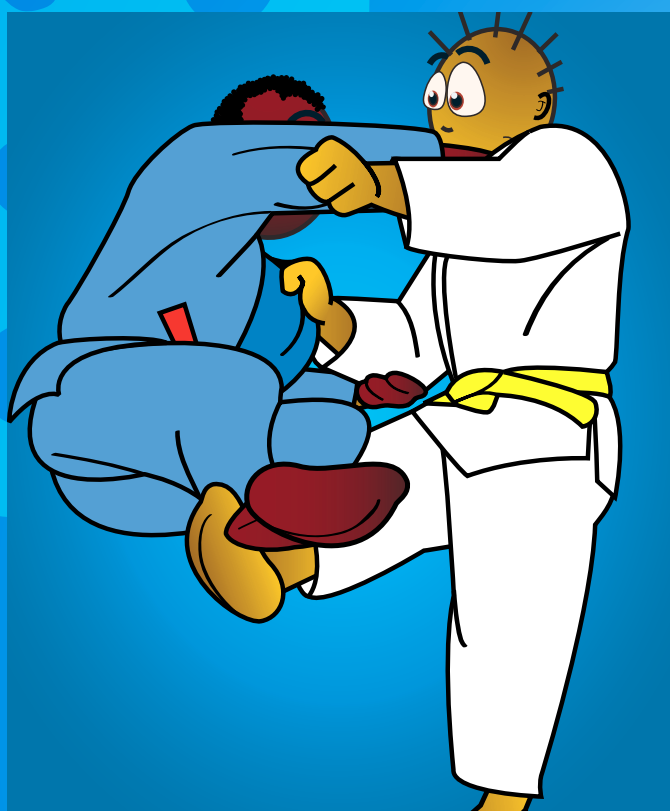


# BENEFITS OF JUDO

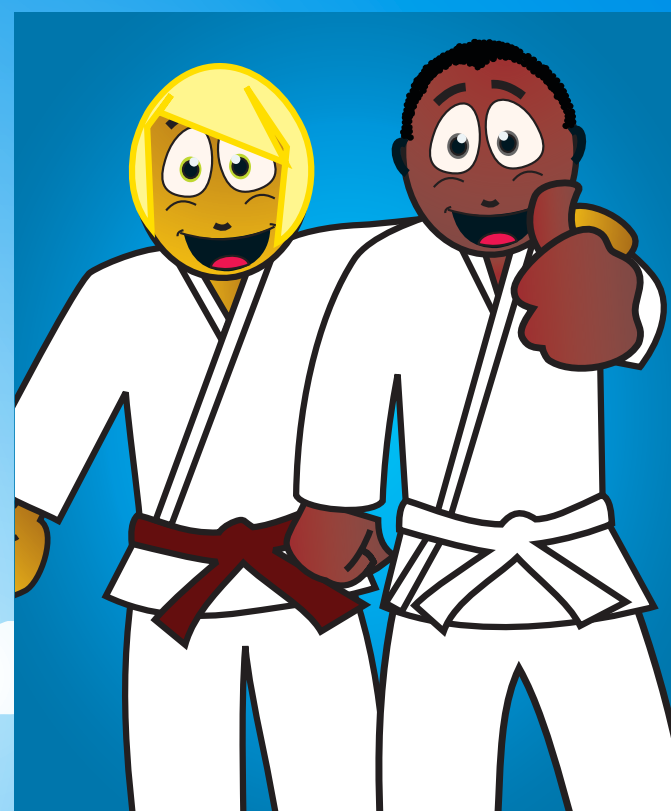
## BECOME A JUDOKA TODAY!

JUDO IS A SPORT THAT HELPS CHILDREN DEVELOP MANY SKILLS, AS THEY GET FITTER, LEARN VALUES AND HAVE FUN ALONG THE WAY!



