



Battle Hill Judo Club

Information Sheet

www.bhjudo.com

E-MAIL: m@bhjudo.com

Welcome to Battle Hill Judo Club...

This pack contains quite a bit of information – there's no need to read it all right now, but there are a few things you need to know before you begin your study of the ancient Japanese martial art of Judo.

As well as this sheet, the pack also contains:

- **A sheet of club information** – some background about Judo and the club.
- **A “Battle Hill Judo Club” registration form** – to gather some of your personal details.

Your first session is free, so it won't cost you a penny to try it out, and there's absolutely no fee to join the club itself.

What do I need to do now?

- **Step 1** – Please fill out the club registration form and pass it back to the person who gave you the pack.
- **Step 2** – Please read the sheet of the club rules.
- **Step 3** – Read the rest of this sheet.

Am I ready yet?

Almost. Before you step onto the mat and start warming up for your first session, there are a few common words and important things you need to know...

1. The club registration form is used to get some basic details about any medical conditions that you may have. The instructor will read this before you begin the session, but if you have any injuries that may affect your training (now or in the future), it is your responsibility to inform the instructor and where relevant to a technique you are learning your training partner about an injury or condition.
2. Being a Japanese martial art, there is a bit of bowing involved. A bow is called a *rei* (“RAY”) and is a way of saying, hello, goodbye, and thank you. You *rei* whenever you enter or leave the training hall (called a *dojo* (“DOE-JOE”)), before and after you start training with a partner, whenever someone has given you useful advice or taught you something new, and whenever you step on or off the training mat. You end up bowing quite a few times during a typical session!
3. Before stepping onto or off the mat, you must seek the permission of the most senior person on the mat. Seniority is dictated by the colour of the belt a person is wearing. The darker the colour (generally), the more senior the student. This hierarchy is known as a student's “grade”. So you probably need to look for someone in a brown or black belt to go on or off the mat. The reason for this is safety. The most senior person has responsibility for everyone's safety, so they need to know who is on the mat, and why people are leaving the mat – if you are not feeling well, then someone probably needs to accompany you, etc.
4. Finally the most important word you need to know is *matte*. This means stop. It could be that there is a safety problem (people training too close), or the instructor wants to tell the class something new, or it may just be time to stop practising a technique. The important thing is to stop immediately. If you remember nothing else, remember this word.

If you are in doubt about something, please ask the instructor or another student. Failing that just follow everyone else's lead.

That's it for the introduction, so get on the mat, and hopefully you'll have some fun whilst learning one of the most effective fighting arts in the world.



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The Art of Judo

Judo is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defence or combat, and a way of life. It is all of these and more. Judo comes to us from the fighting system of feudal Japan, Dr. Jigaro Kano, studied these ancient forms and integrated what he considered to be the best of their techniques into what is now the modern sport of Judo.

Judo, which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo.

The Club

The Battle Hill Judo Club was founded by Malcolm Young in 2003, the club is run by a committee of members (details available on the web site) under the guidance of the instructor.

The club has an atmosphere that most people find warm and friendly, and the club also participates in numerous activities including:

- **Competitions** – both local and national events
- **Courses** – Training courses for Judo, Kata, coaching.
- **Gradings** – 2 to 3 times per year, held with the four member clubs of the academy.
- **Social Events** – Theme park trips, children's parties.

The Instructor

Malcolm Young began learning Judo in 1978 at the Bushido Judo Kwai studying under Chris Dawson 7th Dan, achieved his Black Belt 1st Dan in Sept 2001, 2nd Dan in Dec 2004, 3rd Dan in Jan 2007, and 4th Dan in Dec 2010, and has studied under varies high ranking British and Japanese instructors. He also holds the following:

- Bushido Judo Kwai coaching award.
- Area Referee award.
- Member of the British Judo Association, Member of the Kodokan, Japan
- Completed Good Practice Child Protection course with Sports Coach UK
- Qualified First Aider
- Fully mandated by Amateur Martial Association as a club instructor.
- CRB and List 99 Checked

Training Times

The club trains twice a week at Churchill Community College:

<u>Wednesday</u> 6 to 8 yrs 5:30 PM – 6:15 PM	<u>Wednesday</u> Over 8 yrs 6:15pm to 7:45pm	<u>Friday</u> 6 to 13 yrs 5:30 PM – 6:30 PM	<u>Friday</u> Over 13 yrs 6:30 PM – 8:00 PM
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Club Fees

The club is a non-profit making organisation. All fees are fed directly into the club for payment of costs such as hall hire, transport to events and courses etc.

- There is no fee for joining the Battle Hill Judo Club.
- The first session is absolutely free.
- Session fees for children and adults are £2.50 per session.

Your Licence

All governed martial arts in this country require a student to obtain a licence for insurance purposes, and a licence application form should be included in this pack. A licence covers the student for a full year's training.

6 to 9 yrs – Insurance is provided by Martial Art GB at a cost of £12 per year, the student will receive a grading / merit sticker book and will follow the Kana Judo syllabus

10 to 17 yrs – Insurance is provided by British Judo Association at a cost of £27 per year (£26 renewals), the student will receive a grading book and will follow the BJA Mon grade syllabus

18+yrs – Insurance is provided by British Judo Association at a cost of £38 per year (£35 renewals), the student will receive a grading book and will follow the BJA Kyu grade syllabus

Uniforms

Once you have been training for a few weeks and have decided that you want to stick with Judo, you will need to buy a uniform. This is known as a *gi* and may be ordered through the club. The uniforms are thicker and heavier than those used in many other martial arts such as Karate and Tae Kwon Do as they must be capable of coping with grappling and throwing. The club's supplier provides uniforms for £15 to £20, with heavyweight gi's for older students ranging from £30. Students are free to buy their own uniform from their own supplier, but please speak to the instructor first to ensure that you purchase the correct type.

Judo on the Internet

As you may have realised from the letterhead, the club also has a web site (www.bhjudo.com) – shared with the other Bushido Academy clubs. This site has all sorts of information about Judo as well as about the clubs and links to other sources of information.

Member Responsibilities

Every member has a responsibility to ensure the safety of themselves and of others.

You must comply with the following requirements and with the membership rules of Bushido Academy, the Battle Hill Judo Club and the etiquette of the dojo.

It must be borne in mind that Judo is a contact martial art and that its study does involve the acceptance of certain risks, occasional injuries such as bruises and sprains are to be expected.

However, it is the aim of Battle Hill Judo club to ensure that so far as is reasonably practicable; training is carried out in a safe environment and manner. Suitable control and supervision must be exercised at all times.

Every member must ensure that they:

- Disclose to the club instructor any new medical condition, change in health status or injury that may affect or restrict their training.
- Keep finger and toenails short and clean.
- Do not wear jewellery (including watches, friendship bands, etc.) whilst training. Any jewellery that cannot be removed (e.g. body piercing, tight fitting rings) should be appropriately covered with tape to ensure that it is not caught during training.
- Maintain a high standard of personal hygiene.
- Keep their gi clean and in a good state of repair.
- Apply for a licence to train within four weeks of joining the club.
- Maintain a valid licence - i.e. renew the licence each year.
- Follow the directions of the instructor or a nominee.
- Immediately follow the advice of more senior students where it relates to safety.
- Draw to the attention of the club instructor anything that may affect the safety of yourself or other judoka.
- Do not engage in free practice without the presence of an instructor.
- Do not attempt techniques which they have not been instructed to do.
- Do not leave the mat or the dojo during training sessions without notifying the club instructor.
- Prior to commencing training first ensure that any training partner is also prepared - observing dojo etiquette.