武士BUSHI JUDO CLUB柔道

**Welcome Pack**

**Welcome to Bushi Judo Club. This document is intended to provide parents with important information about judo and the operation of our club. Please take time to read this document. Please contact the club secretary if you have any questions.**

**What is judo?**

Judo is a martial art and combat sport that originates from Japan. It translates as ‘the gentle way’. It was created by Jigoro Kano in 1882 who refined ancient samurai fighting systems known as ju jitsu. Judo was adopted as an Olympic sport in 1964. Judo emphasises throwing, grappling and submission techniques. Training offers many physical benefits including improved strength, stamina, flexibilty and coordination. Judo also emphasises respect, courtesy, courage and self control. It is an excellent activity for kids to participate in.

**About Bushi Judo Club**

We are a non-profit making community sports club which aims to promote judo in the Chelmsford area and to encourage children to participate in a fun activity to develop fitness, discipline and respect.

Our club trains term time Monday evenings from 5.45pm to 6.45pm at Chelmsford Sports and Athletics Club, Salerno Way, Chelmsford, CM1 2EH.

Our club is affiliated to the British Judo Association (BJA). The British Judo Association is the national governing body for judo. Our BJA club membership number is 3058. Our club has been a member of the BJA since 6 August 2004.

Please contact coach/ Secretary Kevin Woodcock on 07902817081 or email Bushijudoclub@outlook.com to discuss any matters related to the club.

**Training costs**

Training fees are paid every half term. Training fees equate to £3.60 per session. We politely request that fees are paid by cheque payable to ‘Bushi Judo Club’. Fees can also be paid by transfer direct to our bank account.

To train at Bushi Judo Club you must pay an annual Club membership fee of £5. Parents of a junior judo player training at the club can become an associate member for an annual fee of £2. This is an optional payment. A membership application form is attached.

Everyone who trains in judo must have a membership of the British Judo Association. Membership provides essential insurance cover and allows access to belt gradings and competitions.

A new child BJA membership costs £29. This must be renewed annually at a cost of £26.

A ‘pay as you throw’ membership option is available. This proves a 4 month membership and costs £14. It **does not** provide access to gradings or competitions. This option is intended to allow children to try judo to see if they enjoy the sport and wish to continue it.

Children new to judo may attend four training sessions before they obtain a membership of the British Judo Association.

A BJA membership application form is attached. Please complete the form and return directly to the BJA. Alternatively, membership can be applied for on line at [www.britishjudo.org.uk](http://www.britishjudo.org.uk/) or by telephone at 01509 631670.

Our club sells judo uniforms at a reduced cost. We have spare judo jackets and belts for children to borrow until a uniform is purchased. Please speak to the treasurer to order a uniform.

**Coaching**

Our club’s coaches hold recognised British Judo Association coaching qualifications and are subject to Criminal Records Bureau checks.

**Gradings**

Judo operates a system of belt gradings. The grades indicate a child’s ability and technical knowledge. Our club aims to provide children with two opportunities to grade each year. The cost of each grading is £12. This fee is paid to the British Judo Association.

**Child Welfare/ health and safety**

**Judo is contact sport. Training is strenuous and involves throwing and grappling techniques. Whilst our club aims to create a safe environment to practice judo injuries can occur.**

Parents must advise the coach of any health issues that may affect their child’s ability to participate in judo.

Please complete a contact details and health questionnaire form and return it to the coach. The form is attached.

**We request that parents/ guardians escort their child to the training area and then remain at the sports centre when their child is training. An incident at training may mean that the coach is required to leave urgently (e.g. an accident occurs and transport to hospital is required). We need to ensure that your child is attended to if this occurs. Please speak to the coach if you are unable to remain in the sports centre.**

Your child will only be permitted to attend the lavatory if accompanied by a parent or guardian.

Please ensure that your child brings a drink to training.

Please ensure that your child has sufficient digestion time for food eaten before the start of the training session.

Please feel free to discuss any welfare concerns you may have with the Club’s Welfare Officer.

**Club Committee**

Chairman: Clive Sloman

Secretary: Kevin Woodcock

Treasurer: Sarah Sloman

Welfare Officer: Clive Sloman

President: Barry Carey