

Beginner's information

The Sobell Judo Club runs a comprehensive teaching structure which caters for all ages. We allow children to start judo from the age six years onwards.

Age groups are categorised as follows:

- Primaries: 7 years to under 10 years
- Juniors: 10 years to under 16 years
- Adults: 16 years +

These classes are run for two consecutive weeks and are held in conjunction with the regular class.

We run regular induction classes for all beginners which are held once a month. The dates of these classes can vary according to demand. Dates are always advertised on the front page of website. You are requested to register online for the induction classes. Once you register you will receive all necessary information and instructions about what to where and what you should expect during the two week sessions.

- **Primary Induction Classes** are held on Wednesdays 5.00pm - 6.00pm.
- **Junior Induction Classes** are held on Wednesdays 6.00pm - 7.30pm.
- **Senior Induction Classes** are held on Wednesdays 8.00pm - 9.30pm.

The non-refundable fees are as follows:

- Primary and juniors fee is £12 for two weeks
- Senior fee is £15 for two weeks.

Once you have completed the two week induction course, you will then be required to pay a standard mat fee, every time you attend a session.

Please note: not everyone may be suited to do Judo for many reasons. Our judo instructors will assess you throughout the induction course and inform you to whether you are suitable.

If you would like to come along please fill in the on line application form below. You will be sent an application form and all the necessary information you will need for the induction course. If you wish you may phone us on 0771 489 7381 for further information or to book a place on the induction course. Once you have done this, you will be sent an [application form](#) or you may download it here. The application form and the relevant fees entitle you to the two weeks induction course and it also covers your judo insurance for this period. A copy of the Form will sent to you by mail once you register. **Please fill this form and bring it with you when you attend.**

Beginners Programme

The following will give you an idea of what you will be learning in the two week induction course.

Requirements

On arrival, you will be requested to fill in a registration form and pay the starting fee if you have not already done so earlier, in person or online.

- Please wear a long sleeved top and tracksuit bottoms.
- No zips/buttons are allowed as this may cause injury to you and/or rip the judo mat.
- You will also be practising bare footed. Please make sure your fingernails and toenails are cut short to prevent injury.

So what will happen?

We will start the session with a formal bow and then break into exercises and games. This is known as a warm-up.

You will then be taken to one side (separate from the main judo class) and you will be briefed on what judo is, its traditions and formalities. The first thing you will be taught is 'breakfalls'. This is a special form of falling as it breaks your fall (hence the term break-fall). As judo requires lots of throwing techniques, one must know how to fall properly and safely!

There are five basic breakfalls that you will need to learn: left, right, back, forwards and rolling. Once you have perfected the breakfalls, you will be taught how to take hold of your opponent and how to break your opponents balance. This will be explained in detail.

You will then be shown a judo throw and a judo hold-down. You will then rejoin the class for a warming down exercises and judo games.

What will I do in the second lesson?

You will repeat all of the above and be introduced to uchi-komi training (this is repetition of attack). You will learn a new judo throw, a new hold-down and you will have your first free fight (randori).

We look forward to seeing you and hope you enjoy what judo has to offer.

Please fill in the attached form and bring it with you to the session.

For the next date on the [Induction Course time-table](#) click here.

Sobell Judo Club

Registration Form¹

Reg. Type	Primary/Junior	Adult	Fee paid
<input type="radio"/> Induction Course ²	<input type="radio"/> £12 for two weeks	<input type="radio"/> £15 for two weeks	
<input type="radio"/> JFA UK Membership	<input type="radio"/> £30 per annum	<input type="radio"/> £30 annum	
<input type="radio"/> Club Membership	<input type="radio"/> £20 per annum	<input type="radio"/> £30 per annum	
<input type="radio"/> Session fee - members	<input type="radio"/> £4.50 per session	<input type="radio"/> £5.00 per session	Date of joining __ / __ / ____
<input type="radio"/> Session fee non-members	<input type="radio"/> £5.50 per session	<input type="radio"/> £6.50 per session	

Name:	
Address:	
	Post Code:
Home Tel:	Date of birth: __ / __ / ____
Mobile:	Gender: <input type="radio"/> Male <input type="radio"/> Female
Mobile:	Age:
Email:	

EMERGENCY contact number:	
Please give details of any relevant medical conditions.	Please give details of any medication currently taking:
Parental Consent (Name and relation of Parent, Guardian or carer for primary & Junior applicants)	Signature
Contact Details if different from above Name: _____ Address: _____ _____ _____ Postcode _____ Tel: _____ Mobile: _____ Email: _____	Date
	Received by

Please Note:

Judo is a full contact and dynamic sport thus some injuries may occur during practice. The club cannot be held responsible for any injuries that may be sustained through practice;

Everyone taking part in the Judo Induction Course, will do so on a trial basis and can join the normal training sessions upon completion of the course only if and when approved by the instructor in charge;

Sobell Judo Club may take photos and videos during training sessions, competitions or other judo events. These material and media will be used solely for training purposes within the club. They are the property of the club, copyrighted to Sobell Judo Club by law. Any such material used for the promotion of the club for the wider public will be at the discretion of the club management.

Please return registration form with fees to the [Sobell Judo Club: c/o 56 Holloway Road, Islington, London N7 8JL](#) or bring with you to a training session at 6.00pm till 9.00 pm on Mondays or Wednesdays at the [Sobell Leisure Centre](#).