

The BJA would like to offer coaches and instructors the opportunity to participate in our ‘Judo Speed, Agility and Quickness’ (JSAQ) and ‘Judo Agility’ course for coaches and instructors.

These modules are the third and fifth modules attached to our Judo Fitness Award currently in the process of being developed. The aim of these two modules is to through JSAQ and Judo Agility activities and processes develop young judo players with smooth, quick and co-ordinated movements, enabling them to potentially perform more efficiently technically and competitively in our sport, from grass roots through to future elite level.

This award is financially supported through the BJA Widening the Market intervention which has enabled us to heavily subsidise the cost to coaches and instructors. If you are interested in attending this course please contact the BJA Technical Officer for your area (details below).

**Venue:** Medway Park Judo Club, Black Lion Leisure Centre, Mill Road, Gillingham, Kent ME7 1HF

**Tutors:** Chris Doherty 5<sup>th</sup> Dan - BJA Technical Officer South East  
BJA Support Staff

**Date:** Saturday 18<sup>th</sup> February 2012

**Book-in:** 09.00am – 09.30am

**Session:** 09.30am – 4.00pm

**Cost:** £10.00



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](mailto:chris.doherty@britishjudo.org.uk) or call mobile: 07967 781 663

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JSAQ AND JUDO AGILITY COURSE APPLICATION FORM – SOUTH EAST AREA (18 <sup>TH</sup> 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 made payable to the British Judo Association for £10.00 to,  
Chris Doherty BJA Technical Officer, 9 Glebe Road, Didcot, Oxon, OX11 8PL**

British Judo Association • Suite B • Technology Centre • Epinal Way • Loughborough • LE11 3GE  
Tel: 01509 631670 • Fax: 01509 631680 • Web: [www.britishjudo.org.uk](http://www.britishjudo.org.uk)