

## **GUILDFORD JUDO CLUB** **@ Wallacefields**

**Judo is based on the ancient art of Ju-Jitsu and focusses on self-defence techniques to counter strength and size with leverage, balance and a knowledge of anatomy.**

**Judo is a sport for children of all sizes and abilities, helping to improve fitness, coordination and confidence. Pupils will have the opportunity to be graded and enter competitions, however are very welcome to take part in lessons just to train, learn some self-defence and socialise.**

**The Tuesday 8am session is for years 5&6 and Wednesdays 8am is for years 3&4. The cost for the Autumn term is £88 and will start on the 16<sup>th</sup>/17<sup>th</sup> September and the last session will be the 2<sup>nd</sup>/3<sup>rd</sup> December, 11 sessions in total.**

**If you would like your child to attend Judo Classes or have any questions please contact me via the details below.**

**My contact details are:**

**Dave Kennedy**

**07941 603 022**

**dave@guildfordjudo.co.uk**