



# JUDO 4 JUNIORS ACADEMY

- BALANCE
- SELF DEFENSE
- SELF CONFIDENCE
- STRENGTH & FITNESS
- SELF DISCIPLINE AND RESPECT

**DEVELOP STRENGTH, FLEXIBILITY AND FITNESS  
WHILE LEARNING DYNAMIC THROWS, TAKE DOWNS  
AND SELF DEFENSE**

**FREE  
TRIAL  
AVAILABLE**

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BRITISH  
JUDO

