



## MODEL SCHOOL JUDO CLUB

As part of the after school clubs the Model school judo club will be commencing on Wednesday 22 January 2020.. It will run from 3.15pm to 4.15 pm each Wednesday. The club is open to all pupils from primary 3 up to primary 7. **Judo** is a tremendous and dynamic combat sport that demands both physical prowess and great mental discipline. From a standing position, it involves techniques that allow you to lift and throw your opponents onto their back.

The classes will be taken by Paul Green. Paul is a UKCC level three accredited coach, a 6<sup>th</sup> Dan red and white belt and has over 35 years of judo experience. Paul is a talent coach for the Northern Ireland Judo federation and is head coach of KONARAKAI Judo club ,a Sport NI Clubmark accredited club that operates from the Model school on a Monday and Thursday Night that your child is welcome to attend in addition to after schools if they so wish

We are offering the following package if your child wishes to sign up for the Model School Judo Club

11 weekly sessions running from Wednesday 22/01/20	(see below)	£35
Judo License which will cover child until December 2020		<u>£25</u>
Total Price		<u>£60</u>

### The session dates are as follows

1)22/01/2020 , 29/01/2020 ,05/02/2020 ,12/02/2020 ,26/02/2020,04/03/20 ,11/03/20 ,18/03/20, 25/03/20,1/04/20 ,08/04/2020

Not on 19/02/2020(midterm ,

A **judo license** will let your child become a member of the Irish Judo Association and is something that every child must have to train in judo Please see <https://irishjudoassociation.ie/membership/> . Anyone who got a license in the Sept 2019 to December 2019 period are licensed for year to 31 December 2020.

A **judo suit** is something your child must have to do judo. I can provide a judo suit at a cost of £20

My child has a current judo license that is valid until December 2020 please put x here -----

**The class will be limited to 25 children only with 5 reserve places held and will be offered on a first come first served basis .Please return the attached slip with your payment of £60 to the Paul on 22 January 2020**

Childs Name

Date of Birth

Class teacher and year group

Parent Name