



Shiro-No



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Shiro-No- Judo Kent

What? We aim to teach the martial art and Olympic sport of Judo to children and adults, promoting self-discipline, confidence and friendship.

In a relaxed, friendly, family atmosphere, we aim to teach 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.

When? Tuesday 6.45 to 7.45 pm (juniors from 5 to 17 years) & 8-9pm (adults).

Cost: £7 per session

For more details, get in touch with Andy on andyjudo28@gmail.com



SHIRO-NO-JUDO KENT

Founded in 1957 by Sensei Christopher Hopkinson



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www.judoszj.co.uk / www.facebook.com/shironozen

Contact Andy on 07812417648