



## **ALPHA JUDO CLUB**

**U8 Festival and Red/Yellow Belt Competition**

**Sunday 10<sup>th</sup> November 2024; 1pm-4pm**

**Venue: Community Centre; 245 Rectory Park Avenue, Northolt, UB5 6SD**

### **Group 1: U8 Festival:**

- Ages: 5, 6 or 7 years old (on the day of the competition)
- Format: The participants will be guided through a warm up, fun activities, practice of breakfalls and simple throws. Following this they will be put into groups of 3 or 4 based on their weights, age and grade – within these groups they will participate in Randori guided by the coaches.
- Everyone will receive a participation medal.

### **Group 2: Red and Yellow Belt:**

- Ages: 8-14 years old (on the day of the competition)
- Format: All players will be put in groups of 3 or 4 based on weights, ages and grade given by coaches. The event will consist of a group warm up and explanation of competition rules and etiquette. The event is a development event, as such no shido's will be given but players will be stopped and rules explained if they infringe them. Contest time 2 minutes.
- Everyone will receive a medal.

### **Coach Rating:**

All coaches will need to attach a rating to player 1-3 (1= needs looking after, 2= average club player, 3= mini ninja). To insure the groups are fair and enjoyable as possible.

**Entry: £20 per player. Bank transfer only. No pay on the day.**

**Spectators free**

**Entries and questions to Umarjan Karimov (via email ;alphajudoclub@gmail.com) Entry deadline: when max. entry reached**

Max entries is 50 entries.

ENTRY FORM

Club.....

Coach..... Tel No:.....

Address:..... Email

Address: .....

Total for all entries: £ \_\_\_\_\_

SURNAME	FORENAME	BJA License No	M/F	Coach Rating (1-3)	EXACT Age	Weight (kg) PLEASE PROVIDE EXACT WEIGHT	Grade	Emergency Contact Number
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