

# A.S.JUDO ACADEMY



Judo is a great way for children to gain positive mental and physical attributes in a fun friendly environment

Team A.S Judo's Under 8's Program is specifically developed for children in school Yrs 1 & 2. This professionally designed curriculum teaches the children important life skills in a fun, exciting, and enriching environment. Our warm, nurturing staff encourages and motivates 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 to improve your child's gross motor skills 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.

In essence, the lunch time curriculum utilises the structure of judo training to improve and develop:

- fine & gross motor skills
- Confidence
- Balance & Co-ordination
- Listening skills
- Focus & Concentration
- Memory
- Self-control & self-discipline
- Respect
- Self-awareness skills
- Goal setting

**Before lunch Judo/Fitness Club details:**

**Term Dates:** Thursday 27<sup>th</sup> April – Thursday 6<sup>th</sup> July

**Class Time:** 12.00-12.30pm

**Cost:** £65.00

**Bank Account Details are:**

**Team R.S Judo Ltd**

**Sort Code: 30-98-97**

**Account No: 83240260**

**Ref: Child's Name in Full**

To book you must first email to register your child: [asjudoacademy@outlook.com](mailto:asjudoacademy@outlook.com), you will then be asked to make full payment.

Receipt of payment confirms your place. Places will be on a first come first served basis. Please do not pay until you have emailed to see if there is space available in the class.

As soon as payment has been received, I will reply with a confirmation email and also confirm your child has a place in my Thursday before lunch Judo/fitness club for next term.

Best Wishes  
Alan Scott