

KUDO



**DEVELOPMENT
OF MIND AND
BODY.**





WHAT IS KUDO?*

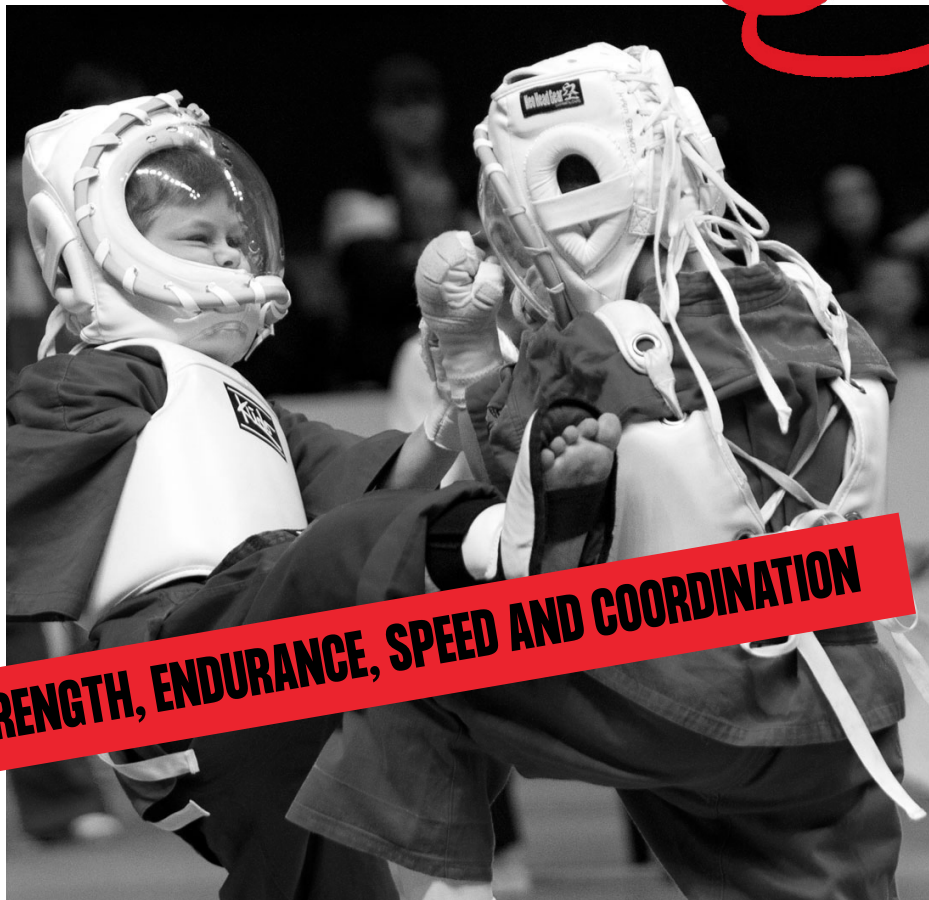
Kudo is a comprehensive martial art and philosophy, in which both physical and mental development are of equal importance. Traditional Japanese etiquette 'Reigi' is strictly followed; such as the use of greeting rituals, wearing the traditional training 'keikogi' suit, and the names of the techniques always respectfully taught in Japanese.

The training of Kudo consists primarily of "kihon" or basic movements, general fitness building and combat.

Kudo is a mixed arts sport,

comprising full contact punches, kicks, throws, and submission techniques on the ground. Kudo has its origins in Kakuto Karate (Combat Karate) but with less of a competition mind-set. It is a life-long sport, a system of youth education, a method of self-defence and a great way to keep healthy for both kids and adults alike.

WHAT WE OFFER



STRENGTH, ENDURANCE, SPEED AND COORDINATION

KUDO KIDS | 5-6 YEARS OLD

Training for the youngest budding athletes is designed to develop balance and coordination. Training is focussed on fun and the disciplines of Kudo are taught through games and exercises.

KUDO JUNIORS | 7-11 YEARS OLD

The training process is aimed at the development of muscle, stretching and coordination of young athletes in order to lay the right foundation for positive long-term growth. At this age, students learn their first strike techniques and throws. They can even start competing!

KUDO TEENS | 12-15 YEARS OLD & 16-17 YEARS OLD

Training is designed to develop all aspects of the student, both physical, mental and intellectual. For this age group, we develop strength, speed, coordination of movements, as well as discipline and determination.

At this stage in training, your teenager soon begins to develop leadership qualities and can compete in certain competitions.

KUDO ADULTS | 18+

Expect full-contact training in the art of Kudo, which includes karate strike technique, Mau Tai, throwing and wrestling techniques of Judo and Jujitsu. You will increase your functional training: strength, endurance, speed and coordination. You begin to fully appreciate the knowledge and philosophical concepts behind Kudo and other martial arts as you progress.

Training is designed for adults from 18 years of age with any level of preparation.

TIMETABLE & PRICING



KUDO KIDS | 5-6 YEARS OLD

Days: Tuesday & Thursday

Times: 4-5 PM

KUDO JUNIORS | 7-11 YEARS OLD

Days: Monday, Wednesday & Friday

Times: 4-5:30 PM

KUDO TEENS | 12-15 YEARS OLD

Days: Monday, Wednesday & Friday

Times: 6-7:30 PM

KUDO TEENS | 16-17 YEARS OLD

Days: Tuesday & Thursday

Times: 6-7:30 PM

KUDO ADULTS | 18+

Days: Monday, Wednesday & Friday

Times: 8-10 PM

PRICE LIST

1 TRAINING CLASS WEEKLY	€60 per month (total 4 classes per month according to schedule)
2 TRAINING CLASSES WEEKLY	€85 per month (total 8 classes per month according to schedule)
3 TRAINING CLASSES WEEKLY	€120 per month (total 12 classes per month according to schedule)



FREE KIMONO WHEN SIGNING UP FOR 3 MONTHS

**SELF
ESTEEM**



**GET IN TOUCH TODAY, TO
GIVE YOUR CHILD A GLIMPSE
INTO THE LIFE OF KUDO.**



CONCENTRATION

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