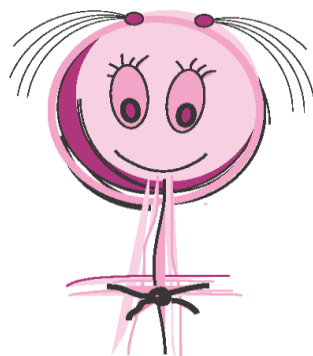


BRITISH JUDO ASSOCIATION
NATIONAL WOMEN AND GIRLS SESSION
WEDNESDAY 15TH FEBRUARY 2012



strong · gentle
beautiful
women and girls in judo

**** AN OPPORTUNITY NOT TO BE MISSED ****

BRITISH JUDO WOULD LIKE TO INVITE YOU TO A WOMEN'S AND GIRLS' ONLY SESSION

IN THE YORKSHIRE & HUMBERSIDE AREA

SUPPORTED BY YORK R.I. JUDO CLUB.

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:

Joyce Heron
6th Dan, Olympian and World Medallist

Venue: York Railway Institute Judo Club, Queen Street, York, YO24 1AD

Cost: £3.00

Book-in: 12.30 pm

Session: 1.00 pm to 5.00 pm

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

Contact Kerry by email: kerry.finney@britishjudo.org.uk or mob: 0796 777 8121 to pre book onto the session.

Or

Dermot Heslop BJA Technical Officer, dermot.heslop@britishjudo.org.uk or Mobile: 07976216447

All Women and Girls involved in judo over 12 years of age welcome.