



Avon Area British Judo Council



Event:	Avon Area Course	Timings: Morning:	10.00 – 12.30
Venue:	Frenchay Judo Club	Afternoon:	13.30 – 16.00
	Begbrook School		
	Begbrook Lane	Cost	Primaries & Juniors: £7.00
	Bristol		Seniors: £10.00
Date:	Saturday 8 th October 2011		

Avon Area Judo Course with Andrew Moshanov 6th Dan

Andrew Moshanov is recognised as one of the leading judo coaches and experts from the former Soviet Union and Russia. He has an extensive background in performance judo as a national player, coach, an academician (with a degree in coaching science) and as an administrator of the Russian Judo Federation as Sports Director.

He is a graduate of Moscow State University in Coaching Science and was a national coach for the Soviet Union, China and Taiwan and was for a time the Technical Advisor for the British Judo Association.

The Morning Session will be a master-class style session appropriate for dan grades, high kyu grades and junior green belts. It will be fast paced and will cover an extensive content focused on “creating throwing opportunities”.

The afternoon session will be a general judo course and is open to all grades.

This is an exciting opportunity to experience some new judo perspectives and enjoy an open and welcoming training environment.

For more information please Contact:

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