



Judo at St Agatha's on Wednesday before school!

About Judo

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.

About Academy Judo

Lloyd Nicholls has been teaching judo across the south-east for over 25 years. He is a 3rd Dan black belt and senior qualified coach recognised by the British Judo Association; he is a former South England Master's Champion and southern area team manager.

To book your child a space please use the following link.

[St Agatha's judo booking s- autumn 2026](#)

**Free trial sessions for new students available – please email to book
Payment options also available to spread the cost**

Please email academyjudo@outlook.com if you have any questions