

"SHAPE UP FOR SUCCESS IN JUDO"

WORKSHOP FOR COACHES & INSTRUCTORS



"Shape Up For Success in Judo" is one of the major initiatives in the British Judo's Strategic Plan for the period 2009 - 2013. This workshop will introduce Coaches and Instructors to the initiative, giving them a chance to comment and be involved in the shaping its development going forward.

The theme for the workshop will be long term player development with the focus and emphasis on the fun and fitness aspect of judo.

- **FUN**damentals: Judo Games (agility, balance, co-ordination with self and partner)
- Pre-Start: Judo Agility and SAQ* (skill games, judo agility, sharp movement patterns)
- Start: Aerobic (aerobic base)
- Start: Strength (strength)
- Potential: All emphasis on Judo specific anaerobic

* SAQ = Speed, Agility and Quickness

If you would like to attend this event please complete the application form and send to Chloe Cowen (BJA Technical Officer) at the address details below.

Please make cheques payable to the **British Judo Association**.

Venue: Bexhill Amateur Athletic Community Association
The Sports Centre, Little Common Road, Bexhill On Sea,
East Sussex, TN394HU

Tutors: BJA Technical Officers

Date: Sunday 26nd July 2009

Session: 9.30pm – 3.00 pm

Fee: £10.00

Revalidation: This event qualifies as a revalidation event

Contact: Chris Doherty (BJA Technical Officer - South East)
9 Glebe Road
Didcot, Oxfordshire
OX11 8PL

E-mail: chrisdoherty@britishjudo.org.uk

Mobile: 079677 81663

Closing Date: 20th July 2009 – book early to ensure a place.

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1. Name	
Contact Address	
Telephone No.	
Club	
BJA Membership No.	

2. Name	
Contact Address	
Telephone No.	
Club	
BJA Membership No.	

3. Name	
Contact Address	
Telephone No.	
Club	
BJA Membership No.	

4. Name	
Contact Address	
Telephone No.	
Club	
BJA Membership No.	

Send application and cheque (made payable to the British Judo Association) to:
Chris Doherty (BJA Technical Officer - South East) 9 Glebe Road, Didcot, Oxfordshire, OX11 8PL

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