

BENEFITS OF JUDO

BECOME A JUDOKA TODAY!

JUDO IS A SPORT THAT HELPS CHILDREN DEVELOP MANY SKILLS, AS THEY GET FITTER, LEARN VALUES AND HAVE FUN ALONG THE WAY!



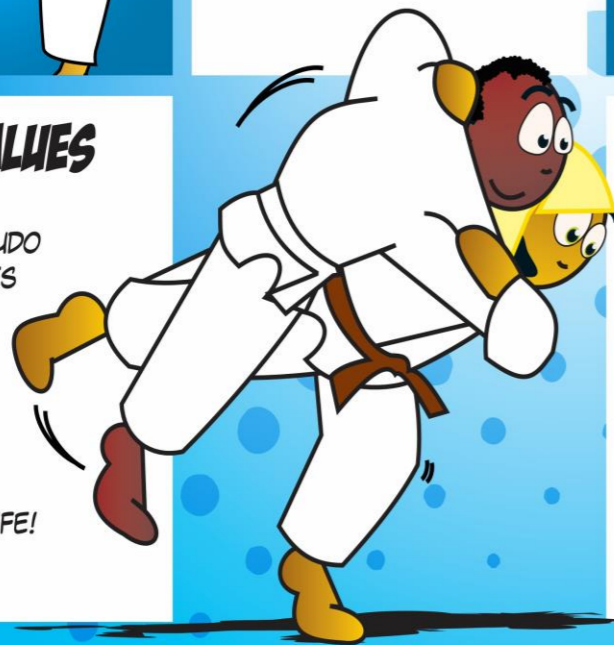
GET FITTER

JUDO WILL HELP CHILDREN TO IMPROVE THEIR GENERAL FITNESS LEVEL, INCREASES COORDINATION OF MOVEMENTS, AND DEVELOPS SPACIAL AWARENESS, FLEXIBILITY AND AGILITY. WITH JUDO YOU BECOME FIGHTING FIT!



LEARN VALUES

THROUGH ITS MORAL CODE JUDO TEACHES VALUES LIKE HONESTY, MODESTY, COURAGE, COURTESY AND RESPECT; ALL VALUABLE THROUGHOUT LIFE!



HAVE FUN

JUDO IS A LOT OF FUN, AS YOU LEARN THE TECHNIQUES, GRADE UP A BELT, AND MAKE NEW FRIENDS AT YOUR CLUB.

IT IS A SPORT SUITABLE FOR BOTH BOYS AND GIRLS, OF ALL AGES, ABILITIES, SHAPES AND SIZES.

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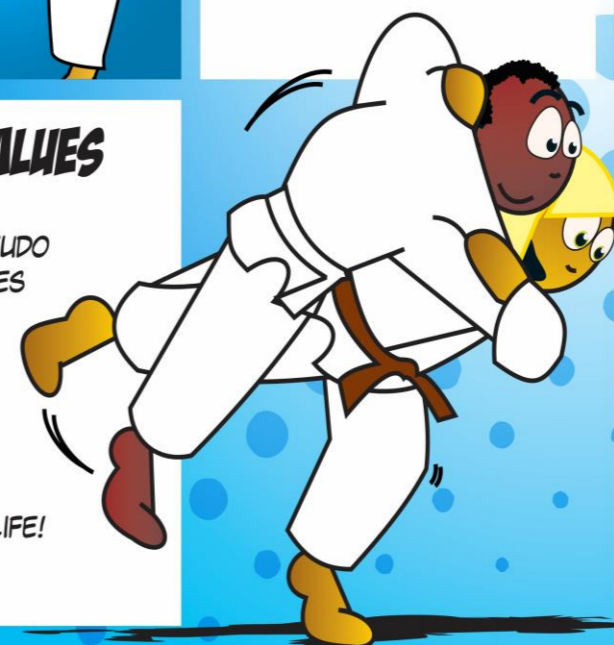
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CLUB
INFO!

SOUTHERN SCHOOL OF JUDO
BENTLEY SCHOOL ~~MONDAY~~ TUESDAY 8AM TILL
8.45AM
CONTACT JASON ON 01 256 41 2479/07763521 027

designed by:
**KOKA
KIDS**

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