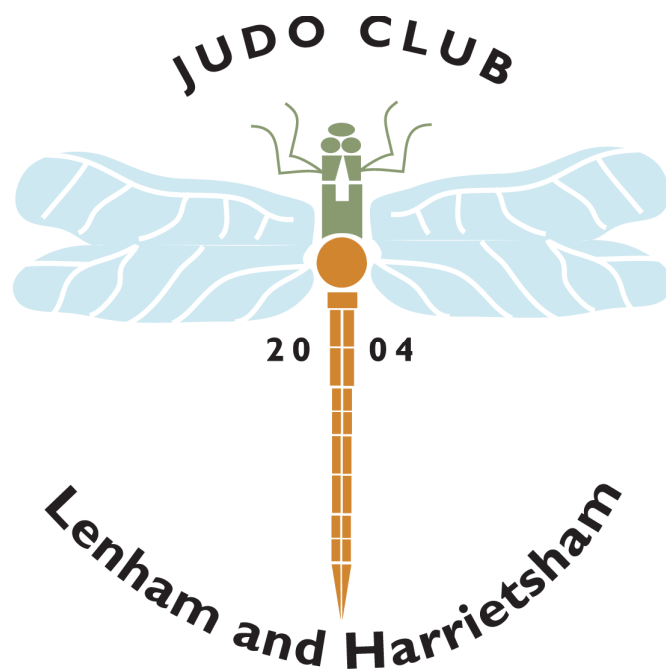


# MEMBERS HANDBOOK



## BRITISH JUDO COUNCIL (MARTIAL ARTS CIRCLE)

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## Table Of Contents

<b>1. INTRODUCTION.....</b>	<b>3</b>
<b>1.1</b> LENHAM & HARRIETSHAM JUDO CLUB.....	3
<b>1.2</b> BRITISH JUDO COUNCIL - BJC (MAC) .....	3
<b>1.3</b> WHAT IS JUDO?.....	3
<b>2. RULES &amp; POLICIES.....</b>	<b>6</b>
<b>2.1</b> CLUB RULES .....	6
<b>2.2</b> GENERAL CODE OF CONDUCT .....	6
<b>2.3</b> CHILD PROTECTION POLICY .....	7
<b>2.4</b> EQUAL OPPORTUNITIES .....	7
<b>2.5</b> EQUITY POLICY STATEMENT.....	7
<b>2.6</b> FIRE PROCEDURE .....	7
<b>3. CONTACT DETAILS.....</b>	<b>8</b>
<b>3.1</b> HOW TO FIND US .....	8
<b>3.2</b> CONTACTS .....	8
<b>3.3</b> CLASSES .....	8
<b>4. FORMS.....</b>	<b>9</b>
<b>4.1</b> GETTING STARTED.....	9
<b>4.1.1</b> <i>Trial Session</i> .....	9
<b>4.2</b> CONSENT FORM (JUNIOR) .....	9
<b>4.3</b> CONSENT FORM (SENIOR) .....	9
<b>4.4</b> JUDO LICENCE APPLICATION.....	9
<b>4.5</b> SUIT PRICE LIST / ORDER FORM.....	9
PLEASE TICK.....	15
LENHAM & HARRIETSHAM JUDO CLUB.....	15



## 1. INTRODUCTION

Welcome to Lenham & Harrietsham Judo Club. This booklet contains all the information to help you get started.

### 1.1 Lenham & Harrietsham Judo Club

Lenham & Harrietsham Judo Club were formed in July 2004. We are a member of the British Judo Council (BJC (MAC)).

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**Here are just some of the things we have managed to achieve in our first year:**

- ✓ Awarded sponsorship from Kent Community Foundation and Local Network Fund 2005
- ✓ Training session hosted by guest international trainer
- ✓ Winners of under 15 team award – Maidstone Youth Sport Achievement Awards 2005
- ✓ Loyal membership – Family orientated, Tea Coffee and refreshments
- ✓ Medal winners at team and individual events at various events at regional level
- ✓ New competition level matting 2005
- ✓ Regular Gradings / Belts for those wishing to develop
- ✓ Excellent clean/modern facilities based at Lenham Village Hall

### 1.2 British Judo Council - BJC (MAC)

Lenham & Harrietsham Judo club are administered by the British Judo Council (Martial Arts Circle). As such, the club has access to regular club competitions in the region and at National level but is also invited to open events run by other Judo associations such as the BJA.

### 1.3 What is Judo?

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more.

If you are contemplating signing up your child or family for some organized sports activity, here are some of the excellent benefits your child will gain from Judo.

