



# JUDO

## CLASSES

### **TUESDAY** **WELLS**

Wells Cathedral School  
(Main Sports Hall) BA5 2ST  
Juniors & Seniors  
5.30–6.30pm

### **THURSDAY** **DOULTING**

St Aldhelm's Primary School  
Chelynych Park, BA4 4PL  
Juniors 6.00–7.00pm  
Seniors 7.00–8.00pm

### **FRIDAY** **WEST PENNARD**

Village Hall  
Newtown Lane, BA6 8RT  
Juniors 6.30–7.30pm  
Seniors 7.30–8.30pm

PLEASE CHECK OUR FACEBOOK PAGE FOR UPDATES AND FOR  
INFORMATION ON CLASSES DURING SCHOOL HOLIDAYS



@SheptonJudoClub



## THE CLUB

We run a friendly club with over 150 members, including whole families. Ages range from as young as five to over sixty years old.

We practice in a fun, relaxed atmosphere where members of all ages and grades support and help each other.

We have a good mix of recreational and competitive players who practice judo to; stay in shape, develop self-confidence, for self-defence, to excel at National and International level, or just for the fun of it.

Judo, which is translated as the 'gentle way', teaches the principle of flexible and efficient use of balance, leverage, timing and dynamic movement to enable throws and develop groundwork techniques.



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## THE COACHES

**DIANNE WHITE** (Founder and Head Coach) 4th Dan, is a qualified BJA/BJC coach.

Currently a member of the Great Britain Masters Squad and formerly part of the GB National Squad, Dianne is (among other accolades) World Masters Gold Medallist as well as three-times silver and four-times bronze medalist, European Masters Gold Medallist and has been National Masters Champion on seven occasions.

Dianne is also a qualified youth worker and first-aider.

We are proud to have many other British Judo Association (BJA) qualified coaches at Shepton Judo Club, including nationally ranked players and West of England & British National Squad members.

