Magna Academy
Poole
an Aspirations Academy

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ASPIRATIONS

29th September 2026

Dear Parents/Carers,

We are incredibly excited to launch our new Judo Enrichment Club, run by our very own Mr Bartholomew. Mr Bartholomew has been coaching judo for 7 years as part of Nokemono Judokwai club and holds BJA coaching level 1 qualification. All sessions will be full contact and will be insured under the British Judo Association. We will be launching the new judo club with a free taster session on Friday 2nd October.

What is Judo?

Judo is a dynamic Olympic sport and martial art focused on throws, safe landings and balance. Unlike many sports, judo doesn't involve any punching or kicking. Instead, it relies on using your opponent's energy and movement to your advantage. It is as much a mental game as it is a physical one!

Why join the Judo Club?

- **Learn Self-Defense:** Gain practical skills to stay safe and protect yourself.
- **Get Fit & Strong:** Improve your balance, agility, core strength, and overall fitness.
- **Build Mindset:** Develop focus, mental resilience, and self-discipline that will help you inside and outside the classroom.
- **Earn Belts:** Track your progress and achieve new goals as you grade through the judo belt system.
- **Have Fun:** Play active games, learn new moves and make new friends in a safe, high-energy environment.

Who can join?

Absolutely everyone! You don't need any martial arts experience, and you don't need to be naturally athletic. Judo is built on the principle of ‘Mutual Welfare and Benefit’, meaning we all work together to help each other improve.

Club Details

- **When:** Every Friday (starting Friday 2nd October)

Parent Friendly School Standard
MUSIC MARK PROUD TO BE A MUSIC MARK SCHOOL 2024 - 2025
A Level - Platinum Award Alps Top 10%

- **Where:** Magna Academy Sports Hall
- **What to wear:** Sport shorts and T-shirt (expect these to be pulled and gripped)
- **Cost:** Taster session is free. Then £6 per session for 10 weeks (to cover the cost of insurance).

How to sign up

Spaces are limited to ensure everyone stays safe and gets plenty of coaching time.

To secure your child's place, please email (Mr Law to book into the taster session) blaw@magna-aspirations.org

Yours sincerely,

Mr B Law
Director of Rewards and Enrichment