

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
					10:00-11:00 Kids 6-11
5:00-6:00 Kids 12-16	5:00-6:00 Kids 6-11	5:00-6:00 Kids 12-16	5:00-6:00 Kids 6-11		11:00-12:00 Kids 12-16
6:00-7:00 Technical	6:30-7:30 Beginners	6:00-7:00 Open	6:30-7:30 Beginners	6:00-7:00 Kata	
	7:00-8:30 Seniors		7:00-8:30 Seniors		1:00-2:30 Randori

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 : _____ 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 th	4 th	3 rd	2 nd	1 st
kyu	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

