

BLOCK PAYMENTS

Tuesday 24 February – Tuesday 31 March (6 Weeks)
= £10.50 per person primary; junior; students
Seniors = £13.50 per person.

Cheques made payable to Carn Brea Judo Club

Those not paying on block primary: junior; students 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 Carol on the front desk, our register is vital in case of fire.

Diary Dates 2009

February	26th	BJC National Squad Training - Rawlett Centre, Tamworth
8 February 2009 Area Grading Penzance	May	3rd BJC Junior Nationals - Hereford
28 Extra training session 10am Roskear	June	13 Club Annual Championships -Roskear
March	September	27 th Welsh Junior Nationals - Venue TBC
1 Area AGM Hub Club 10am	November	15th BJC Senior Nationals - Hereford
7 Extra training session 10am Roskear		
8th BJC National Squad Training - Rawlett Centre, Tamworth		
14 Extra training session 10am Roskear		
15 Bristol invitation championships		
21 Extra training session 10am Roskear		
22 Cornish Championships -Penzance		
April		
10-13th St Ives Easter Course - Guild Hall, St Ives, Cornwall		
23 Club committee meeting Illogan football club 7.30pm		

ATTENTION ATTENTION ATTENTION

Please take note that once you have entered a grading; competition; training session or said you will need to have a space booked on the bus, then decide you are unable to make it or no longer need the bus. **We need to inform you that it is club policy you will be liable to pay the full amount for any of the above .**

CARN BREAJUDO CLUB FEBRUARY 2009 NEWSLETTER

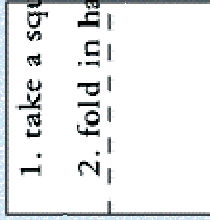


www.carnbreajudo.co.uk

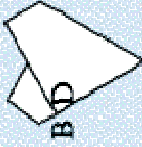
Paper Snowflakes

1. take a square

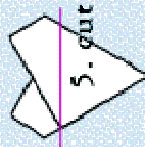
2. fold in half



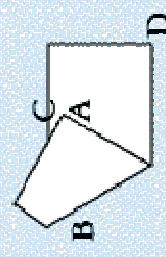
4. fold D to B



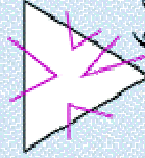
3. fold A to C



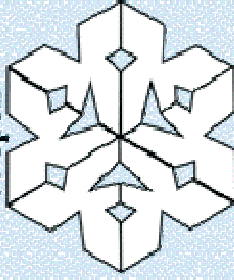
A



6. cut artfully

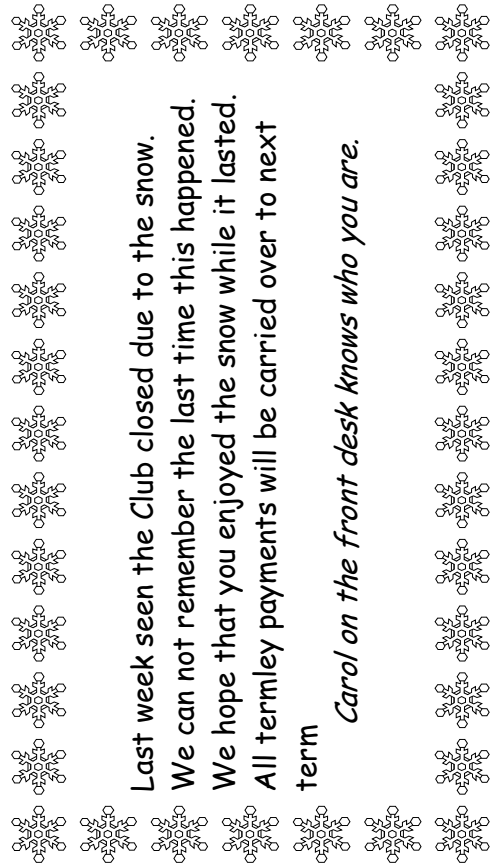


7. open



Cut your 8 1/2 x 11 paper into squares and make folded paper snowflakes. Each one is different, just like your office mates.

Make snowflakes a group activity. Dangle them on string.



Last week seen the Club closed due to the snow.

We can not remember the last time this happened.

We hope that you enjoyed the snow while it lasted.

All termley payments will be carried over to next term

Carol on the front desk knows who you are.

GRADINGS

ARE YOU CONSIDERING GRADING IN FEBRUARY OR AT EASTER? YOU MUST ATTEND 4 INDIVIDUAL CLASSES IN A ROW IT WILL BE AT YOUR CLASS SENSIE'S DISCRETION IF YOU ARE ABLE TO GO.

AS FROM JANUARY GRADING SHEETS WILL BE ON SALE AT 20P EACH WITH ALL GRADING INFO ON SO YOU ARE PREPARED.

ALL MUST BRING THEIR BJC BOOKS TO ANY GRADING, JUNIORS THERE IS NO EXCUSE TO NOT BRING YOUR GRADING BOOKLETS.

