

St Polycarps Catholic Primary

School Judo Club



What is Judo:

Judo is a modern Olympic Sport and self defence system derived from the ancient art of Ju-jitsu. It is very popular in schools as a fitness training method and as an extracurricular activity. The objective of school judo is to provide the children with an enjoyable physical experience before or after school, and then to encourage them to join a judo club and continue on to a healthy active lifestyle after they have finished their education.

Judo is a great way in providing benefits such as:

**Self-discipline, Co-ordination, Self-control, Fitness and flexibility,
Confidence Booster, Respect for all, Self defence**



David Johnston who is a 4th Dan Black Belt and former Great Britain International. David has been a Judoka for 35 years and a Judo Instructor for over 25 years.



Judo Instructors



Sophie Johnston who is a 1st Dan Black Belt and former National medallist and England International. Sophie has been a Judoka since she was 3 years old

Cost of Tuition: Judo fees and kit hire are payable at the beginning of each term, must be paid by week 2, and are non-refundable. Judo fees and dates forms will be sent out in the first week. Payment can be made by cash or bank transfer.

Judo Kits are required so that Judo can be practiced safely. These can be hired from David on a termly basis, or you can purchase your own Judo Kit.

Tuition and Grading

Judo sessions are approximately 40 minutes with 10 sessions per term. Pupils' abilities will be assessed via class gradings.

When & What Time / Start date / Where / Cost

Day/Time: Year Groups 1-6, Thursdays 3.30pm – 4.10pm (collect child by 4.20pm)

Start: 8th January Venue: Pope Francis hall

Cost: £60.00 tuition or £65.00 tuition with Judo kit hire

WHAT NEXT ? ? Come along with all the other newcomers to the first session of the term.

THE FIRST SESSION IS ABSOLUTELY FREE TO SEE IF YOU LIKE IT.

What have you got to lose??

On your first and second session, please wear loose clothing such as joggers and a t-shirt/jumper without any zips or toggles. Judo kits will be arranged by week 2 or 3.

Contact details: David Johnston 07765 247960

Please Email: davidjohnstonjudo@yahoo.co.uk to register for the first free session