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.

Please note that due to unforeseen circumstances the schedule & costs may change. Contact Mark to confirm

Mon	Tue pm	Wed	Thu pm	Fri	Sat am/pm
					1100-1155 Kids 5-11
	5:00-5:55 Kids 5-11		5:00-5:55 Kids 5-11		1200-1255 Teens/Adults
	6:00-7:30 Teens/Adults		6:00-7:30 Teens/Adults		1300-1400 Randori

FEE STRUCTURE

1. **Kids** 5-11yrs / **Teens** 12-16yrs - $250/mth
2. **Beginners**(white/yellow) 17yrs+ - $250/mth
3. **Adults** (orange & up) 17yrs+ - $350/mth
4. **Per Session** - $100
5. **JudoTT Annual Membership** - $200*
   *Optional (paid to JudoTT)

Other Costs

1. Imported judo uniforms are between $575 and $615. Locally made ones are between $220 and $330 (kids sizes only)
2. Uniform rental - $50/mth
3. Promotion in Rank - $150 for full rank (kids/adults); $50 half rank (kids only)

THINGS TO KNOW

1. Monthly fees are due at the beginning of the calendar month for the relevant period
2. All fees are non-refundable/non-transferable
3. Every member must sign a copy of the Club Rules and Fees Payment Guidelines

Please make cheques payable or online bank transfers to:

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

JudoTT Annual Fee (optional) is payable to:
JUDO TRINIDAD AND TOBAGO

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 participating in judo and related activities.

_____ _____
Signature of Participant or Parent /legal Guardian — Date(dd/mm/yy)

OFFICIAL USE ONLY

Commenced Training on _____

Junior Promotion History

6th kyu	5th kyu	5th kyu	4th kyu	4th Kyu	3rd kyu	3rd kyu	2nd kyu	1st kyu

Senior Promotion History

5th kyu	4th kyu	3rd kyu	2nd kyu	1st kyu	1st dan	2nd dan	3rd dan	4th dan

ACTIVITIES RECORD
(DO NOT FILL OUT THIS SECTION)

Activities participated in	Date(s)	Details

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 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, 7th 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.

QUEEN'S PARK® JUDO CLUB

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Cascade

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Website: www.qpjc.org
Also find us on Facebook

Head Instructor: **Mark Littrean**, 5th Dan

JUDO TRINIDAD & TOBAGO

A member of Judo Trinidad and Tobago