

Penpol School Judo Club

6 Week Training 11th Sept-16th Oct 2019

Wednesdays 15:30-17:00

£24 for 6 weeks

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 club is limited to 20 students. Judo jackets and belts are available for new students.

For more information or to sign up please contact Francis:

francis.sanderson@hotmail.com 07737120005

and bring the bottom slip to your first session.

Facebook: @penpoljudo

Student	Name		
Date of Birth		Will they be collected after?	
Emergency Contact		Relationship to Student	
Name		Contact number	
If the student has any medical conditions or learning difficulties please contact Francis before the first session			

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