

# PT JUDO CLUB

PT Judo is a popular club that operates in several local schools for many years.

The coach is Gary Pranglen, a 2<sup>nd</sup> Dan Black Belt, who has represented Great Britain, and was a national and international champion. Gary has a Judo Club Coach Award Level 3, is fully CRB checked and holds a current First Aid Certificate.

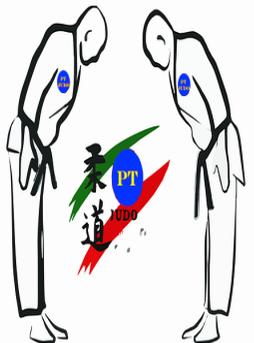
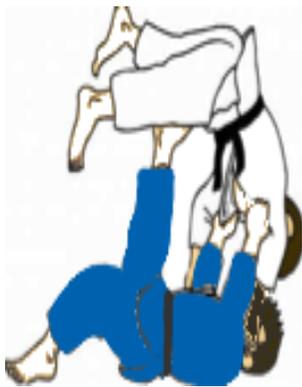
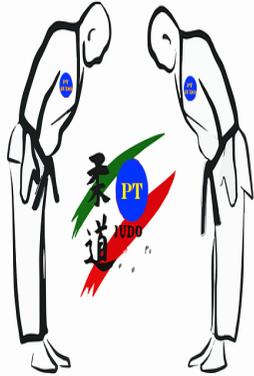
**Open to**  
**Years: 1-6**

**Day: Monday**

**Time: 8.00-8.45 am**

**Tuition fee:**  
**£55 includes kit hire.**

**Cheque** should be made payable to **PT Judo Ltd.**



Judo is a Modern Olympic sport and self-defense system derived from the ancient art of Ju-jitsu.

Judo is a great way in proving health and wellbeing benefits which include:

- ✓ *Self discipline*
- ✓ *Respect for all*
- ✓ *Co-ordination*
- ✓ *Confidence booster*
- ✓ *Self control*
- ✓ *Fitness and Flexibility*

The pupil's abilities will be assessed throughout the term. In addition, tournaments are organized 2 or 3 times per year.

Club members are required to wear a Judo kit, which can be hired, or alternatively learner can wear their own Judo kit.

Any questions about the club should be addressed to Gary Pranglen on **07939 204554.**

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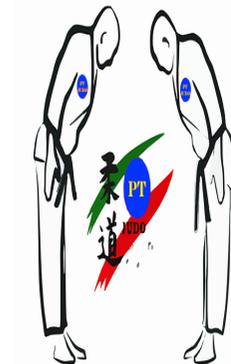
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I would like to join PT JUDO CLUB

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Child's Name

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Child's Name

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Year

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Year

---

Emergency Contact Number

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Emergency Contact Number

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Special/Medical Needs

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Special/Medical Needs

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Parent/Carer Signature

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Parent/Carer Signature

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