



Thanks for your interest in our Judo sessions , here is the information you need to sign up !

Who can sign up?

We run classes for Children aged 6 -14 years and Youths and Adults 15 +

Do you offer a free trial ?

Yes, all new beginners can take advantage of FREE classes as part of our Try Judo Program with a four week Free Trial

When and where are the classes?

Children :	Monday	6.45pm – 7.45pm –	Beginners and Advanced
	Wednesday	6.45pm-7.45pm	Beginners and Low Grades
	Saturday	10.30am- 11.30am	Class for children in Cantonese
Adults& Youths :	Monday	8pm-9.30pm	All Grades
	Wednesday	8pm-9.30pm	All Grades

The classes are held at Faithspace, Prewett St, Bristol BS1 6PB . Just follow the signs outside the building. There is free car parking on site. Parents are requested to remain close by for their child's first class. An emergency contact number must be available at all times.

What will I need to bring?

You will need to bring a bottle of water.

What will I need to wear?

Tracksuit bottoms without zips or leggings and a full-length T shirt not crop tops) Long hair will need to be tied up using an hair elastic without metal in

No shoes are required as practice takes place on a matted area.

Hygiene is of the utmost importance, please make sure your child is clean particularly hands and feet! All jewellery and items from pockets must be removed.

Judo is a fun sport, however, to ensure everyone stays safe you will be expected to follow your coach's instructions. We have a strict no bullying policy, and you will be required to treat your classmates and coaches with respect.

You will see our code of conduct on the website and on the sign-up form

Who will be teaching me?

We have a very experienced coaching team who all give their time for free. Chris our head coach is a 7th Dan the highest grade in Southwest England and one of a few in the country. Chris is also Director of Coaching for British Police Judo

Our coach's hold British Judo Association or International Coach Awards, DBS certificates, First Aid Certificates and have undergone Safeguarding training.

We also have a club welfare officers Steve, you will find his contact details on our website and on a poster at the club.

You can read about our coaching team further on in this document

What will I learn?

The classes will be a mix of skills, drills and games, learning how to fall safely and learning throwing and ground skills.

The classes will build up these skills over the weeks. Judo is an Olympic Sport that has lots of great benefits.

You will improve fitness, increase co-ordination, develop spatial awareness, learn the judo values of honesty, respect, courage and courtesy.

What happens after the free Trial ?

Classes will continue at the same times. There will be a clear pathway of progression marked by coloured belts and opportunities to take part in competitions and events if you would like too.

For children, we have a limited amount of funding from Sport England, to help provide and subsidise training fees for those in financial hardship who wish to continue to train after the beginner course.

Training Fees for children and adults are payable after the trial classes, Children's fees are paid by the school half term which is 5-8 week periods. Fees vary from £20-£32 depending on the number of weeks.

Adults pay £5 per class

If possible we prefer payment to the club account by bank transfer, however we can take cash or card payments

Great so how do I sign up ?

Before you can take part in class you will need to complete a simple online form with your personal details and emergency contacts.

You will also need to register with British Judo , please choose the option of FREE 90 day Introductory Membership and the club name Japan Arts Centre in the options. This will provide insurance cover for 90 days. When the 90 days expires you will need to upgrade your membership which costs

£21 for children under 8 Years old

£31 for children 8 and above

£28 for students

£42 for Adults

This is an annual fee paid directly to British Judo. Please talk to Jo if you are unable to afford this fee , we may be able to offer some assistance.

There is no fee to join the club

Please see below for links to the two forms you will need to complete.

[click here to join British Judo](#)

[click here to sign up for the ADULT trial](#)

[click here to sign up for the CHILDREN'S trial](#)

Meet the Team!

We have a fabulous diverse team of Coach's who all give their time as volunteers

**Chris Hunt 7th Dan –
Level 3 Coach Director
of Coaching Police Sport
UK Judo**



Chris is our head coach and holds one of the highest grades in the UK.

