



Carn Brea Judo Club

www.carnbreajudo

www.facebook.com/carnbreajudo



Registered with the Children's University

SALE

We have some secondhand suits / trousers/ jackets for sale all are in good condition

Judo suits 2 X 140 at just £10 each and 1 X 180 suit at just £15

Jackets 2 X 140 ; 1 X 130 1X 150; 1 X 160; 1 X 170 just £5 Each

Trousers 1 X 130; 1 X 170 just £3 each

Club badges £5

Hoodies start from £20

Tees hirts start at £8 to £10

See the front desk



ALL children and adults on the mat must give their names in before going into or onto the mat our register is also the fire register.

Do not be shy just a simple "Hello I am here:"

Please can you bring the correct money to pay for your classes or pay by cheque made payable to Carn Brea Judo Club.

The front desk are struggling with giving you change when you all bring £5, £10 or £20 notes

Thank you



Judoka Of The Month

Jai Long Wu for amazing uchikomi



at the course and grading .

Judoka of the week 5pm Class

Each child get awarded a purple strip, 3 stripes= nearly ready for next grading

Zack Smith

Rory Smith

Tom Bentham

**Did you know we have a payment plan system
you can use it to buy new judo suits or pay for courses**

Please speak to the front desk who will assist you



Carn Brea Judo Club

www.carnbreajudo.co.uk

www.facebook.com/carnbreajudo

Registered with the children's university

Members of the British Judo Council
Affiliated to the British Judo Association



Venue: Main hall at Roskear Primary & Nursery School TR14 8DJ

TRY JUDO FOR FREE FIRST TWO CLASSES FREE

All instructors are highly qualified, insured, national and international medalists

It is FUN; Learn new SKILLS; MAKE NEW FRIENDS

Do a CONTACT SPORT SAFELY

CONTACT JACKY 01209 712728 OR JANET 07791151215

TO BOOK YOUR PLACE

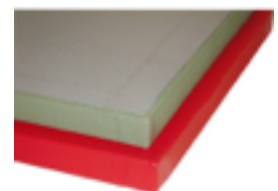
WE LOOK FORWARD TO MEETING YOU

AN ENORMOUS

THANK YOU

TO TALLULAH CORMACK

FOR LAYING OUR MATS ON
TUESDAY EVENINGS



The Course

The course will be open to Primaries aged 8 years and over with one green tab, Juniors and all Senior grades. It will be held in the Guildhall, St. Ives from 9.30am on Good Friday-Noon on the Bank Holiday Monday.

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 6.30pm-7.30pm that evening.



Prices

	PRIMARIES	JUNIORS	SENIORS
Booked by 21st March	£33.00	£40.50	£55.50
Booked after 21st March	£38.00	£45.50	£60.50

Pre-Grading Registration

There will be limited opportunity to have Kata & technical work assessed on the course. Registration for grading will take place on the stage area from 11am-1pm on Friday. Please bring your paperwork pre-signed by a Qualified Area Grading Assessor to this session.

The Course Party (Fancy Dress Optional!)

The Course Party will be held on Sun 21st April from 7.30pm. Our fabulous new venue is the Brewhouse near St. Ives Leisure Centre. There is plenty of parking and is within walking distance from town. One Easter Course ticket admits one person. Non ticket holders can get one from Guildhall judo reception. Tickets for non judoka cost juniors £3.00 & seniors £5.00. On request, all children under the age of 18yrs must be supervised by an adult.

Top Level Instruction

Mr Robin Otari, President of the BJC
Mr G.R. Mealing 8th Dan, Vice President of the BJC
Mr John Couch 7th Dan
Neil Roode 6th Dan
John Smith 4th Dan



Special Guest Instructors

● **Winston Gordon 5th Dan**
Triple Olympian, Commonwealth Champion
with members of the German National Youth Squad



Perfecting Ippon Judo!

