



# PARENT / TEACHER HANDBOOK

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**SPORTAUS**

There is a positive correlation between judo participation and both life satisfaction and quality of life!

# Research Shows

## Judo Improves

- Fitness
- Self-confidence
- Self-esteem
- Self-discipline
- Social skills
- Personal appearance and hygiene
- School attendance
- School grades

## Judo Decreases

- Violent behaviour
- Bad attitudes
- Bullying
- Bad language
- Disruptive behaviour

One of judo's major principles, seiryoku zenyo, can be translated as “**the most effective use of one's spiritual and physical strength**”

**Judo is one of  
the safest  
contact sports  
for children**



Judo improves cognitive performance, enhances motor learning, and increases the sense of well-being and life satisfaction among youth participants.

Judo also offers increased cardiovascular fitness, anaerobic capacity, flexibility, strength, power, and improved body composition with judo training



## Physical Pride

Children at a certain age start to become conscious of their physical wellbeing, and for this reason the physical benefits of judo exercise can be very beneficial.

## Discipline

Judo teaches children the benefits of disciplined practice and technique. This discipline is also a general habit a child can learn, which can be applied to school and other parts of life.



## Defensive Instinct

Judo teaches defensive instincts more than attack methods. Kids learn to recognise and react to various situations, which can always be a valuable set of skills.



## Goal Setting

Judo is designed to encourage and recognise progress, and while this can help with self-esteem, it also helps to teach kids the benefits of setting and achieving specific goals. This is an invaluable experience, both as it relates to school and growing up in general.



## Confidence

Even for children who are not naturally gifted when it comes to judo, the structure of the typical judo lesson is built to recognise improvement. Kids can gain confidence and self-esteem from working and improving their judo.



## Intellectual Stimulation

Judo involves intense focus, memorisation, and an active mind, which all provides intellectual stimulation during breaks from school terms.





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