

## 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.

## PRACTICE SCHEDULE & LOCATION

**Tuesdays 3:00 - 4:00 PM (Usually in the hall)**

### FEES

- **\$300** per term - Classes once per week
- **\$75** per term - For use of the judo uniform

### Please Note

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

### OTHER INFORMATION

#### Uniforms

- **Communal Use** - Judo uniforms are issued to participants who don't have before each session and must be returned immediately after - **\$75 per term**
- **Purchase** - Uniforms can be purchased from the club. Ask your instructor for more details
- **Borrowing** - Depending on availability participants can borrow kits with a \$400 cash refundable damage deposit

#### Promotion in Rank

- With consistent attendance, a positive attitude and fulfilling requirements in the syllabus a student may be promoted in rank once in a school year
- Promotion to a full rank (full coloured belt) costs \$100 (belt and certificate); promotion to half rank (2-colours) costs \$50 (belt only)
- Please refer to the **National Kyu Grading Syllabus** for details on gradings. It can be downloaded from the website [www.qpic.org](http://www.qpic.org)

All fees are payable by cheque or cash to:  
**MARK LITTEAN** 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 QPIC 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><br>kyu |  | 4 <sup>th</sup><br>kyu |  | 3 <sup>rd</sup><br>kyu |  | 2 <sup>nd</sup><br>kyu | 1 <sup>st</sup><br>kyu |
| N/A |                        |  |                        |  |                        |  |                        |                        |

#### Senior Promotion History

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

**ACTIVITIES RECORD**  
**(DO NOT FILL OUT THIS SECTION)**

| Activities participated in | Date(s) | Details |
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## 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 moved to several locations over the years including downtown POS, Diego Martin, St James, the National Stadium and Newtown. The club eventually 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 people of T&T.

**Mark Littrean** started judo 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 at local and regional tournaments 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) from which he received certification as an IJF Level 2 Coach 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. In 2020 he was awarded the Commendation of the Minister of Foreign Affairs of Japan for his contribution to judo and to peaceful relations between Japan and the world.

# HOLY NAME CONVENT JUDO CLUB

Queen’s Park East, Port of Spain

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**