

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. Our BJA registered number is 2501. The BJA is the only governing body for Olympic judo in the United Kingdom which is recognised by the Government.

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. We encourage competitions, but recognise that some players prefer recreational judo, and we will encourage you to achieve the level you want to get to.

The club welcomes new players of all ages, though the normal minimum age is 8 years, but we will consider players of 7 years. We are an inclusive club.

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 with a system of moves that could be used with safety. It includes a wide range of throws and physical restraints on the ground. **Judo is generally translated as “gentle” from the character “Ju”. However, it is never gentle, and neither is karate or taekwondo. Ju is better translated as supple and requires mobility and movement.** Judo breeds fitness, strength, self-confidence, manners, and respect.

WHERE DO WE TRAIN?

We offer training sessions in different venues on different evenings, to cover different aspects of judo. Players who train more than once a week will progress faster, as with any sport.

SUNDAYS: The Studio, Worthing Leisure Centre, Shaftesbury Avenue, Worthing BN12 4ET JUNIOR BEGINNERS (WHITE, RED & YELLOW BELT) 4.30-5.15

All juniors will start in this session, unless they are big enough to make it more suitable to train with seniors. .

Beginners aged from 8 to 15 will enrol for a 4 week induction course for £25. At the end of your course, you will be able to join our club and we will give you a free judo suit if you continue. The fee is non refundable.

After the first 4 weeks we will switch you to a standing order.

The standing order is £25 per month, or £45 for 2 or more family members.

SENIORS AND JUNIORS WITH MINIMUM GRADE ORANGE 5.15 – 6.30

This session will generally cover more advanced techniques, together with competitive judo.

The standing order will be £30 per month, or £50 per month for 2 or more family members where the second member attends either session.

TUESDAYS: Wick Hall, 76 Wick Street, Littlehampton BN17 7JS

JUNIORS: 6.45-7.45 SENIORS 7.45-9.15

These sessions are general training sessions covering a range of judo techniques. Seniors will have the opportunity to practice kata, a formalised demonstration of techniques which includes formal etiquette.

These sessions are run separately by Judokan Judo Club under BJC rules, **and the training fee is £5 per session payable on arrival.**

The club is currently only open in term times.

WEDNESDAYS: Ashington Community Centre, Foster Lane, Ashington RH20 3PG 7.45-8.45

These sessions are unsuitable for beginners. The focus is on fitness and squad training routines and is a senior session except for individually invited juniors. The minimum grade is orange belt.

The standing order is £55 per month for both the Sunday 75 minute session and the Wednesday 60 minute session, or £60 to include a second family member attending either Sunday session and the Wednesday session.

PAYMENTS - 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?

You will need a judo licence from British Judo which provides insurance cover. This is done online and paid by card. A new licence in 2024 is £31 for a junior and £42 for a senior. This should be done at the end of the first month.

Judo has a system of coloured belts to denote your grade. Your grade denotes your skill level, both technical and physical. The grading fee in 2022 is £14 for juniors and £20 for seniors.

You will need a judo suit, and we have a stock of these. We can advise you on sizes and shrinkage, and a training grade judo suit is from £20 to £35 depending on size.

We allow up to 4 weeks without these items, so you can assess whether you want to continue your judo journey.

WHAT IS EXPECTED?

You should expect us to teach you a range of judo skills to a level that you want to reach, with individual help as well as learning in a group. From you, we expect regular attendance, attention when on the mat, good behaviour & self-control.

We expect effort. You will only get out what you put into it. You need a clean judo suit, and clean hands & feet. Put your shoes on if you leave the mat - no one wants the dirt from your feet on them.

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.

Website Manager:

Joel Hammond 1st Kyu. Joel has been practising judo for over 12 years and is a former Sussex County medallist.

Assistant Club Instructor:

Paul Kendall 1st Dan. Paul has been practising judo for over 20 years, winning medals from many events.

Karen Sweetman-Hicks 1st Dan. Karen started judo as a junior and has many years' experience of judo.

The club is owned and run by the following:

Pawel Wojtas MA 1st Dan. Pawel has been practising judo for over 30 years and is a former Polish National Junior bronze medallist. He has competed in many competitions across Europe, winning many regional events. He has also won a 5th place at the Polish University Championships. In England, he is a former Sussex and a Southern Area medallist.

Erin Southam BA (Hons) 2nd 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. She has won many judo competitions at junior and senior level. She has represented Sussex County and is a former Southern Area gold medallist at the annual Inter Counties Championships.

Dave Wright 4th Dan. Dave has been practising judo for over 40 years. He is a former Sussex Open gold and silver medallist, and a National Masters gold and silver medallist. He was also a Sussex County Squad Instructor for 12 years.



RISING SUN JUDO CLUB MEMBERSHIP FORM

PLAYER'S NAME.....

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

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

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

YOUR ADDRESS.....

.....

POSTCODE.....

OWN MOBILE FOR OVER 16 ONLY

EMERGENCY CONTACT MOBILE 1

EMERGENCY CONTACT MOBILE 2

EMAIL ADDRESSES.....

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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 including dyslexia

Hearing impairment

Physical disability

Learning disability

Multiple disability

Autism or Aspergers

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.

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.

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) or to our Facebook page (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.

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

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

Date.....