

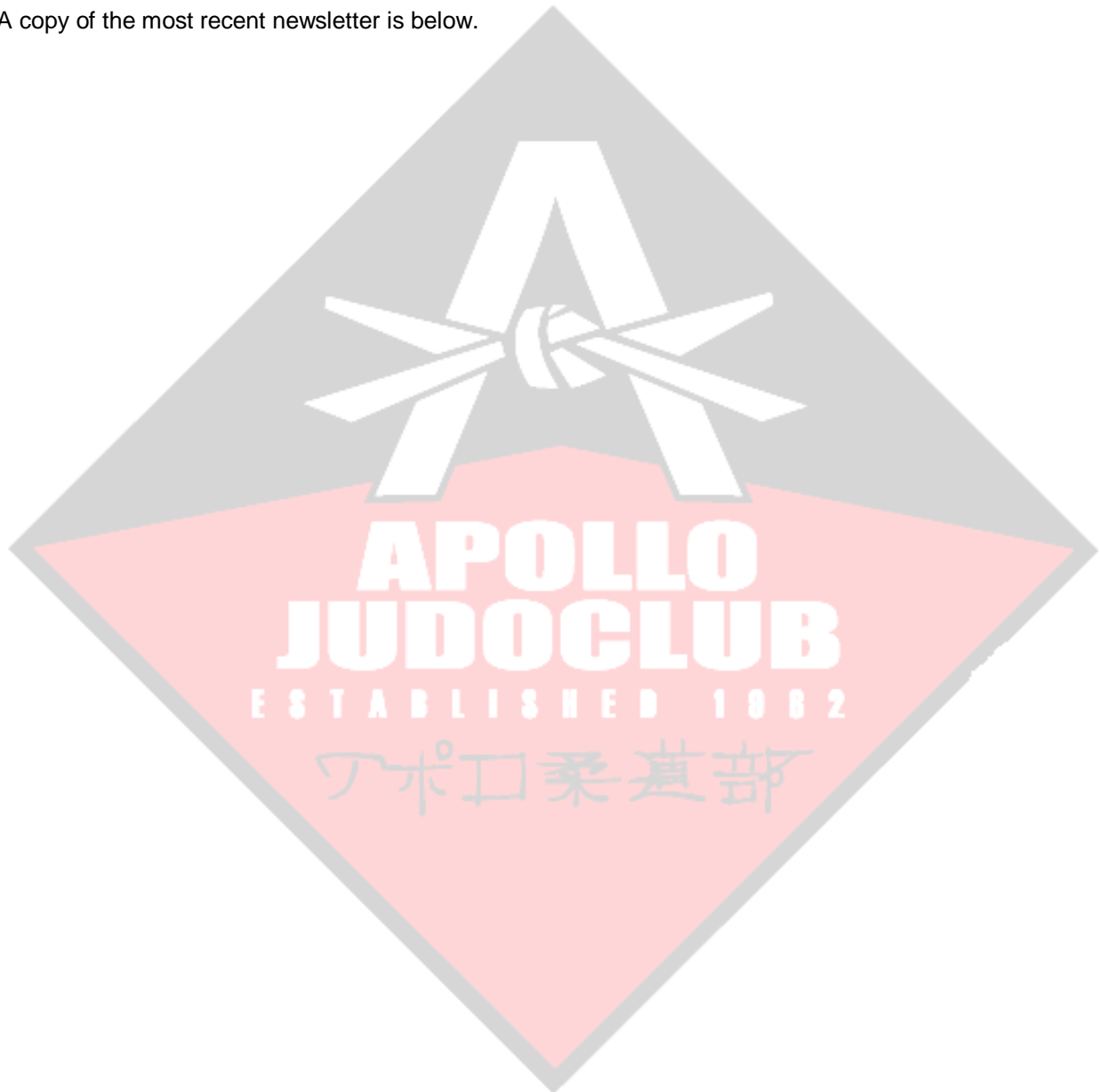
Drybrook Memorial Hall, Drybrook, Gloucestershire, GL17 9JF

T: 07787 581249 E: [info@apollojudoclub.co.uk](mailto:info@apollojudoclub.co.uk) W: [www.apollojudoclub.co.uk](http://www.apollojudoclub.co.uk)

## Methods of Communication

We utilise Newsletters occasionally, our closed Facebook page, twitter and our website to communicate with our members along with announcements at the end of each session.

A copy of the most recent newsletter is below.



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# NEWSLETTER - NOVEMBER 2014

We have not done a newsletter for a while but we do look to do one of these on a quarterly basis.

We do try to put by all information on our website, Facebook and twitter, if you want to contact us electronically, use the following:

WWW: [www.apollojudoclub.co.uk](http://www.apollojudoclub.co.uk)  
Facebook: <https://www.facebook.com/groups/apollojudoclub/>  
Twitter: @ApolloJudoClub  
Email: [info@apollojudoclub.co.uk](mailto:info@apollojudoclub.co.uk)

If anyone over the age of 8 wants to do a competition, or knows of an event they want to enter, let Chris or Darrell know, and we will organise a competition form. We have selected some to do later in the Newsletter.

With Christmas soon approaching on Monday the 22<sup>nd</sup> December from 6:30pm until 9pm we will be having our annual awards evening which includes a Disco, Father Christmas and the awards we also do a raffle so please bring some prizes.

With the grading coming up if you want to check online how to do the techniques have a look at the BJA website at <http://www.britishjudo.org.uk/training-manual/>

Don't forget, if you have a question let the coaches know!!

## Events 2014

Event Date	Event Title	Location
08/12/2014	Club Grading	Apollo Judo Club
22/12/2014	Club Christmas Party	Apollo Judo Club

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Event Date	Event Title	Location
01/02/2015	Katame No Kata	Dorchester Judo Club, Sawmills Lane, Weymouth Ave, Dorset, DT1 2RZ
21/03/2014	Dan Grading	Location: National Dojo, Cardiff CF11
08/02/2015	Dan & Kyu Grading	Walsall
08/02/2015	NHC Orange Belt & below Open	Wycombe Judo Centre
22/03/2015	Nottingham Senior Kyu Grade Open	Nottingham
28/03/2015	NHC Red Belt Rumble	High Wycombe
18/04/2015	Gonoson-No-Kata	Samurai
19/04/2015	Nage-No-Kata	Samurai
26/04/2015	Cobra Judo Club Red Belt Rumble	Nottingham
10/05/2015	Nottingham Under 12 Orange Belt and Below Open	Nottingham
17/05/2015	Junior Banded & Senior Open	Walsall Judo Centre
07/06/2015	Nottingham u12 and u16 Open	Nottingham
14/06/2015	Coventry Minimon for boys and girls	Coventry
12/09/2015	Nottingham Mini-Mon	Nottingham
13/09/2015	Nottingham Senior Kyu Open	Nottingham
11/10/2015	Nottingham Red Belt Rumble	Nottingham
18/10/2015	NHC Mini-Mon Open	High Wycombe
07/11/2015	NHC Red Belt Rumble	High Wycombe
29/11/2015	High Wycombe Mini Mon	High Wycombe