

## 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 the modern sport of judo.

Judo was introduced to the Olympic Games in 1964 and is now played by tens of millions of people throughout the world. 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. Judo is a sport that is a lot of fun!

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 and submission techniques. In fact, Kodokan 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 regular judo practice. 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 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.

## JUDO TRAINING SCHEDULE

Mon pm	Tue pm	Wed pm	Thu pm	Fri pm	Sat am/pm
5:00-5:55 Junior B	5:00-5:55 Junior A	5:00-5:55 Junior B	5:00-5:55 Junior A		9:00-9:55 Junior B
6:00-6:55 Technical	6:00-6:55 Beginner	6:00-6:55 Open Session1	6:00-6:55 Beginner	6:00-7:00 Kata	10:00-10:55 Junior A
	7:00-8:30 Senior		7:00-8:30 Senior		11:00-11:55 Open Session2
					1:00-2:30 Randori

## FEE STRUCTURE

- Junior A** (6-11yrs) & **Junior B** (12-15yrs) - \$200/month OR \$550/quarter (3 months)
- Senior** (16yrs+), **Technical**, **Beginner**, **Open Session 1**, **Kata** and **Randori** - \$300/month OR \$825/quarter (3 months)
- Open Session 2** (parents, teachers, non-competitive) - \$200/mth OR \$550/qtr
- Per Session - \$50 (Jnr A&B) \$75 (Snr)

### Other Costs

- Club Record Book: \$100 (optional)
- Judogi Rental: \$200/4-month period + \$100 refundable deposit
- Promotion in Rank: \$50
- JudoTT Annual Fee \$100 (mandatory)

### THINGS TO KNOW

- Monthly and Quarterly fees are due on the first day of the month for the relevant period
- All fees are non-refundable/non-transferable
- Beginners 16yrs & up should attend **Beginner** sessions for at least 3 months
- Uniforms are on sale at the dojo

Please make cheques payable to either:

**MARK LITTREAN OR  
QUEEN'S PARK JUDO CLUB**

Cheques for JudoTT Registration are payable to:  
**JUDO TRINIDAD AND TOBAGO**

## PERSONAL INFORMATION

Complete and return this section to the Instructor

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: \_\_\_\_\_

*The Head Instructor and his 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 his 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

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

### Junior Promotion History

9 <sup>th</sup>	8 <sup>th</sup>	7 <sup>th</sup>	6 <sup>th</sup>	5 <sup>th</sup>	4 <sup>th</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
kyu	kyu	kyu	kyu	Kyu	kyu	kyu	kyu	kyu

### Senior Promotion History

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

