

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

Recreational Judo

(All Grades Age 14+)



Senshin Sports

Dedication | Concentration | Excellence



Why Join this Class?

Recreational Judo for ages 14+ offers a safe, welcoming, and enjoyable environment for teens and adults of all grades. Through progressive and structured training, you'll develop judo skills, improve overall fitness, and build confidence both on and off the mat. Sessions focus on standing and groundwork techniques while promoting mental focus, physical health, and mutual respect. Whether you're aiming for personal growth, improved fitness, or simply the enjoyment of training, this class provides the perfect balance of challenge, learning, and community.

Class Description

Join our Recreational Judo program for teens and adults aged 14 and over, offering a safe, inclusive, and engaging environment for participants of all grades. This program is ideal for those starting judo for the first time, returning after a break, or continuing their training without the pressure of competition.

The Recreational Judo program focuses on building a solid foundation in both standing and groundwork techniques through a structured and progressive learning approach. Participants will develop important skills such as throws, pins, and movement patterns, while improving strength, flexibility, coordination, and overall fitness. Alongside physical development, the program places strong emphasis on the values of discipline, respect, and mutual support, ensuring that every member grows in both skill and character. Whether your goal is personal fitness, skill progression, or simply enjoying the camaraderie of training, this class offers the perfect balance of challenge, learning, and enjoyment.

Sign up today and experience the strength, skills, and confidence that judo can bring to your journey—on and off the mat!

Athenry

- Wednesday 7PM

Briarhill

- Tuesday 7PM
- Thursday 7PM
- Sunday 10AM

Family Judo

(All Grades Age 7+)



Senshin Sports

Dedication | Concentration | Excellence



Why Join this Class?

Family Judo offers a fun, safe, and welcoming environment where parents and children can train together, regardless of age or experience. Through progressive and structured sessions, you'll develop judo skills side by side, improve overall fitness, and share in the confidence-building benefits of the sport. Training includes both standing and groundwork techniques while encouraging teamwork, mutual respect, and a healthy, active lifestyle. Whether your goal is to bond as a family, stay active, or learn something new together, this class provides the perfect balance of challenge, learning, and shared achievement.

Class Description

Join our Family Judo program and experience the unique benefits of training together as parents and children in a safe, inclusive, and engaging environment. Suitable for all ages and grades, this program is perfect for families starting judo for the first time, returning after a break, or looking to continue their training without the pressure of competition.

Family Judo focuses on building a solid foundation in both standing and groundwork techniques through a structured and progressive learning approach. Adults and children train side by side, developing important skills such as throws, pins, and movement patterns, while improving strength, flexibility, coordination, and overall fitness. Training together fosters mutual respect, teamwork, and communication, creating shared goals and memorable experiences on the mat. In addition to physical benefits, the program promotes discipline, focus, and confidence—ensuring that every family member grows in both skill and character. This is the perfect way to bond, stay active, and enjoy the journey of learning judo together.

Sign up today and discover the strength, skills, and shared memories that training together as a family can bring—on and off the mat!

Athenry

- Coming Soon

Briarhill

- Sunday 10AM

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)

Performance Team

(Invitation Only)



Why Join this Class?

Led by Our performance Director Mark Earle, our Performance Team Program is an invite only program providing a credible pathway for those seeking to compete at higher levels. Whether you are refining your existing techniques, improving your conditioning, or preparing for high-level competition, this program provides the tools and environment to help you achieve your goals.

If you are aspiring to reach the highest levels in Judo this program is for you.

Class Description

Our Performance Program is an elite-level training pathway designed for dedicated judoka competing at regional, national, and international level. These invite-only sessions are organised by age and ability, focusing on the advanced technical, tactical, and physical skills needed for high-level success. Training includes targeted strength and conditioning, flexibility work, technical drills, high-intensity randori, and competition-specific scenarios to sharpen performance under pressure.

In addition to regular evening squad sessions, athletes benefit from extra morning training, weekend area randori, and cross-location sessions to maximise development. The program also provides structured competition support, including coaching at events, performance analysis, and tailored preparation plans. Athletes have the opportunity to travel as part of the squad to major competitions across Ireland, the UK, and Europe, gaining valuable experience against a wide range of opponents.

This comprehensive approach builds confidence, resilience, and strategic awareness, while fostering a strong team culture. With focused practice in both standing and groundwork techniques, and a calendar of high-quality training and competition experiences, the Performance Program gives athletes the tools and support they need to achieve their goals at every level.

This is an invitation-only program that requires a professional sport-level commitment from aspiring athletes. Judoka wishing to be considered for this pathway should, in the first instance, contact our Performance Director, who will assess their suitability and provide a recommendation to our Sports Director for final acceptance onto the program.

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For more information on how to join classes at Senshin Sport please visit our website www.senshinsports.com or email classbooking@senshinsports.com

www.senshinsports.com