

Judo

To improve and develop:

- Fitness
- Co-Ordination
- Confidence
- Self Defence



TORA-KAI SCHOOL OF JUDO

Founded in 1883 Judo is a style of self-defence based on the ancient art of ju-jutsu in which mere strength is countered by the scientific use of leverage and balance and the knowledge of anatomy.

Classes will be held on Mondays (Yrs 3&4) and Wednesdays (Yrs 5&6) before school, 8.00 to 8.45 (starting Sep 19th & 21st). The cost of the lessons is £65 per term.

If you would like your child to attend the Judo Classes please contact me either via email, phone or text by Saturday 17th Sep.

My contact details are

David Kennedy

07941 603 022 or 01483 612 716

david@torakaijudo.co.uk

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