

Organised by The Judo Association of Hong Kong, China (JAHKC)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Judo
Prospectus

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| Key Information Type of Activity | Sport Demonstration | Outreach Coaching Programme |
| | | 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 | 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 | \$380 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.193-194) | Outreach Coaching Programme Enrolment Form (P.211-212) |

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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 JAHKC has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the JAHKC will deduct from the fee for each activity an administrative fee (\$210 per Sport Demonstration; \$420 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 JAHKC /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 | |