

## 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.

## MARIA REGINA PRACTICE SCHEDULE

**Mondays 3:00 - 4:00 PM**

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

## LOCATION

**QPJC Dojo, 53A Cascade Road, Cascade**

## FEE STRUCTURE

Payable to Mark Littrean or Queen’s Park Judo Club

- **\$300** 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 LITREAN 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

