

# Judo

Why not start 2017 by taking up Judo?

Our club is part of the *Independent Martial Arts and Sports Association*, and tailors its training to the needs of the individual. So whether you want to learn the sport for self-defence or competition, we are equipped to help you realise your aims.

In a relaxed, friendly, family atmosphere, we aim to teach adults and children a range of throws and other techniques in a way that no-one gets hurt or is forced or pushed to do anything they don't feel comfortable with.

The object of the club is to build the confidence and ability of every club member, whether they are 5 or 95, allowing them to progress and benefit at their own speed with an emphasis on relaxed co-operation.

**Interested?** Then, why not come along to the main hall of Snodland Community Centre every Tuesday at 6.30. A class lasts until 8 pm and costs £5.50 per session. And what's more—the first lesson is FREE!

For further details, ring Andy on **07812417648**

