

“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: Redcar Judo Club
Ings Farm Primary School
Stirling Road
Redcar

Tutors: BJA Technical Officers

Date: Sunday, 14th Feb, 2010

Session: 11.00am – 3.30 pm

Fee: £10.00

Revalidation: This event qualifies as a revalidation event

Contact: Chloe Cowen (BJA Technical Officer - North East)
4 Moor View
Ryton
Tyne and Wear
NE40 3TP

E-mail: chloecowen@britishjudo.org.uk

Mobile: 07967 778114

Closing Date: 1st Feb 2010 – 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:

Chloe Cowen • BJA Technical Officer • 4 Moor View • Ryton • Tyne and Wear • NE40 3TP