

25th September 2009

Karu Kyoshi Kan (3K's) Judo Club

Dear Friend

Please find attached information regarding our women's beginners' judo programme.

These introductory sessions will give women aged 16+ the opportunity to learn basic Judo moves and concepts alongside improving fitness and an understanding of self defence. This is a great opportunity to have a go at something new, meet new people and get fit – so give it a try!

Session details are below:

- Dates: **Tuesday evenings from 13th October 2009 (12 weeks)**
- Times: **8pm-9pm**
- Venue: **Harry Mitchell Leisure Centre, Smethwick, B67 7DH**
- Cost: **Free taster session - £2.50 thereafter**
- Who: **Women aged 16+**

New participants will be provided with suitable clothing/kit but please wear comfortable clothing for physical activity at your first session – and don't forget to bring a drink!

For further information, an informal discussion about the sessions, or to book your place please contact Hilda Webb on 0121 550 9125 or email the judo club at m3ks@blueyonder.co.uk. You will also find attached a registration form which can be returned to the club to book your place.

We look forward to meeting you.

Best Wishes

Karu Kyoshi Kan Judo Club





Women's Beginners Judo Program



Registration Form

Project Details

Project name	Womens Beginners Judo Programme (12 wk)
Club name	Karu Kyoshi Kan Judo Club (3K's)

Personal Details

Full Name	
Address	
Postcode	
Contact number (home)	
Emergency contact name and number	
Email address	
Date of birth (DD/MM/YY)	
Your age today	

Please tick the appropriate box to indicate your gender: Male Female

Ethnic origin (Please tick the appropriate box to indicate your cultural background):

<input type="checkbox"/> White - British	<input type="checkbox"/> Asian or Asian British - Bangladeshi
<input type="checkbox"/> White - Irish	<input type="checkbox"/> Any other Asian background
<input type="checkbox"/> Any other white background	<input type="checkbox"/> Black or Black British - Caribbean
<input type="checkbox"/> Mixed - White and Black Caribbean	<input type="checkbox"/> Black or Black British - African
<input type="checkbox"/> Mixed - White and Black African	<input type="checkbox"/> Any other black background
<input type="checkbox"/> Mixed - White and Asian	<input type="checkbox"/> Chinese
<input type="checkbox"/> Any other mixed background	<input type="checkbox"/> Prefer not to state
<input type="checkbox"/> Asian or Asian British - Indian	<input type="checkbox"/> Any other (please write in) _____
<input type="checkbox"/> Asian or Asian British - Pakistani	

The Disability Discrimination Act 1995 defines a disabled person as anyone with a 'physical or mental impairment that has a substantial and long-term adverse effect upon his/her ability to carry out normal day-to-day activities'. Do you consider yourself to have a disability?

Yes No

If yes, what is the nature of your disability? (Please tick the appropriate box)

<input type="checkbox"/> Sensory impairment (including visual and hearing)	<input type="checkbox"/> Learning disability
<input type="checkbox"/> Physical impairment	<input type="checkbox"/> Multiple impairments
<input type="checkbox"/> Mental health difficulty (e.g. severe depression, bipolar)	<input type="checkbox"/> Do not wish to answer

Please provide details of any known allergies, conditions or medication being taken	
Are there any other special needs or requirements that the project staff need to be aware of?	
I will inform the project staff of any important changes to my health and medication. I will also report any changes to our address or contact numbers	<input type="checkbox"/> Yes <input type="checkbox"/> No

Employment status

(please tick the appropriate box that best describes your current situation)

<input type="checkbox"/> Working full time (30 plus hours a week)	<input type="checkbox"/> Working part time (less than 30 hours)
<input type="checkbox"/> Unemployed Less than 6 months <input type="checkbox"/> 6 months + <input type="checkbox"/>	<input type="checkbox"/> Temporary unable to work (i.e due to medical reasons)
<input type="checkbox"/> Permanently unable to work (due to illness/disability)	<input type="checkbox"/> Retired
<input type="checkbox"/> In full time education (school)	<input type="checkbox"/> Full time student (college/university)
<input type="checkbox"/> On a government training programme	<input type="checkbox"/> Out of school

Physical Activity

Please indicate the current level of sport/physical activity you undertake on a weekly basis (Physical activity includes activities such as walking or housework as well as physical activity undertaken with the specific objective of improving fitness, physical performance, or health)

<input type="checkbox"/> 0 x 30 minutes per week	<input type="checkbox"/> 1 x 30 minutes per week
<input type="checkbox"/> 2 x 30 minutes per week	<input type="checkbox"/> 3 x 30 minutes per week
<input type="checkbox"/> 4 x 30 minutes per week	<input type="checkbox"/> 5 x 30 minutes per week
<input type="checkbox"/> More than 5 x 30 minutes per week	

Signed (name)	
Print name	
Date	

3K's Judo Club and Sandwell MBC recognises the need to ensure the welfare and safety of all participants in sport and physical activity. We will not permit images/videos to be taken of specific individuals participating in sporting activities without seeking the consent of participants. All images/videos taken will be used solely for the purpose of publicising success and participation. These images may be publicised on our website and used in any advertising /promotional material.

I (name of participant) _____ consent to 3k's Judo Club and/or Sandwell MBC photographing or videoing my involvement in sport/coaching/physical activity.

Signed:_____ Date:_____

As part of the Data Protection Act 1998, I agree / disagree to remain on the 5 x 30 Time to Get Active database:

Signed: _____

Please return to:
3K's Judo Club, Harry Mitchell Leisure Centre, Broomfield Rd,
Smethwick, B67 7DH
M3ks@blueyonder.co.uk