Chris joined the club in 1999 when he moved from Cornwall to Bristol.

Starting Judo when he was a child, Chris competed extensively for many years including in 2019 when he won Bronze in the master's section of the Commonwealth Judo Championships. In 1988 Chris was appointed the Director of Coaching for Police Sport UK Judo a post he still holds. In 2019 Chris was presented with the European Medal of Honour for services to Police Judo at the Police European Judo Championships in Hungary.

Chris also served as a Director of Coaching and Promotions for British Judo

Chris spends a considerable amount of time mentoring and developing new coach's and as an examiner for black belt gradings

Chris is a serving officer in the National Crime Agency

**Jo Hunt 1st Dan Level 3
Coach**



Jo founded the club back in 1986 as part of six-week college volunteering project based in Clifton. The classes were highly successful which prompted Jo to form the club.

Jo competed in and medalled at many championships including at National level, gaining all the points for her Black belt at 16. Jo unfortunately sustained a serious knee injury which saw a change in direction from competitor to coach.

Jo has coached hundreds of children over the years and served a member of British Judo's National Coaching and Promotions Commissions.

Jo now oversees the administration for the club and coaches in the Junior classes

Outside of Judo, Jo is the manager of a property company

**Robert Winkworth 4th
Dan Level 3 Coach**



Bob started Judo when he was 40, he trained consistently for several years going on to win his Black belt, he often fought and won against opponents more than 40 kilo's heavier and 20 years younger than himself proving that age and size are no match for tenacity and courage. Now aged 75 he still loves taking part in randori (fighting) at the club and coaching and supporting trainee coaches.

Bob joined Jo on the coaching team in 1990 and specialises in supporting children with neuro diversity and additional needs.

In 2021 Bob was presented with the Police Sport UK Community Coach of the Year Award and in 2002 was recognised as a Platinum Champion for volunteering at her Majesty the Queen's Jubilee.

Bob still works full time running his property company

Adrian Upex 1st Dan Level 2 coach



Adrian began Judo as child in Harrogate, after the club closed Adrian had a break from Judo until he moved to Bristol and joined us in 2012 progressing to win his Black Belt in 2018.

Adrian began coaching when his daughter Valerie joined the class in 2016 and has progressed to a UKCC level 2 coach.

Adrian still competes at master's events and is collecting points for his next grade.

Adrian is the lead coach in the Monday Junior class and coaches in other classes when time away from his work as a Consultant Paediatric Anaesthetist at Bristol Royal Hospital for Children and the WATCh critical care transport service permits

Bernat Galiana 1st Dan Level 1 Coach



Bernat was born and raised in Barcelona where he began his judo as a child. He was part of the Barcelona Club Judo Condal where he competed in several Catalan tournaments and obtained his black belt.

In 2011 he moved to France, and he trained in Paris as part of the ACBB Judo Club until he moved to Bristol in 2016.

It was then when Bernat joined Japan Art Centre Judo Club.

In 2019 Bernat represented England on the Commonwealth Masters Championship winning the Silver medal.

Since 2021, he has been coaching the advanced Juniors and leads the Wednesday adult's class.

Outside of judo Bernat works as an engineer in the Hinkley Point C project.

Frank Boardman 3rd Dan Level 3 Coach



Frank started Judo as a child in Manchester and continued his training when he moved to Cornwall and joined Devon & Cornwall Police.

Frank has competed many times and had considerable success winning many medals such as National Police Champion and Bronze at 2019 Commonwealth Masters Championships.

Since moving to Somerset in 2014 Frank regularly coaches in both the Junior and Adult classes.

Frank now works as an investigator for Trading Standards

Lee Holley 5th Dan Level 2 Coach



Lee began Judo as child in Cornwall and quickly progressed to his Black Belt.

Lee has had an extensive competitive Judo career, competing in four Police European Championships and has been British Police Champion on 10 occasions, Commonwealth Masters Champion and Bronze medallist

Lee is a serving Police officer and is also qualified to deliver First Aid and Safeguarding Training to Coaches.

