

Judo

Judo school Ichido is a professional, traditional yet open judo school for everyone in Wageningen. We offer judo lessons for both the novice judoka (in recreational form) and the experienced (competition) judoka in a competition or a technical competence form.

Judo is a well-known and popular self-defense sport. The goal of the sport is to use the speed and strength of your opponent as much as possible. The idea is to keep your own balance while unbalancing your opponent. In addition, the sport is a great way to exercise with the whole body at any age. **Did you know that Judoschool Ichido also successfully trains for the black belt?** All our teachers are state-certified and recognized by the Judo Bond Nederland.

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