SPECIAL NEEDS JUDO

www.specialneedsjudo.com

Our Next FREE Come & Try Session

Saturday 5th May 2012
Waterford Judo Club, Unit 21, Westside Business Park,
Old Kilmeaden Road, Waterford
To book your **FREE** place please
contact James on **086 061 2544**

Judo Assist Ireland is a national program in the process of development by the Inclusion/Disability Commission of the Irish Judo Association.

The program is designed to further promote the **Sport for ALL concept** and to introduce the fantastic Olympic Sport of Judo to a wide variety of disability groups and individuals across Ireland. Judo is the only inclusive sports which is suitable for a wide spectrum of disabilities including, **Learning & intellectual disabilities**, **social disabilities (Autism, Aspergers, ADHD etc.) Sensory impairments (hearing & visual), Physical & motor disabilities (spinal injury, amputee, dyspraxia, cerebral palsy) Down Syndrome and much more....**

This is due the pure nature and culture of judo with its standing techniques & moves (throws) which can also be done from the knees and ground techniques & moves (grappling, holds) ensuring there is something for everyone's capability and mobility.

Coaching techniques are modified, with a clear focus on individual ability, and the physical, social and emotional benefits to participants. The aim is to concentrate on what the student **CAN do** and not on what they can't.

There are many levels for students to achieve depending on which aspect of the sport they choose to pursue.

Some athletes like to train just for fun, others like the social aspects of the sport and some like to study the form of Judo for demonstration purposes.
A large number of SN Athletes are attracted to the competitive side of Judo and this aspect is now huge in Europe and around the world.

Judo is a Special Olympic Sport as well as a Paralympics Sport, for this reason there is a program to suit the elite judo athlete as well as the regional competitor.

For the competitive and non-competitive players the benefits of Special Needs Judo are immense; some of the benefits for students include,

- **Learning self-discipline**
- **Increased self-esteem and confidence**
- **Social interaction**
- **Improving core strength and balance**
- **Improved co-ordination**
- **Learning in a fun & safe environment**
- **Building friendships**
- **Increased motivation**
- **Improving muscle tone**
- **Cardiovascular fitness**

Some of the benefits for parents include,

- **Much needed respite**
- **Opportunity to celebrate their child's successes**
- **Socialising opportunities with other parents**
- **Watching their child grow in skill and confidence in their chosen sport**
- **An opportunity to become actively involved with the program**

If you would like to learn more about Judo Assist Ireland please visit our website

www.specialneedsjudo.com or call us on 086 061 2544