Carleton House
Preparatory School

JUDO CLUB

JUDO CLUB
DISCIPLINE AND RESILIENCE

BUILDING STRENGTH, CONFIDENCE, AND RESPECT!

INTRODUCTION

Our Judo Club teaches children the values of discipline, respect, and physical fitness through the practice of this traditional martial art. Pupils learn a variety of throws, holds, and techniques while developing mental toughness and self-confidence. Beyond the physical skills, the club fosters personal growth, encouraging resilience, focus, and self-control. Judo provides an excellent foundation for both physical and mental well-being. The club is run Dale, a trained Judo coach from Judo Education and takes place each Tuesday morning before school for children in Years 3 to 6.

PROGRAM HIGHLIGHTS

- **Benefits:**
  - Builds self-discipline and resilience
  - Enhances physical strength, balance, and coordination
  - Promotes mutual respect and fair play
- **What Pupils Will Learn:**
  - Fundamental judo techniques, including throws and holds
  - The importance of respect and self-control
  - Strategies for staying calm under pressure
- **Who is it for:**

  Open to children in Years 3 to 6 who want to stay active, learn self-discipline, and develop new skills.

MEET THE TEACHER

Dale, a qualified Judo instructors from Judo Education has been teaching Judo at Carleton House for the past 5 years. He brings a wealth of expertise, focusing on both skill development and character building in a supportive environment.

COACH DALE

SCHEDULE & DETAILS

- **When: Before School**

  Click here
  to access the booking site for more information on scheduling.

- **Duration:**
  - 40 minutes per session.
- **Fees:**
  - **£9** per session.

TESTIMONIALS

"Judo Club is so much fun! I've learned how to stay calm and strong while trying new moves with my friends."

– Year 3 Pupil

RESPECT. STRENGTH. SUCCESS

ENROLL TODAY!

Carleton House Preparatory School

www.carletonhouse.co.uk

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THEY CAN BECAUSE THEY THINK THEY CAN

"possunt quia posse videntur"