



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

Lessons will take place on Wednesday mornings before school

from 7.50am until 8.45am

Open to year 1 – 6 pupils

Booking link: [St Agatha's judo bookings](#)

Trial sessions available for new students

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.