

www.carnbreajudo.co.uk

**We wish you all a very happy
relaxing summer break
FIRST CLASS BACK TUESDAY 8 SEPTEMBER**

**Sand-Between-The-Toes
by A.A. Milne**

I went down to the shouting sea,
Taking Christopher down with me,
For Nurse had given us sixpence each-
And down we went to the beach.

We had sand in the eyes and the ears and the nose,
And sand in the hair, and sand-between-the-toes.
Whenever a good nor'wester blows,
Christopher is certain of
Sand-between-the-toes.

The sea was galloping grey and white;
Christopher clutched his sixpence tight;
We clambered over the humping sand-
And Christopher held my hand.

We had sand in the eyes and the ears and the nose,
And sand in the hair, and sand-between-the-toes.
Whenever a good nor'wester blows,
Christopher is certain of
Sand-between-the-toes.

There was a roaring in the sky;
The sea-gulls cried as they blew by;
We tried to talk, but had to shout-
Nobody else was out.

When we got home, we had sand in the hair,
In the eyes and the ears and everywhere;
Whenever a good nor'wester blows,
Christopher is found with
Sand-between-the-toes.



July 2009 Newsletter





Carn Brea Stock Shop

Belts £5

Shin Pads all sizes including small £10

Club Badges £3

Judo Handbooks £3

Sweat Hoodies child £12 (including tot size) / Adult £15
(including logo)

Zip up Fleece £20 (including logo)

Kit bags £20 (including logo)

Tee shirts child £5/(including tot size)/ Adult £6
(including logo)

2nd hand suits

If you have any old suits or you know someone who no longer practices we would be delighted to receive their suits

Reimbursement by agreement by the stock controller,
Sam Moyle



JUDOKA OF THE WEEK

3.50PM CLASS

Kieran Daughtery

Reece Prout

Jacob MacDonald

Bridie Burns

Piran Penrose



THE CLUB SPONSOR IS



The Countryman

Piece, Carnkie, Redruth,
Cornwall TR16 6SG.

Telephone: (0209) 215960

JUDOKA OF THE MONTH

WELL DONE TO
DAVID TAYLOR



Camborne Christmas light switch on Saturday 6
December with celebrity to switch on lights!
Camborne Festival Evening Thursday 17 December

“Now how's that for notice “

BLOCK PAYMENTS

Tuesday 8 September — Tuesday 20 October (7 Weeks)

= £12.25 per person primary; junior; students

Seniors = £15.75 per person.

Cheques made payable to

Carn Brea Judo Club

To qualify for block payments,

this must be paid on the first class of a new block.

Those not paying on block primary; junior;

student class fees will be £2 per night

Seniors £2.50 per night

Extra class fees are as follows:

£2.80 per Child / £3.30 per Adult

Please be sure to always give in your name on arrival to the front desk, our register is vital in case of fire. Thank you

