

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 take part in competitions, however are very welcome to take part in lessons just to train, learn some self-defence and socialise.

Classes cost £7 per lesson and are billed per term, this term will start the week commencing 26th April. The different year groups will train on the following days.

Year 6 are on Mondays at 8.20

Year 4 are on Tuesdays at 8.00

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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