



To book, contact Jonathon Purssey on  
[coach@corejudo.co.uk](mailto:coach@corejudo.co.uk)  
or call 07776 114 673.

Discover more about Judo at [corejudo.co.uk](http://corejudo.co.uk)  
or speak with the Youth Club team  
on your next visit.

# Core Judo

Spring/Summer term  
Wednesday and Thursday afternoons

[foxhills.co.uk/youthclub](http://foxhills.co.uk/youthclub)

# Foxhills



## What is judo?

A fast, dynamic sport which requires strength, skill, agility and balance, Judo is a modern Olympic sport. In addition to an excellent anaerobic work-out, Judo promotes self-discipline, honour and respect, making it a great sport for children. All participants are taught how to land safely and protect their partner and classes are taught on soft mats.

Mini Judo classes are ideal for children aged 4-10 years who have never tried Judo before. It teaches core gymnastic skills and the fundamentals of Judo such as balance, movement and posture, allowing children to continue to the Beginners class if they wish.

## Your coach

A former double Commonwealth and British Senior champion, Jonathon Purssey retired from competitive judo in 2014 to focus on coaching and encouraging all levels to get involved in the sport. Whether your child participates in Mini Judo for fun or is competing in international tournaments and honing their skills in the Academy class, Jonathon provides a fun and safe environment to learn and develop.

## Class timetable

### **Mini Judo 1600-1645 Wednesdays**

20 January to 23 March 2016

13 April to 22 June 2016

### **Beginners 1600-1650 Thursdays**

14 January to 24 March 2016

14 April to 30 June 2016

### **Intermediate 1700-1800 Wednesdays**

20 January to 23 March 2016

13 April to 29 June 2016

### **Academy 1700-1830 Thursdays**

7 January to 24 March 2016

14 April to 14 July 2016

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Mini Judo class sizes are limited to 20 children per class to maximise coaching opportunities. Places are allocated on 'first come, first served' basis so book early to avoid disappointment. Suitable for children aged 4-10 years who have never tried Judo before, this class will often need to be completed before a child is accepted to the Beginner class. Academy places are by invitation.

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## Fees

### **Mini Judo, Beginner and Intermediate**

**classes:** Member £81 / Non-member £90

Cost is per child for the 10 week term

### **Academy Class:** £125 per term

Kit purchase (from £40) and hire (from £10) is available; price dependent on size. For more details, please speak with Jonathon.

Payment for each term must be made in advance by cheque or BACS transfer. Cheques should be made payable to Core Judo Coaching. BACS transfer should be made to account name: Core Judo Coaching; sort code 60-15-07 and account number 62328344.