

Chalfont & Evreham Judokwai

CLUB RULES

Judo is a full contact Japanese martial art. Consequently there is an expectation of high standards of etiquette and discipline commiserate with the standards common in Japan. There are also rules that we need to enforce in order to ensure that our insurance is valid and that there is appropriate attention to health & safety as well as child protection.

GENERAL

1. On arrival, all judo players must register with the assistant to the club coach.*
2. All judo players shall be punctual. Late arrivers subject to the club coaches discretion, may not be allowed to participate.!
3. No judo players may leave the sports hall without permission from the club coach.*
4. No food or drink shall be taken onto or near the side of the Judo mat.\$

CLOTHING

5. Club members shall wear a judo suit to all training sessions. Probationary members shall wear clothing suitable to the sport until such time as they are full members.!
6. All judo suits shall be clean and in good repair.!
7. Outdoor shoes shall not be worn in the sports hall and no footwear of any kind shall be worn on the training mats. Members are encouraged to purchase "flip flops" for use in the sports hall. \$
8. All judo suits must be labelled with the owner's name.
9. All jewellery (including rings & ear studs) must be removed before training. Long hair may need to be tied back, to the satisfaction of the club coach. \$

HYGIENE

10. Fingernails & toenails are to be kept short, hands and feet are to be clean. \$
11. All judo players are encouraged to use the shower facilities on completion of training.

TRAINING

12. No one is allowed on the training mat without permission of the club coach, no training of any sort shall take place unless the club coach is present. \$
13. Horseplay of any sort is forbidden. \$
14. Any judo player not paying sufficient attention or causing a disturbance will be made to "sit out" for a period of time decreed by the club coach. Further instances or cases of severe misbehaviour will result in immediate cessation of training for the whole or part of the training period.!
15. Any serious breach of club rules may result in expulsion of the member(s) concerned.

* For reasons of Child Protection

\$ For reasons of Health & Safety and to ensure proper insurance cover

! For reasons of Judo etiquette

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Graphic courtesy of 'The Pyjama Game' by Mark Law © 2007

"Judo is a mental and physical discipline whose lessons are readily applicable to our daily affairs. The fundamental principle of Judo is that whatever the objective, it is best attained by the maximum efficient use of mind and body for that purpose. The same principle applied to our everyday activities leads to the highest and most rational life."

"The principle demands above all that there be order and harmony among people. The final aim of Judo is to inculcate respect for the principles of maximum efficiency and mutual welfare and benefit. Through Judo, persons individually and collectively attain their highest spiritual state while at the same time developing their bodies and learning the art of attack and defence."

Jigoro Kano - founder of Judo

Speak to David 01753-208720, email david@chalfontjudokwai.org.uk or turn up in a loose tracksuit & T-shirt

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Why should I want to learn Judo?

- It will increase your speed and improve your sense of balance and co-ordination. You will enjoy greater fitness, especially in 'core' areas giving you greater overall strength.
- Compliments other sports such as Rugby, Netball, Gymnastics etc.
- Teaches vital life skills such as learning how to fall properly so that one does not get hurt.
- Improves self control, discipline and your confidence.
- Gets you out of the house, off the console, mobile or TV and interacting with real people in real time.
- Judo is primarily a competitive sport but the key skills are useful and proven in self-defence
- Judo is the only 'full contact martial art' where you will almost certainly not get hurt*
- It is far more fun than watching TV, less expensive than eating cake..... and healthier!
- Fun, energetic sessions on Tuesdays are held for girls and boys over 7 by qualified DBS checked instructors affiliated to the British Judo Council.
- Tuesday Juniors: 6:30pm - 8:15pm, Seniors: 8:15pm - 9:45pm
Chalfont Leisure Centre main hall, Nicol Road, Chalfont St. Peter

* Obviously, we can not guarantee that you will not get hurt, but it is very rare. Especially if you do what you are meant to! Chalfont St. Peter Leisure Centre statistics show that rates of injury from martial arts are a fraction when compared to Badminton and Gymnastics (see charts in Leisure Centre lobby).

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A Typical Session

Warm Up

- All Judo sessions start with a physical exercises. These cover five main areas:
- Mobility - Gentle 'warming up' of the body so that it is ready to able to take more aggressive activities.
- Cardiovascular - these exercises are designed to get the heart working faster. Examples are running on the spot, jumping and squat thrusts.
- Strength Building - these exercise help add to the overall physical strength that a Judoka needs. Examples include press-ups and sit-ups.
- Stretching - these exercises improve general body flexibility.
- Judo Specific - these will be adapted to the activities of each particular session.
- We aim that these exercises will take 10-15 minutes at most.

Ukemi

Every single session without fail we all, from beginners to Black Belt, practice our Ukemi. Learning and practicing falling in a safe manner is a vital part of a martial art where being thrown to the ground is an integral part of the sport. But more than this, being able to fall safely is a useful life skill.

This normally takes 5-10 minutes (except novices who will spend more time learning their Ukemi properly so that they will be safe for when they start to learn throws).

Technique

Normally we aim to teach one to two techniques per session which are initially demonstrated to the group and then practiced by the club whilst the Sensei's instruct individuals on the finer points of the technique. These techniques may be throws, holds, or for the more advanced, strangles and armlocks. Each technique has several variations which when included with combinations and counters make Judo almost a limitlessly varied activity. It is for this reason that Judo is sometimes refereed to as 'physical Chess' albeit played out at a much faster speed.

Randori

It is normal to have a session of 'non-combative' practice where students work at improving their technique in a collaborative manner with their partner which is 'close to' combat but serves as a 'learning' process rather than contest. Randori is 'theory testing' in other words, "does what you have learnt actually work for you in a pressure tested environment"? Randori is carried out in many different scenarios and with different partners in order to simulate properly real life experiences (i.e., bigger, smaller, heavier, lighter etc.).

Gradings, Courses and Competitons

The Club attends two gradings a year where promotion to a higher belt is possible. During the year there are also a number of courses, competitions and other events which are open to club members who wish to take advantage of these.

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