

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 from 29th September to 6th December 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

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