



## Academy Judo Services Ltd.

11 Worthington Road  
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Surrey  
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Tel: 020 8339 9138  
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E-mail: [pete@academyjudo.com](mailto:pete@academyjudo.com)

Director: Peter Swettenham, MBA, BSc.(Hons), DIC, ARCS.  
Professional Judo Instructor

# JUDO CLUB

**Raleigh School's judo club runs every Tuesday morning before school**

Years 2 to 6, 7.55am to 8.40am

Everyone is welcome to try a lesson without obligation to see if judo is something that they would enjoy

### Spring Term Dates

**8<sup>th</sup> January to 2<sup>nd</sup> April 2019**

No Lesson at Half Term, 19<sup>th</sup> February

Total of 12 Lessons

### Term Fees

This term's fees are **£72.00**

Fees are £6.00 per lesson payable at the beginning of term. However everyone is welcome to try a lesson without obligation before committing to the term.

Please make cheques payable to  
**"Academy Judo Services Ltd"**

**On-line payment details available on request**

### At Academy Judo Services Ltd we will:

- Teach to the same standard as a good external judo club
- Award legitimate transferable grades through the "British Judo Association"
- Give the children the opportunity to compete at local, county, area and national level
- Make lessons fun whilst upholding the highest standards of judo technique, etiquette and behaviour
- Introduce children to good local judo clubs

### Local Judo Clubs—Extra Training

- **"Witley Judo Club"**  
Monday evenings/Saturday mornings  
Contact Peter Swettenham, 07974 260097
- **"Fighting Fitness"**  
Saturday mornings  
[www.fightingfitnessjudo.com](http://www.fightingfitnessjudo.com)

### Judo for Parents

Adult sessions run at both Witley Judo Club and Surrey Police Judo Club. Whether you are a complete beginner or are returning to the mat after a long lay off you will be well looked after.

I would like my child to start/continue judo lessons and have included payment of **£72.00**

Name: \_\_\_\_\_ Age & School Year: \_\_\_\_\_

Emergency contact no: \_\_\_\_\_ E-mail: \_\_\_\_\_

Details of any relevant medical conditions: \_\_\_\_\_

**CONTACT DETAILS AND MEDICAL INFORMATION WILL BE STORED SECURELY AND NOT PASSED ON TO THIRD PARTIES**

Signature of Parent/Guardian: \_\_\_\_\_

**THIS SLIP MUST BE COMPLETED TO ENSURE PARENTAL CONSENT AND THAT WE HAVE UP TO DATE CONTACT INFORMATION**



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### What is Judo?

Judo is a defensive martial art and modern full contact Olympic combat sport comprising throwing and groundwork wrestling techniques. It is conducted on a special matted area and emphasises the use of skill and technique to defeat ones opponents.

The origins of judo lie in the fighting arts taught in medieval Japan, now collectively called ju jitsu. The founder of judo, a high school teacher by the name of Dr Jigoro Kano, took the most effective styles of these arts and formed them into a "way" more applicable to a modern world, and called it "Judo" ("gentle way" or "yielding way"). He recognised the educational benefits of judo, and considered it to be a "moral and physical education". He emphasised that judo practice should embody the "efficient use of mind and body" and that it should be conducted in an atmosphere of mutual respect and cooperation.

People of all ages, sizes and abilities/disabilities, race and religion practice judo. It is the most widely practiced combat sport/martial art in the world.

### What Will I Learn at Judo?

During the lessons students learn a range of throwing and grappling techniques, how to fall safely (breakfalls), how to keep ones partner safe, Japanese terminology and correct judo etiquette. Part of the lesson is devoted to acquiring skill through practicing fighting skills with one another within a strict set of rules.

I try to incorporate innovative training methods, gymnastic skills, judo fitness movements and movement/coordination drills alongside more traditional judo training methods.

### What Are The Benefits?

Judo helps physical fitness and strength, co-ordination, discipline and self-control and reduces aggressive behaviour. It also develops self confidence, assertiveness and respect for oneself and others. Judo encourages cooperation with partners and participation. It has an obvious benefit in terms of self defence, but above all it is great fun.

### How Do I Earn Grades?

The children have the chance to grade twice per year through the "British Judo Association", the national governing body for judo in the United Kingdom. This means that the grade that they receive will be recognised outside the school by external judo clubs. It is the only meaningful way of grading them. The children get tested in class by me on techniques, skills and Japanese terminology. I give the children lots of support in acquiring the required skills, prescribed by the BJA.

### What Do I Wear?

Judo players (judoka) wear a kit (judogi) made of sturdy thick cotton. However when they first come along a tracksuit or rugby shirt with long sleeves is ideal. When your child decides that they would like to keep coming to judo it's a very good idea to get a kit.

Make sure that shoes are worn to the side of the mat, all finger and toe nails are cut short and all jewellery/hair clips are removed.

### Buying a Judo Kit

I always recommend trying to get a kit second hand, especially if it is free from a friend or relative. Always buy a kit with a thickly woven jacket rather than a lighter plain linen kit (similar to a karate kit) that are starting to be marketed - they are easier for other children to grip (and therefore safer) and will last longer. A second hand kit should ideally reach the ankle and wrist bones when the arms are held out to the front. A new kit should be a little bit longer than this to allow for shrinkage during washing. As a guide you should try to buy a kit the size in centimetres above your child's height (i.e. If your child is 125cm tall aim to buy a 130cm kit).

Kits can be bought from Academy Judo Services Ltd, and I guarantee to match the best price that you will find on the internet. I will also mix and match different sizes of jacket and trousers to individually suit the child, something that no shop will do. The price is typically £20.00 for a size 150 or under, £25.00 for a 160 or over. There is a £2.00 surcharge if a different sized pair of trousers is required (i.e. mixing a 140 jacket with a 130 pair of trousers).

### The Instructor

I am a competitive 5th dan black belt, Head Coach of Witley Judo Club, former National Masters Judo Champion, fully qualified British Judo Association coach and team manager for the Waverley and Guildford Borough Surrey Youth Games Judo Team. In a ten year break from judo I was an Elite/semi-professional road racing cyclist.