

Please take time to read and take note of the following guide for all beginners

## **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.

Please note, upon competition of the two weeks induction course you must acquire a JFAUK full license. Without this license you will not be able to practice. The fee for the JFAUK license is £30 per annum. You will need a 4 passport sized photographs.

**\*\*Please bring the relevant fees in cash only! \*\***

**There are no facilities for handling any card payments at the dojo.**

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 followed by warm up exercises.

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.



FOR OFFICE USE ONLY

JFA (UK) No.....

RENEWAL DATE.....

FMA No.....

# JUDO FOR ALL

UNITED KINGDOM

## LICENCE APPLICATION

Club Name..... Club No.....

PLEASE WRITE IN CAPITALS

NEW / RENEWAL

### SECTION 1

First Name..... Surname.....

Date of Birth..... Gender MALE / FEMALE

Address.....

.....

Postcode..... Contact No (Home).....

Contact No (Mobile).....

Email Address.....

### SECTION 2

Application for SENIOR\* / JUNIOR

\*Person 16 years old or over

Present Grade.....NOVICE / KYU / DAN

Medical Condition? Asthma, heart disease, blood disorder, any injuries etc.

If yes, please give full details.....

.....

Do you consider it to be a disability? YES / NO

### SECTION 3 LICENCE FEE (To renew annually)

Senior and Junior **£30.00**. Replacement for lost record book £5

Cheque No..... Please make cheques payable to JFA (UK)

I declare that the information given above is correct and that I will abide by the constitution and rules of JFA (UK)

Signed..... Date.....

(Parent/guardian signature if under 18)