ADVANCE NOTICE

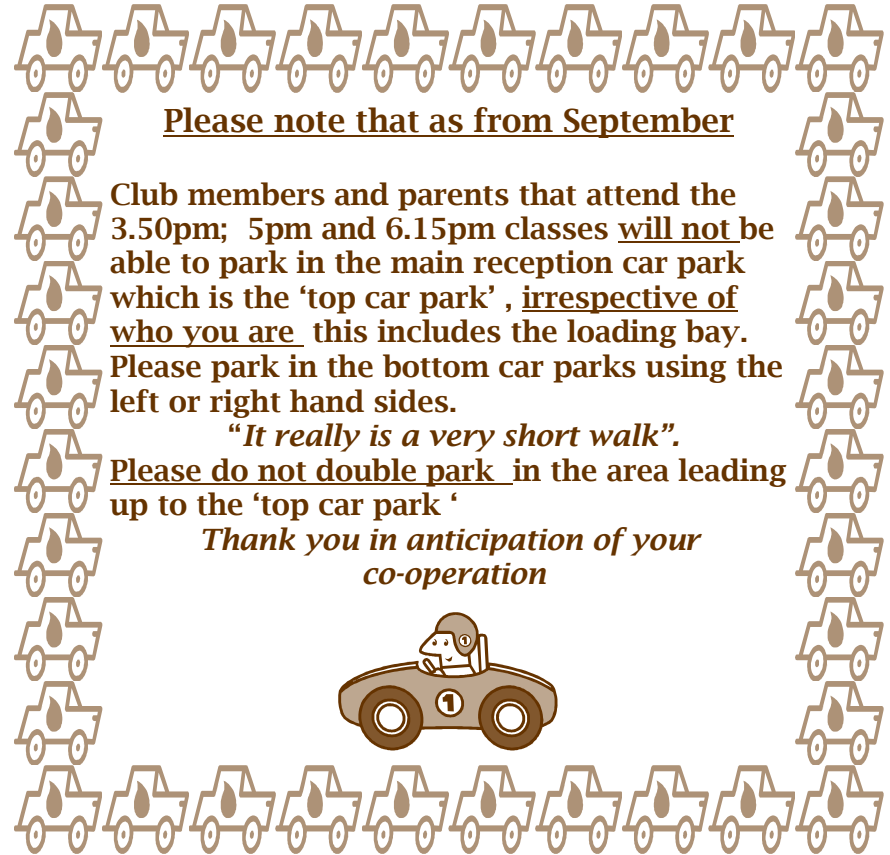
NO JUDO TUESDAY 27 OCTOBER

WHICH IS

1/2 TERM WEEK

Judo is the way to the most effective use of both physical and spiritual strength. By training you in attacks and defences it refines your body and your soul and helps you make the spiritual essence of Judo a part of your very being. In this way you are able to perfect yourself and contribute something of value to the world. This is the final goal of Judo discipline.

Jigoro Kano...



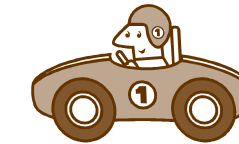
Please note that as from September

Club members and parents that attend the 3.50pm; 5pm and 6.15pm classes will not be able to park in the main reception car park which is the 'top car park', irrespective of who you are this includes the loading bay. Please park in the bottom car parks using the left or right hand sides.

"It really is a very short walk".

Please do not double park in the area leading up to the 'top car park'

Thank you in anticipation of your co-operation



Courses

- ◆ Child protection course — Date to be confirmed please give in your names to Sensei Jacky as there is a waiting list.
- ◆ First aid September & November — Dates to be confirmed please give in your names to Sensei Jacky as there is a waiting list
- ◆ Child protection 30th September to book go on to the Cornwall Sports Partnership website cost £25 per person

**Carn Brea Judo Club
Choices for Christmas Social 2009**



We would very much like you to join us

Payment card scheme available. Please use the tick box for your choice.
**ONCE WE HAVE COLLATED EVERYONE'S PREFERENCE WE WILL
THEN BOOK THE MOST POPULAR CHOSEN VENUE**

Name _____

**ALL VENUES ARE AVAILABLE ON EVERY FRIDAY 4; 11; 18;
EVERY SATURDAY 5; 12; 19 DURING DECEMBER**

Venue	State Fri or Sat	Meal	Bed & Breakfast <i>TO BE BOOKED INDEPENDENTLY</i>	Yes	No
Royal Duchy Falmouth		4 course meal, champagne & disco £34 pp	£32 pp		
Lowenac Hotel Camborne		3 course meal & disco £22 pp	N/A		
Penventon Hotel Redruth		4 Course Meal £29 pp	N/A		
Falmouth Beach Falmouth		4 Course Meal £35 pp	£29 pp		

Please hand into Carol on the front desk thank you



Diary Dates 2009

- September**
- 6th Heart of England
- 8th Carn Brea Judo Club restart
- 13th BJC National Squad Training
- 16th Area committee Meeting—The Hub Club
- 27th Welsh Junior Nationals - Hereford
- October**
- 3rd Northern Open Championships -
- 4th Koi Judo Club Championships - Bristol
- 11th BJC National Squad Training - Rawlett Centre
- 30th Carn Brea Judo Club AGM 7pm
- Illogan Football & Social Club
- November** 7 & 8 November Area Course and Grading –Penzance with guest instructors
- 15th BJC Senior Nationals – Hereford

Diary Dates 2010

- February** 28th Area Grading- Penzance
- April** 2- 3- 4 & 5 St Ives Easter Course
- March** 28th Cornish Championships – Penzance
- June** 13th Cornish Team Championships– Penzance

*Please note that if you attend any of the
Nationals in Hereford accommodation
needs to be booked well in advance*

