

# RISING SUN JUDO CLUB



**Judo – still the best all round defence system. Ju - “gentle” Do “way”**

## THE CLUB

The Club is a registered member of the British Judo Association (BJA) and is run under BJA rules. The BJA is the only governing body for judo in the United Kingdom. The BJA is affiliated to the Sports Council, the British Olympic Association, the European Judo Union, and the International Judo Federation. The British Judo Council (BJC) and the Amateur Judo Association (AJA) are affiliated to the British Judo Association and are the only other recognised judo organisations in the UK. The Club began in 1990.

## WHERE DO WE TRAIN AND HOW MUCH IS IT?

**SUNDAYS: The Studio, Worthing Leisure Centre, Shaftesbury Avenue, Worthing BN12 4ET**

### BEGINNERS

<b>SESSIONS</b>	<b>TIME</b>	<b>SINGLE PLAYER</b>	<b>FAMILY OF 2</b>	<b>FAMILY OF 3</b>
<u>Pay as you play sessions</u>				
1 <sup>st</sup>	5.30-6.30	FREE	FREE	FREE
2 <sup>nd</sup> 3 <sup>rd</sup> 4 <sup>th</sup>	5.30-6.30	£6.00	£12.00	£18.00

### NOVICE TO ORANGE BELT

<u>Standing Order only per month</u>				
5 <sup>th</sup> session and on	5.30-6.30	£25.00	£45.00	£65.00

### GREEN BELT AND ABOVE

<b>SESSIONS</b>	<b>TIME</b>	<b>SINGLE PLAYER</b>	<b>FAMILY OF 2</b>	<b>FAMILY OF 3</b>
<u>Standing Order only</u>	4.30-5.30	£25.00	£45.00	£65.00
Shift work \				
<u>Pay as you play</u>	4.30-5.30	£6.00	£12.00	£18.00

Please note, the standing orders allow for holidays, and continue for the times we are shut, i.e. Christmas, and any other absences by you. We will also deal individually with players who are signed off for periods in excess of 2 months due to injury.

**WEDNESDAYS: Ashington Community Centre, Foster Lane, Ashington RH20 3PG at 7.45pm.**

**This is an additional session only**

<b>SESSIONS</b>	<b>TIME</b>	<b>SINGLE PLAYER</b>	<b>FAMILY OF 2 OR 3</b>
Standing Order	7.45-8.45	£25.00 in addition to Sunday fee	included in Sunday fees
<u>Pay as you play</u>	7.45-8.45	£6.00 per session	

### OUR BANK DETAILS ARE:

BARCLAYS BANK	RISING SUN JUDO CLUB
SORT CODE	20 98 74
ACCOUNT NO.	50552801
REFERENCE:	THIS MUST CONTAIN YOUR NAME

## **WHAT OTHER COSTS ARE INVOLVED?**

By the end of the 4<sup>th</sup> session for juniors and by the end of the 12<sup>th</sup> session for seniors, we expect you to be ready and able to take your first grading. Each belt is a mark of your achievement and signifies your ability. You will need to buy a licence from British Judo before you grade, and this provides insurance cover and can be done online and paid by card. A new licence in 2021 is £31 for a junior and £42 for a senior.

The grading fee in 2021 is £14 for juniors and £20 for seniors.

You will need to buy your own judo suit, and we have a stock of these and can advise you on sizes and shrinkage, and a training grade quality judo suit is from £20 to £30 depending on size.

## **WHY DO JUDO?**

Judo brings many benefits. It builds fitness, strength, and stamina. It improves coordination and mobility. It requires self-discipline, and it builds self-confidence. A cornerstone of judo is that it requires the cooperation of a willing partner to practice with, in other words, players have to help each other to learn. And judo has a social benefit as well, and it often forges friendships.

## **WHAT IS JUDO?**

Judo was refined from jujitsu, a comprehensive system of armed and unarmed combat which was developed for over 300 years in Japan from 1532. By 1870 there were several hundred jujitsu schools in Japan.

