

武道会柔術



BKJJA: SELF BELIEF

SELF BELIEF

The practice of ju jitsu allows a child to challenge themselves.

The instructors want to guide a child so they improve themselves.

They practice drills, exercises and moves in a group and one to one.

During group activity the youngster is encouraged to participate and where they wish to demonstrate their skill.

Moves are practised with a partner. This gives the opportunity to try a move on someone and learn how the technique works.

Self belief, self reliance and social skills improve as the youngster participates in the club's sessions.