

Judo Kids Summer Camp Theme:**Strength, Respect, and Fun**

A dynamic camp where kids learn judo basics while developing discipline, confidence, and physical fitness in a safe and playful environment.

Camp Content:

1. **Introduction to Judo** – History, etiquette, and basic principles.
2. **Fundamental Techniques** – Basic throws, falls and grips.
3. **Balance & Coordination** – Games to enhance agility and body control.
4. **Safe Sparring** – Light randori (practice matches) with safety focus.
5. **Respect & Discipline** – Learning judo values like courtesy and perseverance.
6. **Demonstration & Awards** – Final day showcase and recognition ceremony.