

“Judo in reality is not a mere sport or game. I regard it as a principle of life, art and science.”

Dr. Jigoro Kano



Class Schedule

Monday, Wednesday and Friday

- 6:00 – 6:50 Dog Pack (5-8yrs)
- 6:50 – 8:00 Intermediate (9-15 yrs)
- 8:00 – 9:30 Adult / Advanced

Our Instructors



Karl Doherty - Godan (5th)
Consulting Sensei



Jamie Claus – Nidan



Rich McComb – Shodan



Greg Silcock - Shodan

All of our instructors are NCCP (National Coaching Certification Program) qualified.



Newmarket Budokan Judo Club

905-853-7567
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www.newmarketbudokan.com

Newmarket Budokan Judo Club



A Not For Profit Amateur Sport Club

Our Values

- **Sportsmanship, honesty and fair play**
- **Safe environment**
- **Responsibility**
- **Perseverance**
- **Courage**
- **Integrity**
- **Positive leadership and respect for others**



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.

Judo comes to us from the fighting system of feudal Japan. Founded in 1882 by Dr. Jigoro Kano, Judo is a refinement of the ancient martial art of Jujitsu. Dr. Kano studied these ancient forms and integrated what he considered to be the best of their techniques into what is now the modern sport of Judo.

Judo was introduced into the Olympic Games in 1964 and is practiced by millions of people throughout the world today. People practice Judo to excel in competition, to stay in shape, to develop self-confidence, and for many other reasons. But most of all, people do Judo just for the fun of it.

As in all sports, Judo has a strict set of rules that govern competition and ensures safety. For those who want to test their skills, Judo offers the opportunity for competition at all skill levels, from club to national tournaments, to the Olympic Games. There are separate weight divisions for men and women, and boys and girls. Judo is best known for its spectacular throwing techniques but also involves considerable grappling (ground techniques) utilizing specialized pins, control holds, arm locks, and choking techniques. Judo emphasizes safety, and full physical activity for top conditioning. Judo is practiced on special mats for comfort and safety.

Judo is unique in that all age groups, both sexes, and many people with disabilities can participate together in learning and practicing the sport. Judo is an inexpensive, year-round activity, which appeals to people from all walks of life. Very young boys and girls, as well as people over sixty years of age enjoy the sport.

Judo develops self-discipline and respect for oneself and others. Judo provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility. As a sport that has evolved from a fighting art, it develops complete body control, fine balance, and fast reflexive action. Above all, it develops a sharp reacting mind well coordinated with the same kind of body. Judo training gives a person an effective self-defense system if the need arises.

“Judo teaches us to look for the best possible course of action, whatever the individual circumstances.”

Dr Jigoro Kano



All club members must purchase a membership in Judo Ontario that runs from Sept 1 – Aug 31 each year

Prices for Judo Ontario are as follows:

Born 1999 – 2005 White or Yellow Belt	\$40
Born 1999 – 2005 Orange Belt and up	\$60
Born 1992 – 1998 White to Brown Belt	\$75
Born Pre 1992 White to Brown Belt	\$100
Black Belt	\$130

Our Rates

Yearly Club Membership	Sept – Aug	\$25 Incl. HST
Single Person	monthly	\$60 + HST
	3 months	\$150 + HST
Two Family Members*	monthly	\$100 + HST
	3 months	\$270 + HST
Three or more Family Members*	monthly	\$130 + HST
	3 months	\$360 + HST
U20 Introductory Package	30 days	\$99 Incl. HST
20+ Introductory Package	60 days	\$149 Incl. HST
HST of 13% is applicable to all club fees		
Non-Members	per class	\$8
Grading Fee		\$15

*** Immediate Family Only**