



# British Judo Council Presents

## The Somerset Presidents Course at Bridgwater

Saturday 25th to Sunday 26th January 2025

Saturday

Saturday

09:00



Mat 1

Mat 2

Mat 3

Doors Open and Booking In

10:00



**Goshin Jutsu**  
(Alan Jones & Julian Marter)  
&  
**General Kata**  
(Kata Dev. Group)

**Tachi Waza Part 1**  
(John Cole & John Smith with assistance of Dave Atherton & Michael Langton)

**Juniors/Primaries**  
Uchi Komi, movement & individual techniques

**Seniors - Uchi Komi,**  
movement & individual techniques for effective competition Judo

12:30



Lunch

**Ne Waza Part 1**  
(John Cole & John Smith with assistance of Dave Atherton & Michael Langton)

**Juniors/Primaries**  
Movement, Uchi Komi and turnovers

**Seniors**  
Transition from Tachi Waza into Ne Waza, including turnovers

16:00



**General Randori For All**

17:30



Sunday

Sunday

09:00



Mat 1

Mat 2

Mat 3

Doors Open and Booking In

10:00



**Kata Examinations & Theory Examinations for grading**

**National Grading**  
(for contest grades only)

Mat Allocation Subject To Change

**Tachi Waza Part 2**  
(John Cole & John Smith with assistance of Dave Atherton & Michael Langton)

**Juniors/Primaries**  
Combinations

**Seniors**  
Combinations with a focus on realistic situations

12:30



Lunch

**Ne Waza Part 2**  
(John Cole & John Smith with assistance of Dave Atherton & Michael Langton)

**Juniors/Primaries**  
Turnovers continued with transition from Tachi Waza

**Seniors**  
Turnovers including strangles

16:00