Grading prequalification co-ordinators:
Kata, David Dowding 5th Dan
Techniques, Bernard Richmond 6th Dan and
Rowann Ford 4th Dan

Please Note:

PLAIN WHITE JUDO SUITS ONLY PLEASE



Zori must be worn in the Dojo

For Further Information Contact:

Jacky & Tom Gray Tel: 01209 712728 Email: gray-j10@sky.com
Corinna Trathen Tel: 01209 216753 Email: ctrathen@hotmail.co.uk

Accommodation & Sponsors

Please mention the St. Ives Easter Course when making an enquiry. Or contact the Tourist Information Centre.
www.stives-cornwall.co.uk



Self catering lodges, EHU pitches, glamping, swimming pool.
5% discount per night to all BJC members (excluding summer holidays).
Quote 'BJC 2019'. Tel 01736 710605 reception@whealrodney.co.uk

St Ives Holidays

www.stivesholidays.com
Over 250 self catering properties in amazing locations

Cornish Riviera Holidays (Self Catering)
Westcotts Quay, St. Ives,
Cornwall TR26 2DY
Tel: 01736 797891 www.cornishrivieraholidays.co.uk

Kirshvoen Jane Chiverton, Kistvaen Holiday Flats,
St. Marys, Isles of Scilly Tel: 01720 422002

HARBOUR HOTEL & SPA
Tel: 01736 795221
www.stives-harbour-hotel.co.uk

The Regent ST IVES
Tel: 01736 796195
www.regenthotel.com



**ST. IVES
EASTER
COURSE**

2019
19th - 22nd April

**Providing Top Level Judo Instruction
and Randori**

A BJC Approved National Grading Points Scoring Venue

Course Organisers:
John Couch 7th Dan, Jacky Gray 7th Dan,
Tom Gray 6th Dan, Corinna Trathen 3rd Dan

**56th
Year**



The Sun, Sea and Judo

AFFILIATED TO THE BJA THROUGH
MEMBERSHIP OF THE BJC



Main Sponsors



VERRUCA!

A real pain....but what are they and how do we get rid of them?

A verruca is part of the family known as Human Papilloma Virus. Although verrucas are contagious it's thought the risk of catching them is fairly low. You are more likely to be infected if your skin is damaged or wet, so infection can be linked to swimming pools and communal showers. Verruca can appear on the soles of the feet, they usually have thickened skin which make them painful to walk on and the look of pepperpot sprinkles below the surface of the skin. How to get rid of them? This depends on many factors...how long it's been there? Age of the individual? A lowered immune system? Most schools of thought is to leave them alone unless they become uncomfortable. Treatments? There are many over the counter medicines to help get rid of them, but it is the preparation prior to the treatment that is the most important.

1) Cut a piece of fine sandpaper into inch squares or an emery board, so these can be used to rub the verruca before application of the chosen medicine. Use a piece of kitchen towel below the foot to catch any debris. It is normal to see little pinpricks of blood following the rubbing with the sandpaper/emery board as these are the pepperpot speckles of Verruca you saw below the skin. The towel and sandpaper are then disposed of. Wash your hands!!!

One of the main reasons people fail with the removal of verruca is the cross contamination, they use a pumice stone or file to rub the thickened skin away, then apply the treatment and then use the same stone or file the next time so introducing the virus again!! And so it continues....

2) Apply the choice of treatment, following the instructions.

3) A piece of micropore or plaster is then applied to cover the verruca

It can take weeks or months for a verruca to go.

If it doesn't, or becomes very painful or you have any concerns it is best to contact a

Foot Health Professional or your GP for further advice.

THANK YOU EMMA GERARDIN FOOT HEALTH PROFESSIONAL

CARN BREA JUDO CLUB ASKS THAT IF YOU ARE SUFFERING WITH A VERUCCA THAT YOU WEAR A SOCK OVER THE INFECTED FOOT



ADVANCE NOTICE

LAST CLASS
Tuesday 11th December

Return
January Tuesday 9th 2019

Course and Grading

After what was a most enjoyable course for all grades and groups there was a grading.

