

Organised by the Judo Association of Hong Kong, China (JAHK)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Judo
Event Information

Type of Activity Brief Information	Sport Demonstration	Joint Schools Sports Training Programme
Target Group	Primary and secondary students	Primary and secondary students aged between 7 and 16 who have interest in judo may enrol through their schools.
Content	<ul style="list-style-type: none"> - Introduction to the history and development of judo in Hong Kong - VCD on judo skill demonstration and competitions - Demonstration : etiquette of judo / movements and postures of basic self-defence skills / movement practice - O-uchi-gari and O-soto-gari skill demonstration - Play-in session - Q & A session 	Participants will be taught the basic judo skills. Coaches will assess participants' skills at the end of the course. Those who pass the assessment and are recommended by the coaches will be arranged to join the Youth Athletics Training Programme for judo for higher level training.
Venue Requirement	School indoor venue (with wood floor)	<ol style="list-style-type: none"> 1. Buddhist Wai Yan Memorial College (Address: 25 Tai Hing Tai Road, Cheung Chau) 2. Ching Chung Hau Po Woon Primary School (Address: Fu Tung Estate, Tung Chung, Lantau Island) 3. Yan Oi Tong Madam Lau Wong Fat Primary School (Address: Estate Primary School No.6, On Ting Estate, Tuen Mun, New Territories) 4. Kwong Ming Ying Loi School (Address: Yuen Ching Road, Yuen Long, New Territories)

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Fee	\$165 per session	Each person per course: \$100 for venues 1-3; \$125 for venue 4
Equipment to be Provided by Schools	At least 10-20 judo mats or floor exercise mats, VCD player and TV set or LCD projector	Not applicable
Other Sports Equipment	The JAHK will provide: 1. a pamphlet on the history and skills of judo 2. a VCD on judo skills and competitions	Participants should bring their own judo-uniforms
Course Arrangement	1.5 hours per session	2 hours per lesson, 16 hours per course Students are required to apply for 2 courses at one time
Estimated No. of Participants per Class / Session	35-100 persons	20 persons
Proposed Date / Time	Monday to Friday: 9 am – 5:30 pm	Dates and time of the courses will be fixed by the LCSD. Please refer to the enrolment form for details.
Enrolment Form	Sport Demonstration Enrolment Form	Joint Schools Judo Training Programme Enrolment Form
Enrolment Method	<p>1. Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form, together with a cheque or cheques for payment of the enrolment fee (a separate cheque for \$165 for each session applied) payable to “The Judo Association of Hong Kong, China” and with the school name marked clearly on the back should be sent to the following address by post.</p> <p>2. Schools should submit their enrolment forms before the respective deadlines, otherwise their applications may not be processed on time. If the activity cannot be</p>	<p>1. Participants should apply on their own with the endorsement of coaches or teachers. The duly completed form, together with a cheque for \$200/\$250 for payment of the course fee payable to “The Judo Association of Hong Kong, China” and with the names of the applicant and the school marked clearly on the back, should be sent to the following address by post.</p> <p>2. The LCSD will send the separate event information and enrolment forms to schools upon fixing the dates and time of the courses.</p>

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	arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.	Please look out for the LCSD publicity information.
	<ul style="list-style-type: none"> Please send the completed form(s) together with cheque(s) to: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. 	
Enquiries / Website	2601 7602 / http://www.lcsd.gov.hk	

- Notes:
1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 2. Students should put on appropriate sportswear and sports shoes during sport demonstration, and bring their own judo-uniforms for training under the Joint Schools Sports Training Programme.