



Chalfont Judokwai & UCLU Judo Club



Eliminate Wasted Opportunities Annual Summer Course

28th to 29th June 2014 (10am to 4pm)

Dr. Challoners High School (main Gym)

Cokes Lane, Little Chalfont, Buckinghamshire HP7 9QB

within 10 minutes M25 (J18) and Metropolitan Line Underground (Chalfont & Latimer)

Now in its fourth year, this course has established itself on the calendar for those who wish to improve their contest skills. Featuring high grade coaches with a proven contest background, the emphasis will be on the techniques and styles of leading Judo nations and champions, particularly the French, Russian and Korean. You are guaranteed to make rapid progress or your money back!



Do you find in contests that you are losing out because you are unable to get a grip? Your opponent has what he wants and you are struggling to find a way in?



Does your opponent read your intentions a mile off and leaves you running out of ideas?



Do you find that your counter techniques are not working, are too slow, lack impetus?



Do you find that your transition to groundwork is too slow, that you struggle to know what to do with an opponent flat on their face and determined to stay that way until Matte is called?



Do you find that when you are caught in a hold, that you can't get out, don't know what to do and just wish the bell would go quickly to get it all over?

All this and a whole lot more we intend to address in one intensive weekend aimed at improving your contest skills. You will gain (and your students) the tools to take back to your club, to practice, hone to perfection and then unleash at the next competition to change your game to a new level and obtain the Ippon that you are seeking.

This is the course that four years on the trot, has made a difference to the performance of those that attend and keeps them coming back for more.

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



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Two Days of Intensive Technical and Contest Judo Led by Highly Skilled and Qualified High Grade Coaches

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.

With six hours of Judo per day we intend to include the following:



Harai Goshi, Hanai Goshi, Uchi Mata, Tai Otoshi, Ashi Guruma and O Guruma; Basic and advanced Uchikomi for these techniques. Counters to these throws and the different styles of some of the current masters.



Dynamic delay Nagekomi, Sannin Uchikomi and Kenka Yotsu (opposing grip i.e., one opponent left handed) situations.



Drop Seoi Nage blocks and counters.



Ko Uchi Gari & O Uchi Gari, Sasae Tsuru Komi Ashi, Okuri Ashi Barai; competition versions. Using these throws as a feeder for the big forward throws.



Sutemi Waza; Yoko Guruma, Uki Waza, Sumi Gashei, Tani Otoshi. All from non-standard grips.



Ne Waza; Sankaku Jime, Sankaku Gatame, how to get it and how to block, control and turn to your advantage a Sankaku attack.



Successful fast turnovers that actually work in the heat of contest

This is the course YOU want to come on to grab the coaching YOU need. With smaller numbers attending than at the big national courses you can be assured of greater personal attention that will give you a greater 'bang for your buck'.



Price if booked & paid in advance: £15 per day or £25 for both days



Prices on the day of the course: £18 per day or £32 for both days

Moral: Book in advance (it helps us with the planning)

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This course has, for the last few years been a great success and we have every expectation that this year it will be more so.

"This years Chalfont Course (2013) provided all levels of Judoka with an opportunity to challenge and develop oneself. The coaches (Sensai Andjelkovich and Rose) were outstanding and were ably supported by the club Dan grades. The opportunities to intensely examine several key techniques and get personal tuition from international champions was amazing. This course should be recommended for all levels of Judoka whether they be recreational or competition focussed. We can't wait until next year!"

Richard Russell

To help you find out more if this is the right sort of course for you, we have created a webpage with videos from recent courses. Visit: www.chalfontju.do/csc2014

Lead Instructor: Branko Andjelkovich 6th Dan High Performance Coach SJF

Originally from Belgrade, Serbia, Branko started Judo in 1971 and has competed at a national and international level until 1989. He holds multiple titles in the middle-weight division including National, Army and University.

