

CONSTRUCTING CHARACTER • CREATING CHAMPIONS



TSUKURU JUDO ACADEMY

IN ASSOCIATION WITH WESTCOMBE PARK RFC

STARTING MONDAY 9th MAY

Using judo as a cross training method is not a new concept throughout the world. Over the last couple of years it has been adopted by the All Blacks, Wales, England and other British teams such as Bath and Leicester Tigers, as well as the England Junior Academy.



Tsukuru Judo Academy is recognised by the national governing body, the British Judo Association.

These new judo classes are aimed at 5 - 14 years, the sessions will be aimed at developing co-ordination, balance, strength, discipline, fitness and fun!

AGE	TIME	COST PER SESSION	BLOCK BOOKING COST (10 WEEKS)
5 - 7 Years	6:00pm - 6:45pm	£4.00	£35.00
8 - 14 Years	7:00pm - 8:00pm	£4.00	£35.00

FOR MORE INFORMATION OR TO PRE-BOOK THESE SESSIONS PLEASE CONTACT

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