
SOME INTERESTING FACTS ABOUT JUDO

- It is the most widely practiced martial art and the second most-practiced sport worldwide pre number of countries after soccer.
- According to American College of Sports Medicine, it is the safest contact sport for children under 13.
- The two principles of Judo are "Maximum-efficient use of energy" and "Mutual welfare and benefit".
- It was made an Olympic sport in 1964 Tokyo Games for men.
- Women Judo was part of Olympics in 1988 as a demonstration event, and an official medal event in 1992.

WHY DO JUDO



Why your kids and you should do judo

Self-Awareness Judo is mentally and physically stimulating in a productive learning environment. By learning to synchronize their mind with their body, kids become very aware of themselves and others.

Flexibility and Balance By learning the techniques and movements involved in Judo children are twisted, turned, contorted and as a result increase their flexibility. These exercises also help kids maintain balanced posture even if they do stumble.

Concentration and Focus When participating in a Judo class student needs to remain focused to learn the proper and safe method of practicing their moves.

Ethical Competition Judo competitions are quite different from other events. Sportsmanship and respect for the players and referees are at the for-front of all our competitions.

Self Defense The skills learned though Judo will help kids to defend themselves and give them a chance to get away unscathed. The confidence that Judo gives a child helps to make them bully-proof.

Fitness Your kids will get to use every muscle in their bodies. They will get a solid cardio work out as well.

Fun Games Your kids will get to play many fitness games as we incorporated many fitness games into our warm-ups.