Our Children stood out with lovely breakfalls, uchikomi, and those that contested .

Well done too all of you

BJC CLOSED NATIONALS

Junior Female 13-15 years

WELL DONE TO BRONWEN BENHAM WHO WON BRONZE AT THE NATIONALS

WE ARE SO PROUD OF YOU

The First ladies training session at St Ives judo club went well with the experienced Heather Farr 5th Dan

Come our our young ladies we would like our club to join in this valuable training

All dan grades BJC renewals

and

Club membership is due this month.

Please bring in your licences.

***YOU are invited to join us at the
Carn Brea Judo Club***

AGM

**It's being held at
Illogan Football Club
Oxland Road**



**On FRIDAY 4TH JANUARY
At 7.30PM**

**Come along YOU will be made most welcome!
and
Enjoy some refreshments with us!**

Safe guarding

Carn Brea is committed to keeping children safe and promoting the welfare of children and indeed, the welfare and safety of families whose children attend our club.

The Clubs designated Safeguarding officers are Debbie Roberts and Sensei Janet

both have extensive knowledge in safeguarding procedures.

SENSEI JACKY, SENSEI TOM, SENSEI JOHN, SENSEI JANET,

SENSEI ANDREW SENSEI SHEILA AND SENSEI LEE

WISH YOU ALL A VERY MERRY CHRISTMAS AND A HAPPY 2019



DIARY DATES 2019

20th January BJC National Squad Training
26th & 27 January FPJ1 revalidation FPJ2 Treleigh School Redruth
3rd March Sunday BJC Cornwall Area Grading at TMS
16th March BJC Awards Evening *WHO WILL YOU VOTE FOR HAS TO BE DONE ON BJC WEBSITE*
17th March BJC Squad
14th April BJC National Squad Training
19th - 22nd April Easter Course
5th May BJC Open
11 May Jamie McDonald Memorial Championships
26th -31st May National Cromer Whitsun Course
9th June BJC National Squad Training
7th July BJC AGM
17th November BJC Closed Nationals

Proposed Schedule for 2019

Sat 12th Jan - First Aid Course [Roskear]

Sat 16th Feb - Interclub Team Competition [Venue TBC]

Sat 2nd Mar - Judo Fundraising Event/ Masterclass

Sat 18th OR Sun 19th May - Cornish Closed Championships

Sat 15th June - Summer BBQ & Beach Judo

Sun 23rd June - Cornwall Area Grading venue to be confirmed

Sun 27th Oct - Cornish Open Championships & World Judo Day celebration for 28th

Sat 23rd & Sun 24th Nov - Cornwall Area Course & Grading

Sat 14th December - Cornwall Area Basho & Christmas Party



**Note: time reminder
6.15 class ends 8.45
low graded children re
off at 7.15
Kata practice last Tuesday
of the month**

FESTIVE WORD SEARCH



T	R	O	E	D	E	C	E	M	B	E	R
B	N	E	L	V	E	S	H	N	E	C	T
J	I	N	G	L	E	B	E	L	L	S	D
I	E	H	C	H	I	M	N	E	Y	R	S
A	S	G	A	S	A	H	D	T	C	U	L
M	T	S	T	O	C	K	I	N	G	D	E
A	A	H	O	L	I	D	A	Y	X	O	I
A	R	S	N	O	W	N	I	S	K	L	G
R	E	I	N	D	E	E	R	A	E	P	H
H	S	H	C	T	E	N	A	N	B	H	U
T	T	O	Y	S	L	E	T	T	E	R	P
E	I	H	L	T	R	E	E	A	E	K	O

CHIMNEY JINGLE BELLS SNOW SLEIGH
HOLIDAY DECEMBER TREE ELVES
REINDEER STOCKING TOY SANTA
RUDOLPH LETTER STAR