

SEPTEMBER 2011

## JUDO FITNESS AWARD

Gymnastics for Judo

**6<sup>th</sup> November 2011**

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

### Venue

Ashington Judo Club, YMCA North View, Ashington, Northumberland, NE63 9XQ

### Tutors

Lisa Houston, Gymnastics Coach and Former Gymnast  
Chloe Cowen 5th Dan, BJA Technical Officer North East

### Booking in

9.30 – 10.00

### Session

10.00 – 16.00

### Cost

£10.00

Prior registration is required, please complete entry form below on the BJA calendar of Events, places are limited. For further information please contact, Chloe Cowen BJA Technical Officer, see contact information below.



## COACHING RE-VALIDATION EVENT

Teaching Technique to Skill  
Tachi Waza to Newaza

**13<sup>TH</sup> October 2011**

### Venue

Grange Road, Newburn, Newcastle-upon-Tyne, Tyne and Wear, NE15 8ND

### Tutors

Chloe Cowen BJA Technical Officer

### Booking in

17:45 – 18.00

### Session

18.00 – 22.00

### Cost

£10.00

(Cheques made payable to the British Judo Association please).

CLOSING DATE: 6th. October, 2011.

## TIME KEEPERS COURSE

**19<sup>th</sup> & 20<sup>th</sup> November 2011**

This course is for 14years+ and is open to anyone who has a good understanding of judo terms, parents included. The course will consist of a theory and practical course on day 1 followed by an assessment at South Shields Development Competition on day 2.

### Venue

DAY 1: Comfort House, South Shields, Tyne and Wear, NE33 2JL  
DAY 2: Temple Park Leisure Centre

### Tutor

Jill West

### Booking in

10.15 – 10.30

### Session

10.00 – 15.00

### Cost

£5.00

Places are limited, so be quick to reserve your space by contacting Chloe, see below.

## BJA Instructor Award Course

**Dates: 22nd/23rd October 2011**

Venue: Gateshead Leisure Centre, Alexandra Road, Gateshead NE8 4JA

Course Fee: £40.00

Age and Grade: Minimum Age 17 years - Minimum Grade 1st Kyu

Register by: Monday 10th October 2011 by logging onto the BJA Calendar of events and book on through online entries.