

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	Type of Activity	Sport Demonstration		Outreach Coaching Programme
		Judo	Judo “Kata”	Non-School Team Training
Target Participants	Primary and secondary school students			
Outline	<ol style="list-style-type: none"> 1. Briefing on judo history and the development of judo in Hong Kong 2. Demonstration of judo etiquette/ self-defence skills/ movements 3. Demonstration of “O-uchi-gari” and “O-soto-gari” techniques 4. Play-in session 5. Q & A session 	<ol style="list-style-type: none"> 1. Briefing on the history of Judo “Kata” 2. Introduction to different types of “Kata” with demonstration 3. Demonstration of “Kodokan-Goshin-jutsu” 4. Play-in session 5. Q & A session 	Basic judo training: <ol style="list-style-type: none"> 1. Judo etiquette 2. Self-defence skills 3. Movement training 	
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			
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)		Outreach Coaching Programme Enrolment Form (P.203-204)	

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How to Enrol	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: applicationssp@lcsd.gov.hk . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.			
Points to Note	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 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. 3. If the JAHK has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the JAHK will deduct from the fee for each activity an administrative fee (\$194 per Sport Demonstration; \$388 per training course under the Outreach Coaching Programme) and refund the balance to the school. 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. 5. If the JAHK /LCSD fails to arrange the activity, the fees paid will be refunded. 			
Enquiry Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html			