

Judo class for fourteen years to adult 2015 - 2016

# KV Judo Club

Judo class for thirteen years to adult

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The Kennebecasis Valley Judo Club offers a Judo class for children thirteen (13) years of age to adult.

The KV Judo Club is a member club of Judo NB, the governing body for Judo in NB. All of the club's black belt instructors are registered with Judo NB and Judo Canada.

The goal of this Judo class is to expose the students to Judo, and familiarize them with the discipline and respect for others that is required in a Judo club and provide experienced students with the opportunity to expand their skills. Students will also have opportunities to participate in Judo competitions.

Coloured belts are used in Judo to indicate a student's rank. There will be opportunities for belt promotions. (There will be no additional fees for earning belts.)

The thirteen year old to adult classes will be held on **Mondays from 7:30 – 9:00 pm and Wednesdays from 7:45 – 9:00 pm** at the Kennebecasis Valley High School mini-gym.

The Judo season runs from September to May of the following year. The **first class** will be on **September 12th** (Classes will not be held during the school Christmas break.)

The class fee is \$400/ season (September to May) for one class per week or \$450 for two classes per week. (This fee can be paid in ten equal payments of \$40 or \$45 by cash or post-dated cheques, made payable to KV Judo Club.)

There is also an annual Judo NB registration fee. The association sets the annual registration fee; the amount of this year's fee is \$55 (U14 is \$35) UNO.

All students must register with Judo NB. This registration will include coverage under Judo NB's insurance plan. The registration fee will also allow them to participate in other Judo activities and to be guests at other Judo clubs.

## A typical Judo class will include

- Warm up exercises
- Drills
- Skills / Technique instruction
- Games
- Cool down

## What is Judo?

Judo is a Japanese martial art that was created by Dr. Jigoro Kano in 1882. Judo is an Olympic sport with techniques such as throws and holds.

## What to wear

A Judo uniform (jacket, pants and belt) can be purchased. A new suit, for this age group, should cost around \$40. However, it may be possible to purchase a used suit. (It may be possible to purchase a used Judo suit from students in the older age groups.)

To start students can wear gym clothes. We recommend gym pants and a long sleeve shirt. Please keep in mind that

these clothes will most likely be damaged, since most Judo techniques involve grabbing and pulling the clothing.

**For more information on the 13 to adult class contact**

Andrew MacBean (3<sup>rd</sup> degree black belt) at (H) 849-1218, (C) 645-0512 or email at [andrew.macbean@rogers.com](mailto:andrew.macbean@rogers.com)

General Rules for the KV Judo club

Parents (of younger students) are asked to wait for their children outside of the mini-gym.

Most of the floor in the mini-gym will be covered by mats which will not leave enough room for seating. There are two large windows and the door to the gym will be open for parents to watch.

The instructors will not be able to leave the mini-gym to take students to the washroom or to make sure they are picked up by their parents. (The class for the next age group starts immediately after this class.)

Other users of the school will be in the building at the same time.

Students are asked to leave their outside footwear in the hallway outside the mini-gym.

Shoes are not allowed on the mat as shoes will damage the mat surface.

Students should be in their bare feet when on the mat. Socks will be slippery.