



ANIMAL FITNESS

# Judo PROGRAM

## ANIMAL FITNESS JUDO CLUB PROGRAM

### Program Description

Judo is a martial art and combat sport originating from Japan. In this class, participants learn a combination of throws, takedowns, grappling techniques, and submission holds. The essence of Judo lies in using an opponent's energy and momentum against them, making it effective for self-defense and competition.

### What to Wear

A Judo Gi / Kimono is required for Judo class. Underneath your Judo Gi we recommend wearing comfortable and functional clothing. This includes athletic tops, fitness bottom, minimal/no jewelry and no shoes.

### Recommended Items to Purchase

- Judo Gi / Kimono
- Judo Belt



321-421-7859



Info@AnimalFitnessFL.com



1897 S. Patrick Drive Indian  
Harbor Beach, FL 32937