



# Jersey Judo

## Kids beginner's information



### What is Judo?

Judo is a Japanese martial art and an Olympic sport. The aim is to use skill to throw your opponent and to control them with grappling techniques on the ground. Judo involves no kicking or striking. The focus is on using momentum and leverage to overcome your opponent rather than strength. Judo is a great way to build discipline, fitness and confidence. We offer classes from 5 years and **your first class is FREE.**

**Judo Values are fair play, respect, friendship, responsibility, knowledge, and discipline.**

**Our clubs** at Fort Regent and Communicare, Les Quennevais are registered with British Judo Association (BJA) and Jersey Sport. All our coaches are BJA qualified and insured, DBS checked, and have completed safeguarding and first aid training.

### Junior sessions – locations and costs:

Jersey Judo Club: Fort Regent, Wednesdays 6.30-7.30pm and Saturdays 10-11am. £5/session.

Torakan Judo Club: Communicare, Les Quennevais Thursdays 7-8pm, Term time only. £5/session.

Mat fees are pay as you go or monthly direct debit.

**We ask that parents of children under 8 years stay during the class to support their child.**

**Judo suits:** There are a small number to lend to new beginners. A basic suit costs £30-£50. Please speak to Tony for details.

After 4 sessions, students must **register for membership with British Judo Association** which costs £31 per year. This entitles the student to be graded, to compete and also includes insurance. See <https://www.bjadojo.co.uk/>

### To join the class you child will need to:

- Wear a t-shirt and tracksuit bottoms (without zips)
- Remove shoes and socks before coming on the mat so we can keep it clean for judo
- Bring a bottle of water
- Tie back long hair, remove jewellery, watch and trim nails
- Provide the name and contact number of a parent/guardian to Tony in case of emergencies

**Our kids classes** typically start with a warm-up, cover some judo skills and techniques plus a range of fun games.

- **Under 8s** follow the “*Sho*” syllabus focused on agility, balance and co-ordination plus lots of fun. There are a range of activities with judo themes mainly focussed on hold-down techniques and a few basic throws.
- **From 8 years** the children progress to the “*Mon*” syllabus which gradually builds their confidence with a wider range of throwing techniques.
- **Teenagers** can progress into the senior classes according to their development. From the age of 16, children progress to the adult “*Kyu*” grades.

To register you child with Jersey Judo, please use the QR code to complete the form:

## Our coaches and volunteers:



Bill Baker  
Chair person



Tony Palmer  
Treasurer



Mike Bisson



Keiron Lambert



Nigel Ottley

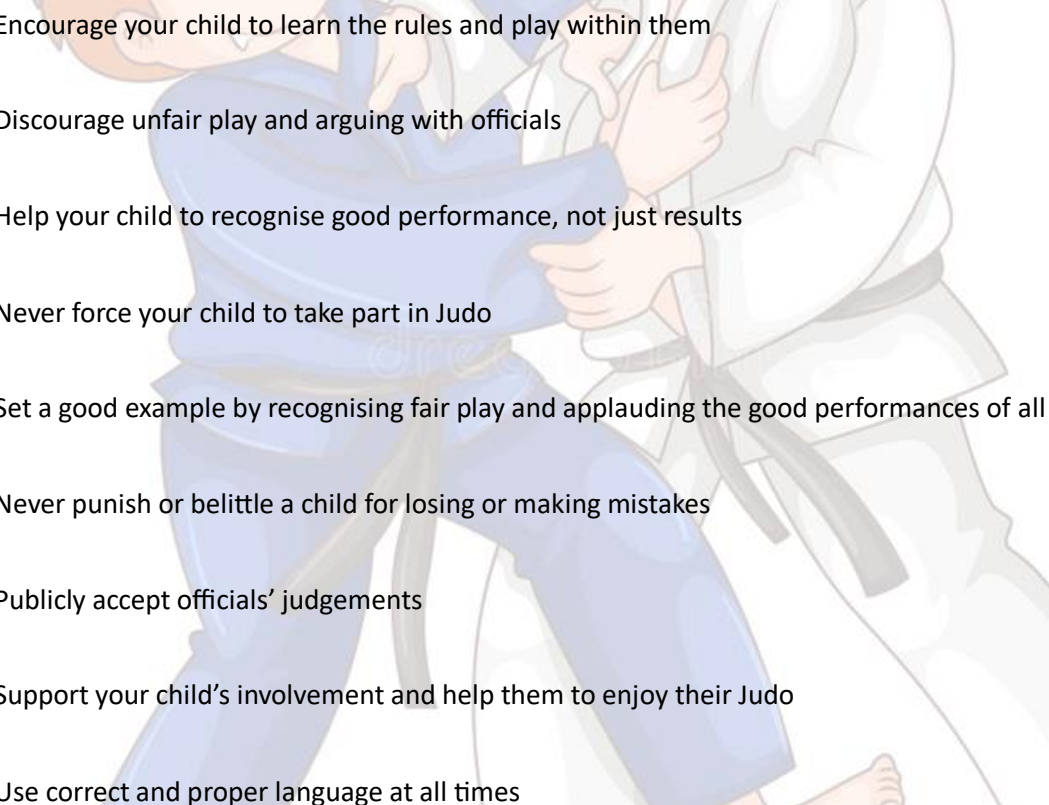


Marie Thureux



Joanne Reid  
Club Welfare Officer  
07797834272

## British Judo Code of Conduct For Parents / Carers

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- ✓ Encourage your child to learn the rules and play within them
  - ✓ Discourage unfair play and arguing with officials
  - ✓ Help your child to recognise good performance, not just results
  - ✓ Never force your child to take part in Judo
  - ✓ Set a good example by recognising fair play and applauding the good performances of all
  - ✓ Never punish or belittle a child for losing or making mistakes
  - ✓ Publicly accept officials' judgements
  - ✓ Support your child's involvement and help them to enjoy their Judo
  - ✓ Use correct and proper language at all times