

**“ Physical education should train the body to be fit, strong, healthy and useful in actual life. It should also make a contribution to the culture of the mind.”**

**Jigaro Kano – founder of Judo**



# Bushido Judo Club



Our aim & objective is to provide the local community with a Fit n Fun activity that promotes a healthy life style and provides an education of everyday values through Judo.

Judo is a great sport/art for children to develop co-ordination and balance whilst being physically active.

Judo encourages honesty, good behaviour, friendship and fair-play.

Although Judo demands respect and discipline, it allows a person to develop physically, mentally and socially. Pupils gain confidence and self esteem with regular training.

Our Club strives to provide physical & social development, recreation and competition.

The Olympic sport includes elements of Wrestling, Gymnastics, Dance and Ballet.

Judo is an activity that is suitable for children and adults of all ages and abilities.

**It would also be a good X training activity for other physical sports.**

## Saturday Mornings

### New Classes Starting Saturday 8<sup>th</sup> November

The club hopes to run all year round, other than when hall is required for school functions!

Come and join us to learn Judo and have a Fun time!

St. Pauls Primary School (Infant Hall)

The High Street Rusthall Tunbridge Wells Kent TN4 8RZ

Play Judo: Infants aged 6 – 7 years 9.15am – 10.00am

Junior Judo: Juniors aged 8 – 13 years 10.00am – 11.00am

Youth/Adult Judo (Complete beginners welcome) 11.00am – 12.00 noon

Ages are guideline only – a child may participate in a session that is suitable



**There will also be a Fit n Fun Circuit Training to music class 12.00 noon – 1.00pm**

Classes are charged at £5.00 per session

**We have other Judo classes running in the area Monday – Friday**

Cranbrook Crowborough Langton Green Sevenoaks Southborough Tonbridge Tunbridge Wells

We also operate in many Schools Providing Judo Classes, Personal Safety Tuition and General Sports Coaching

Call Vic Court 01892 549950 or see [www.bushidojudo.org](http://www.bushidojudo.org)

Return form to Vic Court: 57 Parsonage Road Rusthall Tunbridge Wells Kent TN4 8TA

Bushido Judo Club (Rusthall)

Name: ..... Date of Birth: ..... Age: ..... School Year: .....

Address: ..... Home Tel: .....

..... Mob Tel: .....

..... Medical Info: .....

I am interested in the Play Judo  Junior Judo  Youth & Adult Judo  Fit n Fun Circuit Training to Music Class   
It is hoped that I / my child will attend regularly and payment will be made before class starts

I understand Judo is a contact Sport: Parent Print: ..... Parent Signature: .....