



Free

**Judo Demonstration
& Introductory Workshop**
Fun for the whole family

Tuesday 13th April 4pm-6pm

Havelock School Multi Purpose Facility

For all age groups—Preschool to Adult

Come along and see what it is all about

Pelorus Judo

Tuesdays — During Term Time

- 3:00-3:30pm Tumble & Play (Under 5s)
- 3:30-4:30pm Juniors (School Age Y1-Y8)
- 5:00-6:00pm Seniors (Y9 -Adult)

Costs

Juniors and Seniors Term 2 \$55 for 11 sessions

Tumble & Play Term 2 \$22 per family for 11 sessions



This Judo course has been made possible by the assistance of the community organisations below



For more information please
contact the Pelorus Projects
team on Tel: 574 2555
Cell: 021 867 447



MARLBOROUGH COMMUNITY HUBS
"Making the active choice the easy choice"

PELORUS JUDO

TERM 2, 2010

Following on from a successful year of Judo in Linkwater, Shayne Jacks will be leading the first Judo group in Havelock. Commencing on Tuesday 20th April, 2010. Registration forms and payment details will be available at the free demo and introductory workshop on Tuesday 13th April.

INSTRUCTOR/QUALIFICATIONS

SHAYNE JACKS (2nd Dan)

Former British National Judo Champion, Instructor & Examiner

British Judo Association and Judo New Zealand (JNZ) registered 2nd Dan

Diploma in Pre-school Playgroup Association

15 years owner/operator of a Children's Entertainment/Childcare Facility in South-east England

COURSE

The course will be a basic introduction to this Olympic recognised sport and martial art, in fun and safe environment for both children and adults.

Judo (meaning 'gentle way') develops Skill, Strength, Speed, Stamina & Suppleness and along side of this, it develops a person's self-confidence, self-discipline, skills of working as a team, respect for themselves and others and improves physical health & social skills.

- ***The Tumble & Play (under 5s)***

This course is a very basic, gentle introduction to the fun elements of judo, gradually introducing specific formalities and learning. It actively promotes the child's cognitive, social and physical development.

- ***Junior Session***

Following the JNZ Junior syllabus, these participants will receive sound basic training in the technical skills of the game with gymnastic skills at every stage, as well as gain some knowledge of judo's tradition, history & terminology (in English & Japanese) and basic self-defence moves.

- ***Senior Session***

Again the seniors will follow the JNZ Senior Syllabus and consequently, learn more technically difficult and intricate manoeuvres.

In the future, it is hoped to be able to nurture those wishing to pursue a competitive or instructional path of judo.

GI

For the introductory workshop – strong clothing is recommended – long-sleeved rugby shirt ideal.

To progress further, a Judogi will be necessary. Trade Me often have them for sale, otherwise new gi prices start from \$80 each. Belts - All coloured belts from \$5.

All prices include GST but exclude postage/packing, which is charged at cost. Supplied by Seven Samurai Martial Arts Supplies, Christchurch www.sevensamurai.biz