

Welcome to

Kaizen Judo Club

Kaizen (pronounced "Kyzen") is Japanese for – "In the spirit of continuous improvement"

Judo for Women, Men, Girls, and Boys age 5 to 50+

GENERAL INFORMATION ABOUT THE SPORT OF JUDO:

Unlike many martial arts, Judo does not include any kicking or punching. Instead, it uses a series of throws, holds, armlocks, and chokes (*the latter two techniques are taught to teenagers and older*). Developed by Dr. Jigoro Kano in 1882, his photo is on the wall of our dojo ("*judo hall*"), Judo is an Olympic sport for both men and women. Today, it is practised in over 100 countries around the world. Every Judoka ("*person who does Judo*") learns Judo in Japanese as well as their own language so no matter what country an athlete competes, the scoring and officiating commands are universal – just like the sport itself!

ENTERING THE DOJO & JUDO BELT RANKS:

When entering the dojo, it is traditional for Judokas to bow or "*rei*" as it is called in Japanese to show respect. On entering and exiting the mat surface ("*tatami*"), Judokas are required to bow – always towards the tatami. When a Sensei ("*teacher*") tells the Judokas to line up, all members form a straight line along the mat surface in order of rank: white (*beginner*) to yellow, orange, green, blue, and brown. Black belts will either be at the head of this line or will join the senior Senseis on the opposite side facing the class. For our Juniors, Kaizen has implemented a stripe system to help maintain continued motivation toward belt levels. In this case, the line would go from white to one stripe yellow, two stripes yellow, three stripes yellow etc, yellow, one stripe orange, two stripes orange, three stripes orange etc.

PLEASE NOTE: **Do not expect to be promoted to a higher level at the end of every session.** Often, the higher the belt rank – the longer it takes to achieve a promotion. Some Judoka will move faster than others through the ranks because they have more natural ability and/or they practise more than twice a week. Either way, the youngest a Judoka can be sent for their Black Belt is 16 years of age and then he or she must have accumulated a minimum of points in competition.

BASIC RULES OF THE DOJO:

- Beginner Judokas generally do not have to wear a judogi ("*judo suit*") right away to class; however, you may purchase one at anytime as we do have them in stock. Instead, they are asked to wear a sweat suit with long sleeves, no hood, no strings, no buttons, no hooks, no zippers, etc. **Please Note:** Once a judoka has been promoted a yellow belt, he/she must wear a Judogi to each practise.
- No jewellery is worn when on the mat to eliminate this potential safety hazard. This includes necklaces, earrings, rings, bracelets (*except for medic alert*), etc. If an ear has just been pierced and the stud or keeper must stay in during a period of time, you must use a piece of masking or medical tape to cover it.
- Long hair must be tied back. A completely soft hair tie (*no metal what-so-ever*) or elastic band must be used to tie hair in place.
- Fingernails and toenails must be kept cut and trimmed to prevent potential accidents.
- All clothing (*including coats, boots, & shoes*) must be left on the coat hooks or rug provided in the hallway. Do NOT leave any valuables unattended. The Kaizen Judo Club cannot and will not be responsible for any lost or stolen articles.
- While visitors are allowed to wear their boots and shoes into the dojo itself, **no one is allowed on the mat surface ("*tatami*") with any type of footwear. Please kindly remove your footwear before using the washrooms.**

Prepared by,

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