



GET STARTED

JUDO FOR BEGINNERS



Welcome to **Get Started** – British Judo Martial Arts Beginners Sessions & Courses

What is Judo?

Judo is a grappling martial art as well as an Olympic sport, born in Japan by its founder Jigaro Kano. Judo means the “Gentle Way” and as such there is no kicking, punching or striking involved, making it one of the safest contact sports!

Why Judo?

Judo caters for everyone and is a great way to keep fit and healthy. Our British Judo ‘JudoKids’ and ‘Mon’ Grading programmes have been specifically developed to gradually and safely introduce children and young people to a sport that promotes the acquisition of important life skills, in a fun, exciting, positive and inclusive way. Sessions are highly structured and incorporate age-appropriate activities, co-ordination exercises as well as basic Judo skills; all of which are aimed to improve your child's physical literacy and mental well-being. These skills will help your child become a better student, a better listener, more confident and feel more ambitious towards their goals - all whilst having fun!

What does my child need to wear?

At the first session your child should wear leggings/jogging bottoms (No shorts) with a long-sleeved top or t-shirt, preferably without zips. Thereafter, ideally a Judo kit (Judogi) would be required. Judogi is often available from clubs directly or via the ‘Judostore’. www.judostore.co.uk

How much does it cost?

Club Membership – Training fees tend to vary depending on the level of service the participant receives in return. For example, if the club is in a purpose-built dojo or if the player would like support to compete. Fees are generally collected Monthly, Termly or via a set fee for a course of sessions. Some clubs offer ‘Pay as You Go’ options, however this payment method tends to be more expensive.

British Judo Membership (No Licence No Judo) – British Judo have several membership packages available; these are tailored to each judo players individual needs. (Introductory, Recreational, Pathway Schools Membership and the Full Membership which allows participants to grade and compete, should they wish to do so.

What will the first few sessions entail?

The first sessions should be a fun, inclusive introduction to Judo, with focus on fundamental movements, judo games, learning your first basic judo moves/techniques, covering the key safety points, and designed to give you the confidence and desire to ‘Get Started’ and keep you coming back for more!

Ultimately welcome you and your child to the #judofamily!