

Additional weigh-in facilities will be available on Saturday evening
(one weigh only) between 7-8 pm in the centre.

The British Judo Council
WELSH JUNIOR CHAMPIONSHIPS
PRIMARIES
Sunday 13th July 2008

Judo club name.....

Contact Name
& Address

.....

Male Primaries

Name	Under 25 Kg	Under 28 Kg	Under 31 Kg	Over 31 Kg

Female Primaries

Name	Under 25 Kg	Under 28 Kg	Under 31 Kg	Over 31 Kg

The following techniques are strictly forbidden and any attempt will incur disqualification.

Armlocks, Strangles, All Sacrifice Throws, Leg or Ankle Grabs, Kubi Nage and Maki-Komi.

Following the contestants Rei to each other they must engage with the right natural grip i.e. one lapel and one sleeve.

Referee to instruct the competitors to 'Take Hold', then 'Hajime' at the **start and restart** of a contest.

All Primary entrants having been awarded a junior grade are not permitted to participate in any of the Primary categories.