

Website Report by Head Coach: Paul Harris

Name of Event: Midlands England Regional Squad Training

Date: Saturday 29th April 2017

Venue: Diamond Dojo 223 Gloucester Crescent Leicester LE18 4YH

Coaches: Paul Harris, Jory Chather and Ben Campbel

Introduction

Welcome to Junior & Senior Athletes

Head Coach welcomed all students to the training session. Everyone was advised to the process that we were going to follow during the day.

Session 1 & 2 Overview – Juniors / Seniors

The session began with 5 rounds of sparing and 5 rounds of point scoring followed by first to score sessions. All athletes were working within their age and weight categories, also working on the Senshu rule which was covered in a discussion with all athletes.

A talk was held by Head Midlands Coach Paul Harris on the importance of scoring and training to score world class technique, followed by distance and timing drills. Athletes were kept in their prospective age and weight groups to aid their training.

The coaches assisted any athletes with the transition of technique where needed which helps all to have more understanding of movement within their drills to score points.

During the session, all athletes in attendance were being assessed for any future selections.

Selected athletes listed below have been sent for National Trials on Sunday 9th July. Congratulations to these athletes from all the Midlands Coaches.

Selected individuals for National Trials

National Trials selected athletes

14-15 Cadet female

Carys Jones SCKS +54Kg

16-17 Junior male

Thomas Auger LVSKA -68Kg

Under 21's male

Ryan Luke UECHI RYU -67Kg

Date of next Midland Region Squad Training- Saturday 15th July 2017.

