

### Training times

Monday, Ashton 6.45pm-8pm

Tuesday, Patchway, 6.15pm-7.15pm

Thursday, Ashton 7pm-8pm **yellow belts** & below, including U8's, 8pm-9pm **Orange belts+** & Seniors

Saturday, Patchway, 9.30am-10.30am 5yrs-7yrs  
10.30am-12, 7 1/2 yrs and above

### Future Competitions

- Sept 7<sup>th</sup> Heart of England – NIA – Orange belt & above
  - Oct 5<sup>th</sup> Red belt Rumble & Under 8's Bristol Judo Hartcliffe
  - Oct 5<sup>th</sup> "A" band Nationals birth year 97 & 98 Orange belt and above Walsall Campus, Wolverhampton Uni
  - Oct 11<sup>th</sup> & 12<sup>th</sup> British Championships – "B" band Birth year 96 and older Sheffield Green belt & above
  - Oct 19<sup>th</sup> Devon Open
  - Nov 15<sup>th</sup> Interclub Yate Star
  - Nov 16<sup>th</sup> Plymouth Open
  - Nov 23<sup>rd</sup> Western Area TEAMS
  - Dec 14<sup>th</sup> Interclub Long Ashton
- For more details please see the website or Speak to Lisa – **you** need to let Lisa know if your child would like to do a competition, *preferably a couple of weeks before!*

For regular updates about what is happening, please see the website or the large notice boards at both clubs! If you still don't see what you want to know, ask someone!!!

Contact us:

John Bath: 07970 744075 [johnbath\\_judo@hotmail.com](mailto:johnbath_judo@hotmail.com)

Alison Finn: 07974 105179 [alison.finn@tiscali.co.uk](mailto:alison.finn@tiscali.co.uk)

[www.nsbjc.com](http://www.nsbjc.com)



July/Aug 2008

**PATCHWAY PARENTS Forum**

26<sup>th</sup> July 10.35am

If you are leaving your child at a session, can you please ensure that someone knows and how to contact you in case of an emergency. **Please be back at least 5 mins before the end of the session.** Don't forget mat fees need to be paid at the beginning of each session, so we know who is in the building! If you pay monthly then please still get your child marked in!

### Cattle Country – 6<sup>th</sup> Sept 2.30pm-5.30pm

I know it's only the start of July but it is Cattle Country season again! For people who haven't been before we hire the whole place, so it's just us and any friends we invite! **Bring your own picnic!** £3 each or £10 for a family, (Parents and children) other family members and friends are welcome at £3 each!

Please get your names down and pay by Saturday 16<sup>th</sup> August.

Saturday **HOT FOOD** – to help the Kitchen volunteers, could you please order all food by **11.30am** to be ready by the end of the Junior session- **THANK YOU!**

**JUDO WILL CONTINUE THROUGHOUT THE HOLIDAYS!**

**Competition news – June was certainly a busy month!**

**Competition reports are on the website, for details and photos check out**

**[www.nsbjc.com](http://www.nsbjc.com)**

**If you'd like to write a competition report for the website, please email it to Alison [alison.finn@tiscali.co.uk](mailto:alison.finn@tiscali.co.uk)**

**Dates for you diary** –check out website or notice boards for more info.

**August**

Saturday 2<sup>nd</sup> Julie's birthday party – Ashton from 7.30pm

Fri 29<sup>th</sup> – Sunday 31<sup>st</sup> UK School Games – Filton WISE

**Sept**

Saturday 6<sup>th</sup> Sept 2.30pm-5pm Cattle Country – get your names down!

Saturday 20<sup>th</sup> Sept 11.50am-12.30pm Display Little Stoke Playing fields

**CONGRATULATIONS to Luke & Karen, who were married 12<sup>th</sup> July. Thank you to the 14 players that performed the guard of honour, Luke was really moved!**

**Club Merchandise -**

Judo suits, includes club badge,

White 120, **£22.50**, 130 to 150, **£27.50**, 160 upwards, **£35**

Blue 130 to 150, **£30**, 160 upwards, **£38**

T-shirts 5-6 to 12-13, **£5** 14-15, **£6.50**

Adult Polo shirts, **£12**

Child's hoody, **£15** Adult hoody, **£19**

**JUDO CLUB RULES- Do you know them?**

Here are 6, do you know the rest?

Good Judoka should ...

- ✚ ...keep their body and judogi clean, wash hands and feet before going onto the mat.
- ✚ ... make sure that finger and toe nails are cut short.
- ✚ ... obtain permission from the instructor before entering or leaving the mat.
- ✚ ...help and **respect** beginners and lower grades.
- ✚ ... **Respect** coaches, instructors and higher grades

**JUDO DISPLAY**

**Thank you to all the players who took part in the display  
At St. Michael's school on 28<sup>th</sup> June.**

**BIG thank you to BIG John for taking the sessions that day so we could go to Kent! And to all of the players who took part in the display at Scott's park. Check out the website for photos!**

**Gradings & Theory awards**

Congratulations to all the players who graded in June and July!

Check out the website for your names!

NB. **All** players need to be doing the theory sheets.

Yellow belts and above should have at least Theory 3.

Orange belts and above Theory 4.