Living in Cornwall, Lee coaches weekly at Polkyth Judo Club and regularly visits to coach and train at our club

Wallace Chui 3rd Dan Level 2 Coach



In 2000, Wallace Chui started his Judo journey in Hong Kong.

Wallace is a member of the Hong Kong team and the world ranking list. He represented Hong Kong in major events such as the World Championships, the National Games, and the Asian Games. Wallace a firefighter in Hong Kong, won the World Firefighter Judo Championship and won Bronze at the East Asia Championships

Co-founder of Leap Judo Club (HK). Wallace a received the Sports Contribution Award from the Hong Kong Judo Association.

He is also a qualified Strength & Conditioning Coach.

Wallace joined us in 2021 when he moved to Bristol. He continues to compete regularly and heads up the Saturday morning Cantonese children's class.

Alistair Hustig 1st Dan EJU Level 3 Coach



Alistair started his Judo as a child in Australia, before moving to Bristol, Alistair was a coach of performance judoka at the Kangaroo Judo club in Southern Australia.

Alistair joined our coaching team in 2022, he is a European Judo Union Level 3 coach.

His coaching experience is enjoyed very much by the juniors who benefit from his vast knowledge, fresh ideals, and the fun classes he delivers.

Outside of Judo Alistair is kept busy as a Doctor in the Paediatric Anaesthesia Department in the Bristol Royal Hospital for Children

Richard Stevens 4th Dan Level 2 Coach



Rich started Judo at Bristol Judokwai in Clifton under the well-known coach Jerry Hicks.

Rich competed regularly for many years including at World Masters Championships

Rich travels up from Weston Super Mare, where he also coaches at Weston Judo Club, to coach the under 8's children and adult beginner classes

Mark Bemelmans 1st Dan Level 1 Coach



Mark started judo career in the Netherlands, where in 2003 he joined Velo Ryu ha in Weteringen, close to where he grew up. He stayed with the club for over 15 years eventually earning his black belt in 2019.

In 2020 Mark moved to Bristol and joined the club a year later.

Since joining Mark has completed his Level 1 British Judo Coach Award and coaches in the junior classes and assists the Senior beginners where he excels at providing one to one support.

Mark enjoys the Kata element of Judo where he has competed at several events.

Outside of judo, Mark works as a volcanologist at the University of Bristol.

Ricky Leung 3rd Dan - Hong Kong Coach



Ricky moved to Bristol in 2022 and recently has joined our coaching team.

Ricky is in the process of transferring his Hong Kong Coach award to a British Judo Coach Award, which should complete very soon!

Ricky began his Judo journey in 1992 in HKU Judo Club in Hong Kong. He progressed from trainer, to coaching assistant and then to coach as well as progressing through the grades to 3rd Dan

Ricky coaches in the Wednesday and Saturday Junior classes

Ricky worked as an Information Security Manager in Hong Kong.



Calum is training for his Level 1 Coach award which we hope he complete in 2023

Calum started Judo with us aged 5 and has worked his way to 1st Kyu and will now he is 16, he will start to collect points for his black belt!

Calum is a great role model for the Juniors and enjoys assisting in the Monday and Wednesday Junior classes



Steve is our Club Welfare officer

Steve's responsibilities include:

Working with others in the club to ensure a positive child-centred environment

Assist the organisation to fulfil its responsibilities to safeguard children at club level

Assist the club to implement its safeguarding children plan at club level

Act as the first point of contact for coaches, volunteers, parents, children and young people where concerns about children's welfare, poor practice or abuse are identified

Implement the organisation's reporting and recording procedures

Promote the organisation's best-practice guidance and code of conduct within the club

Ensure adherence to the organisation's safeguarding children training

Ensure appropriate confidentiality is maintained

Promote anti-discriminatory practice

Steve has an extremely important role at the club, he is available to speak to at the club or you can call or email him. His details are clearly displayed on the poster in the lobby.