

JUNIOR JUDO

CLASSES BY

DESTINATION JUDO

STAFF INCLUDE WORLD CUP MASTERS AND COMMONWEALTH MEDALLIST

JUDO FOR BOYS & GIRLS 5-15 YRS

The word Judo consists of two Japanese characters 'Ju' which means gentle, and 'do' which means 'the way'. So Judo means the way of gentleness. Judo is a dynamic sport that does not rely on strength but is based on a combination of balance, co-ordination and reaction. Most importantly Judo helps children become more self confident, disciplined, self controlled and polite. Of course we teach all this in a fun way.

For more information and to book a FREE introductory session call 0131 467 9054

[E info@destinationjudo.com](mailto:info@destinationjudo.com)
[W www.destinationjudo.com](http://www.destinationjudo.com)



| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS | SATURDAYS | SATURDAYS |
|--|--|---|---|---|---|--|
| Various Classes BROXBURN Broxburn Scout Hall Station Road Broxburn | Various Classes ROSYTH Parkgate Com Centre Parkgate Rosyth KY11 2JW | Various Classes DUNDEE St Peter and St Paul's Church Hall 29 Byron Street Dundee DD3 6QN | Various Classes ANSTRUTHER East Neuk Community Centre Ladywalk Anstruther KY11 3EX | Various Classes WHITBURN South Parish Hall Manse Road Whitburn EH47 8EZ | Various Classes PRESTONPANS Prestongrange Church Hall Kirk Street Prestonpans | Various Classes TRINITY Trinity Scout Hall South Trinity Road Edinburgh |

**FREE JUDO KIT* (WORTH £40)
UPON ENROLMENT WITH THIS FLYER**

*OFFER IS AT THE DISCRETION OF DESTINATION JUDO

NAME _____

CLUB-DJ@ _____

CLASS _____

SIZE (CM) _____

120

130

140

150

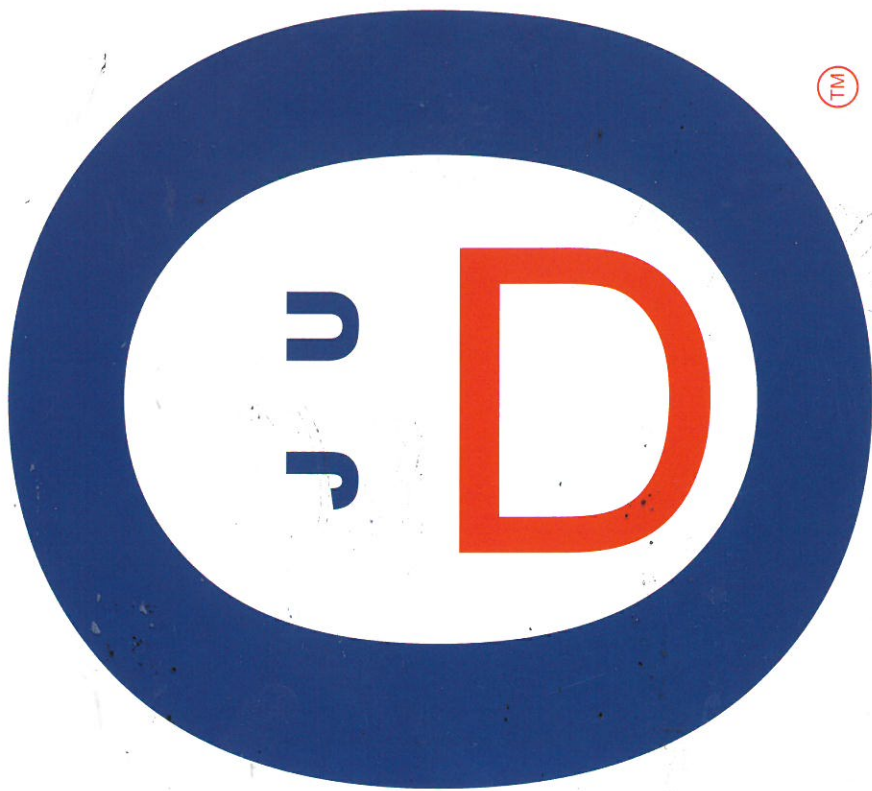
160

170

180

JUNIOR JUDO

Working in partnership with Active Schools



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DESTINATION JUDO

making judo fun giving children confidence

