



## **Judo at Latchmere on Wednesday lunchtimes and Thursdays after school!**

### **About Judo**

Judo is a modern Olympic sport originating in Japan, which uses techniques and quick reflexes to get a partner off balance and take them down to the mat. It combines the ancient culture of the orient with today's concept of sport, fair play, sense of achievement and the fun of taking part.

Classes follow the British Judo Association Syllabus. Judo helps physical fitness, co-ordination and discipline. It also develops confidence and encourages interaction with others.

Judo suits are available to purchase but not compulsory at any stage. We recommend beginning lessons wearing PE kit or similar loose clothing.

### **About Academy Judo**

Lloyd Nicholls has been teaching judo across the south-east for over 25 years. He is a 3rd Dan black belt and senior qualified coach recognised by the British Judo Association; he is a former South England Master's Champion and southern area team manager.

**Limited spaces available - to book your child a space please use the following link.**

<b>Wednesday lunchtime 12.00 – 12.30pm</b>	<b>Year 1 &amp; 2</b>	<a href="#"><u>Latchmere lunch time class bookings - year 1 and 2</u></a>
<b>Wednesday lunchtime 12.30 – 1.00pm</b>	<b>Year 3 &amp; 4</b>	<a href="#"><u>Latchmere lunch time class bookings - year 3 and 4</u></a>
<b>Thursdays after school</b>	<b>Year 2 – 6</b>	<a href="#"><u>Latchmere judo after school bookings</u></a>

**Please email [academyjudo@outlook.com](mailto:academyjudo@outlook.com) if you have any questions**