



AG Angebot 1. Halbjahr 2019/20 / ASA Offer 1st term 2019/20

AG Titel / ASA Title	Judo
Inhalt / Description	<p>Judo is generally categorized as a modern martial art, which later evolved into a combat and Olympic Sport. The benefits of Judo include Self defence, physical fitness, strength, improved concentration and discipline. Classes focus primarily on developing the most fundamental skills that students require to effectively learn Judo. This is a fun-filled course designed to teach kids through games and quick changing skills.</p> <p>Judo uses a system of coloured belts to indicate the knowledge and skill levels of the Judo students. In this class kids have the opportunity to progress through the belt grading system.</p>
Zielgruppe / Target groups	KG1-KG2
Zeit / Time	Tuesday 2:15-3:45pm
Ort / Location	KG Hall (KG)
Leitung / Coach	Gulf Star Martial Arts
Teilnehmerzahl / No. of Participants	Min. Max: 16 (KG)
Anmeldeprozeß / Registration Process	<p>Online Anmeldung ab dem 08.09.2019</p> <p><i>Online registration starting 08/09/2019</i></p> <p>Register Here</p>