

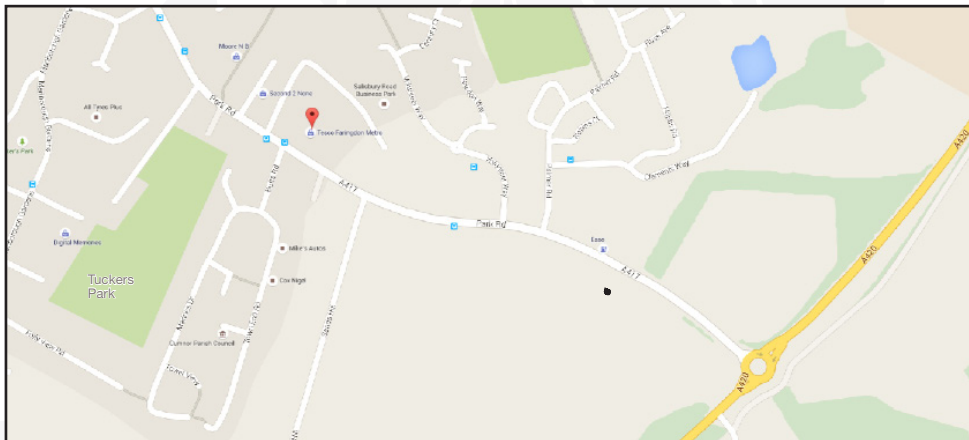
EACH DAY:

- Will begin with an introduction to Judo, its history and etiquette.
- Warming up exercises – some fitness training
- Breakfalling and other safety matters
- Groundwork techniques – Holds and wrestling
- Throwing Techniques – Counters and Combinations
- Contest Technique – Grips and Postures
- Plus lots of Games and races
- Plenty of breaks and Lunchtime outside
(weather dependant)

If you have any questions or queries please contact Jonathan Gerrans on 07967 349864 or 01865 884339.

You can drive up the Tuckers Park Lane to drop off.
The Judo Club is at the end of the lane past the Football Club.

Faringdon Judo Club, Tuckers Park, Park Road, Faringdon SN7 7BP



www.Oxfordshirejudoclubs.co.uk

3 Day Summer Holiday Course

at Faringdon Judo Club, Tuckers Park, Faringdon

Mon 21st, Tues 22nd & Wed 23rd August 2017

10:00 am. – 3:00 pm. For 6 – 15 Year olds



Amber, Derek, James and Leigh
will all be coaching during the course



BOOKING FORM

Name (s):

Address:

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Tel No:

Age (s):

D.O.B (s):

Have you done Judo before Yes No

Emergency contact no:

Anything we should know?..

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Please send cheque made payable to **J. Gerrans**

To: 19 Acre End Street
Eynsham
Witney
OX29 4PE

All 3 days Mon 21 Aug Tue 22 Aug Wed 23 Aug



3 DAY SUMMER JUDO COURSE

WHERE: Faringdon Judo Club
Tuckers Park
Park Road
Faringdon SN7 7BP

WHEN: Monday 21st, Tuesday 22nd and
Wednesday 23rd August 2017.

TIMES: 10:00 am - 3:00 pm each day
Breaks for refreshments (drinks provided) Lunch break (bring your own packed lunch)

COST: £50 for the 3 days
£20 for one day

WHO FOR: 6 to 15 year olds. This course will be suitable for boys or girls and for both beginners and experienced Judo players.

WHAT to WEAR and BRING: If you have a Judo suit, bring it, if not a Loose fitting top and tracksuit bottoms. (no zips or buttons). Flips flops or sandals for your feet. A packed lunch, change of clothes for lunch time play and **PLENTY of ENERGY.**

