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## Would your child like to learn Judo?

We are successfully holding Judo sessions as a regular weekly club for your child to attend at St Luke's C of E Primary School.

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### What can Judo do for your child?

Judo is a great sport to help your child develop self-confidence, coordination, strength, and suppleness.  
Judo is also well known to develop fantastic strength of character and self-discipline in its students.

### What is Judo?

Judo is a safe, competitive, full contact, Olympic sport. Judo has more of a resemblance to wrestling than to many of the other martial arts seen in films or on TV.  
It involves no punching or kicking. Sorry ☺

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### Your child can learn how to:

Throw an opponent without injury.  
Roll and fall safely without injury.  
Hold or pin an opponent on the floor safely.  
Cope with the general contact of the sport.

### We will provide:

A Judo kit for your child to borrow on a session by session basis, free of charge.  
A qualified Red Star coach, D.B.S. checked, first aid and child protection trained.

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### Physical, intellectual and moral education

From its inception in 1882, Judo has always been more than just a sport. Jigoro Kano created Judo in Japan as a new method of physical, intellectual and moral education. Based on core values, Judo is about making a positive contribution to society.

We want Judo to be an integral part of the educational development of every child. Our programme helps to empower every child, by developing mental and physical health. It contributes to their social-emotional development, extending to the classroom and life, creating a holistic approach for your child's education.

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### Details:

To put your child onto the club, please fill out the google form by clicking the link <https://forms.gle/sLF6DLvEKN2vcD3K6>

Judo fees are **£40** a half term and include the hire of a Judo kit. All grade promotions, belts, licence fees and in club competitions are also included (no hidden fees). Please allow your child to trial the Judo for as long as they need before paying us.

Sessions run on **Monday mornings before school 8am until 8:45am**. As a kit will be provided, could your child simply have their usual indoor PE kit and a pair of flip flops for this session.

*Any questions, please do not hesitate to contact: Adam Welford on 07786 923 893*

