Training & Randori Day

Saturday 17th February 2018

at

Helston Martial Arts Centre – Penrose Judo Club

36 Wendron Street, Helston. TR13 8PT

Parking available in public carpark alongside the venue

Following the success of the last new style Randori & Training Day I am pleased to announce the next guest coach.

A competative 5th Dan, British Masters Champion 2010, Commonwealth Masters Champion 2012, 8-times British Police Champion, 5th place at the European Police Championships 2007 & 2015……

Lee Holley 5th Dan

will be running the first session of the day sharing his vast experience

Sensei Lee's session will start at 10:30 a.m. & run for 1.1/2-hours. A lunch/recovery break. Followed by a randori session for 1.1/2-hours (which I am hoping Lee will take part in). Finishing around 14:00.

The tatami fee £5.

The session is open to all seniors and juniors of 10-years and over. Please ensure juniors are able to cope with this session before bringing them along.

The aim of this session is to encourage judoka to train together, gaining confidence in their judo. THIS IS NOT A COMPETITION and the style of randori will reflect this.

Judoka from all associations are welcome, but must have a valid association license.

Any questions, or for more information, please contact Darren Collick at dcollick@outlook.com