

# DESTINATION @ BRITISH JUDO

STAFF INCLUDE WORLD CUP AND COMMONWEALTH MEDALLIST

The word Judo consists of two Japanese characters 'Ju' which means gentle, and 'do' which means 'the way'. So Judo means the way of gentleness. Judo is a dynamic sport that does not rely on strength but is based on a combination of balance, co-ordination and reaction. Most importantly Judo helps children become more self confident, disciplined, self controlled and polite. Of course we teach all this in a fun way.



For more information and to book a FREE introductory session call 01509 631 671

**E** [destination@britishjudo.org.uk](mailto:destination@britishjudo.org.uk)  
**W** [www.britishjudo.org.uk](http://www.britishjudo.org.uk)

## WEDNESDAY

Various Classes  
**Henlow**

Henlow Park Pavilion  
Groveside  
Henlow  
SG16 6AP

## FRIDAY

Various Classes  
**Silsoe**

Silsoe Community Sports Centre  
Chestnut Avenue  
Silsoe  
MK45 4GP

## SATURDAY

Various Classes  
**Stewartby**

Stewartby Village Hall  
Stewartby Way  
Stewartby  
MK43 9LX

# FREE JUDO KIT\* (WORTH £40) UPON ENROLMENT WITH THIS FLYER

\*OFFER IS AT THE DISCRETION OF DESTINATION @ BRITISH JUDO

NAME \_\_\_\_\_

CLUB-DJ@ \_\_\_\_\_

CLASS \_\_\_\_\_

SIZE (CM)

120

130

140

150

160

170

WORKING IN PARTNERSHIP WITH SSP