



# TRY JUDO

[www.britishjudo.org.uk](http://www.britishjudo.org.uk)



Every Sunday 2-3pm @ St Marys Leisure Centre.  
Secondary School Students Session

[www.southamptonjudo.com](http://www.southamptonjudo.com)

Learn new skills **Gain confidence**  
**Self defence** Have fun getting fit