



Chalfont Judokwai



Become a Judoka now

Learn an effective martial art, keep fit and have fun making new friends!

Chalfont Judokwai
is affiliated to



Club Meets Tuesday 6:45 to 8:30pm
Membership is £70 per term or £200 per annum inclusive of BJC Membership and Licence



David Sherwood
Head Coach

www.chalfontju.do

Chalfont Leisure Centre, Nicol Road, Chalfont St. Peter, Buckinghamshire, SL9 9LR
david@chalfontjudokwai.org.uk ~ 01753-288720



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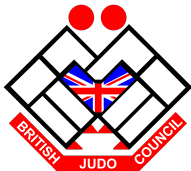
DCHS Judokwai



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Wednesday afternoon 3:45 to 5:15pm
Term Mat fee £10



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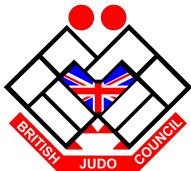
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Dr. Challoners High School, , Chalfont St. Giles, Buckinghamshire, HP8 4JJ
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Learn a competitive Olympic sport & martial art



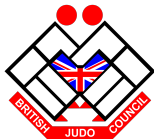
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<http://www.chalfontjudokwai.org.uk/dchs/home>

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Train to compete, train to defeat! We will help you become the winner that you want to be, the winner you can be!

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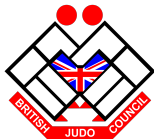
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Become your best and make friends in your club



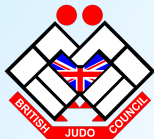
This club
serves the
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with care
for all.



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Typical session

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

Judo includes

- Throws
- Hold downs
- Armlocks
- Strangles

Events

- Gradings
- Courses
- Competitions

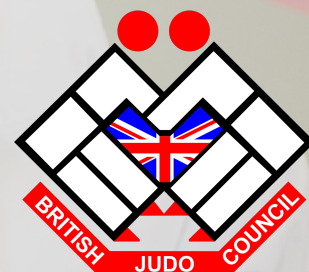
Community-run friendly club for both those who want to take part in competitive Judo and those who just want to have some fun learning the Olympic sport/martial art whilst training for speed, strength and flexibility in a fun safe environment for children of all ages and abilities.

Benefits of Judo training:

- 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.



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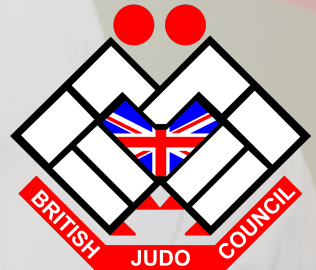
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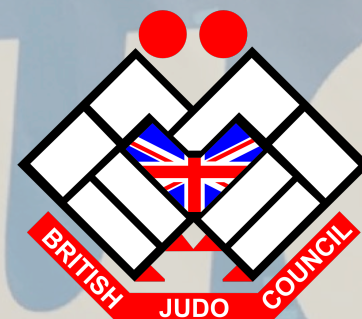
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JUDO: THE COMPLETE MARTIAL ART

THE MOST COMPLETE SPORT

(according to the IOC)

Join us and make new friends whilst learning this Japanese martial art as featured in the John Wick series whilst improving your fitness, stamina, speed and balance. Not to mention also learning how to throw like Keanu Reeves.

We are a local club with members just like YOU

So come along and give it a go. It is more varied and involving than any other method of keeping fit and far more fun!



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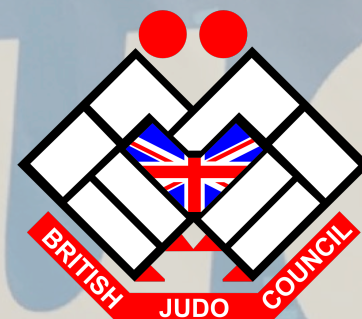
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