



Dear Parents,

The British School of Judo Excellence have performed a demonstration of judo at school and will be running a course of judo for 5 consecutive weeks in school as an extracurricular activity.

Judo is a modern Olympic sport enjoyed equally by girls and boys and involves close quarter grappling. Unlike most other martial arts, *judo does not involve kicking; punching or striking*...it translates from Japanese to English as 'The gentle way'. Judo not only aids physical development but is a great stimulant mentally and provides participating children with an overall sense of wellbeing.

All coaches are black belts affiliated to the British Judo Association and are CRB approved.

Places are limited and will be allocated on a first come first served basis or at the discretion of the head teacher. Please return your remittance with the reply slip. You will be notified by school if your child has successfully secured a place. Once accepted onto the course, payment regrettably is non refundable.

Start date and time:

- Year 2** **Tuesday 11th June** **8:00 – 8:50**
- Year 3 & 4** **Wednesday 12th June** **8:00 – 8:50**
- Year 5 & 6** **Thursday 13th June** **8:00 – 8:50**

(This is a before school activity and you are advised to bring a light snack with you for afterwards).

Cost: £22 cash or cheque payable to Judo Excellence, to be paid with reply slip, thank you. (If paying by cheque, please could you write the child's name on the reverse).

Clothing requirements: Children must wear **T-shirt and jogging trousers or leggings**, a judo kit will be provided, to where over the top. All jewellery must be removed or taped. **Drinks:** Children may bring water in a plastic bottle.

Certificates will be awarded to all participating children

For information about a local judo club please call coach, Tony Devine on 07932081793

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Consent form

School: Lightcliffe Please select: **Tuesday** **Wednesday** **Thursday**

I hereby give permission for my child _____ to participate in the judo course.

Parent's signature: _____

Please supply any relevant medical details below. Access to inhalers will be required and diabetics may require a light snack.