In 1882 Jigoro Kano evolved judo from jujitsu. He developed judo as a sport and a means of personal development, and built a system of throws, restraint holds, strangulations, and armlocks that could be used with safety. Do is the way (of personal development), and Ju is widely translated as gentle. This is misleading as it is seldom gentle, and a better translation is supple or yielding, as opposed to the rigid stance of karate.

His first dojo (hall) was called the Kodokan and remains the spiritual home of judo today. This new style of fighting was widely challenged at the outset by jujitsu schools, but in 1886 a competition was held to decide matters. The Kodokan defeated all comers.

**Although personal safety is always the first concern, parents must note that their child may get hurt during the activity however much care is taken, as of course is the case with football and many other sports. They must also note that judo is a hands-on full contact martial art which involves child to child and adult to child contact.**

## **CAN JUDO BE USED FOR SELF DEFENCE?**

Judo should not be practised away from the classes due to the lack of supervision and the lack of mats to land on. However, experienced players do have a wide range of skills to defend themselves if absolutely necessary. But it is often found that judo players have more self-confidence than many and can avoid such situations.

## **CLASSES**

Beginners are taught you to move properly, how to grip a person's jacket, how to fall safely, and very basic gentle techniques. After a maximum of 12 sessions, we expect you to be able to join up techniques as a combination move, and to take your first grade. There is a time limit between grades so as to allow you to remember and practise the techniques you have been taught. As well as learning new techniques, you will also learn to practise existing techniques from a different grip or different position, so we will widen your knowledge base as well as build on it. It is essential that you learn the names in Japanese as you go.

## **WHAT IS EXPECTED?**

From us, you will expect to learn judo. You should expect us to teach you a range of judo skills to a level that you want to reach. You should expect individual help from us as well as learning in a group. You should expect to practise with our higher grades as they will always help and encourage you.

From you, we expect regular attendance, your attention when on the mat, and good behaviour from you.

We expect self-control from you - if you try to throw someone without sufficient control, you can hurt yourself instead of the person you throw. We will remove any child from the mat if we feel there is a risk to themselves or others due to inappropriate behaviour.

We expect you to practise moves many times, as you cannot learn it by talking about it. We expect you to keep your judo suit, hands and feet clean, finger and toenails short. We expect you to put your shoes on if you leave the mat - no one wants the dirt from your feet on them. We expect effort.

And lastly, we expect you to enjoy it too. Judo is a hard sport, but it has to be fun as well.

## **OUR TEAM**

**All instructors are national governing body qualified and authorised.** This provides liability insurance, DBS checking, First Aid qualification, and Child Protection qualification. In addition, each instructor must attend regular judo educational courses. We believe in leading from the front and show both technical and working judo.

If you have any questions, please talk to any of us. We run the club for our members' benefit.

### **Assistant Club Instructor**

**Joel Hammond 1<sup>st</sup> Kyu.** Joel has been practising judo for about 10 years and started at the club. He is a former Sussex County medallist.

### **The club is owned and run by the following :**

**Pawel Wojtas MA 1<sup>st</sup> Dan.** Pawel has been practising judo for over 25 years and is a former Polish National Junior bronze medallist. He has competed many times in competitions across Europe, winning many regional events. He has also won a 5<sup>th</sup> place at the Polish University Championships. In England, he is a former Sussex and a Southern Area medallist. He has trained under various instructors across Europe, as well as an Olympic coach in England.

**Erin Southam BA (Hons) 2<sup>nd</sup> Dan.** Erin has been practising judo for over 30 years. Having a degree in PE & Sports, she is also a qualified coach in other sports. At judo, she has won many competitions at both junior and senior level. She has represented Sussex County, and is also a former Southern Area gold medallist at the annual Inter Counties Championships. She has trained under several 6<sup>th</sup> dans, a Japanese 8<sup>th</sup> dan master, and an Olympic coach.

