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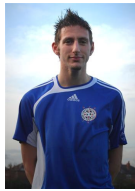
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Club

KITSUNE-GARI JUDO CLUB JUNIOR SPONSORED UKEMI (Break-fall)

SUNDAY APRIL 26TH 2009

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. **Ben needs to raise £3000.00.***

Name of Sponsor	Address and Contact Number	Amount

Joining instructions:

- ✓ Please arrive at the Wavendon Pavilion by 09.30 (Primaries) 10.00 (Juniors) to register for the sponsored ukemi (breakfall).
- ✓ Bring your BJC / BJA license to prove that you are competent in ukemi
- ✓ Please wear a judogi

The Sponsored Ukemi – How it works

This will start at approximately 10.00 a.m. for Primaries (under 10 year-olds) and approximately 10.30 for Juniors (over 10s) depending on numbers of participants.

Judoka will be separated into teams of break fallers

A Team will see how many break falls in short rounds. That team will take a rest and record their totals for that round with a mat official whilst the next team does its round. All teams will rotate though as many rounds as they are able over the course of an hour.

Collection of Sponsor Money:

Please send in your sponsorship money to Craig Barlow, Kitsune-Gari Judokwai, C/O 20 Adams Court, Woughton on the Green Milton Keynes MK6 3EL by Friday, May 8th 2009.

Alternatively, hand in your sponsorship money at Kitsune-Gari Judokwai on a Club Night: Mondays between 07.00 p.m and 10.00 p.m., Wednesdays between 07.30p.m and 10.00 p.m. and Fridays between 07.00 p.m and 10.00 p.m.

Any Further Questions?

Please Contact Craig Barlow on 01908 673 574 or e-mail craig.barlow@talktalk.net