



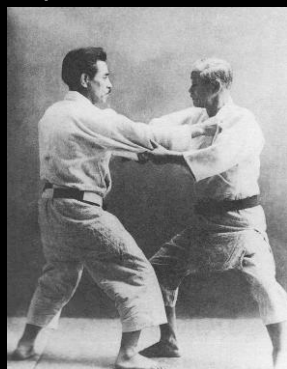
Welcome to a new academic year of Judo! I hope you and your family have had a lovely Easter holiday and you are feeling refreshed and ready for the new summer term ahead.

My name is Martin Rance, I represent ProCoach Judo, delivering judo tuition within your school. I am a full-time professional school Judo teacher with over 21 years of experience and a strong reputation for motivating pupils to learn all about judo in a fun and exciting way, gaining enjoyment from the sport.

If you are new to Judo this term I cannot wait to share your Judo experience with you, and you can be rest assured of a very warm welcome!

Martin Rance
 British Judo Association 5th Dan
 British Judo Level 3 Coach

What is judo? It is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defence or combat, and a way of life. It is all of these and more.



Professor Jigoro Kano founded Judo in 1882 as a structure for mental and physical education, deriving from the ancient forms of Japanese martial arts, Kano created a safe, yet effective form of self-defence.

It was introduced into the Olympic Games in 1964 and is practised by 40 million people in over 200 countries. People practice to excel

in competition, to stay in shape, to develop self-confidence, and for many other reasons. But most of all, people do Judo just for the fun of it.

Judo has the power to help educate, shape, and teach people.



By including Judo as part your educational development, it will help instil values such as honesty, respect, and friendship as well as:

- Building physical fitness, flexibility, and co-ordination,
- Improving focus and concentration,
- Developing positive attitudes about sports in general,
- Increasing self-esteem, self-discipline, self-respect, and courtesy toward others,
- Building character and developing social and problem-solving skills.

Judo is a popular activity open exclusively to pupils at your school.

Lesson Times: Thursdays 8:00 – 8:45am

Years 1-6 – School Hall



SIGN UP

To experience Judo, you need to have a go, so why not come along to your school Judo club for a no-obligation trial lesson and join in with your school friends

To sign up and book your place enter the following url code: or <https://shorturl.at/aUBtZ> email procoachjudo@yahoo.co.uk

Term Fees

Tuition only £ 71.00

Tuition with kit Hire £ 77.00
 per pupil per term

Fees are due at the start of each term (3 terms per year)



ePayment to ProCoach may be made with the following bank details:

Account Name: ProCoach Judo

Account Number: 81413856

Sort Code: 401846

Please include the payment reference: APS<Pupil name>

Pupils must provide half-terms notice in writing to withdraw from the Judo Club or pay half-term fees.

A Judo kit must be worn for each lesson, pupils may either hire kit from ProCoach or provide their own

