

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

| Type of Activity Brief Information | Sport Demonstration | Easy Sport Programme | Outreach Coaching Programme |
|---|--|--|---|
| | | | Non-School Team Training |
| Target Group | Primary and secondary school students | | |
| Content | <ol style="list-style-type: none"> 1. Introduction to the history and development of judo in Hong Kong 2. Demonstration: etiquette of judo/ movements and postures of basic self-defence skills/ movement practice 3. O-uchi-gari and O-soto-gari skill demonstration 4. Play-in session 5. Q & A session | Students will receive training on basic skills of judo and games will be used to arouse their interest in and enhance their knowledge of judo. | Students will receive training on basic skills of judo. The training programme includes: <ol style="list-style-type: none"> 1. Etiquette of judo 2. Postures of basic self-defence skills 3. Movement of basic self-defence skills |
| Venue Requirement | Indoor hall in schools (with wooden floor) | Indoor hall in schools (with wooden floor) or covered playground or activity room | |
| Fee | \$245 per session | \$840 per course | \$1,605 per course |
| Equipment to be Provided by Schools | 10-20 judo mats or gymnastic mats | | 10-20 judo mats or gymnastic mats |
| Other Sport Equipment | Not Applicable | | Students should bring their own judo-uniform |
| Course Duration | 1.5 hours per session | 6 lessons per course, 1.5 hours per lesson (9 hours in total) | 8 lessons per course, 2 hours per lesson (16 hours in total) |
| Estimated No. of Participants per Course/ Session | 60 persons | 20 persons | 15 persons |
| Proposed Date/ Time | Monday to Friday: 10 am to 5:30 pm | | |
| Enrolment Form | Sport Demonstration Enrolment Form (P.137) | Easy Sport Programme Enrolment Form (P.148) | Outreach Coaching Programme Enrolment Form (P.151) |

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| | | | Non-School Team Training |
| Enrolment Method | 1. School should mail the completed enrolment form, together with a crossed cheque payable to the “The Judo Association of Hong Kong, China” with the school name marked clearly on the back to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. 2. Should any school cancel the activity after the JAHK has arranged coaches for the Easy Sport Programme and Outreach Coaching Programme according to its application, the JAHK will deduct an administrative fee \$304 from the payment of the enrolment fee and return the balance to the school directly. | | |
| | <ul style="list-style-type: none"> ● Please refer to the Enrolment Method (P.7) for the dates of application. ● If the activity cannot be arranged by the JAHK or the LCSD, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. | | |
| Enquiries/ Website | 2601 7602 / http://www.lcsd.gov.hk | | |

- Note :
1. **Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.**
 2. A pamphlet on the history and skills of judo will be given by The Judo Association of Hong Kong, China to the students at the Sport Demonstration.
 3. Students are requested to put on sports shoes and proper sportswear during the Sport Demonstration. Students should practice barefoot during the Easy Sport Programme and Outreach Coaching Programme.