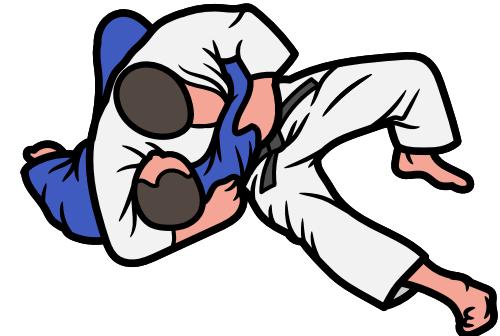




**CLUARANKWAI JUDO CLUB**  
THE WAY OF THE THISTLE



## School Session Information Pack

### Planned Schedule

**9:30am - 10:30am:** Start of session, warm up and throwing techniques.

**10:30am - 10:45am:** Break for drink and a snack

**10:45am - 11:15am** Ground work techniques

**11:15am - 11:30am:** Game, demonstration of throws & questions.

There will be short drink breaks throughout the session

### What to expect from the session

This introduction to Judo will focus on the fundamentals of the sport including learning to fall safely, breaking your partners balance and how to score in Judo.

Students will practice a throw and hold down technique.

Teachers feel free join us on the mat to watch, help or join in with the session.

[www.kilmarnockjudoclub.com](http://www.kilmarnockjudoclub.com)



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### What to bring to the session

- A bottle of water
- A snack for break time
- Comfortable sports clothing
- Something to tie up long hair



### Important Safety Measures

- All jewellery & watches etc must be removed before the session and pockets must be empty
- Anyone with verrucas or other foot infections must wear socks during the session
- If actions of students are deemed unsafe by coaches they maybe be asked to sit out for parts of the session, the safety of everyone on the mat is top priority.



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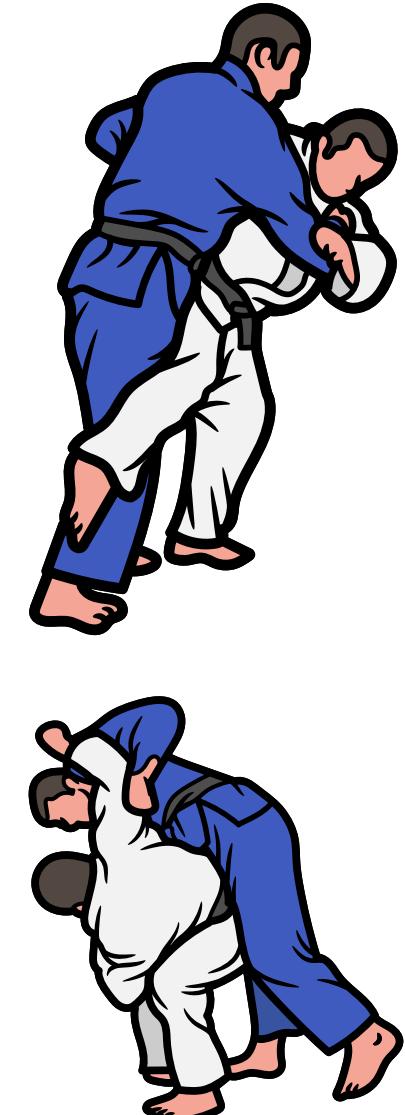
## School Session Information Pack

### Other useful information

**First Aid-** Injuries can happen in all forms of exercise including Judo. By conducting a warm up and coaching correct technique we aim to avoid injuries. If a student requires First Aid all of our coaches are First Aid trained and we have a fully stocked First Aid kit at the club.

**Safeguarding-** All of our coaches have a UKCC qualification in coaching and are registered with Judo Scotland. They also have an active PVG Certificate and have completed a Safeguarding and Protecting Children course.

**Training Area Safety-** Before each session the mats and training area will be inspected for hazards. Our mat area is large and has padded walls to reduce likelihood of injuries from landing on hard surfaces. Coaches will make sure students stay away from the mat edge.





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## **School Session Information Pack**

**We hope that your class enjoys the session!**

If you have any questions before the session or any feedback  
feel free to reach out to us at [info@kilmarnockjudoclub.com](mailto:info@kilmarnockjudoclub.com)

