



Try Judo!

at Southampton City Judo Club



Ashley McKenzie
London 2012 Olympian
European Bronze Medallist

Gemma Howell
London 2012 Olympian
3-time World Cup Winner

- Grappling
- Throwing
- Self defence
- Gain confidence
- Have fun
- Get fit

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www.britishjudo.org.uk

Every Sunday 2-3pm at St Marys Leisure Centre.

<http://www.southamptonjudo.com>