

# JUDO CLUB

## NEWSLETTER

### RIDGE HOUSE SCHOOL

SEPTEMBER 2021 | 2022

## WELCOME BACK

**My name is Colin Small - I am a Judo Black Belt 5th DAN, a professionally qualified teacher and I have been teaching judo now for over 30 years.**

In all my years of teaching Judo I have never known anything like the strange

times we have all been going through. I hope you all have stayed safe and well and are now looking forward to things beginning to return to normal.

The beginning of each academic year is a great time to join our very successful judo Club, in fact without new pupils joining we would lose our momentum. Regardless of your age there is a class for you.

As Dr Kano who was a teacher and the founder of Judo said, "I want my pupils to be strong both in mind and body."

Good luck, work hard and enjoy this exciting new year.

**COLIN SMALL**  
Judo Teacher  
5th Dan Black Belt



## BENEFITS OF JUDO

It is almost unique in providing a wide range of benefits which include self-discipline, co-ordination skills, an effective form of self-defence, a confidence booster for the shy and timid child, self-control for the more aggressive spirit and most importantly, an excellent way of staying fit and healthy while having fun.



## WHAT DOES IT COST AND WHEN

Judo will start back on Tuesday 7th September 2021

**TUESDAYS:** 2:30pm to 3pm

**Please contact the School Bursar for cost per term.**

## COME AND TRY THE EXCITING SPORT OF JUDO

It's all very well watching others practicing Judo, but to really find out what Judo is like come and have a try. If you like it, great, you'll be very welcome to join the club.

## GREAT PROGRESS

**I started Judo when I was just 6yrs old. I think that starting Judo at such an early age gave me a huge advantage both competitively and in my technical ability. Also throughout the many years of teaching Judo my passion for this fast exciting sport continues to grow. Over the last few years I have spent quite a lot of time in Japan, both teaching and learning how Judo is taught to children there.**

Many children in the UK start Judo as young as five years old and I am always amazed at how quickly they learn the Japanese words and commands and really get to grips with all the fundamental aspects of the sport.

I always start them off by teaching them the groundwork stage, which helps them to gain confidence both in breaking balance and grappling techniques - I can also use this to enforce the very, very important aspect which is "Safety Comes First". Within a few weeks I can move them on to standing Judo. The great advantage that the younger ones have over adults is that they aren't frightened to fall over - for them it's a normal part of life. When they learnt to walk they spent much of their time falling over!!

Most of the children at Ridge House carry on doing judo when they move up to Brockhurst and Marlston House Schools. In fact many of the National medallists were once Ridge House Judo Players!

## RIDGE HOUSE SCHOOL NEWCOMERS TRIAL SLIP

Please hand this slip in to your Judo Teacher or School Office for a trial lesson.

Child's Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_