**Dave Wright 3<sup>rd</sup> Dan.** Dave has been practising judo for 40 years. He is a former Sussex County champion and medallist, as well as a National Masters gold and silver medallist. He was also a Sussex County Squad Instructor for 12 years. He has trained under several instructors, including a Japanese 8<sup>th</sup> dan master. He has also trained regularly under 2 Olympic coaches over a period spanning 15 years.

You will see that the instructors have a competitive background, and we will encourage players to enter competitions, which are available at every level of your judo. However, we recognise that some players are recreational and do not enter competitions, and these are encouraged equally to reach the standard they want to attain. We are also an inclusive club and have players who have special needs.

We will teach technical judo to give an understanding of the principle involved, using a cooperative partner. We will also teach competitive judo for use with an uncooperative partner. Both players are therefore required to help each other in both circumstances.

# RISING SUN JUDO CLUB MEMBERSHIP FORM

PLAYER'S NAME.....

PARENT/GUARDIAN/CARER NAME (if under 18).....

PARTNER/HUSBAND/WIFE NAME (if over 18).....

YOUR ADDRESS.....

.....

POSTCODE.....

LANDLINE (optional).....

OWN MOBILE .....

EMERGENCY CONTACT MOBILE .....

EMAIL ADDRESSES.....

.....

DATE OF BIRTH...../...../.....

## **Sporting information**

Have you played judo before, if so where?  
If yes, do you have a current BJA or BJC or AJA licence  
Have you done other martial arts?

## **Disability**

The Disability Discrimination Act 1995 defines a disabled person as anyone with 'a physical or mental impairment, which has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities'.

Do you consider yourself to have a disability?  Yes  No

If yes, what is the nature of your disability?

- Visual impairment
- Hearing impairment
- Physical disability
- Learning disability
- Multiple disability
- Other(please specify):

**For your own safety you must tell us about any medical condition that we should know about, and any medicines which you are taking or which you cannot take. We must have an emergency contact telephone number for you.**

## **Medical information**

Please detail below any important medical information that we should be aware of (e.g. epilepsy, asthma, diabetes, etc.)  
Are there any medicines that you take currently? Are there any medicines you are allergic to and cannot take? We would need to know this in the event of an emergency.

**General Consent**

By returning this completed form, I agree to me/my son/daughter/child in my care taking part in the activities of the club. I understand that I will be kept informed of these activities – for example timing of lessons, competitions etc. We never email juniors under 16 directly but use parent or guardian email addresses, and the same process is used for mobile numbers.

**Injury Consent**

I understand that in the event of any injury or illness all reasonable steps will be taken to contact the appropriate person, and that any of the instructors can act In Loco Parentis if necessary to deal with that injury/illness appropriately to provide the best outcome.

**Photography Consent**

We may take either individual or group photos from time to time. These may be posted either to our website ([www.rsjc.co.uk](http://www.rsjc.co.uk)) or to our Facebook page ([www.facebook.com/rsjcworthing](http://www.facebook.com/rsjcworthing)). Photographs are not the property of the club, nor does the club hold any responsibility for their future use. I agree to allow photographs to be taken and posted to the above sites.

**Data Protection Consent**

We hold the information you have given us on the form above. Details are stored on a password protected internet database. Only the owners of the club as listed above hold the passwords. The system is updated where necessary with any changes, and attendances are logged after each session. The paper copy is shredded once the data is logged.

You may ask us to see what data we hold about you. We do not share this data with anyone else nor sell it to a third party. You have the right to withdraw your consent for us to hold this data, and the right to ask us to delete all data. In that case we will no longer contact you with club information, although we will continue to hold an emergency phone number for safety reasons for as long as you attend the club.

If you do not attend for 3 months, you will be deemed to have left the club and we will delete any remaining data.

Signature of parent/guardian/carer if applicant is aged under 18 accepting the 4 consents above

Signature of applicant if aged 18 or over accepting the 4 consents above

Date.....