

Judo is for all ages; Great Cardiovascular workout, requires all aspects of Fitness - Strength, Flexibility, Speed and Agility. It improves co-ordination and improves reaction times which is ideal for any young person and we look to train children as young as 4 to improve motor skills and teach discipline. Every participant will also benefit from the following

FITNESS: Judo training can be an intense workout, even though you don't rely purely on strength, it takes a significant amount of energy to continuously throw an opponent or even avoid an opponent's attempt to throw you! There is no fitness like MAT fitness.

STRENGTH: Will increase due to the nature of the additional lifting or manoeuvring of an opponent and taking their weight or once again fending off an opponent's attack.

FLEXIBILITY: Will increase with the different positions you will find your body in and emphasis on stretching and certain exercises.

SPEED AND AGILITY: Judo will improve reaction times and reflexes, this will improve the speed which you see openings for throws and move your body into position to execute them.

CLASSES

RUMBLE TOTS Specifically designed sessions based on Judo movements for little people.

Fun, play sessions with the intention of developing a skill set to help progress and advance balance, spacial awareness, confidence, basic motor skills all whilst having fun with a fully trained instructor.

BEGINNERS – 12 WEEK CHALLENGE Aimed at beginners of all ages.

The course includes weekly instruction by a fully qualified and experienced instructor. Designed at guiding new judoka through the first level of the BJC syllabus, to get new judoka to a standard where they can attempt to grade for their first coloured belt. By the end of the 12 week period, new judoka should at this point have the ability to compete at local competitions. Also included in this 12 week offer, is a temporary licence, Judogi and grading.

PRIMARY Age group 4 – 9yrs old.

To develop and nurture basic judo skills. Along with the physical benefits young judoka will also learn valuable social skills, courage and help with their ability to control emotions and impulses. We look to improve young judoka skills and introduce them to competitions.

JUNIOR Age group 10 – 15yrs old.

To increase knowledge and understanding of Judo as a whole, include restricted techniques and advance skill set to improve competitive edge. Advance opportunity for the skilled judoka to access the performance programs

SENIOR 16yrs+

Varied ages and experience. To expand knowledge and share experience. To develop and increase skill set through repetition and randori