



**JUDO LESSONS
AT
ST AGATHA'S SCHOOL!**

**Lessons will take place on Wednesday mornings before school
from 7.45am until 8.45am**

Open to year 1 – 6 pupils: Limited spaces available

**For further details or to book your child a place please use the
following link**

[St Agatha's - autumn term judo booking link](#)

Please book early to avoid disappointment

**If you have any questions, please contact
academyjudo@outlook.com**

Judo is a modern Olympic sport originating in Japan, which uses techniques and quick reflexes to get a partner off balance and take them down to the mat. It combines the ancient culture of the orient with today's concept of sport, fair play, sense of achievement and the fun of taking part.

Classes follow the British Judo Association Syllabus. Judo helps physical fitness, co-ordination and discipline. It also develops confidence and encourages interaction with others.

Judo suits are available to purchase but not compulsory at any stage. We recommend beginning lessons wearing PE kit or similar loose clothing.