



# Judo club

柔道

More than a sport, an art of living



## The safe and fun martial art for kids

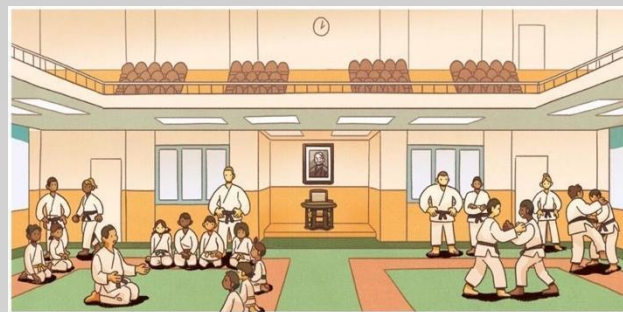
Judo was created in Japan by Jigoro Kano in 1882..

More than a « martial art », it is a way to help its practitioners develop physically, emotionally and spiritually while also teaching respect and honor through the sport.

Judo consists of getting into condition, learning techniques to fall and make your partner fall, pins/grappling, and control holds.

Your child will not be learning “how to fight” instead they will learn valuable skills such as

learning how to play with others in the sport, learning respect, discipline, and how to contribute to the team and their community.



It's a safe sport that does not involve striking, kicking or the use of weapons.

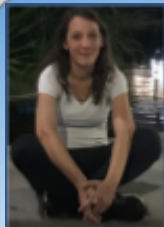


## The benefits of learning Judo

There are numerous benefits of practicing judo.

These include :

Confidence, self esteem, discipline, focus, commitment, and compassion while also understanding physical fitness and respect of others.



Hello !

My name is Emilie. I come from Bordeaux, a city located in the south west of France.

I have been practicing judo since I was 5 years old and I got my black belt when I was 15.

I did a lot of competitions as a fighter and also as a referee.

Judo gave me a lot when I was a child, that's why I decided to pass on what I know about its values and its practice.

## Necessary equipment



Judo uniform (jacket, pants and white belt)

## Enroll now !

**Baby judo (EC4, KG, 1st Gr)**

Apprehend space, learn to fall respect friends.

Tuesday from 3 pm to 4 pm

**Judo (2nd, 3rd, 4th, 5th Gr.)**

Introduction to values, techniques and fighting

Thursday from 3 pm to 4 pm