A-Z School Games Challenge

J – Judo
Challenge – Tig

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @ThinkActiveCSW
FUN FACT – The word ‘Judo’ breaks down into ‘ju’ (gentle) and ‘do’ (way or path) = ‘the gentle way’.

Why not take a look at an elite judo match from the 2016 Rio Olympic Games -
https://www.youtube.com/watch?v=YMRnXfukE9Y&feature=youtu.be

If you have enjoyed this challenge and would like you get involved in a local Judo club click here:
https://www.britishjudo.org.uk/club-finder/

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