



Become a Judoka now

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

Become a Judoka now!

Learn a competitive Olympic sport & martial art



Keep fit &
have fun
making
new
friends

Become a Judoka now!

**Learn a competitive Olympic sport & martial art
Become your best and make friends in your club**



This club
serves the
community
with care
for all.



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

Judo helps build confidence for mind and body
Become your best and make friends as you train



- ★ Fast
- ★ Strong
- ★ Flexible
- ★ Skills for
YOUR
lifetime!



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.

Typical session

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

Judo includes

- Throws
- Hold downs
- Armlocks
- Strangles

Events

- Gradings
- Courses
- Competitions





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!