

# Little Ninjas

## (Beginners - Under 7s)



**Senshin Sports**

Dedication | Concentration | Excellence



### Why Join this Class?

Our classes are designed to be fun and interactive, ensuring every child feels encouraged and supported as they build a solid foundation for future physical and mental growth. The Little Ninjas program will leave your child with an improved sense of body awareness, increased self-confidence, and a passion for movement that will last a lifetime.

### Class Description

Join our Little Ninjas class and watch your child develop essential physical skills, confidence, and a love for movement in a safe and supportive environment. This program is perfect for children aged 4 to 6 years, providing an exciting introduction to physical activity that's both fun and engaging.

The Little Ninjas Program is specially designed to build foundational judo-related skills through a variety of playful yet structured activities. Children will navigate obstacle courses, participate in functional exercise stations, and enjoy movement-based games that emphasize key physical abilities like agility, balance, coordination, and flexibility.

We aim to nurture not just physical development but also important life skills, such as teamwork, listening, and self-discipline. Your child will gain confidence in their abilities while having a blast with our age-appropriate exercises and fun challenges.

**Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!**

#### Athenry

- Wednesday 5pm

#### Briarhill

- Saturdays at 9:30 AM

[www.senshinsports.com](http://www.senshinsports.com)

# Little Samurai (Beginners - Under 7s)



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## Why Join this Class?

Our Little Samurai Active Start Judo classes are designed to be both fun and educational, ensuring each child feels encouraged and supported as they begin their judo journey. Through structured activities, they'll develop physical skills and important life lessons, such as teamwork and self-discipline. The program will leave your child with increased body awareness, confidence, and a solid foundation for future growth in Judo and beyond.

## Class Description

Designed for children aged 5 to 7, our Little Samurai Active Start Judo program builds on the foundational physical skills developed in our Little Ninjas class, introducing the exciting world of Judo in a fun and engaging way.

In this program, children wear Judo suits and participate in interactive exercises and games that enhance coordination, body awareness, and basic Judo movements. Delivered in a supportive environment, the class emphasizes listening skills, self-discipline, respect, and sportsmanship.

**Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!**

### Athenry:

- Mondays at 5 PM

### Briarhill

- Tuesday & Thursdays at 6 PM

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# Fighting Fit Judo

## (White to Yellow belt Under 14)



### Why Join this Class?

These foundational level Fighting Fit classes are designed to provide a safe and enjoyable environment where children can develop their judo skills and confidence. By participating in progressive and structured training, your child will be well-prepared for further advancement in judo. The program promotes physical fitness, mental focus, and teamwork, setting the foundation for success in both judo and everyday life.

### Class Description

Join our entry level Fighting Fit Judo program, designed for children aged 8 to 14 years, and give your child a structured, engaging introduction to the core skills and principles of judo. This program is perfect for children who are continuing from the Active Start program, as well as older children who are starting judo for the first time or returning after a break.

The Judo Fundamentals Program focuses on building a solid foundation in judo techniques through a structured and progressive learning experience. Children will learn important skills such as throws, holds, and movement patterns, all while developing agility, strength, and coordination. In addition to physical development, we emphasize important values like discipline, respect, and sportsmanship, ensuring your child grows both physically and mentally in a supportive and safe environment.

**Sign your child up today and watch them build the strength, skills, and confidence needed for their judo journey!**

#### Athenry

- Monday 6PM
- Wednesday 6PM
- Friday 6:30PM

#### Briarhill

- Tuesday 6PM
- Thursday 6PM

# Fighting Fit Judo

## (Orange to Brown belt Under 14)



### Why Join this Class?

These intermediate level Fighting Fit classes are designed to challenge and support your child in a structured and motivating environment. With a focus on fitness, technique, and mental preparation, your child will be well-prepared for advanced judo training and competition. This program not only builds the skills required for judo but also promotes confidence, discipline, and resilience—essential qualities for success in judo and life.

### Class Description

Join our intermediate level Fighting Fit program and help your child elevate their judo training. Designed for children aged 8 to 14 years, this program offers a more intense training experience focused on the physical, technical, and mental skills necessary for higher-level judo and potential competition.

In the Fighting Fit Program, your child will work on building physical strength, improving advanced judo techniques, and developing the mental resilience required for competition. Classes include strength and conditioning exercises, advanced judo skills, and strategies for preparing for competitive judo. Whether your child is looking to enhance their judo performance or prepare for competition, this program provides the perfect foundation for success.

**Sign your child up today and watch them develop strength, skills, and mental toughness while excelling in judo!**

#### Athenry

- Monday 7PM (Invite Only)
- Wednesday 7PM
- Friday 6:30PM

#### Briarhill

- Tuesday 7PM
- Thursday 7PM

# Junior Competition Squad

## (Orange to Brown Belt Under 14s)



### Why Join this Class?

Our Squad sessions are designed for dedicated young judoka aiming to compete at regional, national, and international level. Participants will refine their technical skills, improve physical conditioning, and develop tactical awareness while working toward specific competition goals. In a focused and supportive environment, judoka will gain confidence, discipline, and resilience through targeted randori, technical drills, and competition-specific training—fostering a lifelong passion for judo and the pursuit of excellence.

### Class Description

Our Squad sessions are specialized classes aimed at preparing judoka for competition at regional, national, and international level. These invite-only sessions are organised by age and ability, focusing on the specific technical, tactical, and physical skills required for success in competition. Participants will enhance their judo through targeted strength and conditioning, flexibility training, technical drills, and randori.

Each session places a strong emphasis on competition scenarios, helping judoka build confidence, discipline, and strategic thinking while working towards their performance goals. With focused practice on both standing and groundwork techniques, participants will develop a solid foundation that supports growth throughout their judo journey.

**This is an invitation only training session. Judoka are invited when ready by the coaching team.**

#### Athenry

- Monday 7PM

#### Briarhill

- Tuesday 7PM
- Thursday 7PM
- Saturday 2PM (Once per Month)