# Benefits of judo to society (post #6)

Given the dynamics of our changing society, judo has a lot to offer.

* Judo recognises individual differences while at the same time caters for team-work within the club.
* Some students may have an opportunity to experience administrative roles within the club.
* Judo is a wonderful medium for integration. There is a mutual understanding between players the world over and it is common to find players of various nationalities practicing judo together.
* As with any form of sport or martial art, it can serve as a great confidence builder, but most of all it is there to be enjoyed.

Judo has something to offer everybody. It is a completely natural activity for children. It can be a tough and demanding sport that will challenge any boy or girl and leave them contented at the end of a training session.