

## What is Judo?

Judo is many things to different people. It is a sport, an art, a discipline, a recreational or social activity, a “keep fit” program, a means of self-defence and a way of life. It is to some extent all of these, but to most participants, it is a sport.

Judo comes to us from the fighting systems of feudal Japan. Founded in 1882 by Dr. Jigoro Kano, judo is a refinement of the ancient martial art of jujitsu. Dr. Kano, President of the University of Education, Tokyo, made a comprehensive study of these ancient art forms and integrated the best of their techniques into what is now Kodokan judo.

Judo was introduced into the Olympic Games in 1964 and is now played by millions of people throughout the world in more than 180 countries. People play judo to excel in competition, to stay in shape, to develop self confidence and for many other reasons, but most of all, people play judo just for the fun of it.

As in all sports, judo has a strict set of rules that govern competitive play and ensure safety. For those who desire to test their skills, judo offers the opportunity of competition at all skill levels from club to national tournaments, to major international events such as the Olympic Games. There are separate weight divisions for men, women, boys and girls.

Judo can best be described as a special form of wrestling that emphasizes throws as well as pins. In fact, judo is well known for its spectacular throwing techniques. The players wear special clothes to help with the skilful application of throws and other techniques. The same clothing enhances control for maximum safety in practice and competitive play. Judo is played on special mats for added safety and comfort.

Unlike most other martial arts, there is no kicking or punching in judo. One does not have to wear any protective gear to play judo. Judo emphasizes sport fun and safety. It is full of physical activity for top conditioning.

If you like challenging sports full of physical activity, you will probably like the sport of judo. Judo is an inexpensive, year-round activity that appeals to people from all walks of life. Judo provides the means for learning and improving oneself physically, mentally, socially and spiritually.

## DUNROSS PRACTICE SCHEDULE

### Fridays 1:45 - 2:45 PM

- Extra or alternative practice is available, just ask your instructor or contact the Queen’s Park Judo Club for more details

## LOCATION

### Dunross Prep, Stage

## FEE STRUCTURE

### Payable to Mark Littrean or Queen’s Park Judo Club

- **\$350** per term

### Please Note

- Fees become due on the 1<sup>st</sup> day of practice
- All fees are non-refundable

## OTHER INFORMATION

### Uniforms

- **Rental** - Kits can be rented at a cost of \$100/Term AND a \$400 refundable deposit
- **Purchase** - Depending on availability kits can be purchased from the club. Costs of kits vary depending on size, from the smallest of \$420 to larger kits of \$500+
- **To Start** - t-shirt and track pants
- **Flip Flops** - No bare feet off the mats

### Promotion in Rank

- With consistent attendance, a positive interest and fulfilling requirements in the syllabus a student may be promoted in rank once in a school year
- A Promotion Fee of \$100 is due when one is promoted in rank, after which a belt and certificate are issued

### Competition

- Regular contests are held throughout the year so that students may test their skills among their peers and others from different schools and/or clubs, however competition is not mandatory

### All fees are payable by cheque or cash to:

- **MARK LITTREAN or QUEEN’S PARK JUDO CLUB**



## PERSONAL INFORMATION

Please write clearly and legibly

Last name : \_\_\_\_\_  
 First name : \_\_\_\_\_ Other : \_\_\_\_\_  
 Address : \_\_\_\_\_  
 Tel. Contact: \_\_\_\_\_  
 E-mail : \_\_\_\_\_  
 Height : \_\_\_\_\_ cm. Weight : \_\_\_\_\_ kg.  
 Birth date : \_\_\_\_\_ Sex : Male / Female  
 List any allergy, illness or disability you may have:

Employer / School: \_\_\_\_\_  
 Address : \_\_\_\_\_  
 Occupation: \_\_\_\_\_ Tel: \_\_\_\_\_  
 Parent/Next of Kin: \_\_\_\_\_  
 Address: \_\_\_\_\_ Tel: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

All information provided is strictly confidential and solely for the use of the QPJC on matters relating to judo and the club

