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**KITSUNE-GARI JUDO CLUB – INVITE YOU TO  
THE BEN LAMPERT OPEN RANDORI FUND RAISER  
SUNDAY APRIL 26<sup>TH</sup> 2009 09.30 a.m – 4.00p.m.**

WAVENDON GATE PAVILION, ISAACSON DRIVE, WAVENDON GATE, MILTON KEYNES, MK7 7RZ



**This is Ben Lampert, Age 23.** For the second time in his career, Ben has been selected to join the Great Britain Deaf Football Team at the 2009 Deaflympics in Taiwan.

*Unfortunately, British Deaf Football gets no government funding and Ben and His teammates have to raise their own funds in order to compete. **He needs to raise £3000.00.***

**When we heard about this at Kitsune-gari, we wondered if there was any way we could help Ben out. Here is an opportunity for us, as Judoka, to demonstrate our core values of mutual welfare and benefit by doing what we do best – throwing each other around a dojo!**

**Please join us for a Day of Open Randori to help a fellow sportsman and get to meet the man himself!**

**All mat fees will go towards Ben's fund-raising.**

- 🚩 Primary and Junior Judoka will be doing a SPONSORED BREAKFALL
- 🚩 Refreshments will be available throughout the day
- 🚩 Raffle prizes to be won



For further details and sponsor forms please visit our website [www.kitsune-gari.com](http://www.kitsune-gari.com) or contact Craig Barlow on 01908 673 574 or e-mail [craig.barlow@talktalk.net](mailto:craig.barlow@talktalk.net)

Any donations can be made at [www.justgiving.com/benlampert](http://www.justgiving.com/benlampert)

## **PROGRAMME**

09.30 Pavilion Opens Formal Welcome from Kitsune - Gari Head Coach and Ben Lampert

10.00 1<sup>st</sup> Randori Session Mat 1

Primary Judoka Sponsored Break-Fall Mat 2 (until 10.30)

Junior Sponsored Break-Fall Mat 2 (Until 11.00)

11.00 Refreshments / Meet the Man (Ben will be available to meet anyone that would like to know more about the Deaflympics and what's happening in Deaf Football)

11.30 2<sup>nd</sup> Randori Session Mat 1

Have Go at a Throw Mat 2 ( for friends or family that have never tried judo but just once would like to throw someone)

12.30 Lunch Break / Meet the Man

13.30 3<sup>rd</sup> Randori Session Mat 1

Junior Competition Technique Class Mat 2

14.30 Refreshments

15.00 Prize Draw

16.00 Pavilion Closes

Matt Fees: Seniors £4.50 Juniors £3.50 (Unless they have participated in Sponsored Ukemi which allows free access to Randori Session)

Have A Go at a Throw – Any Donations