

# BURGHFIELD ST MARYS SCHOOL JUDO CLUB

TERM STARTS 13TH SEPTEMBER  
MONDAY 3.30-4.15PM



**CONTACT DETAILS**  
Martin Small - martin@mjsjudoacademy

## WELCOME BACK

Let me introduce myself my name is Martin Small and I'm a Judo Black belt 3rd Dan, I have been teaching Judo in schools for 22 years alongside ProCoach.

Unfortunately, Covid stopped me in my tracks and caused a few bumps along the way. Unaware what the future was going to hold due to not being able to teach, I made the decision to try and help so the last 18 months I have been working for the NHS,

which was very different, eye opening and scary at times but so rewarding.

I'm now back doing what I love and live for....  
**TEACHING JUDO!**

Things have also changed with this as I have worked for ProCoach my whole life and I'm now beginning my journey solo. Which is so very exciting! And I can not wait to begin this new adventure with you all.

## INTRODUCTION ABOUT JUDO







Judo lessons are available for all years including Reception. The children will learn a syllabus and will be graded to achieve different coloured belts.

We start with ground work which helps them gain confidence by having fun both in breaking balance and grappling techniques. I can also use this to enforce the very, very important aspect "safety comes first".

We then move onto standing Judo, where we learn throws and sweeps to break peoples balance. Judo focus's on individual growth not on team competition which many kids struggle with, Judo focus's on self improvement, they work at their own pace, which boosts their self esteem and motivation.

Techniques are broken down into chunks which allows the children to anticipate which step comes next to eventually put it all together in a fluid movement.

## BENEFITS OF JUDO

-  It improves physical health and fitness
-  It develops core, balance and overall strength
-  It teaches discipline and respect
-  It builds self confidence and belief
-  It helps to develop determination and perseverance
-  It relieves stress and improves mental health.
-  It encourages socialisation

## PRICE AND PAYMENT DETAILS

TERM STARTS:  
13<sup>TH</sup> SEPTEMBER  
MONDAY 3.30-4.15PM

JUDO FEES: £72

AMOUNT OF SESSIONS: 12

Judo kit is needed, you can purchase through [www.blitzsport.com](http://www.blitzsport.com)

Second hand judo kits available to buy £10 from myself (limited availability)

Payments to be paid to:

**MJS Judo Academy**

Account no: 27195572 Sort code: 04-00-04



**PRESS HERE TO SIGN UP**

## COVID UPDATE

We would like to keep everyone as safe as possible and free from Covid. To do this, we must abide and continue to be careful.

- Children must sanitise before and after the lesson
- We ask for Judo kits to be washed weekly
- We will continue to deep clean the mats regularly

I will be taking lateral flow tests twice a week and ask you to all to be extra precautionous if feeling unwell or have symptoms of Covid.