

NEW MEMBERS GUIDE 2020



www.japanartscentrejudo.com

<https://www.facebook.com/japanartscentrejudo/>

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Welcome !

If you are considering or just about to take your first Judo class, here is some info to help you settle in . We run classes for all ages, sizes , abilities and levels of fitness so please don't be apprehensive , you can work at your own pace and we will do our best to help you achieve your goals .

Parents/carers are welcome to watch their child's class there is limited seating at the end of the dojo .

We do ask parents not to disturb their child whilst the class is taking place.

We request that parents stay at the club for their child's first lesson . after the first lesson we are happy for parents to leave their children provided an emergency contact number is available.

Our club is a member of the British Judo Association, the governing body for Judo in Great Britain. All our coaches are DBS Checked, First Aid trained and hold governing body Coaching Awards.

Costs:

Junior and youth fees are charged by the school half term in advance (5-8 weeks) fees work out at £4 per lesson so term fees vary from £20 - £28 depending on the number of weeks. No credit is given for missed classes

Adults (18+) pay per class at £5 per session

After 4 lessons you will need to join the British Judo Association the governing body for Judo. This is an annual fee payable of between £22-£42 depending on age and covers insurance costs.

This is usually done online at www.britishjudo.org.uk

There is no membership fee for the club.

Kit We can usually lend you a jacket and belt for the first few weeks so you can decide if Judo is for you.

Juniors kits cost from £15-£25

Japan Arts Centre PSUK Judo Club , City Academy, Russell Town Ave, Bristol , BS5 9JH

www.japanartscentrejudo.com Email: paajudo@aol.co.com Tel: 07500040182

Members of the British Judo Association

Etiquette and Safety and Hygiene

All jewellery, watches and glasses must be removed.

Long hair needs to be tied back with a soft hair band which does not contain any metal.

As judo is a contact sport, personal hygiene is of the utmost importance.

Please ensure that clothing worn for judo is clean and free from rips or tears and does not contain any hard or metal objects.

Nails especially must be short and clean.

Please cover any cuts or grazes and be of clean appearance.

Ladies and girls wear a round neck t-shirt underneath their judo suit.

What Judo can do for you?

Improve Fitness Aerobic - Strength, Balance and Resilience

Inclusion of All - All Shapes , Sizes Temperaments

Effective Goal Setting - Progressive success through grading - competitions

Encourage Assertiveness - Meet Challenges , calmness develops through assertive responses

Standing up to an artificial, aggressive physical challenge makes other encounters easy by comparison

Confidence - Improved Self esteem Personal Demeanour - Inner confidence to deal with bullying behaviour

Improve Concentration

- Develops physical and psychological control

- Ability to focus intensely on the following:-

Anticipating opponent's reaction

- Problem solving:-

Choosing right move remembering each intricate move delivering move with strength and power

Grades- how do they work?

Grading help Goal Orientation with Belt Rankings Offering-

- Clear Progression

- Steps of a ladder

- Children must look forward

- Constant sense of achievement

- Individual (not team) success - you see results of personal effort.

- Formal test develops poise in front of judges

Not everyone who practices Judo wants to grade, some members practice purely for recreational pleasure and fitness. There is no pressure to grade. Our Goal is to help you reach your goal - whatever that may be.

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What are Mon, Kyu and Dan Grades?

For players aged from 8 to 17 years, there are 18 levels of skill grades known as Mon (Junior) grades, which are denoted by coloured and banded belts. All the grade are technical grades which require a demonstration of technique and knowledge of rules

From 14 years, Kyu (senior) skill grades apply and are again denoted by belts of different colours. Everyone has to work through the grading system to reach the 1st Dan Grade when the player is entitled to wear the famous black belt. Even then there are higher levels for the very dedicated.

Your coach will help you learn the relevant syllabus and advise you when you have reached the correct standard to grade. There is a minimum period of two to three months between grades and a fee payable for each grade. Downloads of requirements for each grade are on the club website.

For children aged 5-7 years the emphasis is on learning to control body movements, balance and coordination as well as learning to work with others. 5-7 year olds complete the BJA Judokids scheme of coloured belts with stripes . For more info check out www.judokids.org.uk

Championships

Competing is an integral party of Judo and a dynamic Olympic Sport . We encourage and support our members to take part in suitable competitions, these range from low key inter club , County and Area Championships, veterans events and International Championships. There is no pressure to compete if you do not wish too.

Photography

As part of our child protection procedures we do not allow photography or filming at the club by parents/carers without prior notice and agreement. From time to time especially after championships and gradings class or individual photos of children are taken with their trophies or belts. These photos may be published on the club website, names will not appear on junior photos to protect identity. From time to time we also use video as a coaching aid to film children practising for them to watch and analyse. If you do not consent to your child being photographed or filmed please let us know.

Safeguarding & Welfare

Mission Statement

Japan Arts Centre P.S.U.K Judo Club

Japan Arts Centre Judo Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with our club welfare officers

We do this by:-

Recognising that all children have the right to freedom from abuse

Ensuring that all our volunteers and staff are carefully selected and accept responsibility for helping to prevent abuse of children in their care.

Responding quickly and appropriately to all suspicions or allegations of abuse, and providing parents and carers with the opportunity to voice concerns they may have.

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Appointing Welfare officers who will take specific responsibility for child protection and act as the main point of contact for parents, carers, children and outside agencies.

