

Judo Lessons at St Hilda's School

Dear Parent/Guardian,

I am writing to invite your child to attend the school judo club this term which runs on Tuesdays after school. **Beginners are absolutely welcome and encouraged.**

Who is the coach?

My name is Omar and I have been practising Judo for 14 years. I gained my black belt 8 years ago and have also trained in Japan for a short period. I medalled in international events in my youth and have also trained, competed and medalled in other martial arts competitions including Brazilian Jujitsu (blue belt) and Amatuer MMA. I qualified as a Level 2 UKCC Judo coach 5 years ago and have been a professional coach for the last 3 years.

What is Judo and what are it's benefits?

Judo is a Japanese martial art and Olympic sport. There is no striking (hitting) involved in judo, therefore making it much safer than martial arts that centre around kicking and punching. Rather than striking opponents, judo focusses on grappling (wrestling) and is therefore much more effective at subduing and restraining attackers than other martial arts.

The combination of **strength, skill, flexibility, coordination, quick reactions, endurance and tactical thinking** that are developed by practising Judo are arguably **unrivalled** in any other sport.

The class structure

Classes involve a mixture of technique drills, coordination and body movement exercises and games designed to engage the children, whilst honing aspects of their Judo skills. *There is a grading twice per year, where new belts are awarded.* There is also some light sparring, with rules appropriate for the age of the class.

Both I, and the coaches that I work with, hold first aid qualifications and risk assessments are carried out on a regular basis.

When are the classes?

Classes will run from Tuesday 10th October-12th December.

Fees are £60 and include your first Judo suit for free (replacement suits £25). If your child requires a Judo suit please note their height on the form.

If you would like your child to participate please complete and return the form below along with a cheque **made payable to Omar Anaz**. Alternatively you can pay by bank transfer (**sort- 11-64-14, 30357461**) being sure to put your child's name and "StH" in the notes section.

Kind Regards
Omar Anaz
Head Coach- Ippon Judo
admin@ipponjudo.co.uk

Parental Consent Form– PLEASE COMPLETE IN CAPITAL LETTERS

Child's Name: _____ Year Group: _____

I would like my child to take part in the school judo club for the coming term. Cost £60.

I require a judo suit (Free for new students, £25 for replacements) and my child's height is _____ cm

I enclose a cheque as requested for the total of _____ (or note other payment method- _____).

Signed: _____ Email: _____

Name: _____ Mobile: _____