



# A.S. JUDO ACADEMY

**MEMBERSHIPS  
STARTING FROM  
ONLY £24 A MONTH**

## MORAL CODE

**COURTESY**

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**COURAGE**

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**HONESTY**

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**HONOUR**

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**MODESTY**

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**RESPECT**

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**SELF CONTROL**

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**FRIENDSHIP**

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Judo is not just a valuable form of self-defence and an Olympic sport it is a life skill. It helps prepare young people to cope and succeed both at school and in life. It builds strength, balance, flexibility, confidence and respect. Our Academy provides a safe environment for your children to learn self-defence and self-discipline. With expert instruction from ex British Champions, Olympians and gold medal winners A .S. Judo is the leading provider of curriculum Judo in the South East of England with over 2000 members



**BOOK  
ONLINE**

[WWW.ASJUDOACADEMY.COM](http://WWW.ASJUDOACADEMY.COM)

### **ALAN SCOTT - FOUNDER AND SENSEI**

- British Judo Champion Youth Olympics (Portugal)
- 7 Gold National Medals
- 3 Silver National Medals
- 1 Bronze National Medal
- Gold - Portuguese Open
- Gold - European Union Tournament
- 7th place Junior World Championships



# A.S. JUDO PANDA CUBS

# 4-8 YEARS OLD



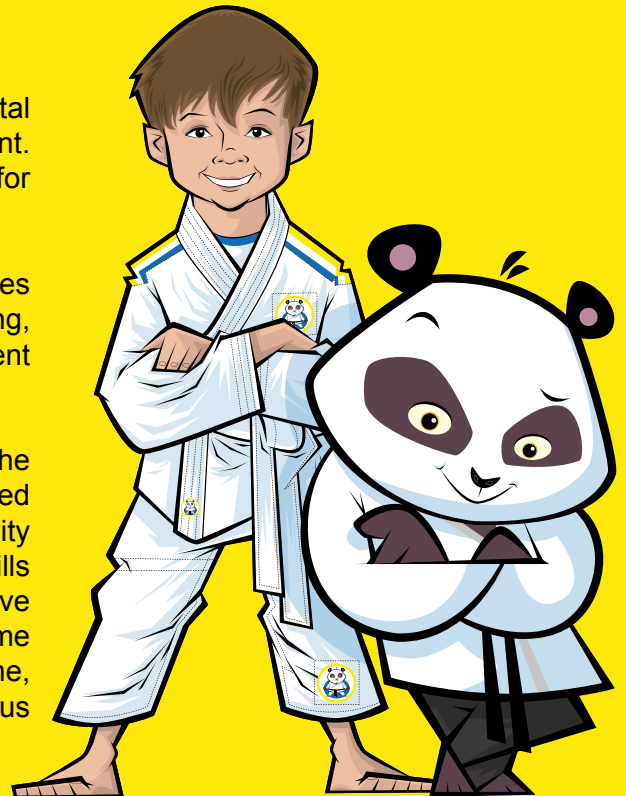
Judo is a great way for children to gain positive mental and physical attributes in a fun and friendly environment. Our Panda Cubs Program is specifically developed for children aged 4-8 years old.



Our program follows the judo curriculum and teaches the children important life skills whilst our welcoming, nurturing staff, encourage and motivate each student to do his or her very best.



Emphasis is placed on positive reinforcement and the benefits of good behaviour. Each highly structured class incorporates age appropriate physical activity and co-ordination exercises along with basic judo skills aimed at improving your child's dexterity and positive mental attitude. These skills will help your child become a better student in school, a better listener at home, a better all-around athlete and feel more ambitious towards his/her goals.



# A.S. JUDO ACADEMY

# 8-18+ YEARS OLD



**A.S. Judo Academy Elite - From age 8-18+, the coaching has an increased intensity as the students climb the challenging ladder towards achieving a judo black belt**

Students are pushed to master complex groundwork techniques, arm locks, strangles and throws which require more strength and fluidity.

Alan and his coaches encourage the students to compete and to be more aggressive in practice (all under strict guidance and control) and in doing so they learn the discipline involved and build self confidence that they can achieve the higher grades they are now aspiring too. Many students have been with A.S. Judo since the ages of 7 years old and are now on the verge of achieving their black belt before they are 18 years of age . The have made great friends along the way and have grown in stature, fitness and flexibility.



Please feel free to contact  
A.S. Judo academy for more information  
about your closest judo lesson -  
Call: 07776 442 963 or  
email: [asjudoacademy@outlook.com](mailto:asjudoacademy@outlook.com)

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