

Penpol School Judo Club

6 Week Taster Course 12th June – 17th July 2019

Wednesdays 15:30-17:00

£12 for 6 weeks (50% introduction discount)

Judo is a Japanese sport which challenges the body physically and mental.

Students not only learn movements and techniques that can be applied to the sport, but Japanese terminology and discipline. The knowledge students gain counts towards gaining grades which are shown with different coloured belts and tabs.

Students can train recreationally, or to enter competitions where they grapple with each other aiming to put their opponent on their back or hold them down.



Your coach, Francis, is a 1st Dan (Black belt) and holds the level 2 Club Coach Award with the British Judo Association. He has won County Championships and medalled at Regional and National Competitions.

The course is limited to 20 students.

Judo jackets and belts will be provided for the taster.

For more information or to sign up please contact Francis:

francis.sanderson@hotmail.com 07737120005

or complete the details below and return the form with payment to Penpol School.

Student Name		
Date of Birth		Class
Emergency Contact		
Relationship to Student		Contact number
If the student has any medical conditions or learning difficulties please contact Francis before the first session		