



**AN INVITATION TO THE:**

# **Mind Body Spirit Midlands**

**COURSE & CHAMPIONSHIPS**

**OPEN TO BJJAGB & UNJJ MEMBERS ONLY**

**AT:**

**QUEENS PARK SPORTS CENTRE, CHESTERFIELD**

**ON:**

**SUNDAY 10<sup>th</sup> NOVEMBER 2024**

**Registration 9am**

**9.30am Start**

**As this event falls on Remembrance Sunday we will be  
observing the 2 minute silence at 11am**



# HOTEL INFORMATION

**Premier Inn Chesterfield Town Centre** 0.8 miles from Venue

Elder Way, Chesterfield, Derbyshire  
S40 1UN

**Premier Inn Chesterfield North** 2.4 miles from Venue

Tapton Lock Hill, Off Rotherway, Chesterfield  
S41 7NJ

<https://www.premierinn.com/gb/en/home.html>

**Portland Hotel Wetherspoon** 0.6 miles from Venue

West Bars, Chesterfield, S40 1AY, United Kingdom

<https://hotels.jdwetherspoon.com/hotels/the-portland-hotel/>

**IBIS Hotel Chesterfield Town Centre** 1.2 miles from Venue

Lordsmill Street, Chesterfield, S41 7RW

<https://all.accor.com/united-kingdom/index.en.shtml>

**PLEASE CONTACT YOUR CHOSEN HOTEL DIRECT TO BOOK YOUR ROOM**

## **CAR PARKING:**

### **Premier Inn Chesterfield Town Centre**

Chargeable off-site parking is available nearby at Saltergate Multi-Story Car Park (S40 1LP), at £7.50 for 24 hours. 100 yards from the hotel,

### **Premier Inn Chesterfield North**

Free on-site parking is available at this hotel.

### **Portland Hotel Wetherspoon**

Limited spaces at this hotel reserve your place on booking your rooms or alternatively chargeable off-site parking is available nearby at Saltergate Multi-Story Car Park (S40 1LP), at £7.50 for 24 hours. A 5 minute walk across town to the hotel.

### **IBIS Hotel Chesterfield Town Centre**

Free on-site parking is available at this hotel.

## **PRICES/PAYMENT DEADLINES**

**PLEASE NOTE: NO INDIVIDUAL ENTRIES WILL BE ACCEPTED!**

**ALL FEES & ENTRY FORMS TO BE FORWARDED BY GROUP SENSEI'S ONLY.  
NO LATER THAN FRIDAY 4<sup>th</sup> OCTOBER  
PLEASE USE THE ENTRY FORM PROVIDED**

**PLEASE MAKE SURE THAT YOU DOUBLE-CHECK YOUR ENTRY FORMS BEFORE  
YOU SUBMIT THEM AND MAKE SURE THE DETAILS ARE CORRECT IE., GRADE &  
AGE AT TIME OF EVENT ETC.**

**COURSE/COMPETITION:                      £30.00**

**SPECTATORS:                                      £5.00**

### **BANK DETAILS:**

**UK Bank Transfer:   MICHAEL HOLDEN  
                                 48719314  
                                 40-10-00**

**ADDRESS:   Station Villa  
                 Main Road  
                 Unstone  
                 DRONFIELD  
                 S18 4AB**

### **CONTACT DETAILS:**

**TEL:            MIKE: 07816 922307  
E-MAIL:   [michael@mindbodyspiritmartialarts.co.uk](mailto:michael@mindbodyspiritmartialarts.co.uk)**

**MIND BODY SPIRIT**  
**MIDLANDS COURSE & CHAMPIONSHIPS**



**DATE:** SUNDAY 10<sup>th</sup> NOVEMBER

**VENUE:** QUEENS PARK SPORTS CENTRE BOYTHORPE ROAD, CHESTERFIELD S40 2ND

**START TIME:** Course - **9.00am**  
Championships - This will commence after the Course  
and a short lunch break (approx. 1pm)

**COSTS:**

**COURSE/COMPETITION** £30.00

**SPECTATORS** £5.00

**ALL SPECTATOR TICKETS MUST BE PURCHASED IN ADVANCE**

**PLEASE PROVIDE YOUR ADDRESS FOR POSTING OF SPECTATOR TICKETS**

**COMPETITION ENTRY FORM, ALL COURSE/COMPETITION & PARTY NIGHT FEES  
TO BE RECEIVED NO LATER THAN FRIDAY 4<sup>th</sup> OCTOBER**

**IMPORTANT NOTICE TO ALL LEAD COACHES**

Please make it clear to all students who are competing that they must fully attend the Course.

Anyone found leaving the mat early to rest, or arriving after the Course, will be removed from the Competition

## COMPETITION CATEGORIES/ELIGIBILITY

### RANDOM ATTACKS

**(CHILDREN = 8 >17 Yrs. INCLUSIVE)**

**BJJAGB rules apply.** This category is determined by belt grade, and weights are not required. Opponents will be judged as always on the “Street Effectiveness” of their techniques and all round awareness.

