



# JUDO

*"The Gentle Way"*

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## Barrington Judo Club

### LOCATION

28147 Commercial Ave, #4 (immediately east of Barrington Ice Arena)  
Lake Barrington, Illinois 60010

### PRACTICE TIMES:

**Monday, Tuesday, Thursday**

6:00 pm to 7:30

**Saturday**

10:30 am to Noon

### *Our State-of-the-Art Training Facility*



*Open to all – Ages 6 & up  
No experience necessary*

- Great for self defense
- Great for self-esteem & confidence
- Judo is for girls & women, too
- No need to be a great athlete – anyone can do Judo
- Join with a friend & catch a break on the fee!

### Did you know?

- Judo is the most widely practiced martial art worldwide.
- More people worldwide practice Judo than any other sport, except for Soccer.
- More countries compete in Judo than in any other sport in the Olympics, except for Track & Field.
- Judo is the safest contact sport for children under 13 (study by the American College of Sports Medicine).



Barrington Judo is Sanctioned by:



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