

Ridge House School

NEWSLETTER
SEPTEMBER 2009/10

Welcome back

My name is Colin Small - I am a Judo Black Belt 4th DAN, a professionally qualified teacher and I have been teaching judo now for over 20 years.

Welcome back to all our existing Judokas. I hope you have all had a good summer break and are looking forward as much as I am to the start of a new Academic Year.

The beginning of each academic year is a great time to join our very successful judo Club, in fact without new pupils joining we would lose our momentum. Regardless of your age there is a class for you.

As Dr Kano who was a teacher and the founder of Judo said, "I want my pupils to be strong both in mind and body".

Good luck, work hard and enjoy this exciting new year.

Great Progress

I started Judo when I was just 6yrs old. I think that starting Judo at such an early age gave me a huge advantage both competitively and in my technical ability. Also throughout the many years of teaching Judo my passion for this fast exciting sport continues to grow. Over the last few years I have spent quite a lot of time in Japan, both teaching and learning how Judo is taught to children there. I really enjoy teaching the young children at Ridge House, watching them start, some as young as five years old, when really they have only just learnt to "walk and talk". I am always amazed at how quickly they learn the Japanese words and commands and really get grips with all the fundamental aspects of the sport. I always start them off by teaching them the ground-work stage which helps them to gain confidence by having fun both in breaking balance and grappling techniques. I can also use this to enforce the very, very important aspect which is "Safety Comes First". Within a few weeks I move them on to standing Judo. The great advantage that the younger ones have over some of the older ones is that they aren't frightened to fall over, for them it's a normal part of life. When they learnt to walk that short time ago they spent much of their time falling over!

Many of the children at Ridge House carry on doing Judo when they move up to Brockhurst & Marlston House, in fact we won the overall Trophies for both the Junior and Senior National IAPS Judo Championship this year, many of the National medallists were once Ridge House Judo players!

What does it cost & when?

Judo Fees are £64.00 per pupil per term.

Judo Kit Hire £6:00 per pupil per term.

This term will start on Friday the 18th September

Fridays

2:45 to 3:15pm



Benefits of Judo

Judo is an exciting modern Olympic sport. It is almost unique in providing a wide range of benefits which include:- self-discipline, skill in co-ordination, an effective form of self-defence, a confidence booster for the shy and timid child, and self-control for the more aggressive spirit and a fantastic way to stay fit and healthy.

Come and try

It's all very well watching others practising Judo, but to really find out what Judo is like come and have a try. If you like it, great, you'll be very welcome to join the club.

RIDGE HOUSE NEWCOMERS FREE TRIAL SLIP

Please hand this slip in to your Judo Teacher or School Office for a free trial lesson.

Child's Name:

Parent / Guardian signature:



