

# 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 for 10 weeks from 3<sup>rd</sup> May – 12<sup>th</sup> July 2019.**

**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**

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