

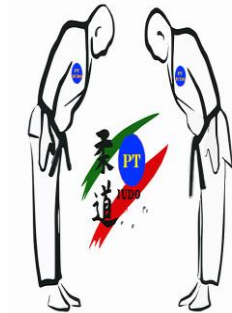
PT JUDO CLUB

PT Judo is a popular club that operates in several local schools for many years.

The coach is Gary Pranglen, a 2nd Dan Black Belt, who has represented Great Britain, and was a national and international champion. Gary has a Judo Club Coach Award Level 3, is fully DBS checked and holds a current First Aid Certificate.

Open to Years: 1-6
Day: THURSDAY
Time: 8.00-8.45 am

Tuition fee:
£78 includes kit.



Judo is a Modern Olympic sport and self-defense.

Judo is a great way in proving health and wellbeing benefits which include:

- ✓ *Self-discipline*
- ✓ *Respect for all*
- ✓ *Co-ordination*
- ✓ *Confidence booster*
- ✓ *Self-control*
- ✓ *Fitness and Flexibility*



Club members are required to wear a Judo kit, which is provided.

Any questions about the club should be addressed to Gary Pranglen on **07939 204554**.

Payment Methods:

1. Cash
2. Cheque : PT Judo Ltd.
3. BAC:

Sort Code: 30-63-54
AccountNo. :37840268
Ref: <childs name&School>

Payment plan is possible if needed.

I would like to join PT JUDO CLUB

Child's Name

Year

Emergency Contact Number

Special/Medical Needs

Parent/Carer Signature
