



# Black Belt Dads

**Days Out With Dad** is delighted to be working with **Newent Judo Club** to offer a short judo taster session with a 'self-defence slant'.

Judo or 'gentle way' is the Japanese martial art where you get to grips with your opponent and try to throw them to the floor and hold them down. The skills and techniques are therefore readily applicable to real-world self-defence.

In this short session you will meet county-level coaches and national competitors who will demonstrate some basic holds and throws to enable you to stay on your feet and keep your opponent at a distance. You will also learn some break-fall techniques to help you recover and escape if they briefly get the better of you. Participants will have an opportunity to practice these skills and be coached on their technique. Practice will be arranged between participants of same height as far as possible.

All Dads and children over 5 welcome – it's all about technique, so you don't need to be either fit or strong to learn the basics.

**Venue:** Newent Judo Club Dojo (Gym) at Newent Leisure Centre, GL18 1PX

**Date/Time:** Sunday 12<sup>th</sup> June from 10.15 a.m. to 12.15 p.m.

**Kit:** Any strong long sleeve top, not too loose a fit. This is what your opponent will grip to try and hold you down. An old fleece pull-over top is ideal (no zips). The club will have some martial arts jackets & belts to loan, according to size, but please bring your old/strong top. Long & loose trousers/jeans/track pants. Bare feet, short nails, and for your safety, **no jewellery whatsoever** please.

**BOOKING IS ESSENTIAL PLEASE, VIA [www.daysoutwithdad.org.uk](http://www.daysoutwithdad.org.uk)**