



Dear Parents,

Once again A.S Judo Academy Ltd. are pleased to offer a lunch time school Judo club to **Chestnut Lane School**.

Judo is not just a valuable form of self-defense 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 classes provide a safe environment for your children to learn self-defense and self-discipline. With expert instruction from ex British Champions. A.S Judo is the leading provider of curriculum Judo in the south East of England with over 1000 members.

**LUNCH TIME MEMBERSHIP ONLY £24 A MONTH**

Includes: Termly Judo lessons, British Judo Association Membership & Grading's.

**BOOK ONLINE: [www.asjudoacademy.com](http://www.asjudoacademy.com)**

Class Times, Thursday's  
Yr 1 & Yr 2 - (12.00-1.00pm)

Classes will start on Thursday 13th September and run until Thursday 29<sup>th</sup> November.

**Places are allocated on a first come first served basis.**

Please feel free to contact A.S Judo Academy for more information.  
**tel: 07776442963** or **email: [asjudoacademy@outlook.com](mailto:asjudoacademy@outlook.com)**

Kind Regards,  
Alan Scott,  
Chief Instructor