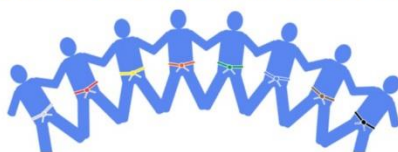
- The duties of our welfare officers include:
- Ensuring access to confidential information is restricted to the Welfare officers or the appropriate external authorities.
- Reviewing the effectiveness of our Safeguarding Policy and activities annually.
- Assist the club to fulfil its responsibilities to safeguard children and young people at club level.
- Assist the club to implement its safeguarding plan at club level.
- Be the first point of contact for staff/volunteers, parents and children/young people where concerns about children's welfare, poor practice or child abuse.
- Promote the club's best practice guidance/code of conduct within the club in line with the club's plans. This may involve working with children/young people and parents on developing the club's approach to the best behaviour of everyone at the club.
- Promote and ensure adherence to the club's safeguarding training plan.
- Ensure confidentiality is maintained alongside the club's management committee.
- Promote anti-discriminatory practice.



Stay Safe !

Japan Arts Centre Police Sport UK Judo Club

**Are you worried about yourself
or someone else in the club ?**



**Do you want to talk to someone
who can help ?**



Our Club Welfare Officers

Steve Wells & Raphaelle Barbier St Hilaire



can offer advice or seek further help
for you, or you can contact the
British Judo Safeguarding Team
0121 728 6920 or Childline

Steve Wells

Tel : 07725567875

jstevekane@hotmail.com



Raphaelle BSH

Tel : 07392 083590

raphiki88@hotmail.com

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Code of Conduct for Junior Members

As a member of Japan Arts Centre Judo Club you are expected to abide by the following junior code of conduct:

- All members must play within the rules and respect officials and their decisions.
- All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- Inform the coach if they are going to be late.
- Members must wear suitable kit for training and competitions, as agreed with the coach.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

Code of Conduct for Parents & Guardians

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in Judo.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their Judo.
- Use correct and proper language at all times.

Equity policy statement

Japan Arts Centre PSUK Judo Club

This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

If you require any further info please do not hesitate to contact us
Tel: 07500040182 Email : paajudo@aol.com

Our Coaching Team !



Chris Hunt - 7th Dan

Chris our head coach joined our club after moving from Cornwall in 2000. Chris has brought vast knowledge and experience and has developed both our own coaching team and hundreds of UK and overseas coach's Chris is a

former Director of the Coaching and Promotions Commission for the British Judo Association.

Chris is the current Director of Coaching for British Police Judo. In 2019 he was awarded the European medal of honour for his services to Judo and competed in Commonwealth Veterans Judo Championships winning Bronze.

After retiring from the Police, Chris joined the National Crime Agency where he is a serving officer.

Jo Hunt - 1st Dan

Jo founded the Japan Arts Centre in Clifton back in 1988 as part of a college community project. After the project completed many children wanted to continue judo so the club continued to grow.

Jo competed at National level and achieved her Black belt in her teens. Jo is a Level 3 coach and former member of the British Judo National Coaching and Promotions Commissions.

Jo takes care of the day to day running of the club and administration.

During the day Jo works as a Property Manager for a local business.



Robert Winkworth - 4th Dan

Robert started Judo at the age of 40 and through determination and perseverance obtained his competitive Black belt and has since progressed to 4th Dan and a Level 3 coach.

He joined Jo coaching the juniors back in 1990

Robert is the head coach for adult beginners and children with additional needs.

Robert is a local business entrepreneur whose companies often sponsor the club at various events



Rich Stevens 3rd Dan

Rich is a highly experienced level 2 coach and competitor and also a coach at Weston Super Mare Judo Club.

Rich is a regular coach in the adult classes

Originally a member of Bristol Judokwai one of the first Judo clubs in the South West, Rich was a student of the legendary Jerry Hicks.

Following Jerry's coaching, Rich developed excellent technique which he now passes on to students through his coaching.

Rich is a retired engineer

Adrian Upex 1st Dan

Adrian joined us a beginner having practised Judo as a child, he rekindled his passion for the sport and has worked through the grades to gain his competitive Black Belt and Level 1 Coach award.

Adrian competed at the 2019 Commonwealth Veterans Championships.

Adrian leads the intermediate junior group and also coaches in the under 9's class

Adrian fits his training and coaching around his very demanding career as a Consultant Anaesthetist at the Bristol Children's hospital



Lee Holley 5th Dan

For many years Lee a level 2 coach, has travelled up from Cornwall on a regular basis to train and coach.

Lee has represented the British Police Judo Team internationally on many occasions and has won numerous titles including Commonwealth Veterans Champion.

Chris has coached Lee from a teenager and now enjoys coaching with Lee at events at masterclasses they run throughout the year.

Lee is a serving Police Officer



Marcus Jones 1st Dan

Marcus joined us when a student at Bristol University where he was Captain of the Judo Club.

Marcus a level 1 coach is and is also a Personal Trainer

Marcus, known by the children as the "BFG" assists in the Junior class



Ollie Wilde 1st Kyu

Ollie is a student at Bristol University studying medicine. He was Captain of Bristol University Judo Club and is a level 1 coach

Ollie has been practicing Judo since he was a child in Cornwall and assists in the Junior classes

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