**1. Self-Defence:** Judo is a great way to learn how to defend oneself. Not only will judo teach you the techniques to defend yourself, but also the way to think about defending yourself.

**2. Self-Confidence:** As people become more proficient in judo their confidence gets a big boost. They become more self-assured and confident. Their *Sensei's* (Teacher's) encouragement goes a long way to help them achieve this goal, but the confidence level will extend far beyond the *Dojo* (Martial Arts Studio).

**3. Discipline:** The mantra of any martial art is 'practice makes perfect'. Sessions include warm-up exercises



and regular practice of Judo holds and throws. Even while sparring or competing – where a martial artist shows how creatively he or she can apply what they have learnt– there are still rules and protocols to be followed. All of this teaches respect for one another, their opponents and colleagues. It also teaches them the benefits of self-discipline, a value that is important for the whole of life.

**4. Belts and Ranking:** Judo uses belts and ranking to help provide clear goals for your child's confidence and their desire to succeed. Belts are a great way to help track your progress and motivate people to strive higher.

**5. Emphasis on individual Achievement:** In many team sports not all people get the opportunity to be on the team for the whole game– which means that someone has to start each game on the bench. In Judo, however, each child's success is based on his or her own individual merits. Yes, you may not be the most winning *Judoka* in your Judo class, but that will be because you tried and lost, and not because you weren't good enough to make it off the bench.

**6. Gender Equity:** Some people still initially consider judo for their sons and not their daughters. However judo should be considered as one of the few sports where both boys and girls can play together. It gives brothers and sisters an opportunity to practise together and learn from one another as well (not to mention the convenience of having all the family in one place at a time).

**7. Exercise:** The typical 1 1/2 hour martial arts class will often consist of warm-up, games, teaching and practising of techniques and possibly some randori (sparring). The warm-up and practice comprise the bulk of the time, and for that time you will be constantly on the go. The workout each child gets will not only assist in the natural development of his or her muscles, but also help them build stronger cardio-vascular systems.

**8. Respect for Strength:** The first thing the parents of (even slightly) mischievous children think about when they send them to martial arts class is: "Is my child going to use this to hurt others?" Although this is a legitimate concern, it is always addressed early by instructors who remind students that the techniques they learn in the *dojo* stay in the *dojo* (except in self-defence), and shouldn't be used to bully people.

**9. Competition:** Just like in team sports, Judo enables those who wish to compete, to do so, but it equally beneficial for others to focus on theory, exercise and fun rather than competition if they prefer. Competition is great to test newfound skills and show your progress. Each competition is a fresh start, where you will normally get at least three or four turns.

**10. For the whole Family:** We are extending classes to cover both adults and children. Classes are in age groups, which means that you can watch your children workout, and then they can watch you. This will give you a special activity to use as a bonding tool with your children. You can also become physically fit together.

**11. The Never-Ending Season:** Many team sports, especially those primarily played outdoors, or in specific weather, are seasonal. However, judo is all year-round. Having this consistency also helps build upon discipline, and allows children to progress very quickly.

**12. They will exercise their minds too - Physics, Languages** While all martial arts teach you to fighting strategies, Judo really teaches much more. While learning *Kuzushi* (the art of breaking your opponents' balance) and throwing techniques, they learn Mechanical Physics. Combination techniques and follow-ups teach them improvisation, and finally, they learn a lot of Japanese too!

**13. Judo isn't about brute force, it is about control:** *Kano Sensei* (Dr. Jigoro Kano, the founder of Judo),



in his teachings, emphasised the concept of maximum efficiency / minimum effort. This is evident, as the crux of many Judo techniques is not necessarily brute force, but using your opponent's movements and strength against him or her. While physical strength and size are important, mental strength is probably the most vital factor in competition.

**14. Your child will be well co-ordinated (and we're not talking about Fashion)** When you're using your opponent's moves against him or her, timing is everything. Many of the throws in Judo will simply not work if you don't time them correctly. Feet, hands, hips and head all need to move in fluid and exact timed motions to properly execute a throw (which is why an *Ippon* – or full point – is so hard to achieve in competition). As your child practises he or she will learn more complex throws and, in turn, will demonstrate better reflexes and co-ordination as a result.

**15. Judo is Universal** Unlike many other martial arts, Judo techniques and principles are universal. There are well over a hundred member countries in the International Judo Federation, and it has held Olympic status since 1964. Although the styles of teaching and ranking and promotion standards may vary slightly from club to club – Judo is Judo is Judo. Which helps your child stick with it, even into adulthood, as it will never be hard to find a *dojo* to train in.

