



JUDO GIRLS
RISE
#EMPOWERHER



CONFIDENT
POWERFUL
RESPECT

Come try our

FEMALE JUDO SESSIONS

P6 - S3

6 week free trial

Starting Thursday 28th of November

Lasswade Centre

4-5pm



SELF-DEFENCE
Resilience
FRIENDSHIP



Just-Judo Yoshin email or
message to book your space

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07730375579