



Judo Information for Parents and Schools

What is Judo?

Judo is a grappling martial art and an Olympic sport. It was the inspiration of Jigoro Kano and was founded in Japan. Judo means the "gentle way" as there is no kicking or striking involved. It is one of the safest contact sports.

Why Judo?

Judo caters for everyone and is a great way to keep fit and healthy. Judo teaches important life skills in a fun, exciting and positive environment. Every class is structured and incorporates age appropriate activities, co-ordination exercises as well as basic judo techniques; all of which are aimed to improve physical literacy and positive mental attitude. These skills help judoka become better students, better listeners, and more confident and ambitious individuals.

What does a beginner need to wear?

Initially, students wear jogging bottoms with a long-sleeved top. When they are ready, they may wish to purchase a novice's judogi. The British Judo online shop sells a reasonably priced gi for £25.

How much does it cost?

Fees are due in advance at the beginning of each term. For breakfast and after-school clubs we charge £7 per student per session. For lunchtime clubs we charge £5. These fees cover coaching, insurance and hall hire and are non-refundable. They are payable to Ippon Judo LONDON.

Future costs

Membership to British Judo costs £5 per term. Gradings are held approximately twice a year at £6 per grading. This includes grading belt, certificate and awards scheme pack detailing what needs to be learned to gain the next belt.

What will the first few sessions entail?

The first session will be a fun, inclusive introduction to judo, with a focus on safety, fundamental movement games, gymnastics and confidence building.

Club information

Our coaches are all DBS checked, have up-to-date First Aid, Safeguarding and Protecting Children certificates, public liability insurance, as well as British Judo Association coaching awards. Many of our coaches are former British Judo Squad members and all have a wealth of national and international judo experience.

Judo Sessions within the local boroughs

Ippon Judo LONDON run classes throughout the local boroughs. Venues include: St Stephens Primary, Bell Farm Primary, St Andrews & St Marks Primary, Ellingham Primary, Knollmead Primary, Waldegrave School, Teddington School, The Lady Eleanor Holles School and our main hubs at Long Ditton and West Horsley village halls.