th</sup> July 2011

TIMES : from 6.00pm to 10.00pm.

VENUE : Temple Park Leisure Centre, John Reid Road, South Shields, Tyne and Wear, NE34 8QN.

ORGANISER/CONTACT : Chloe Cowen, BJA Technical Officer on 07967 778114 or email as below.

COST : £10.00 per candidate (cheques made payable to the British Judo Association please).

APPLICATIONS : to Ms. C. Cowen, 4 Moor View, Ryton, Tyne and Wear, NE40 3TP.

COURSE CONTENT : The course will look at how to teach techniques through to skill development, in Tachi-Waza through to Ne-Waza.

**THIS COURSE IS SUITABLE FOR THOSE CANDIDATES SEEKING COACH OR INSTRUCTOR REVALIDATION.**

For any further information on Coach Education, technical issues or any of the courses advertised here, contact:

Chloé Cowen

BJA Technical Officer (North  
East)

[chloe.cowen@britishjudo.org.uk](mailto:chloe.cowen@britishjudo.org.uk)

M: 07967778114