*Attackers cannot be no more than 1 grade above or below & Black Belts cannot Uke for Kyu Grades and vice versa*

### GROUND FIGHTING: -

**JUNIORS (8 > 10yrs):** HOLD DOWNS ONLY Categories by **WEIGHT/AGE/GENDER**

1 Round of 1 minute. HOLD DOWNS ONLY

**THERE ARE NO CHOKES/ STRANGLES OR ARM LOCKS FOR ANY JUNIORS.**

### CONTINUOUS FIGHTING – CHILDREN 11 > 17yrs & ADULTS 18yrs+

SEE PAGE 7 FOR EQUIPMENT/RULES.

*THE SENIOR OFFICIAL'S DECISION IS FINAL WITH REGARD TO THE SUITABILITY OF THE SAFETY EQUIPMENT.*

### EMPTY HAND KATA/WEAPONS KATA (Max Duration 2 Mins)

Empty Hand Kata must include Ju-Jitsu element. Open to Seniors/Juniors – **Brown/Black Belts Only**

Weapons Kata: Juniors/Seniors – **Brown/Black Belts Only**

### PAIRS DEMONSTRATION: No Music or Props Max Duration 2 Mins.

### IMPORTANT:

ENTRY FOR ALL COMPETITORS IS LIMITED TO **3** EVENTS  
**(NOT INCLUDING PAIRS DEMO)**

# CONTINUOUS FIGHTING-SYSTEM

OPEN TO COMPETITORS AGE 11+

EQUIPMENT:



**ALL COMPETITORS TO WEAR MANDATORY SAFETY EQUIPMENT**

## THE SYSTEM:

PART 1: SPARRING: 1 Minute

PART 2: GRIP/THROW: 45 Seconds Maximum

PART 3: GROUND FIGHTING: 1 Minute

## SCORING:

**PART 1: SPARRING:** Clear Punches/Strikes/Kicks = 1 Point  
Catching the Leg + Take Down = 2 Points  
Catching the Leg + Clean Throw = 3 Points

All sparring must be SAFE and with CONTROL.

NO STRAIGHT PUNCHES TO FACE/KICKS BELOW WAIST/SPINNING TECHNIQUES

**PART 2: GRAPPLING :** Referee will shout "Grip" after 1 minute sparring

45 seconds maximum to THROW/TAKE DOWN

Clean Throw = 5 Points

Take Down = 3 Points

**PART 3: GROUND FIGHTING:** Begins immediately after successful Throw/

Take-Down. If no Throw/Take-Down achieved after 45 seconds –

Referee will shout "Grip" again – Fighters will KEEP HOLD – but

will now placed in a kneeling position to continue.

**HOLD DOWNS & SUBMISSIONS = 3 Points**

## **Local Restaurants**

If you are staying over in Chesterfield we can recommend the following restaurants for your evening meal on Saturday and / or Sunday.

Soulville Steakhouse	01246 233311	21 South Street S40 1QX
Galleon Steakhouse	01246 559065	48 St Mary's Gate S41 7TH
Dynasty Chinese	01246 554330	38 Wheatbridge Road S40 2AB
Thai Thai	01246 271998	9 Lordsmill Street S41 9RW
Indian Blues	01246 557505	7 Corporation Street S41 7TP
Gulab Tandoori	01246 204612	207 Chatsworth Road S40 2BA
Sicily Italian	01246 201 749	78 Sheffield Road S41 7LS
Lombardi's Italian	01246 208811	2 Sheffield Road S41 7LL
The Market Pub	01246 273641	95 New Square S40 1AH
O-Tokuda Japanese	01246 556996	37 Knifsmithgate S40 1RL

## **PUB GRUB**

Pig & Pump	01246 229570	St Mary's Gate S41 7TJ
Einsteins	01246 767177	5 Holywell Street S41 7SA
Portland Hotel	01246 293600	West Bars, S40 1AY
Donkey Derby	01246 554485	405 Sheffield Road, S41 8JZ

If you require more information please contact Sensei Mike  
07816 922307

**COMPETITION ENTRY FORM**

ASSOCIATION/CLUB: ..... **PLEASE SEPERATE JUNIOR & SENIOR ENTRIES!**

<b>NAME &amp; BJJAGB No.</b>	<b>AGE</b>	<b>KYU/DAN GRADE</b>	<b>WEIGHT</b>	<b>MALE/ FEMALE</b>	<b>CONTINUOUS (11 YRS +)</b>	<b>G/FIGHT JNRS. ONLY (8-10yrs)</b>	<b>RANDOMS (8yrs +)</b>	<b>E/H KATA (Jnrs/Snrs: Brown +)</b>	<b>WEAPONS KATA (Jnrs/Snrs: Brown +)</b>	<b>PAIRS DEMO NAMES/AGE</b>

**NOTE: MAXIMUM 3 ENTRIES PER PERSON (NOT INCLUDING PAIRS DEMO)**