*The Head Instructor and all assistants undertake to exercise every precaution in the practice of judo and related activities. In the full understanding that judo is a contact sport and there is the possibility of injury, I do not hold the Queen’s Park Judo Club, its Head Instructor and all assistants liable for injury to myself or to my dependants caused as a result of the practice of judo and related activities.*

Signature of Participant or \_\_\_\_\_ Date(dd/mm/yy)  
 of Parent /legal Guardian

## OFFICIAL USE ONLY (DO NOT FILL OUT)

Commenced Training on \_\_\_\_\_

### Junior Promotion History

	5 <sup>th</sup> kyu		4 <sup>th</sup> kyu		3 <sup>rd</sup> kyu		2 <sup>nd</sup> kyu	1 <sup>st</sup> kyu

### Senior Promotion History

5 <sup>th</sup> kyu	4 <sup>th</sup> kyu	3 <sup>rd</sup> kyu	2 <sup>nd</sup> Kyu	1 <sup>st</sup> kyu	1 <sup>st</sup> dan	2 <sup>nd</sup> dan
N/A	N/A	N/A	N/A	N/A	N/A	N/A

**ACTIVITIES RECORD  
(OFFICIAL USE ONLY)**

Activities participated in	Date(s)	Details

## Origins of Queen’s Park Judo Club

The **Queen’s Park Judo Club** opened its doors to the public at the Royal Air Forces Association building, Queen’s Park East, on November 7<sup>th</sup> 1996. The club was established in an effort to offer judo to the wider public in the north-west peninsula. Other newly formed clubs in Arima and San Fernando followed suit in their areas. The QPJC was the first group to take up the challenge and remains today a steadfast advocate of the principles of judo, in the dojo and out. The club subsequently left the Queen’s Park area and after several moves over the years the club resettled close to its roots, near the Queen’s Park Savannah in Cascade in 2016. Our objective at the Queen’s Park Judo Club is to increase participation in judo at all levels, from children to adults primarily in the north-west of the island and in so doing, to infuse the principles of Kodokan Judo among the citizens of T&T. The club runs judo classes in several schools in the area and is the first organization to hold regular judo competitions for school children. In 2000 the QPJC became the first judo organization in T&T to be registered as a non-profit company and continues to be the pioneer for judo in T&T.

**Mark A. Littrean** started judo practice in 1986 at St. John’s University in New York under Kiyoshi Shiina, sensei (8th dan), also owner and Head Instructor of Japan Judo Inc. in New York and Connecticut. Mark was New York City Collegiate Champion in the under 65kg category for 2 years ('87 and '88) and eventually became the overall New York City Champion (to compete at the Empire State Games in Ithaca, New York) at the under 71kg category in 1989. After graduating in 1990 he returned to Trinidad as a brown belt where he continued to practice judo but on a less competitive scale. There was a deficiency of judo teachers in Trinidad and, as a result, his career in teaching judo began as soon as he received his black belt (shodan) in 1992. He taught and competed simultaneously by winning tournaments locally and regionally until his retirement from competition in 1998. His longstanding dream of running his own club was realized in 1996 when he formed the Queen’s Park Judo Club. At this stage of his judo career his progress in Trinidad was largely credited to a mentor of his Mr. Noel Le Hecho, 7<sup>th</sup> dan (Spain). Mark attended several judo courses organized by national, regional and international organizations, including the International Judo Federation (IJF) and received his IJF Level 2 Coaching diploma in 2018. He has trained at and is a member of the world’s premier judo institute and the home of judo – the Kodokan Judo Institute in Tokyo, Japan. To this day he maintains the high standards passed on from Shiina-sensei and Le Hecho-sensei. Mark is now 5<sup>th</sup> degree black belt (Godan) and continues to serve people using judo as a means to help build a better world.

# DUNROSS PREP. JUDO CLUB

St. Anthony’s Drive, West Moorings

Instructor:  
**Mark A. Littrean, 5<sup>th</sup> Dan, 683-9343**

Administered by:



Dojo: 53A Cascade Road (Cor. Julien Trace),  
Cascade

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*Also find us on Facebook*



**A member of Judo Trinidad and Tobago**