



Judo – Gentle Way

Rock Hill Judo Academy was founded in 2016 by Sensei Ian Vosper and has grown into a nationally recognized club. We are register with the ATJA (American Traditional Jujutsu Association) and Proud Partners with Rock Hill PD Worthy Boys & Girls Camp.

We teach traditional Kodokan Judo to Children starting at 5 years old, juniors and Adults, Special needs and the visually impaired or blind.

Judo is the most affective martial art in the world and the most practiced by females.

Rock Hill Judo has three Sensei's boasting over 100 years of learning. Sensei Ian Vosper, Sensei Norm Cleva & Sensei Mary Lozner (Judo Hall of Fame)



www.rockhilljudo.com

Facebook: Rock Hill Judo Academy



Rock Hill Judo is proud to be Affiliates of the Blind Judo Foundation.

Judo is the most prominent martial art for the visually impaired and the blind. For the blind; their hands are their eyes. Judo is about feel.

We are guided by expert Master Sensei Willy Cahill. Sensei Cahill was the Third American Sensei to take a team of blind Judoka to the 2000 Paralympic Games in Sydney winning two Gold Medals.

Teaching Judo to the visually impaired is empowering. We watch them grow in skill, but also in life confidences. Judo, is an enhancing martial art for the blind. It is the Best self-defense skill against would-be attackers who see the visually impaired as an easy targets.



Sensei Willy Cahill (9th Degree)

'The sport of Judo holds incredible potential for improving the physical, mental and psychological well-being of blind athlete.'

www.blindjudofoundation.org



Pacer's National Bullying Prevention Center

Rock Hill Judo is a proud Partner with Pacer National Bullying Prevention Center.

Bullying is an epidemic; it comes in many forms; from verbal to physical, psychological to cyber. It affects boys and girls, men and women, it has no barriers for race or religion or looks of disabilities.

Judo teaches us to be strong and respectful. Through disciplined training it teaches control, morals and builds character. A judo family is a strong family and can rebuild self-esteem and self-belief. We teach you how to fight in the hope that you only ever use you judo in self-defense of an attack against you as a last resort.

Through Pacer National Bullying Prevention Center, there are many helpful tools available so we can help someone overcome bullying.

If you or someone you know needs help against bullying; for information visit:

www.pacer.org

“Our greatest achievement is not in falling,

It is in standing up every time we fall”

www.rockhilljudo.com



Classes Times Available:

Kids Judoka Club. Kids age 5 to 10

Tues: 5.30 pm – 6.30 pm

Sat: 10.45 am – 12.15 pm

Junior Judoka Club age 11 to 14

Tues: 7.30 pm to 8.45 pm

Thurs: 7.30 pm to 8.30 pm –

Sat: Open Tatami : 10.45 am

Adult Judoka Class age 15+

Tues & Thurs: 6.30 – 7.30

Sat: 9.00 am to 10.45 am

Blind/Visually impaired Classes

Are at the same times as kids-junior & adult classes

Special Needs Judoka Club

Thurs: 5.30 pm to 6.30 pm.

Women Only Basic Self-Defense Courses (check Website for dates)

For more information please visit:

www.rockhilljudo.com

1449 Ebenezer Road, Rock Hill SC. 29732

Facebook: Rock Hill Judo Academy

[You Tube: Rock Hill Judo Academy](#)

Kids & Junior Classes aged 4+



Judo is the safest contact sport for kids

The greatness of Judo is the gift of teaching respect, building character and giving Kids the skills needed to survive today's world. It is fun & fitness all in one.

Disciplined training increases children's learning ability and improves school grades. It also teaches values, confidence and self-discipline get rewarded through grading.

Special Needs Classes



Judo is for Everyone

Judo holds a wonderful place for children and adults with special needs. Our training improves cognitive skills, social skills, and communication skills and bridges barriers. Judo is great for Children who are Autistic or ADHD

Call us for more information or visit:

www.rockhilljudo.com



Learn Kodokan Judo

Rock Hill Judo Academy has a program to meet everyone's needs. Learn this ancient Samurai martial art in our family friendly dojo

Judo translates to Gentle Way. Judo is practiced worldwide by over 200 million people, and is the most practiced martial art by women and the most formidable against attackers. Judo is the safest contact sport for children and teenagers

Call: 803-327-7821

www.rockhilljudo.com

