



# JUDO CLASSES WEDNESDAY 1830 - 1930



Vale Judo Satellite Club



# UPPINGHAM JUDO CLUB



Learn the Olympic sport of Judo. A sport which teaches discipline, instils respect and promotes sportsmanship. At the same time you'll develop a higher level of physical fitness whilst having fun!

Alternatively you may be seeking an additional club to supplement your existing training? If so then come and join us at Uppingham Judo Club.

All are welcome from the beginner to experienced Judoka.



Email: [UJC@ashton-roberts.co.uk](mailto:UJC@ashton-roberts.co.uk)

# UPPINGHAM JUDO AT THE TOWN HALL



## WEDNESDAY 18:30 - 19:30

### The Judo Experience

Uppingham Judo Club is a Vale Judo Satellite Club. The club is run by BJA certified coaches and aims to provide a fun and safe environment to learn Judo.

At Uppingham Judo Club you will experience a mixture of traditional Judo based on the BJA syllabus. This will develop knowledge and technique to aid with grade progression. There is also a focus on competitive Judo for those who are interested in competing.



Vale Judo Satellite Club

7 years and above

Large 8m x 15m Mat Area

Sprung Floor

Parking On-site



### UPPINGHAM JUDO CLUB

Uppingham Town Hall  
49 High Street East  
Uppingham  
LE15 9PY

(Car Park on North St East)

Email:  
UJC@ashton-roberts.co.uk