

SENSHUKEN Judo Academy



Introduction

Welcome to our new members guide. We have tried to include answers to the most popular questions we are asked when people first start judo. It will give you a quick insight into the club and to the sport itself.

The club is affiliated to the British Judo Association (BJA) the National Governing Body for judo in the UK and Caz and Eddie, our award winning coaches, are very experienced and successful judoka (judo players) themselves. Both are trained to UKCC Level 2 in Coaching Judo and are first aid trained and fully DBS checked.

The emphasis behind our coaching is on learning through enjoyment. Children especially, learn more when they are enjoying themselves.



We allow three weeks for new members to decide if they wish to continue with judo lessons and after this time they will need to apply for their club membership. This costs £15 annually and includes your club membership card, tee shirt and access to the reduced lesson fee.

What is judo?

Judo was developed in Japan by Dr Jigoro Kano nearly 140 years ago.



It was introduced as an Olympic sport in 1964 at the Tokyo Olympic Games and since then it has grown and is now a truly global sport. It is the most popular combat sport in the world, with 13 million participants in 111 countries. In Britain there are over 1,000 judo clubs and nearly 40,000 judo players doing judo in schools and clubs each week.

Judo training is an ideal form of physical exercise and it serves as a great cardiovascular workout, which improves stamina, strength, suppleness, speed and overall fitness levels as well as confidence. Judo is the ideal activity whatever your shape and size, and whether you are young or old.

Jigoro Kano. The Founder of Kodokan Judo

Progressing through the grades

Judo has a Grading system which allows participants to progress through the belt and badge system and be awarded their next belt and grade.



The next goal is always realistic and achievable with effort and Grading's take place within the club on special Grading evenings, with the club's own Coaches assessing each candidate for promotion through the Grading system.

Judo is for all ages and abilities

You can start judo at Senshuken Judo Academy from the age of 5 and upwards, although at the coaches discretion we will consider 4 year olds depending on each individual child. We aim to create a supportive environment where children and adults of all ages and abilities can train and develop together.

There is always a lot going on within the local judo community, whether you are interested in competing in championships, keeping fit or becoming involved in a fighting art, we are sure there will be something for you.

How much does it cost?

The only equipment you need to take part in judo is a judo suit (judogi) and these can be borrowed to start with and then purchased at discounted rates through the club once you decide to join. Training fees are only payable in cash on the evenings you attend the club and we do not ask for any fees in advance.

Currently lesson fees for club members are £4.00 per session for Junior's and Senior's, (£5 for non-members/visitors) together with the annual club membership fee of £15 as mentioned above.



**Senshuken Judo Academy
Carmel Hall, Ufton Lane
Sittingbourne, Kent
ME10 1AN**

Contact us;

**Phone; 07883 887955
Email; senshukenjudo@gmail.com
www.senshukenjudo.com**

