



Academy Judo Services Ltd.

11 Worthington Road
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Director: Peter Swettenham, MBA, BSc.(Hons), DIC, ARCS.
Professional Judo Instructor

JUDO CLUB

The St Edmunds School Judo club meets after school on Friday afternoons from 3.40 - 4.40pm

It is for years 2 to 6, and is in the school hall

(On School Disco nights the club will finish at 4.30pm)

Everyone is welcome to try a lesson without obligation to see if judo is something that they would enjoy

Autumn 2019 Term Dates

13th September to 13th December 2019

No Lesson on 1st November for half term

One session will be kept free for a potential PSA event (date to be confirmed) hence there will be a total of **12 Lessons**

At Academy Judo Services Ltd we will:

- Teach to the same standard as a good external judo club
- Award legitimate transferable grades through the "British Judo Association"
- Give the children the opportunity to compete at local, county, area and national level
- Make lessons fun whilst upholding the highest standards of judo technique, etiquette and behaviour
- Introduce children to good local judo clubs

Term Fees

This term's fees are **£72.00**

Fees are £6.00 per lesson payable at the beginning of term.

Please make cheques payable to

"Academy Judo Services Ltd"

On-line payment details available on request

I would like my child to start/continue judo lessons and have included payment of £72.00

Name: _____ Age & School Year: _____

Emergency contact no. of parent/guardian: _____ E-mail: _____

Details of any relevant medical conditions : _____

CONTACT DETAILS AND MEDICAL INFORMATION WILL BE STORED SECURELY AND NOT PASSED ON TO THIRD PARTIES

Signature of Parent/Guardian: _____

THIS SLIP MUST BE COMPLETED TO ENSURE PARENTAL CONSENT AND THAT WE HAVE UP TO DATE CONTACT INFORMATION



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My name is Pete Swettenham and I am the school judo coach. I am also the head coach at Witley Judo Club. I aim to teach very good judo whilst making sure that we all respect and take care of each other, and make my lessons lots of fun.

I give players opportunities to train at good local judo clubs and to compete at every level. Children who have started in my school clubs have gone on to win National Championships and compete for Great Britain.

What is Judo?

Judo is an Olympic Sport and full contact martial art where we try to throw our partner and wrestle them onto their backs.

We practice on a special mat called a "tatami", where a tough kit called a "judogi" and practice in a respectful and supportive way.

The best translation of Judo into English is "gentle way". What this really means is using your body in the best possible way so that you feel strong, and using your partners' strength against them so that they end up feeling weak. Judo is a rough-and-tumble sport — it really isn't that gentle in the way that you might think.

What Will I Learn at Judo?

At Judo you learn how to get hold of your partner (your "grip"), get them off balance and use your body to throw your partner on their back. You learn how to take care of your partner, and to "breakfall" so that you land safely without hurting yourself. You are much less likely to hurt yourself in the playground or playing another sport if you practice judo.

You also learn how to get wrestle your partner onto their back so that they can't get up, and also the best ways of getting out of a hold.

Judo is also very good at teaching you to work with a partner so that you both learn (we call it "mutual cooperation"), respect others and learn that you should be respected by them (we call this "mutual respect")

How Will Judo Help Me?

*Judo will make you fitter, stronger and more confident. The most important thing is that you feel safe and confident when you are at judo and that you **have lots of fun!***

A good judo club should be like a big family where we all help and support each other to be the best possible person that we can be.

How Do I Earn Grades?

I make sure that everyone grades properly through the "British Judo Association". This costs a bit more, but it means that you all have a grade that is recognised in any judo club that you go to.

What Do I Wear for my First Lesson?

Nobody expects you to buy a judogi kit for your first lesson. Just come along in tracksuit bottoms and a long sleeve top (a rugby shirt is ideal).

When you decide that you like judo you can buy a judogi (they aren't very expensive and I can tell you what to get).

A Little Bit About Me

I am a competitive 5th dan black belt, former National Masters Judo Champion, fully qualified British Judo Association coach. In a ten year break from judo I was an Elite/semi-professional road racing cyclist and mediocre tri-athlete.

I try to teach in a fun and innovative way so that children have as broad a judo experience as possible. I want the children that I teach to look back and have lots of happy memories.

I believe strongly that everyone is important in life, and that judo is a great way of getting this across and helping people to be confident, assertive and happy. When you come to my judo club you are one of the family and we will take care of you.

I am very strict with the etiquette and behaviour at judo so that everyone has fun and knows exactly what their boundaries are. Judo is very good at building self-discipline and respectful behaviour and I believe very strongly in this side of children's (and adults) judo education.