

# "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 Kerry Finney (BJA Technical Officer) at the address details below.

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

**Venue:** **SKK Judo Club**  
Leigh Street  
Newton-Le-Willows  
WA12 9NH

**Tutors:** BJA Technical Officers

**Date:** Sunday 7<sup>th</sup> February 2010

**Session:** 1.00pm – 5.00 pm

**Fee:** £10.00

**Revalidation:** This event qualifies as a revalidation event

**Contact:** Kerry Finney (BJA Technical Officer - North West)  
7 Speakman Avenue  
Newton Le Willows  
NE40 3TP

E-mail: [kerry.finne@britishjudo.org.uk](mailto:kerry.finne@britishjudo.org.uk)

Mobile: 07967 778121

Closing Date: 29<sup>th</sup> January 2010 – book early to ensure a place.

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<b>1. Name</b>	
<b>Contact Address</b>	
<b>Telephone No.</b>	
<b>Club</b>	
<b>BJA Membership No.</b>	

<b>2. Name</b>	
<b>Contact Address</b>	
<b>Telephone No.</b>	
<b>Club</b>	
<b>BJA Membership No.</b>	

<b>3. Name</b>	
<b>Contact Address</b>	
<b>Telephone No.</b>	
<b>Club</b>	
<b>BJA Membership No.</b>	

<b>4. Name</b>	
<b>Contact Address</b>	
<b>Telephone No.</b>	
<b>Club</b>	
<b>BJA Membership No.</b>	

***Send application and cheque (made payable to the British Judo Association) to:***

***Kerry Finney • BJA Technical Officer • 7 Speakman Avenue • Newton le Willows • WA12 ONW***