BRADFORD UNIVERSITY JUDO CLUB 柔道

Bradford University Judo Club

Take up the martial art of Judo at the Bradford University Judo Club

Judo is one of the world's most widely practiced Olympic and Paralympics sports and showcases breath-taking throwing techniques (tachi-waza), sublime ground fighting techniques (ne-waza) that includes strangles (shime-waza), joint locks (kansetsu-waza) & hold downs (osae-komi-waza).

As competitors (judoka, those who participate and practice Judo) illustrate why they're among the best conditioned athletes in the world.

Why do Judo?

Judo serves as a great cardiovascular workout, which improves stamina, general health and overall fitness. Physical strength is also improved as a direct result of trying to control and dictate the movement of the opponent, as well as enhanced power. For the same reasons the balance, flexibility and posture of a player will also be enhanced. Physical co-ordination can be seen to develop dramatically from participation in judo and reflexes are also improved together with mental reaction time. Therefore Judo is an ideal form of physical exercise for all ages, males and females.

Bradford University Judo Club runs on

Monday evening between **8:30pm** and **10:00pm**

Thursday evening between **8:30pm** and **10:00pm**

Activity Room, Unique Fitness & Lifestyle, University of Bradford, BD7 1DP

For further details contact:

John Barton	**Donald Rose**
07765 022 124	**07411 468334**
Senior Coach and 2nd Dan	**SU Club President**

info@bujc.co.uk

Check out www.bujc.co.uk for more information

Amazing special offer: To promote the new academic year, **Bradford University Judo club** along with the British Judo Association are currently offering an amazing deal that includes BJA membership, a Judo suit and your first grading for a one off cost of just of **£20**, this is outstanding value for money, a saving of over £50 on normal £70 price.

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Lean how to off balance and throw opponents

Learn how to arm lock and subdue an opponent

Learn how to hold down an opponent

Learn how to strangle an opponent

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