

CURRICULUM VITAE

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Profile

I am a black belt 4th Dan Bushido Judo society coach currently running 2 clubs and joint area manager for the Lincolnshire region.

My two children introduced me to Judo at the age of 34, which began a progressive career of over 25 years and has furnished a comprehensive, professional working knowledge of the art.

I enjoy working within the community with people of all ages and disabilities, building self-confidence and fitness within the students, and encouraging them to achieve their true potential in the sport, which has led to former students being selected for the Great Britain squad.

I believe in establishing and running friendly and family orientated clubs designed to be affordable for everyone.

Career

I began studying Judo in 1983 and attained 1st Dan in September 1988. During this period I entered various competitions and courses, which stood me in good stead to start coaching fellow students at the Whiteswood Lane Judo club.

By April of 1991 I had established a second club and had achieved the grade of 2nd Dan and been awarded the Doshi Award. During the following years I took an interest in teaching self-defence and became a qualified instructor in 1995 and a Teacher Examiner by 1998, which by this time I had earned my 3rd Dan (March 1996) in Judo.

I am now a qualified Grading officer and Society coach, running two successful Judo clubs, organising various courses and seminars throughout the year. My current grade is 4th Dan (2006) in Judo and I am now working hard towards my 5th.

Achievements

- Assistant Instructors Award 1985
- Instructors Award 1986
- Area Referee 1990

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- Doshi Award 1992
- Society Coach 2009
- Under 65kg Champion Kyu grade AJA National
- Under 65kg AJA Silver medallist Dan grade
- Joint Area Manager for Lincolnshire Region
- Coached the Aberystwyth University squad
- Coached at the British Judo Association summer school for 10 years
- Coached at the Bushido Za-Zen Easter convention for the past 18 years
- Organise and run a range of events through the year consisting of an Age competitions, Junior League, Individual Weight competitions, Ladies Weekend training courses, Kata courses.

Self Defence

- Self Defence Instructor April 1995.
- Teacher Examiner 1998.
- Held courses for senior Schools.
- Took part in the Health Awareness week at local schools teaching self defence for 8 years running.
- Taught unarmed combat to the Territorial Army.
- Run self defence classes for local businesses on an annual basis.

Clubs

Whiteswood Lane Judo Club:

- Established 1981
- Started coaching October 1987
- Current membership 30 students – Junior and senior covering various grades from beginner to 3rd Dan
- Former students:
 - Selected for the Great Britain Squad
 - Represented the Society in International Competitions

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- Qualified for the World Student Games

Sturton Judo Club:

- Established in 1991 by myself.
- Current membership of 20 Students – Junior and Senior covering various grades from beginner to 3rdDan.

Both clubs work to Child Protection and Race Equality policies.

References

Jim Lawson 7th Dan Renshi grade
Society Chairman
44 Elvendon Road
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Malcom Sawyer 6th Dan grade
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