

TIME TABLE

CROMER NATIONAL JUDO COURSE 2019

26th May – 31st May

The course will cover:

Primaries, Juniors & Seniors Improving skills both standing and groundwork, Contest techniques, Kata instruction

(coaches are subject to change)

DAY	Session 1		Break	Session 2		Break	Session 3		Session 4	Afternoon Rest & Leisure Period
	10.00 -11.00			11.15 - 12.15		Lunch	1.30 - 2.30		2.30-3.30	
SUNDAY	Registration 9.15			Mat 1 Gen Train LE JB		12.15	Mat 1 Gen Train LE JB		Mat 1,2,3 Randori LE	4.00-5.00 Rounders
	Mat 1 Gen Train	LE JB	11.00	Mat 2 Gen Train	LE JB	to	Mat 2 Gen Train	LE JB		
	Mat 2 Gen Train	LE JB	to	Mat 3 Gen Train	LE JB	1.30	Mat 3 Gen Train	LE JB		
	Mat 3 Gen Train	LE JB	11.15	Mat 4 Kata/Awards	PL LW		Mat 4 Kata/Award	PL LW		
Mat 4 Kata/Awards	PL LW							Mat 4 Kata GRM PL	ST SK	
MONDAY	Registration 9.30			Mat 1 Gen Train LE JB		12.15	Mat 1 Gen Train LE JB		Mat 1,2,3 Randori LE	4.00-5.00 Football
	Mat 1 Gen Train	LE JB	11.00	Mat 2 Gen Train	LE JB	to	Mat 2 Gen Train	LE JB		
	Mat 2 Gen Train	LE JB	to	Mat 3 Gen Train	LE JB	to	Mat 3 Gen Train	LE JB		
	Mat 3 Gen Train	LE JB	11.15	Mat 4 Kata/Awards	GRM PL	1.30	Mat 4 Kata/Awards	GRM PL		
Mat 4 Kata/Awards	GRM PL							Mat 4 Kata GRM PL	ST SK	
Tuesday						Day off				
WEDNESDAY	Registration 9.30			Mat 1 Gen Train PL		12.15	Mat 1 Gen Train PL		Mat1 Randori KB	To Be Arranged
	Mat 1 Gen Train	PL	11.00	Mat 2 Gen Train	PL	to	Mat 2 Gen Train	PL		
	Mat 2 Gen Train	PL	to	Mat 3 Gen Train	RH RC KB	to	Mat 3 Gen Train	RH RC KB		
	Mat 3 Gen Train	RH RC KB	11.15	Mat 4 Kata/Awards	BC LW	1.30	Mat 4 Kata/Awards	BC LW		
Mat 4 Kata/Awards	BC LW							Mat 4 Kata BC LW		
Kata Masterclass	GRM		Kata Masterclass	GRM		Kata Masterclass	GRM			
THURSDAY	Registration 9.30			Mat 1 Gen Train RH RC GM		12.15	Mat 1 Gen Train RH RC GM		Mat 1 & 2 Randori RC	7.30 Start Buffet & Quiz @ Cricket Club
	Mat 1 Gen Train	RH RC KB	11.00	Mat 2 Gen Train	RH RC GM	to	Mat 2 Gen Train	RH RC GM		
	Mat 2 Gen Train	RH RC KB	to	Mat 3 Train/Revise	LW SK ST	to	Mat 3 Train/Revise	LW SK ST		
	Mat 3 Gen Train/Revise	LW SK ST	11.15	Mat 4 Kata/Awards	PL BC	1.30	Mat 4 Kata/Awards	PL BC		
Mat 4 Kata/Awards	PL BC		Kata Masterclass	GRM		Kata Masterclass	GRM	Mat 4 Kata PL BC		
Kata Masterclass	GRM									
First Aid Course	ML		First Aid Course	ML		First Aid Course	ML			
FRIDAY	Registration 9.30			Mat 1,2,3 &4			Mat 1 & 2		COURSE ENDS	
	Mat 1,2,3 &4 JUNIOR GRADING GRM PL		To be advised	JUNIOR & SENIOR GRADING GRM PL		To be advised	SENIOR GRADING GRM PL COURSE CLOSES 4.00pm Approx.			
If travelling on Friday to grade please book in before 10am										

Compiled by: Karl Barker

GR M= Mr Mealing, PL= Paul Laskey, LE = Les Eacock, Steve Merredew, JB = Jonathan Boswell, RH= Roger Harris KB = Karl Barker, LW = Len Witts, RC= Ricky Cleevely, GM = Gareth Merredew, BC= Bob Cleevely, ST = Steve Tongue, SK = Steve Key, Courses, ML = Matt Lish.