

PARENTS' GUIDE TO

JUDO



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Welcome to the world of judo! Judo is practiced by more than 100 million people in more than 200 countries worldwide. There are many reasons why judo is such a popular sport and activity.

- Judo is an activity that is enjoyed by males and females of all ages.
- Judo develops athletic qualities and skills from basic physical literacy to complex movement patterns and tactics.
- Judo offers avenues of philosophical exploration for it is rooted in Japanese culture.
- Judo is an excellent form of self defense; it also develops conflict management skills.
- Judo is a sport which can be pursued towards Olympic glory.
- Judo programs offer a safe and challenging environment in which each judoka can achieve his or her potential.



WHAT IS JUDO?

The Japanese word "Judo" literally means the "gentle way". Balance, timing, strategy and tactics, are essential characteristics of this sport and art. The objective in judo is to apply these principles to the many throwing and grappling techniques. Judo is both a fun and high-energy activity as well as a relaxing and calming exercise. The various movements and techniques can be learned with games and are perfected through practice with a partner.

In short, Judo has a wide range of appeal as a sport, an art, a discipline, a recreational pastime, a social activity, a fitness program, a means of self-defense, and a way of life.



A BRIEF HISTORY OF JUDO

Judo was founded in 1882 in Japan by a young scholar named Jigoro Kano (1860-1938). Kano wanted to develop a system of physical education suitable for the newly emerging Japanese public educational system. He derived judo from the ancient art of jiu-jitsu. The system he developed is based on two key principles: **maximum efficiency** and **mutual welfare**. It aimed to teach how to subdue without injuring the opponent. According to Kano, "Judo is a teaching for life itself and with it we learn to overcome the pitfalls and obstacles of everyday living". The school where he taught his first students in Tokyo, called Kodokan, is regarded as the world centre of judo. Every year it attracts thousands of judokas of all ages and skill levels.



The first dojo (judo school or club) in Canada was opened in Vancouver in 1924. Judo Canada, the official national governing body for the sport, was incorporated in 1956. Today an estimated 30,000 Canadians participate in judo programs in approximately 400 clubs across Canada.



JUDO AS A COMPETITIVE SPORT

For those interested in competitive judo, there are many opportunities to develop as an athlete from the club right up to the Olympic level. Within Canada, there are various club, regional, provincial and national competitions for all ages. In 1964, Judo was included in the summer Olympic Games program. Since that time, Canadian judo athletes have won two silver and two bronze medals at the Olympics and many more medals at the World championships and other international competitions.

THE VALUES OF JUDO

One of the distinguishing aspects of judo is how its basic values and principles translate into a way of life. What is learned on the mat through hard judo training transfers at home, at school, at work or at play.



These values include:

- playing by the rules
- co-operating with others
- respecting self and others
- self-discipline and humility
- self-confidence and commitment
- perseverance and determination
- concentrating and controlling emotions

JUDO SKILLS MAP

The map on the back is designed to walk you through the techniques and skills that need to be acquired in order to attain the next belt (*Kyu levels*). Half-belts are awarded to junior participants (13 and under).

The resource book used as a reference is Kodokan Judo - Jigoro Kano. This book is published by the



Kodokan school and contains all the techniques and skills recognised by Judo Canada. There are however many variations to the techniques and each individual eventually develops his or her own personal style.

In order to be eligible for a half-belt grading, at least half of the items in a column must have been learned and practiced to the satisfaction of the *sensei*.

Other criteria must be met for a belt grading and include among others: hours of participation, personal attitude and fitness level. The complete list will be considered by the *sensei* and can be found on Judo Canada's website under the *Kyu Grading Syllabus*: www.judocanada.org.

WHAT TO EXPECT FROM A JUDO COACH OR INSTRUCTOR

Coaches and instructors are to follow the Judo Canada *Coach's Code of Conduct*. This document is available on Judo Canada's website at: www.judocanada.org.



Your child's *sensei* (teacher) should be trained through the National Coaching Certification Program. This program trains coaches in various areas such as safety, skill development and teaching techniques.

While observing the *sensei* during a session, you should be able to notice the following.

- Judo activities are well-communicated, timely and well-organized.
- The teaching and demonstration of judo skills and technical progressions includes emphasis on safety.
- Positive feedback is provided to participants to encourage learning and improvement.
- Injuries are tended to immediately and with appropriate actions.
- Participants are engaged, organized and enthusiastic during sessions.
- The experience enhances self-esteem.



WHAT TO EXPECT FROM A JUDO CLUB

- The Judo Club is registered with Judo Canada through the Provincial/Territorial Judo Association and programs are delivered by a qualified judo coach or instructor. As such, the club's activities in the dojo are covered by a group sport insurance.



- All participants in the course are registered with the club, the Provincial/Territorial Judo Association and Judo Canada and benefit from the various membership services.
- The Club offers a **safe** working environment free from any form of negligence, harassment and abuse.

WHAT IS EXPECTED FROM A JUDO PARENT

Support your child in their effort to improve. Remember, **there is a very thin line between supporting and pushing** your child.

Always respect the partners and opponents of your child. Without them, there is no progress, and judo is not possible.

If you like what you see in judo programs, try it out. Most programs

offer judo to adults and often special programs are arranged where children interact on the mat with their parents. You may become a judoka at any age. Those who practice judo for life enjoy the social and personal connection developed with the people who share the same passion for judo.



SPEAK OUT AND SPEAK UP!

Judo Canada expects every parent, volunteer and staff member to take all responsible steps to safeguard the welfare of its judokas and protect them from any form of negligence, harassment and abuse. Should you have any concerns, do not hesitate to contact your Provincial/Territorial judo association or Judo Canada. A copy of our policies on this topic can be found at www.judocanada.org.

THE SIGNIFICANCE OF BOWING

The bow, seeded in Japanese tradition, is a symbol of respect and trust. As a contact and impact activity in which partners need each other to learn and progress, partners are responsible for each other's safety and well being. Therefore, when we bow on the judo mat before the exercise, we entrust our partner. After the exercise we bow in thanks for not violating that trust.