

PT JUDO CLUB

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

The coach is Gary Pranglen, a 2nd 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 DBS checked and holds a current First Aid Certificate.

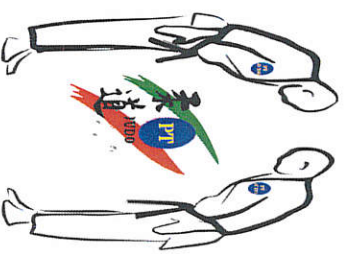
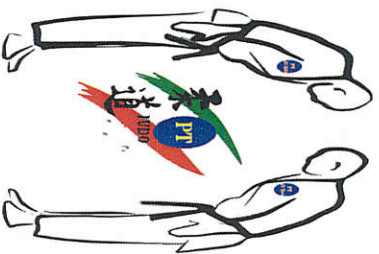
Open to
Years: 1-6

Day: Monday

Time: 8.00-8.45am

Tuition fee: £65 includes kit.

Cheques made payable to P T 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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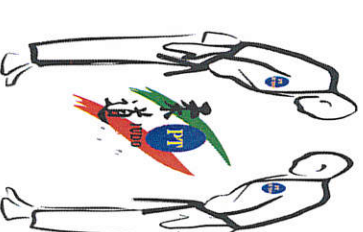
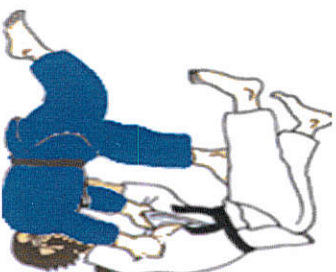
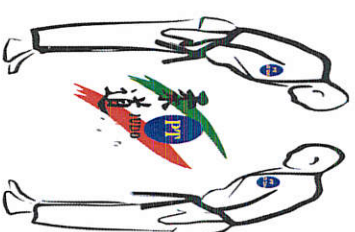
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I would like to join PT JUDO CLUB

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Child's Name _____

Child's Name _____

Year _____

Year _____

Emergency Contact Number _____

Emergency Contact Number _____

Special/Medical Needs _____

Special/Medical Needs _____

Parent/Carer Signature _____

Parent/Carer Signature _____

