

## JRB master class og tæknimót

Kæru judomenn/konur

Judofélag Reykjanesbæjar (JRB) býður ykkur að taka þátt í sérstakri helgi með okkur fyrir allan aldur. Séstakur gestur viðburðarins er Gary Edwards 7<sup>th</sup> Dan, yfirþjálfari skoska landsliðsins.

**Dagsetning** : 18 og 19 maí

**Staður**: Akurskóli, Reykjanesbær

**Dagskrá**:

Laugardagur 18. Maí:

12:00-14:00 Gary Edwards Master class fyrir U12 og eldri.

Part 1 Simulation of Scottish NATIONAL TEAM training (by Gary Edwards)

Part 2 Technical training (by Gary Edwards)

Part 3 Randori (supervised by Gary Edwards)

**Hádegismatur**: 14:00 – 15:00

15:00-17:00 Technical contest U8 og eldri.

Group 8-9 ára

Ushiro-ukemi X 5 reps + osoto-gari (2 times uchi-komi and then Nage-komi.

Group 10-12 ára

Ushiro-ukemi and mae-ukemi + uki-goshi (2 times uchi-komi and then Nage-komi.

Note: Allir krakkar frá 8 til 12 ára fá viðurkenningu.

Group 13-15 ára.

De-ashi-harai to osoto-gari with transition to kesa-Gatame (3times full nage-komi)

Note: Allir keppendur í þessum aldursflokk fá viðurkenningu og veitt eru verðlaun fyrir 1-3 sæti.

Dómarar mótsins verða þátttökupjálfarar. Allar upplýsingar um það verða gefnar á viðburðinum.

Group 16 ára og eldri

Free combination of 2 or more techniques (3 times full nage-komi).

Note: Í þessum aldursflokki munu þátttakendur fá viðurkenningu en sigurvegarinn mun fá 10.000 krónur í verðlaun. 3 sérstakir dómara munu dæma í þessum flokki.

**Skráning: Sendið skráningu fyrir hvern klúbb á meðfylgjandi excelskjali.**

**Skráningafrestur: 13. Maí**

**Skráningagjald:** 7000 (hádegismatur innifalinn)

**Endurgreiðslubónus til hvers þjálfara** 1.500 á hvern þáttakenda

**Greiðsla:** 13. maí (kt: 690421-1190 rknr: 0133-26-5950)

Judofélag Reykjanesbæjar

## Outlines of JRB master class and technical contest

Dear colleagues,

Our club have the pleasure of inviting your team to a very special weekend with a lot of fun for all ages. Our special guest coach is Gary Edwards 7<sup>th</sup> dan and the head coach of the cadets national squad of Scotland.

**Date:** 18<sup>th</sup> and 19<sup>th</sup> of May

**Place/Venue:** Akurskóli

**Program:**

May 18th Saturday 12:00-14:00 Gary Edwards Master class for the U12 years old and over.

Part 1 Simulation of Scottish NATIONAL TEAM training (by Gary Edwards)

Part 2 Technical training (by Gary Edwards)

Part 3 Randori (supervised by Gary Edwards)

**Lunch break:** 14:00 – 15:00

May 18th Saturday 15:00-17:00 Technical contest U8 years old and over

Group 8-9 years old

Ushiro-ukemi X 5 reps + osoto-gari (2 times uchi-komi and then Nage-komi.

Group 10-12 years old

Ushiro-ukemi and mae-ukemi + uki-goshi (2 times uchi-komi and then Nage-komi.

Note: all kids from 8 to 12 will receive participation “cartoon” certificates.

Group 13-15 years old

De-ashi-harai to osoto-gari with transition to kesa-Gatame (3times full nage-komi)

Note: all kids in this age group will receive participation “cartoon” certificates and medals for 1st, 2nd and 3rd place.

For the above age groups, all participant coaches will kindly requested to be judges, all the necessary information will be given on the day of the event.

Group 16 over

Free combination of 2 or more techniques (3 times full nage-komi).

Note: in this age group all participants will receive certificates. But only one winner will receive 10.000 krona adware. For this group, there will be 3 high-ranking judges, all the necessary information will be given on the day of the event.

**Registration:** Please use the attached form

**Registration deadline:** **13 of May**

**Participation fee:** 7000 kr (lunch included)

**Return bonus to the coach:** 1.500 per participant

**Payment conditions:** 13 of May (kt: 690421-1190 rknr: 0133-26-5950)

Judofélag Reykjanesbæjar