JUNIORS IT IS YOUR RESPONSIBILITY TO GET ALL BOOKLETS SIGNED UP

IN FUTURE NO GRADING BOOKLET- NO GRADING NO KATA- NO GRADING

ALL KATA TO BE SHOWN ON DAY OF GRADING

THE CLUB WILL BE RUNNING EXTRA SESSIONS ON THE FOLLOWING DATES

Saturdays 28 February

7 March

14 March

21 March

2 hour sessions 10am – 12pm

Get your kata; grading work up to standard & randori sessions standing and ground work

2 hour class fees apply

Club Members: £2.80 per Child / £3.30 per senior

Visitors: £4 per child/ £5 seniors

Remember these classes will cease if not used

The Club Sponsor is



The Countryman

Piece, Carnkie, Redruth,
Cornwall TR16 6SG.
Telephone: (0209) 215960

THE ST IVES EASIER COURSE 2009

The course will be held as usual in the Guildhall St. Ives from 9.30am on Friday - Noon on the Bank Holiday Monday.
The course will be open to juniors of yellow belt and above and to all seniors.

An up to date licence will be required on arrival. If you are in St. Ives on the Thursday you will be able to book in at the Guildhall between 7.00pm and 8.30pm that evening.



PLEASE NOTE:

Zori must be worn in the Dojo
No blue Judo suits

The prices will be as follows:

Type	Juniors	Seniors
After 1st March	£40	£55
Before 1st March	£35	£50
Evening Randori	N/A	£10 per session

Top Level Instruction:

Mr. R Otani
Mr. A Hosaka
Mr. G Mealing
Mrs. M Whyman

Plus, many more senior grades and Special guest instructors including: Jane Bridge

And

Yuko Nakano - Assistant coach at Team Bath University
The course party will be held on Sunday evening at St. Ives Rugby Club. One ticket admits one person, non ticket holders can get one from Guildhall reception, tickets for non judoka will cost juniors £3.00 & seniors £5.00. On request by the rugby club all children under the age of 18yrs must be supervised by an adult.
Fancy Dress is optional!!

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)**

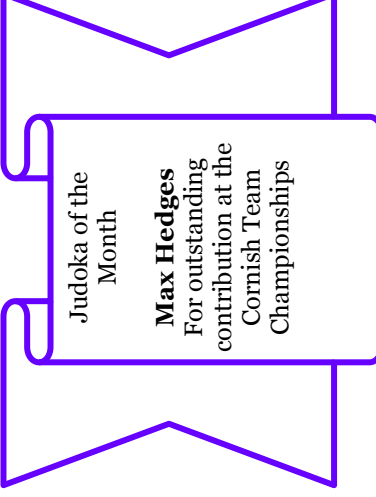
Kit bags **£20 (including logo)**

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 Month

Max Hedges

For outstanding contribution at the Cornish Team Championships

Happy Valentines Day



COMPETITIONS COMING UP

Sunday 15 March Bristol Invitation—get your names in and fees to the front desk by 3 March

under 16's £8 /seniors £12

Sunday 22 March Cornish Championships Penzance get

your names in and fees to the front desk by 10 March

Saturday 13 June Carn Brea Judo Club Annual

Championships

More info next newsletter

IF YOU PAID FOR A BLOCK LAST TERM UPTO
10 FEBRUARY WE WILL CARRY OVER
THE OVER PAYMENT TO NEXT TERM
CAROL ON THE FRONT DESK KNOWS
WHO YOU ALL ARE

HALF TERM BREAK

LAST JUDO TONIGHT 10 FEBRUARY
FIRST CLASS BACK 24 FEBRUARY

WATCH OUT IN FUTURE NEWSLETTERS THERE WILL BE A
FEATURE ON EACH INSTRUCTOR
A HANDY KEEPSAKE FOR THE NEXT SPORTS AWARDS ??

精力善用

THE MEANING OF DOJO

OR

EXERCISE HALL

The origin of the name Dojo is found in Buddhism, and means Meditation Hall. The hall, therefore, must be as clean as possible, and within it there should always be that solemn atmosphere which ought to prevail in everyplace of worship or mental training. Therefore, visitors to the hall or spectators at an amateur contest are requested to observe such etiquettes as “hats off” and “Be silent” Such an accepted code, which is found in Japan’s martial arts, including Judo, may sound strange to the people who are not accustomed to such rules, but it is respected as ever by the masters and students of the martial arts of Japan as one of the valuable ‘legacies’ of the Samurai in which there is something inspiring.

Taken from the Kodokan Judo 1976

PLEASE NOTE:

I would like to ask all those who wish to watch any of the classes, which are taken by our coaches to respect the “Be silent” rule. Should you wish to have a chat or play with younger children that you step outside the dojo. Noise off the mat makes it very difficult for the instructor to teach and keep the attention of the judoka being taught.

Your co operation will be very much appreciated.

Sensei Jacky 6th Dan



精力善用

