

THE WORLD'S MOST POPULAR MARTIAL ART AND COMBAT SPORT

JUDO IS WITHOUT A DOUBT THE WORLD'S MOST POPULAR MARTIAL ART AND COMBAT SPORT. IT INVOLVES NO KICKING, PUNCHING, OR HITTING ANYONE AT ANY TIME. THE AIM IS TO MENTALLY AND PHYSICALLY OUTWIT YOUR OPPONENT USING SKILLFUL TECHNIQUES, AND LAYS GREAT EMPHASIS ON DISCIPLINE

A SPORT FOR EVERYONE !

IF YOU WANT TO BE PART OF A SPORT THAT EVERYONE CAN DO NO MATTER WHAT SHAPE OR SIZE, WHERE YOU CAN HELP YOURSELF GET FIT, ACTIVE AND IMPROVE EVERY ASPECT OF YOUR LIFE - THEN JUDO IS FOR YOU !

TASTER SESSION: WEDNESDAY 7 OCTOBER !

JUST BRING SOME TRACKSUIT BOTTOMS AND A LOOSE TOP YOU DON'T MIND GETTING STRETCHED. WE WILL ALL BE THERE TO HELP YOU AND HAVE FUN!

WEDNESDAY

12:00 - 2:00 PM

THURSDAY

5:30 - 7:00 PM

FRIDAY

8:00 - 10:00 PM

**BEGINNERS
SESSION**

IMPERIAL COLLEGE UNION GYM, FLOOR 3 - BEIT QUADRANGLE, SW7 2BB



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