

**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**  
**Prospectus**

Key Information	Sport Demonstration		Outreach Coaching Programme (Non-School Team Training)
	Judo	Judo “Kata”	
Target Participants	Primary and secondary school students		
Outline	<ol style="list-style-type: none"> <li>1. Briefing on judo history and the development of judo in Hong Kong</li> <li>2. Demonstration of judo etiquette/ self-defence skills/ movements</li> <li>3. Demonstration of “O-uchi-gari” and “O-soto-gari” techniques</li> <li>4. Play-in session</li> <li>5. Q &amp; A session</li> </ol>	<ol style="list-style-type: none"> <li>1. Briefing on the history of Judo “Kata”</li> <li>2. Introduction to different types of “Kata” with demonstration</li> <li>3. Demonstration of “Kodokan-Goshin-jutsu”</li> <li>4. Play-in session</li> <li>5. Q &amp; A session</li> </ol>	Basic judo training: <ol style="list-style-type: none"> <li>1. Judo etiquette</li> <li>2. Self-defence skills</li> <li>3. Movement training</li> </ol>
Venue	Indoor venue with wooden flooring		Indoor venue with wooden flooring, covered playground or activity room
Fee	\$350 per session		\$1,900 per course
Equipment to be provided by the school	10-20 judo mats or gymnastic mats		
Sports Gear	Not applicable		Students are required to bring their own judogi
Duration	1.5 hours per session		Each course comprises 8 lessons of 2 hours each (16 hours in total)
Estimated No. of Participants per Session/ Course	60		15
Proposed Time of Activity	Monday to Saturday: 10:00 am to 5:30 pm		

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Enrolment Form	Sport Demonstration Enrolment Form (P.180)		Outreach Coaching Programme Enrolment Form (P.194)
How to Enrol	1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.		
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes for Sport Demonstrations. For a training course under the Outreach Coaching Programme, participants are required to train in bare feet.</li> <li>3. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$380 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>4. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</li> <li>5. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>		
Enquiry Phone No./ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>		