



SOPHIE COX - THE FREESTYLE JUDO MASTERCLASS

Open to Minors, Pre-Cadets, Cadets, Juniors, Seniors & Veterans
Sunday 16th August 2019 12.15pm-2.15pm



Following leading and training on Sunday's JudoFest Open Randori Session 9am-10am, Athens 2004 & London 2012 Olympian and Multi-European medallist Sophie Cox is set to raise the profile of the Freestyle Judo Movement at this year's JudoFest with her Freestyle Judo Masterclass; the first ever to be staged in the UK.

Freestyle judo allows leg grab techniques back in to the sporting context of judo and the current England Judo Squad Manager will coach participants through some Freestyle Judo skills before running them through the slightly different rule set for this adaptation of our sport. Sophie also plans to offer participants the opportunity to compete using this rule set in a mini tournament.

