

# Fighting Fit Judo Club



Coached by Dominic King  
Senior Ex-International  
Former British Champion  
Norfolk County Coach

Tel: 01493 664089 Mobile: 07977 432756  
e-mail: [Dominic@FightingFitJudo.co.uk](mailto:Dominic@FightingFitJudo.co.uk)  
Website: [www.FightingFitJudo.co.uk](http://www.FightingFitJudo.co.uk)

British Judo Association club registration No. 9050

1 Baillie Close  
Gorleston  
Gt Yarmouth  
Norfolk  
NR31 7RT

## Combined strength and conditioning/judo training session open to all !!

We are hosting a not-to-be-missed training session starting with a 1 hour strength and conditioning session (strictly controlled for young players!!) followed after a break with a judo training session at Norwich Premier Judo club putting into practice techniques learned in the gym.

**(IMPORTANT: please contact Dominic to  
book a place as numbers are limited)**

Start Venue:- Elite Strength & Conditioning  
Trident Drive (off Britannia road)  
Norwich NR1 4HR (directions over page)

Date:- Sunday 5<sup>th</sup> June 2011

Time:- 10.00am to 11.00pm (book-in 9.45am)

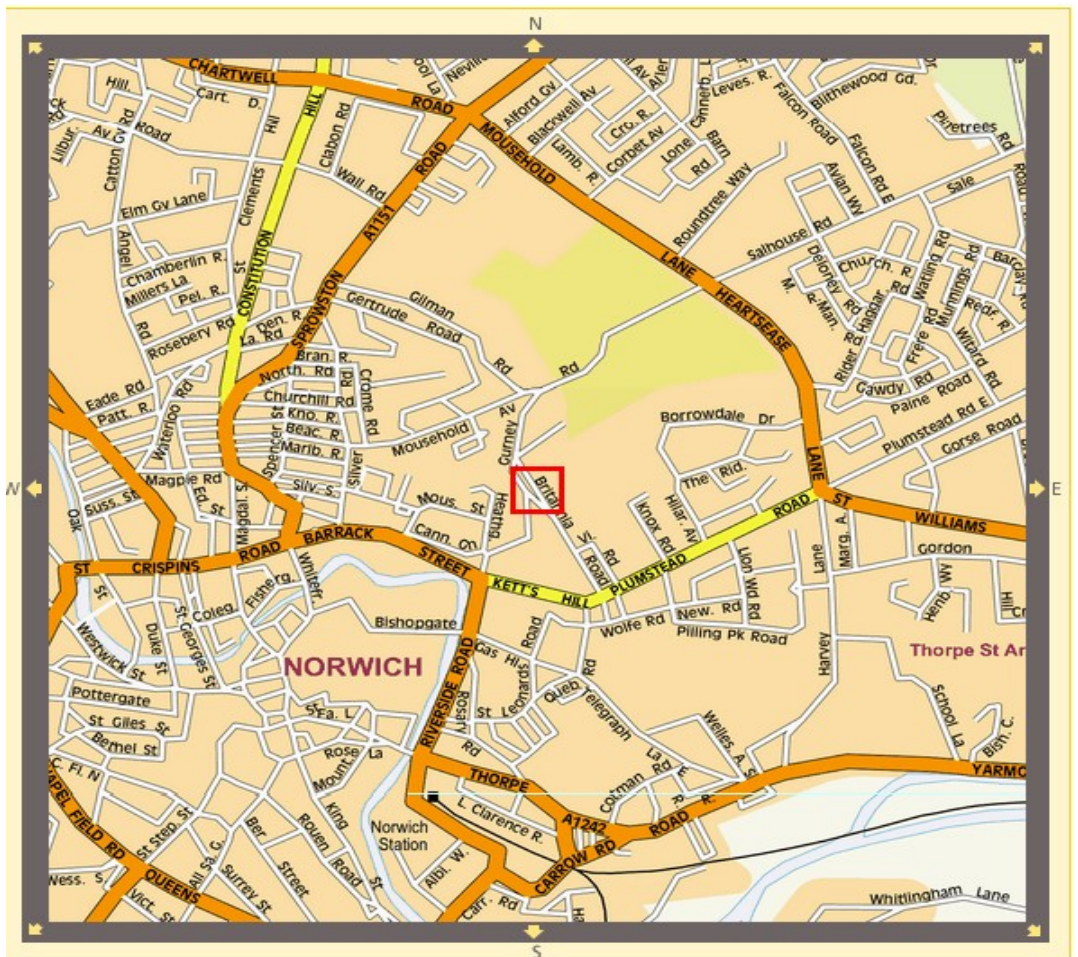
**1 hour break and move to judo club**  
(short walk or 2 mins by car)

Time:- 12noon to 1.00pm

Second Venue:- Norwich Premier Judo Club  
Heathgate Community Centre,  
Heathgate,  
Norwich NR3 1PQ

Total Cost:- £5.00

## Directions to NR1 4HR (between 30 & 32 Britannia Rd)



After taking a left hand turn into BRITANNIA ROAD, travel approximately 30 yards. You will see TRIDENT DRIVE on your left hand side, with an Elite Strength & Conditioning sign beneath the Trident Drive sign.

Be careful as you may miss the Trident Drive entrance (between the terraced housing).

Proceed along TRIDENT DRIVE and you will come to a large iron gate. If Elite S&C is open, this gate will open automatically. Proceed along the driveway, following the signage to Elite Strength and Conditioning. Elite S&C is positioned at the end of the drive.

You will find ample parking spaces.