



Chalfont Judokwai



Become a Judoka now!

Community-run friendly club for both those who want to take part in competitive Judo and for those who just want to have some fun learning the Olympic sport/ martial art.

Opening Times:

Tuesday:

Chalfont Leisure Centre

Primary session (Ages 7-10)-

6:45pm-8:00pm

Junior & Senior session (Ages

10+)-6:45pm-8:30pm

Benefits of starting Judo:

- Make new friends & have a good time.
- Improves balance, coordination, overall strength & health.
- Increases speed and agility.
- Complements other sports.
- Learn how to fall without getting injured.
- Gain the skills to defend yourself & enter competitions to win medals.
- Increase mental toughness and confidence.
- Incredible value, we give far more for less when compared to any other martial art.



Typical session

- Warm up
- Breakfalls
- Technique
- Randori (semi-contest practice)

Judo includes

- Throws
- Hold downs
- Armlocks
- Strangles

Events

- Gradings
- Courses
- Competitions



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2nd Dan

Head coach

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visit www.chalfontju.do for more information