

SCHOOLS KODOKAN JUDO



BENEFITS OF JUDO

Children who play Judo benefit both physically and emotionally. Emotionally they grow in their discipline, teamwork and self-confidence. Physically, they improve in their coordination, fine motor skills, the strengthening of their neck and shoulder muscles, learning how to balance and improve their spatial awareness.

All this takes place in a fun, encouraging environment, where they are allowed to work at their own pace to develop these skills.

Children are rewarded on their growth in skills, their discipline and their perseverance.

JUDO FEES

Judo fees for 2025 are R750 a term, which are due the **2nd lesson of each term** and a MONTH's notice is required or a term's fee in lieu of that notice to resign your child from lessons.

Contact

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WHAT IS JUDO?

Judo is a martial art that was born in Japan, and is now known around the world as an **Olympic sport**.

The word Judo means "the gentle way" and it is played by both boys and girls of all ages. It is also used widely as a form of self-defence.

REGISTER

To register, go to

www.capejudo.wordpress.com

click on your child's school and the class you would like them to attend.

We work on a strictly 1st REGISTERED, 1st BOOKED policy for class spaces as we have limited numbers in class for child safety.

