

FEMALES IN JUDO INITIATIVE

The Howick & St Heliers Judo Academy is proud to support female Judo of all ages and abilities. We are introducing a programme to support and encourage our female members in their Judo goals in 2021 and beyond.



SUPPORT

Group Chat Forum
Email Support

SELF DEFENSE

Female-focused classes
Open to mums and female family
members and friends

AGES

All ages from 5 years up

CONTACT

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