



# DOWTY JUDO CLUB

[www.dowtyjudoclub.co.uk](http://www.dowtyjudoclub.co.uk)



**R**ULES

Know the rules of Judo

**E**NJOY

Play for fun

**S**AFETY

Always listen to your coach

**P**LAYERS

Always have high regard for your opponent

**E**NCOURAGE

Help others who may be less experienced than you

**C**HALLENGE

Be prepared to have a go

**T**AKING PART

Join in with all the activities

