



Youth Sport Judo Adult Jujitsu

HAS RETURNED TO CHESTER!

TRADITIONAL JAPANESE MARTIAL ARTS
EVERY TUESDAY AT 4:30 – 7:30 BEGINNING MARCH 2ND
ALMANOR RECREATION CENTER NEXT TO SPORTS FIELD



Benefits of Judo

Training Benefits

Good sportsmanship Physical Fitness
Mental Focus Physical dexterity
Teamwork Attentiveness
Confidence Body Control

Teaches a Moral code

Duty Honor
Discipline Responsibility
Respect

TO REGISTER OR GET ADDITIONAL INFORMATION:

CONTACT SENSEI HARRY BURLESON AT

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OR CALL 530.624.2428