We offer a free trial session for new starters, so you don't need to make a huge financial commitment up front if you feel that it isn't for your child.

In conclusion, Judo is a wonderful alternative to team sports that will provide your children with not only an excellent physical workout, but also act as a vehicle to provide them with a mental and emotional workout as well. We look forward to seeing you.



## 2. Rules & Policies

### 2.1 Club Rules

Lenham & Harrietsham Judo Club is fully committed to safeguarding and promoting the well being of its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Terry (please refer to contact details)

As a member of Lenham & Harrietsham Judo Club you are expected to abide by the following:

1. Respect your Teacher, your partner and yourself
2. Always listen to your teacher, especially when you think you know best
3. NEVER BULLY lower grades
4. Always keep success or failure in perspective; remember you are only as good as your next contest
5. Keep your judo suit clean and in good repair
6. Always be clean and keep your nails short when practicing Judo
7. Never wear jewellery or anything else liable to cause injury when practicing Judo
8. Always ask if you don't understand; ignorance may be very dangerous
9. NEVER PRACTISE JUDO OUTSIDE THE JUDO HALL UNLESS SEVERELY THREATENED!
10. Always enjoy your Judo; if you don't you're probably doing it wrong!

### 2.2 General Code of Conduct

- Encourage your child to learn the rules and play within them
- Discourage unfair play and arguing with officials
- Help your child to recognise good performance, not just results
- Never force your child to take part in sport
- Set a good example by recognising fair play and applauding the good performances of all
- Never punish or belittle a child for losing or making mistakes
- Publicly accept officials' judgements
- Support your child's involvement and help them enjoy the sport
- Use correct and proper language at all times
- Please remember to read the club rules and refer to them from time to time to refresh your memory.



A copy can be found at reception.

- Parents please note that calling out to children on the mat is not encouraged; it may distract them and could result in injury.
- If your child wishes to leave the mat area for the toilet then he/she must first ask the instructor who will not say no but for health and safety reasons we will know where the child is at all times
- The walking on and off the mat is not to be encouraged. As well as bringing particles of grit on to the mat which can scratch the face and any other bare skin it's also considered bad manners and against the spirit of judo!
- Parents please help us keep the mat clean by bringing a pair of flip-flop shoes, which helps avoid coming on/off the mat in bare feet.
- IT IS THE PARENT/GUARDIANS DIRECT RESPONSIBILITY TO MANAGE CHILDREN IN THEIR CARE AND NOT TO ALLOW THEM TO RUN AROUND OFF THE MAT OR OUTSIDE THE HALL AND THEY MUST BE UNDER CONTROL AT ALL TIMES. WE RESERVE THE RIGHT TO EXCLUDE ANYONE FROM THE SITE IF WE FEEL THIS TO BE AN ISSUE.

### **2.3 Child Protection Policy**

Our staff have been CRB cleared and a copy of the clubs child protection policy can be viewed at reception if required.

### **2.4 Equal Opportunities**

A copy of our equal opportunities policy is available for viewing at reception.

### **2.5 Equity Policy Statement**

A copy of our equity policy statement is available for viewing at reception.

