



JUDO 4 JUNIORS

Judo 4 Juniors was founded in 2007. We offer children the opportunity to learn martial arts from elite qualified coaches who have a wealth of coaching experience and who have personally competed at an international level representing Great Britain. Judo 4 Juniors teaches children life skills including discipline and respect as well as giving children the opportunity to develop confidence, become stronger mentally and physically and all whilst having lots of fun.

JUDO 4 JUNIORS OFFERS

2X FREE TASTER SESSIONS

WHAT IS JUDO?

Judo is an Olympic sport which originates from Japan, was founded by Dr. Jigoro kano and translates as 'the gentle way.'

Within the class children are taught a number of safe and controlled techniques. Judo is a throwing sport so the first technique children are taught is a break-fall (how to fall properly) the emphasis for us is safety and fun so learning to break-fall will help the children to enjoy judo to its maximum.

As well as learning Judo moves/techniques the children will also learn Japanese terminology and the translation into English.

WHY DO JUDO?

- Helps build confidence, co-ordination, balance, self defence and strength .
- Teaches discipline and respect.
- Great exercise for your children.
- Provides a ladder of achievement from white belt to black belt grading.
- Most importantly, it is great fun!

Schools who already incorporate judo in to their curriculum before the school day starts (as a breakfast club) have reported that the children who attend the club arrive in class more alert and energised ready to start the academic day ahead.

PLEASE EMAIL ME TO CONFIRM YOUR CHILDS PLACE AND THEN COMPLETE THE FORM BELOW
info@judo4juniors.com

CONTACT DETAILS

Contact: Lasha Lekishvili
Call: 075 25 25 17 44
Email: Info@judo4juniors.com
Website: www.judo4juniors.com

School Name:

Session Time:

First Name:

Surname:

Telephone:

Email:

Child DOB:

Signature:



COACHES

Judo 4 Juniors have a number of coaches who teach within our schools. They are all DBS checked (formerly known as CRB), UKCC Qualified, first aid certificated, insured, and have a wealth experience and achievements to provide the highest level of tuition possible for your children.



LASHA LEKISHVILI

Lasha Lekishvili is owner and head coach of Judo 4 juniors. He has competed at an international level and represented GBR for a number of years. As well competing and coaching he also trains full time at Camberley judo club which is one of the top clubs in the country and has produced players who have won Olympic, World, European and commonwealth medals. All of his experience and knowledge is shared within the classes he teaches on a weekly basis.



NATALIE HALL

Natalie Hall is the founder of Judo 4 Juniors. Now the junior coach at Camberley judo club and the girls coach for the surrey judo team and south of England squad. As well as being an international player in her competitive days Natalie has now coached children from the age of 5 years old upwards for over 15 years and has produced many National and International medallists.



LANINA SOLLEY

Lanina is currently a Full time judo athlete at Camberley judo club who is training for the 2020 and 2024 Olympic games. Lanina is a fantastic judo player who is picking up domestic and international results and shares her wealth of knowledge with the kids at our sessions.



TOMMY MERCER

As well as training full time at camberley judo club to achieve his goals of medals at top competitions. Tommy is part of the RAF judo team and wants to help the next generation enjoy judo as much as he does and often volunteers his time to help coach and encourage the kids on the mat.