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.

Mon pm	Tue pm	Wed pm	Thu pm	Fri pm	Sat am/pm		
					10:00-11:00		
					Kids 6-11		
5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00		11:00-12:00		
Kids 12-16	Kids 6-11	Kids 12-16	Kids 6-11		Kids 12-16s		
6:00-7:00	6:30-7:30	6:00-7:00	6:30-7:30	6:00-7:00			
Technical	Beginners	Open	Beginners	Kata			
	7:00-8:30		7:00-8:30		1:00-2:30		
	Seniors		Seniors		Randori		

JUDO TRAINING SCHEDULE

FEE STRUCTURE

- 1. Kids 6-11yrs, Kids 12-16yrs \$200/month
- 2. Seniors, Technical, Beginners, Open, Kata and Randori - \$300/month
- 3. Per Session \$50 Kids, \$75 Others

OTHER COSTS

- 1. JudoTT Annual Fee \$100 is due from 01 January and is valid until 31 December
- 2. Regular judo uniforms range between \$420 and \$765 depending on size
- 3. Promotion in Rank: \$50 half rank (belt only) OR \$100 full rank (belt and certificate)

THINGS TO KNOW

- 1. Monthly fees are due on the first day of practice for the month
- 2. All fees are non-refundable/non-transferable
- 3. Beginners 17yrs & up should attend Beginners sessions for at least 3 months

Please make cheques payable to either:

MARK LITTREAN OR QUEEN'S PARK JUDO CLUB

JudoTT Annual Fee is payable to: JUDO TRINIDAD AND TOBAGO

PERSONAL INFORMATION

Please write clearly and legibly

Last name :				
First name :		Othe	r:	
Address :				
Tel. Contact:				
E-mail :				
Height :				kg.
Birth date :		Sex : <u>M</u>	lale / Fer	nale
List any allergy, ill	ness 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 th	4 th	3 rd	2 nd	1^{st}
k	cyu	kyu	kyu	kyu	kyu

Senior Promotion History

5 th	4 th	3 rd	2 nd	1^{st}	1 st	2 nd
kyu	kyu	kyu	Kyu	kyu	dan	dan

ACTIVITIES RECORD (DO NOT FILL OUT THIS SECTION)

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 7th 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 Oueen's Park Judo Club is to increase participation in judo at all levels, from children to adults primarily in the northwest 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, 7th 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 5th degree black belt (Godan) and continues to serve people using judo as a means to help build a better world.



"Decisiveness in Action"

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Head Instructor: Mark Littrean, 5th Dan



A member of Judo Trinidad and Tobago