



8 The Cedars, Barnham, West Sussex, PO22 0EZ
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Why don't you come and give Judo a go? Your first lesson is free and if you then want to continue with Judo, join the class register.

Judo is a very unique and dynamic sport, which requires a variety of skills, including good self-discipline, control and co-ordination. It is an effective form of self-defence, a great confidence booster for the more shy and timid children, along with a controlled outlet for the more boisterous. Judo also introduces the use of a foreign language to the children and with all these positive points, and things to learn, the main satisfaction comes from seeing the enjoyment that the children have.

Please note that we have a kit hire/buy facility.

Terms tuition fee £35 .00

Terms kit hire fee £5.00

Please contact Joe Newton directly to book or for more information.
Please make cheques payable to Schools Judo Club

Newcomer's Trial Slip/Booking Form

Please hand this slip to the judo coach for a trial lesson.

Child's name: _____

Parent/Guardian: _____

Parent/Guardian Consent Signature _____

Contact Details Home telephone _____
 Mobile telephone _____
 Address _____