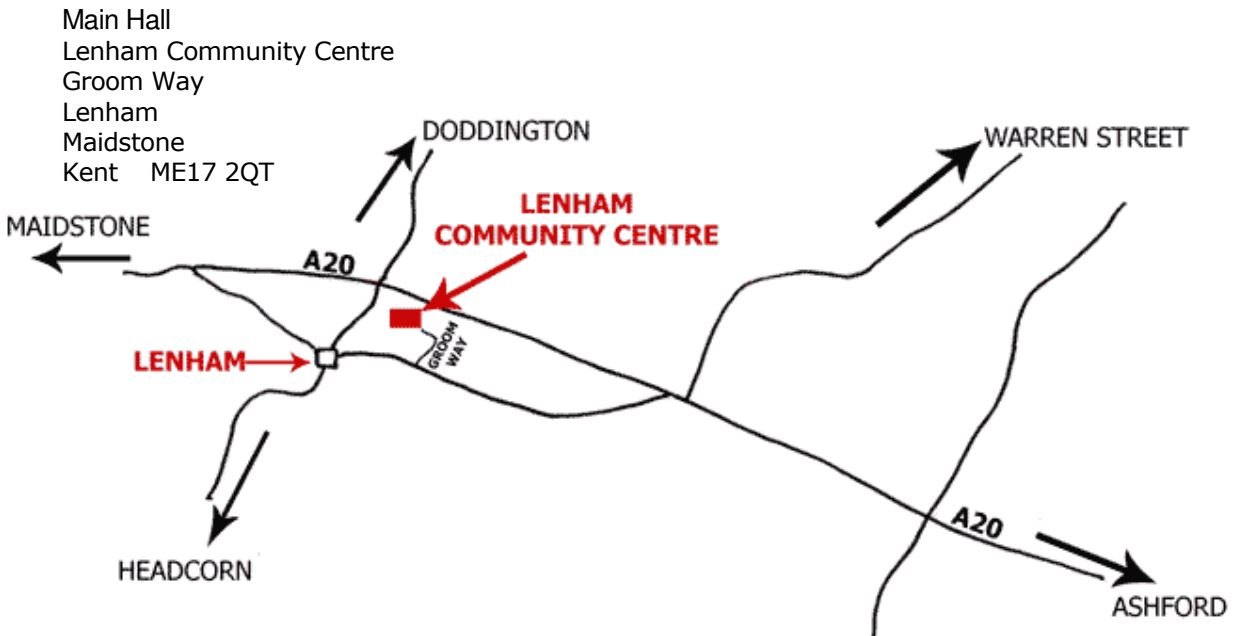
### **2.6 Fire Procedure**

In case of fire, please use either the main entrance if accessible or one of the fire exits from the main hall. Please listen to any further instruction from the Lenham & Harrietsham Judo Club Staff. Members are reminded not to panic, but leave promptly to reform outside in the car park to the left of the hall so a register can be taken.



### 3. Contact Details

#### 3.1 How to Find Us



#### 3.2 Contacts

Mr Terry Mainwaring	Instructor / First Aid	01622 850074 or 07919 466029 terrylandhjudoclub@tiscali.co.uk
Mrs Lou Willans	Treasurer / First Aid	
Mr Paul Birstonas	Mat Assistant	<a href="mailto:donemi@hotmail.com">donemi@hotmail.com</a>
Mrs Donna Birstonas	Registrations	<a href="mailto:donemi@hotmail.com">donemi@hotmail.com</a>

#### 3.3 Classes

**Classes are held every Friday at Lenham Community Hall:**

Level	Class	Age-Group	Weekly Fees *	Comment
Juniors (Class 1)	5.30pm - 6.30pm	5 - 10 year	£2.50	
Juniors / Seniors	7.00pm - 8.30pm	11 - onwards	£2.50	



## 4. Forms

### 4.1 Getting Started

#### 4.1.1 Trial Session

From time to time the club offers trial sessions for prospective new members as a taster. Members are encouraged to invite friends to join in. In the initial session people are free to wear strong loose clothing, such as a tracksuits or Rugby shirt is advisable. A limited number of judo suits are available for loan. No zips, buckles, jeans or body jewelry, please.

When getting started there are a number of forms that need to be completed.

#### 4.2 Consent Form (Junior)

To be completed by parent/guardian for any new members under the age of 16 This is a pre-requisite to being allowed on the mat.

#### 4.3 Consent Form (Senior)

To be completed by all new members aged 16 and over. This is a pre-requisite to being allowed on the mat.

#### 4.4 Judo Licence Application

If you wish to take up Judo a licence application form needs to be completed. This should be submitted no more than 3 weeks after starting. A licence will allow you to be graded and compete. You will receive the following Membership Pack.

- Lenham & Harrietsham Judo Club – Members Achievement Card – White Postcard sized booklet
- Junior Grading and Awards Syllabus – White A5 Booklet
- Record Book - British Judo Council (MAC) – Green Book
- Membership Card – renewed annually (please keep with Record book)

#### 4.5 Suit Price List / Order Form

Judo suits can be ordered through the club and usually available 1 – 2 weeks after order has been placed. A guide to sizes and prices are set out on the order form as a guide. Please check with the club to confirm current prices before placing your order





# Consent Form (Junior)

Licence No.	_____
D.O.B.	_____
Religion	_____

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Mobile: \_\_\_\_\_

## PERMISSION

I \_\_\_\_\_ (parent/guardian) give my permission for \_\_\_\_\_ to attend and take part in the activities of Lenham & Harrietsham Judo Club under the jurisdiction of the club instructor/s and helper/s. I understand and accept the club rules and codes of conduct.

## AUTHORISATION

In the event of serious illness or accident, I \_\_\_\_\_ as parent/guardian of \_\_\_\_\_ give my authority to the named club instructor/s or their representatives, to sign on my behalf any written forms of consent required by medical authorities for medical attention in such case when the delay in obtaining my own authority is considered inadvisable by the doctor or surgeons concerned.

