

# Judo

- **Fitness**
- **Co-Ordination**
- **Confidence**
- **Self Defence**



**Founded in 1883 Judo is a style of self-defence based on the ancient art of ju-jutsu in which mere strength is countered by the scientific use of leverage and balance and the knowledge of anatomy.**

**Classes will be held during Friday lunch times (starting Sep 22<sup>nd</sup>). The cost of the lessons is £65 per term. If you would like your child to attend the Judo Classes please contact me either via email, phone or text.**

**My contact details are**

**David Kennedy**

**07941 603 022 or 01483 612 716**

**david@torakajudo.co.uk**