

# JUDO SESSIONS FOR AGES 5-15

Chelmsford Judo Club, established 1991, will be starting a new junior class to be held at Barnes Farm Junior School, in the main hall.



Thursdays 6pm till 7pm

Starting in November

Our Coaches Are British Judo Association Qualified, Insured and Regulated.

## Why Judo?

Physical

Psychological

Social

Most obviously judo provides children with physical exercise and the opportunity to learn a new sporting skill. It is a dynamic and defensive sport (with no kicks, punches or other attacking movements.).

Children who learn the simple and effective self-defence techniques are more self-aware and confident, less prone to bullying or victimization.

Much of the teaching of judo is based on respect and discipline. Whilst classes will be fun, judo has been proven to help with childrens' general development, interactive skills and self-discipline.

1<sup>st</sup> Lesson is free, for more information and to reserve your childs place, call: Dave on 07742 638766 between 4pm and 9pm or text anytime.

LEAD COACH – MR DAVID WHITE 5TH DAN BLACK BELT, 5 TIMES BRITISH MASTERS CHAMPION

DAVID WHITE JNR 1<sup>ST</sup> KYU BROWN BELT

JONATHAN GRIFFIN 1<sup>ST</sup> KYU BROWN BELT

