

Judo 4 Kids

for ages 7 to 10

fun + fitness + respect

Mondays 4.30pm - 5.30pm in school terms

AUJC Training Centre,
Winwood Street, Thebarton.

Cost: \$12 a session or \$100 for the term.



Adelaide University Judo Club is hosting Judo 4 Kids - a 10 lesson introduction to this Olympic sport for children of all abilities.

Each lesson involves learning judo techniques such as falling and throwing through game play, plus certain Japanese terms. Judo has a strong ethical framework that teaches children about safety, agility, discipline, friendship and respect.

At the end of the term, children will be eligible to grade to yellow belt level for an additional cost or the use of their sports voucher.

AUJC Judo 4 Kids coaches:

- Matthew Freeman 1st degree black belt, qualified PE & science teacher
- Meera Verma, 4th degree black belt, AUJC beginner and technical coach.

Term 2 training starts 27 April, term 3 training from 20 July, and term 4 training from 12 October.

To enrol your child, contact AUJC on the details below.



AUJC *Adelaide University
Judo Club*

Phone 0409 740 733
Email admin@aujudo.com

Web www.aujudo.com
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