



BISHOPS STORTFORD JUDO



WELCOME LETTER

WHAT IS JUDO ?

Judo is a Japanese martial art that uses an opponent's own force and momentum against them; Judo involves no kicking or punching, the aim is to outwit your opponent mentally and physically using skilful throwing and grappling techniques. Since its inclusion in the 1964 Olympic Games, judo has progressed rapidly and is now one of the world's most popular combat sports.

Each lesson is an all over workout and includes exercises that improve cardiovascular, endurance, stamina, strength, flexibility, and co-ordination. You will also find that lessons learnt on the mat help you off the mat including increased self-confidence. Judo lays great emphasis on discipline and expects those taking part to show respect for themselves and others.

If you want to be part of a sport that everyone can do no matter what shape or size, where you can help yourself get fit, active and improve every aspect of your life then judo is for you!

GETTING STARTED

New starters are always welcome, taster sessions for beginners are FREE and are run in the first week of each month.

All we ask is that you complete some contact details and inform us of any medical conditions that the coaches should be aware of. Children under 12yrs must have a parent or guardian remain within the centre for the duration of their session.

We will lend you a judo jacket and belt each session for the first four weeks, all you need is a t-shirt and tracksuit bottoms or leggings (no zips or shorts) - you should also bring some flip flops and a full water bottler. If you decide to continue with judo you will need to purchase your own judo uniform, which we sell at reduced prices for members, a beginner's judogi costs from just £20.

Judo training sessions typically consist of a gymnastics and fall breaking based warm-up, followed by technical instruction and skill drills to practice throwing and grappling techniques and then some sparring.

CLUBMARK

Bishops Stortford Judokwai is a member of the British Judo Association (the National Governing Body for British Judo) and is Sport England Clubmark accredited. Clubmark is the only national cross sports quality accreditation scheme for clubs with junior sections. It is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards.

COACHES

All our coaches are BJA qualified, DBS checked and hold First Aid and Child Protection certificates. The club's lead coaches, Joe and Nicole Nunn, are both England Talent Programme coaches, former Great Britain international players and winners of the UK Children's Coach of the Year Award.

CHILD WELFARE OFFICERS

The club's Child Welfare Officers are DBS checked, and have completed UK Coaching 'Safeguarding & Protecting Children' and NSPCC 'Time to Listen' courses. A CWO is always available at the club on training nights and contact details are provided on the club website.

GRADING

The British Judo Association has a technical grading system (up to brown belt) allowing participants to progress through the ranks, within their club, this way that the next goal is always achievable. Bishops Stortford Judokwai holds regular grading examinations and players are encouraged to grade on average once every six months.

BRITISH JUDO ASSOCIATION MEMBERSHIP

As a new starter the club's insurance will cover you for four trial sessions. After your trial period you are required to join the British Judo Association, your BJA membership provides you with personal insurance, access to competitions and gradings, e-newsletters and access to the online membership portal, The Dojo. You can apply for BJA membership online at: www.britishjudo.org.uk

BISHOPS STORTFORD JUDOKWAI FEES & MEMBERSHIP

For the first four weeks fees are payable on a pay as you play basis, after this trial period you are required to move onto one of club members options, which are payable by monthly standing order.

Monthly club memberships start from just £30 per month and discounts are applied for three or more same household family members.

For more information on our club and judo please visit our website at: www.bishopstortfordjudokwai.com