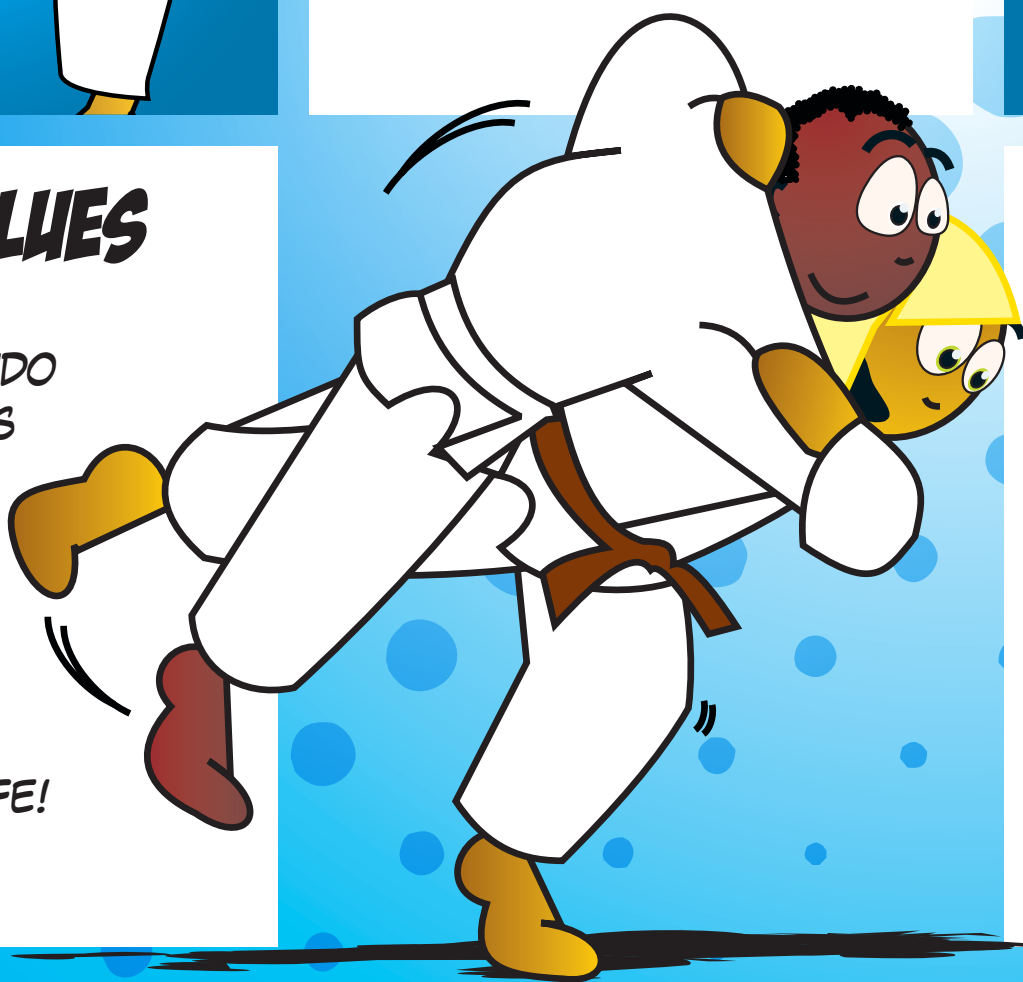
### GET FITTER

JUDO WILL HELP CHILDREN TO IMPROVE THEIR GENERAL FITNESS LEVEL, INCREASES COORDINATION OF MOVEMENTS, AND DEVELOPS SPACIAL AWARENESS, FLEXIBILITY AND AGILITY. WITH JUDO YOU BECOME FIGHTING FIT!



### LEARN VALUES

THROUGH ITS MORAL CODE JUDO TEACHES VALUES LIKE HONESTY, MODESTY, COURAGE, COURTESY AND RESPECT; ALL VALUABLE THROUGHOUT LIFE!



### HAVE FUN

JUDO IS A LOT OF FUN, AS YOU LEARN THE TECHNIQUES, GRADE UP A BELT, AND MAKE NEW FRIENDS AT YOUR CLUB.

IT IS A SPORT SUITABLE FOR BOTH BOYS AND GIRLS, OF ALL AGES, ABILITIES, SHAPES AND SIZES.

CLUB  
iNFO!

designed by:

**KOKA  
KIDS**