

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 at 8am is for years 3&4, the cost is £7.50 per lesson and are billed per term, the Autumn term will start on the 9th/10th January and the last session will be the 19th/20th March, 10 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

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