



British Judo's nationwide Adult Beginners Course returns for 2012

The Olympic year is upon us and now you can experience one of the Olympic Games' most fascinating sports alongside fellow newcomers as British Judo's Adult Beginners Course (ABC) returns for 2012 in January and February.

ABC offers you the opportunity to have a fun-fuelled, new experience while you receive expert tuition and become familiar with judo's highly-motivating and rewarding non-competitive grading scheme.

You'll see your fitness levels, balance, coordination and flexibility develop in a no-pressure environment.

British Judo's motto is 'Judo for All' as the sport can be practiced by all ages and official weight categories for senior judo players (known as judoka) who choose to enter competitions goes from -48kg to +78kg for women and -60kg to +100kg for men.

The sport, which emanates from Japan, is steeped in tradition and promotes values such as honour and respect with participants bowing to show respect to everyone on the mat.

No prior experience of judo or any sport is required; you can bring a family member, a friend or make new ones along the way as you practice the sport over the 10-week course and acquire all the skills to complete your first grading (red belt) at its conclusion – your first step on the ladder towards the coveted black belt!

For the course fee of just £60 you will receive 10 weeks judo tuition, a British Judo adult licence, a judo suit and the opportunity to take your first grading.



British Judo Association's Chief Executive Officer, Scott McCarthy, believes the sport can engage and benefit any audience.

"With weight categories, age bands, and clear progression pathways through the grading system judo is a sport that truly caters for everyone – regardless of shape, size, gender, ethnicity or ability," he said.

"The sport has something to offer to anyone who is interested in gaining physical skills, core stability, confidence, strength and discipline. It is an educational platform as well as an Olympic sport."

You can now book your place online NOW at <https://www.onlineentries.co.uk/events/bja/ABC.php>

Adult Beginner Course at a Venue near YOU !

Wolverhampton	Wolverhampton Youth Judo Centre (WYJC) BJA Club No. 4468	Hilton Hall Community Centre Hilton Road, Lanesfield Wolverhampton WV4 6DR	26th January, 8:30pm - 9:30pm
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Click on to this LINK to go to the Wolverhampton Youth Judo Centre web site <http://wyjc.co.uk>

Click on to this LINK to go to the Hilton Hall web site <http://hiltonhall.com>

