



Chalfont & Evreham Judokwai

Annual Summer Course

24th to 25th July 2011

10am to 4pm (optional Randori session to 6pm)

at:

**St. Albans Judo Club
Heathlands Drive
Bernards Heath
St. Albans AL3 5AY**

**Instructors: Dr. Andjelkovich 6th Dan*, Roger Harris
4th Dan, Jan Gascoinge-Rice 4th Dan, Roy Brewster
4th Dan, Bob Cleevely 3rd Dan, Tony Leroux 3rd
Dan, Ron Bratton 2nd Dan, Yvette Fox 2nd Dan**

*Serbian Judo Federation, all others BJC

We have arranged an interesting, fun and challenging two days of Judo where you can hone your skills improve your knowledge from the very experienced guest instructors who will be leading this course and return home fitter than you arrived.

There will be separate mats for Primaries, Juniors and experienced Juniors/Seniors. If there is sufficient demand and available space, we will try and arrange coaching in Kata (Nage, Katame and Ju).

**Price if booked & paid in advance: £12.50 per day or £20 for both days
Prices on the day of the course: £15 per day or £25 for both days**

This course is highly likely to sell out and you are strongly recommended to book your place now. To confirm booking please send an email to courses@chalfontjudokwai.org.uk stating the names of those attending, their ages, grade and club. To make payment online using Paypal.com send the payment to payment@chalfontjudokwai.org.uk or by cheque post to: David Alfert, 13 Joiners Lane, Chalfont St. Peter, Bucks SL9 0AB.

All Judoka attending this course MUST bring their BJC/BJA license with them - no exceptions!



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Refreshments: Refreshments will be available to purchase including Bagels with a variety of fillings, crisps, drinks and confectionary. Alternatively, bring a packed lunch.

For Parents of Chalfont & Evreham Judokwai: If you are interested in a lift share to St. Albans, please include this detail in the course confirmation email. We will attempt to put you in touch with other club parents who are close to you and therefore would be logical for such an arrangement to work.

For Parents Travelling from Further Afield: There is a wide variety of possible activities reasonably close to St. Albans. A short list includes:

- St. Albans is a small town with some nice shopping within a 10 minute walk of the club (or drive and park)
- Hatfield has a large shopping mall above the A1 (about 20 minutes drive)
- Watford is about 20 minutes away with a large shopping area (Harlequin Centre plus the High Street etc.)
- Brent Cross shopping centre is about 40 minutes
- St. Albans has a beautiful cathedral
- The Roman ruins of Verulamium is in St. Albans
- There is also a Butterfly park within 10 minutes drive
<http://www.butterflyworldproject.com>
- Trains into central London run from St. Albans station and take about 40 minutes
- <http://www.stalbans.gov.uk/leisure-and-culture/tourism-and-travel/>
- <http://www.allaboutstalbens.com/>