

# Eastleigh Aikido Basho and Referee Weekend Course

**Dates:** Saturday 27<sup>th</sup> September 1:30 – 4:30pm // Sunday 28<sup>th</sup> September 10am to 4pm

## **Course Content:**

Randori – How to Size Your Opponent Up

Randori – Quick Wins for Avoidance

Randori – Quick Wins on How to Read Your Opponent

Randori - Forcing Kaeshi Waza

Randori – Simple Quick Win Techniques that score

Referees / Competitors – Learn the NEW WSAF Rules

Referees – Practice your Skills

Randori Basho – Try out the new Rules and Techniques – Round Robin Only

<https://wsafaikido.org/about/policies/>

NOTE: Saturday will be course based // Sunday – will be a review of the Rules and then an informal Randori Round Robin. You will try to ensure everyone will get at least 3- 4 bouts or more.

**Main Instructors:** (there maybe more instructors to come)

**Nicole Anson** (5<sup>th</sup> Dan) 10+ years as BAA National Squad, several International Medals for Randori & Kata, Captain of the British National Squad, International Referee and BAA Head Referee and Competition Manager for more than 10 years

**Andy Rigby** (4<sup>th</sup> Dan) 15+ years with BAA National Squad Member, Former British National Team Manager, Multiple World Championship Gold Medallist

**Eastleigh Aikido Club would like to Invite you to a Randori Basho Weekend at our Club. It will help you get ready for the next set of National Competitions. You will learning some new techniques that have been successfully used by Squad Players and help to improve your Refereeing Skills.**

**Cost: £15 for BOTH days or £10 for one day**

**Address: Dance Studio, Toynebee School, Bodycoats Road, Chandler's Ford, Hampshire, SO53 2PL**

**Accommodation:** There are plenty of spare places for you to sleep at Club Homes if you need or very close hotels are:

Premier Inn (Eastleigh) - Leigh Road, Eastleigh SO50 9YX

Holiday Inn (Eastleigh) - Leigh Road, Eastleigh SO50 9PG

Village Hotel (Eastleigh) - Bournemouth Rd, Chandler's Ford SO53 3YJ

**We hope to see you all there!!!**

**Nicole and the Eastleigh Aikido Club in Southampton.**

**RSVP - Nicole via 07776093495 or [nicole\\_anson@yahoo.co.uk](mailto:nicole_anson@yahoo.co.uk)**