

JUDO

Room 8 were lucky enough to learn Judo this term with Sensei Pez and Sensei Dave from South West Judo Academy. Here are some photos of students learning Kesa Gatami (mat hold technique). In the middle is Imogen performing an O-Goshi throw on Lilith. They were also introduced to Ukemi (falling safely from a trip) and Kuzushi (unbalancing trip technique). For the last session the students wore Judogi.

