

The BJA would like to offer coaches and instructors the opportunity to participate in our ‘Judo Gymnastics’ course for coaches and instructors.

This is one of the first modules attached to our Judo Fitness Award which is in the process of being developed. The aim of ‘Judo Gymnastics’ is to through gymnastic activities and processes, develop young judo players with good body control and awareness, enabling them to potentially perform more efficiently technically and competitively in our sport, from grass roots through to future elite level.

If you are interested in attending this course please contact the BJA Technical Officer for your area (details below). Please note you will be required to bring a young person with you to work with (7 - 15 years of age). Consent form for parent’s permission will be sent out once application has been received.

Venue: Wycombe Judo Centre, Barry Close, High Wycombe, HP12 4 YE

Tutors: Lisa Houston - Gymnastics Coach and Former Gymnast
 Chris Doherty 5th Dan BJA Technical Officer South East

Date: Sunday 05th February 2012

Book-in: 09.00am – 09.30am

Session: 09.30am – 4.00pm

Cost: £10



Prior registration is required, please complete entry form below - places are limited. For further information please contact, **Chris Doherty** BJA Technical Officer - e-mail: chris.doherty@britishjudo.org.uk or call mobile: 079 677 816 63

JUDO GYMNASTICS COURSE APPLICATION FORM – HIGH WYCOMBE (5TH FEBRUARY 2012)		
CLUB:	BJA MEMBERSHIP:	
NAME :	GRADE:	COACH OR INSTRUCTOR (PLEASE CIRCLE)
ADDRESS:		
TELEPHONE NUMBER:	EMAIL:	
ALL CHEQUES SHOULD BE MADE PAYABLE TO - BRITISH JUDO ASSOCIATION		COST: £10.00

Send application with cheque for £10.00 to
BJA Technical Officer: Chris Doherty, 9 Glebe Road, Didcot OX11 8PL