

Westcroft Judo Club. *Est 1996*

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What is judo?

Judo is a dynamic martial art & an Olympic combat sport, utilising throws, takedowns, holds & submissions, which allow smaller practitioners to overcome larger & stronger opponents. Rather than relying on brute force, Judo focuses on balance, technique, timing, leverage & mechanical efficiency to gain superiority, making it an incredibly efficient & safe sport.

Who are we?

We are a family run business, one of the largest & most successful Judo clubs in the UK. We are affiliated to & insured by the British Judo Association, the National Governing Body (NGB) for Judo in the UK, the only association recognised by the British Olympic Association (BOA) & The International Judo Federation (IJF) Our successes range from our students progressing through the grades to Black belt to becoming British Champions & representing England & Great Britain in high level international events.

Know your Teacher

Your Judo teacher is Mr Andy Ede, a black belt (5th Dan) former British Champion & International Judoka, BJA & UKCC qualified, safeguarding, first aid and DBS checked. Andy has taught Judo professionally for more than 25 year's, teaching students from beginners from age 5 up to senior Internationals

Our offer

Experienced, professional, qualified, blackbelt Judo tuition
Mobile school's judo coaching unit
Judo suits available to hire or purchase
Progression through BJA Belt Grades
Access to competitions

British Judo Association (BJA)

We recommend all our school students join the BJA as a pathway member currently £10 p/a, the benefits are
BJA insurance
Access to BJA belt grading scheme (gradings charged separately)
Access to BJA level 1 events

Interested?

Judo is a fantastic sport for children's physical, emotional and intellectual development. It teaches and reinforces discipline, respect, values, benefits of commitment and hard work, along with fitness, core strength, balance, co-ordination, endurance, flexibility & some awesome self -defence skills.

For bookings and general enquiries, please email
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