

JUDO

BENEFITS

GET FIT

IMPROVE CO-ORDINATION, FLEXIBILITY AND STAMINA

GAIN CONFIDENCE

INCREASE SELF-ESTEEM AND CONFIDENCE

IMPROVE SKILLS

LEARN TECHNIQUES AND GRADE UP TO THE NEXT BELT

BECOME STRONGER

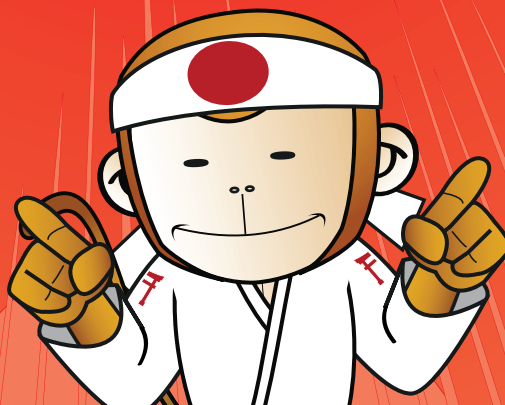
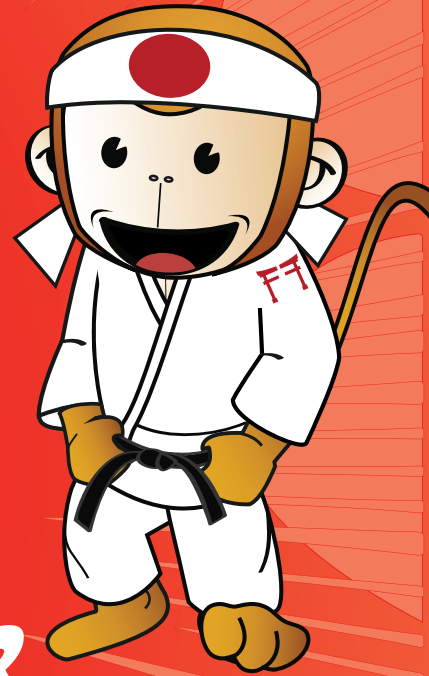
BECOME PHYSICALLY AND MENTALLY STRONGER

LEARN RESPECT

LEARN TO RESPECT YOURSELF AND OTHERS

BE PART OF A TEAM

MAKE FRIENDS AND LEARN TO WORK AS A TEAM



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