



## **AN INVITATION TO:**

**KOKORO KAI & WAKARISHIN JU-JITSU'S**

**3<sup>rd</sup> INTERNATIONAL COURSE & CHAMPIONSHIPS**

Supported by Jikishin International

**AT:**

**SOUTHEND LEISURE & TENNIS CENTRE**

**ON:**

**SATURDAY 09 MAY 2009**

**AFTERWARDS:**

**ESSEX COUNTY HOTEL, SOUTHEND-on-SEA**

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**THE HOTEL**

Set in 8 Acres of Essex down land, the Essex County Hotel is in a distinctive setting, offers comfortable rooms and is just minutes away from the Town Centre and seafront.

**UK GUESTS/INSTRUCTORS: PLEASE TELEPHONE THE HOTEL DIRECT TO BOOK YOUR ROOMS**

**COST: £35.00 per person/per night (Special Party Rate)**

**ROOMS: DOUBLE/TWIN/TRIPLE (=1 double bed/1 single bed)/EXECUTIVE SUITES**



**TO MAKE A RESERVATION: Telephone Hotel: 01702 279955**

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

**‘JU-JITSU PARTY WEEKEND’**

**NOTE: THERE ARE A LIMITED NUMBER OF DOUBLE/TWIN ROOMS & NO SINGLES. SHOULD WE EXCEED THE TOTAL NUMBER OF ROOMS AVAILABLE, THE NEIGHBOURING STRAWBERRY FIELDS HOTEL WILL BE USED AS ALWAYS. (PHONE NO: 01702 3387870)**

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**FRIDAY 08 MAY (Hotel Check In 2pm >)**

Check in on arrival. Free time to relax and enjoy Southend. The hotel’s Vineyard restaurant provides a rich varied British Menu or you may choose to eat out. **The evening meal tonight is not included in the price.** The Bar will be open though – so maybe we will see you there later in the evening to say “Hello”!

**SATURDAY 09 MAY – MEAL & PARTY NIGHT!**

The meal tonight will be a carvery buffet in the Hotel’s Burnham Suite. This will include 3 courses with a vegetarian option (drinks not included). **We will all sit down together at 8pm.** Once finished, some of the tables will be moved aside for PARTY TIME!!!!

The Hotel Bar and Lounge is right outside the Burnham Suite, so you can escape the loud music if you wish!

**NOTE: SPACES FOR THE MEAL ARE LIMITED. WE DO HOPE THAT YOU WILL ALL JOIN US, SO PLEASE MAKE SURE THAT YOU FORWARD YOUR MONIES/NAMES (special diets) NO LATER THAN SUNDAY 15 MARCH**

**See over Page ‘3’ for ‘PAYMENTS’**

**PRICES/ PAYMENT DEADLINES**

	<b><u>ADULTS</u></b>	<b><u>CHILDREN</u></b>	<b><u>PAID BY DATE</u></b>
<b><u>SATURDAY NIGHT MEAL &amp; PARTY:</u></b>	<b>£26.50</b>	<b>£16.00 (&gt;12 yrs)</b>	<b>SUN 15 MARCH</b>
<b><u>(PARTY ONLY</u></b>	<b>£5.00</b>	<b>£5.00</b>	<b>SUN 15 MARCH)</b>
<b><u>COURSE/COMPS:</u></b>	<b>£25.00</b>	<b>£15.00 (&gt;16 yrs)</b>	<b>SUN 19 APRIL</b>
<b><u>SPECTATORS:</u></b>	<b>£5.00</b>	<b>£3.00 (+OAPS)</b>	<b>FRI 01 MAY</b>

**ABOVE MONIES TO BE FORWARDED AS FOLLOWS:**

**Bank Transfer:**      **NAME:**            **C. FITZ-GERALD**  
**SWIFT CODE:** **BARCGB22**  
**IBAN NO:**        **GB58BARC20728923563367**

**Cheque:**            **ADDRESS:**        **3 Whitethorn Gardens**  
**Hornchurch**  
**Essex**  
**RM11 2AL**

**PAYEE:**            **'C.FITZ-GERALD'**

**CONTACT DETAILS:**

**TEL:**            **01708 455375**

**E-MAIL:** [mc.fitzgerald@ntlworld.com](mailto:mc.fitzgerald@ntlworld.com)



## **COMPETITION CATEGORIES**

**(CHILDREN = 5 – 16 YRS INCLUSIVE)**

### **RANDOM ATTACKS**

Normal rules apply. This category is determined by belt grade, and weights are not required. Opponents will be judged as always on the “Street Effectiveness” of their techniques and all round awareness. Each competitor should attend the competition with an attacker of their choice but, remember, no signalling is allowed.

There will be a ‘Peewee’ section for children 5 -7 yrs old.

### **GROUND FIGHTING**

Normal rules apply to Adults. Categories by WEIGHT ONLY. There will be an additional Under 12 yrs Category. The rules will be as follows:

#### **Under 12yrs:**

1 Round of 1.30 minutes. HOLD DOWNS ONLY (10 Seconds/Peewees & 20 Seconds for others). Winner will be first child to get 3 x 10 Sec/20 Sec hold-downs.

#### **12 – 16 yrs inclusive:**

1 Round of 1.30 minutes. HOLD DOWNS ONLY – 1 hold-down of 30 secs or 2 hold-downs of 15 secs.

**THERE ARE NO STRANGLES OR ARMLOCKS FOR ANY JUNIORS**

### **SPARRING (NO HEAD STRIKES FOR JUNIORS)**

Normal rules apply – **NO STRAIGHT PUNCHES TO FACE/NO KICK BELOW WAIST.** Categories by weight only. All competitors must wear Gumshields, Headguards (optional for Juniors), Gloves, Kick Boots that must cover the toe nails and Groin Protectors (males). Females are recommended to wear Chest Protectors. **THE SENIOR OFFICIALS DECISION IS FINAL WITH REGARD TO THE SUITABILITY OF THE SAFETY EQUIPMENT.**

### **EMPTY HAND KATA/WEAPONS KATA (NO PAIRS/WEAPONS PAIRS)**

Empty Hand Kata must include Ju-Jitsu element. Open to all Seniors and Juniors. No grade/weight requirement. 2 CATEGORIES - KYU GRADES/BLACK.

### **PAIRS DEMONSTRATION**

No Music. Maximum duration 2 minutes.