As an elite Judoka, Branko has trained under the best Yugoslav coaches and many high grade foreign coaches including Yamamoto, Fujita, Matsuzaka, Yamada (Japan), Chochosvilli, Dvoynikov, Nevzorov, Novikov (Russia), Ulch, Glan (Germany), Delvinght, Rey (France) and Gamba, Mariani (Italy) amongst others. He has trained in over a dozen countries including Japan, Russia, France, Germany, Poland, Bulgaria and the USA including with their national teams.

He graduated from the University of Belgrade as a Doctor where he coached Judo from 1980. Having retired from top flight competitive Judo in 1989 Branko demonstrated his commitment to Judo by graduating from the Higher Coaching School, University of Belgrade in 1992 as a High Performance Coach.

As a former elite Judoka and a Doctor, he has great expertise in both coaching methodology and sports medicine which has assisted his coaching from beginners to top Judoka of international level. His area of special interest and expertise are specific training and dietary regimes and Judo injuries; their treatment and recovery.

Currently the head coach of the University College London he has trained his club members to a level where in competition they regularly make their mark out of proportion to their numbers. Branko is also a visiting coach to several other BJC & BJA clubs including Chalfont where he enjoys a special relationship as Principal Guest Coach.



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Sunday Guest Instructor: Ian Rose 5th Dan BJA

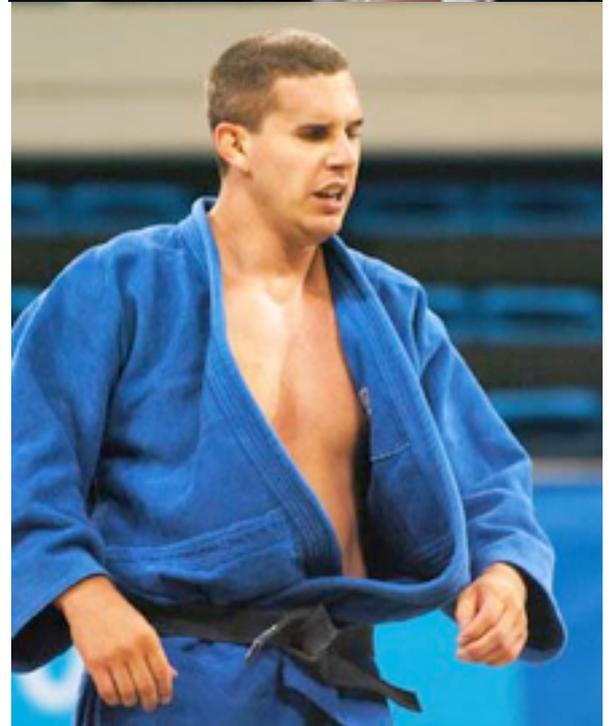
As one of our most successful Judo Olympians. Ian has taken part in five Paralympics winning the Bronze in Atlanta 1996 and the Silver in Athens 2004. Ian was honoured in the 2012 London Olympics where he was a Torchbearer and performed in the opening ceremony.

Ian also has five World Championship and nine European Championship medals to his name including becoming the World Champion in 1995 and four times the European Champion.

On course to compete in the Paralympics at London 2012 he was forced due to injury to retire in late 2011 thereby bringing to an end twenty two years at the top of international competition.

As a visually impaired athlete, Ian has turned the disadvantages of his disability into his strengths as he focusses on motivating and inspiring others to achieve their full potential both on and off the mat.

Ian is currently the Senior Coach at Micklefield Judo Club where he demands a level of commitment and dedication in line with that which he gave in order to achieve his success. He was graded to 5th Dan in 2008.



"Thanks a lot for the course (2012), I was totally shattered after it and it shows that I need to put more effort into returning to my previous Judo fitness. The course was really good, really enjoyable but exhausting. Keep me informed of the next"

David Crook

To find out more please visit our course website: www.chalfontju.do/csc2014 where you can watch some video footage from previous courses and book your place for this years course. You are strongly recommended to book your place now. To confirm booking please send an email to courses@chalfontjudokwai.org.uk stating the names, ages, grade and club of those attending or book and pay online at: www.chalfontju.do/memberservices#course or by cheque, post to: David Alfert, c/o Flamble, 131 St. Peters Court, Chalfont St. Peter, Bucks SL9 9QJ

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