## MEDICAL HISTORY

Does your child suffer from

Asthma?	Yes / No *	(* Delete as appropriate)
Diabetes?	Yes / No	
Epilepsy?	Yes / No	

Any other Medical Conditions (please give details) \_\_\_\_\_

\_\_\_\_\_

Has your child an allergy to penicillin? Yes / No

Any other Allergies (please give details) \_\_\_\_\_

\_\_\_\_\_

## DOCTORS

Doctor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

PostCode: \_\_\_\_\_ Telephone: \_\_\_\_\_

(For use of hospital staff, if required. All attempts will be made to contact you first.)

Do you object to your information being held on computer? Yes / No

Signature of Parent / Guardian \_\_\_\_\_

Date

Revision 1.30 (Mar 2007)





# Consent Form (Senior)

Licence No.	_____
D.O.B..	_____
Religion	_____

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Mobile: \_\_\_\_\_

## AUTHORISATION

In the event of serious illness or accident, I \_\_\_\_\_ give my authority to the named club instructor/s or their representatives, to sign on my behalf any written forms of consent required by medical authorities for medical attention in such case when the delay in obtaining my own authority is considered inadvisable by the doctor or surgeons concerned.

## MEDICAL HISTORY

Do you suffer from

Asthma?	Yes / No *	(* Delete as appropriate)
Diabetes?	Yes / No	
Epilepsy?	Yes / No	

Any other Medical Conditions (please give details) \_\_\_\_\_

\_\_\_\_\_

Do you have an allergy to penicillin? Yes / No

Any other Allergies (please give details) \_\_\_\_\_

\_\_\_\_\_

## DOCTORS

Doctor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

PostCode: \_\_\_\_\_ Telephone: \_\_\_\_\_

(For use of hospital staff, if required. All attempts will be made to contact your emergency contact first.)

Do you object to your information being held on computer? Yes / No

I understand and accept the club rules and codes of conduct.

Signature of Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

## EMERGENCY CONTACT (who to contact in the event of an emergency)

Name: \_\_\_\_\_ Relation \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

PostCode: \_\_\_\_\_ Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_





## JUDO LICENCE APPLICATION FORM

Type of License requested	Introductory	Junior / Student		Senior		Associate	
	New	New	Renew	New	Renew	New	Renew
Membership Fee	£5.00	£19.00	£14.00	£23.00	£18.00	£13.00	£12.00
Please Tick							

<b>Membership Number</b>	
<b>Title</b>	
<b>Forenames</b>	
<b>Surname</b>	
<b>Address</b>	
<b>Post Code</b>	
<b>e-Mail</b>	
<b>Date of Birth</b>	
<b>Tel Number (Incl STD)</b>	
<b>Club</b>	Lenham & Harrietsham Judo Club
<b>Official Position (If any)</b>	
<b>Date of Joining the BJC (MAC) (If known)</b>	

Please enter details of any currently held BJC (MAC) grades.

	Kyu Grade	Dan Grade	Referee Award	Coaching Award
<b>Grade</b>				
<b>Date Awarded</b>				
<b>Examiner</b>				

Your Data is kept on computer and will be used for contacting you and for some analysis purposes. It may also be passed on to other interested parties (Sports shops etc). If you DO NOT wish your data to be used outside the BJC please tick the box.

<b>Signature (Parent or Guardian if under 16)</b>	
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**PLEASE REMEMBER TO:**

- MAKE CHEQUES PAYABLE TO B.J.C. (MAC)
- IF THIS IS A RENEWALS: - PLEASE PUT LICENSE No ON REAR OF CHEQUES
- AND THEN RETURN THIS FORM TO

**STEVE MORRIS, 58 HEVERCROFT, ROCHESTER, KENT, ME2 2NN**

YOUR DATA IS KEPT ON COMPUTER AND WILL BE USED FOR CONTACTING YOU AND FOR SOME ANALYSIS PURPOSES. IT MAY ALSO BE

Version 2.50 Nov 2009





# Judo Suit Order Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Student: \_\_\_\_\_

Qty	Size	Price
	110	£15.00
	120	£15.50
	130	£16.50
	140	£17.00
	150	£17.50
	160	£23.50
	170	£25.00
	180	£25.50
	190	£26.00

**Colour**

White / Blue (\* Delete as appropriate)

White will be ordered by default unless otherwise specified.

For Blue suits please add £2.50 per item.

Cheques should be made payable to 'Lenham & Harrietsham Judo Club'

Signature of Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

Revision 2.20 (Nov 2009)