

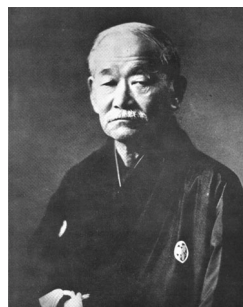
Welcome to Judo Victoria (JVI)

You have made the first step in the right direction; now allow me to answer some of the questions you most likely have.

Where did judo come from?

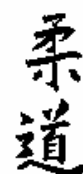
Many years ago in Japan, the main form of self defence for the samurai was called jujutsu. As you can imagine, to be effective, it was brutal, to say the least. As Japan moved into the modern era however the samurai were banned from carrying weapons and so the need for self defence became less.

Over 130 years ago a very astute man, his name was Jigoro Kano, realized that there were many advantages to learning jujutsu, however he also knew that the Japanese youth of the time were not prepared to suffer the potential injuries. He introduced rules to make training safer, but still maintained the ethics and respect, which is still with us today.



Judo players (judo-ka) are expected to give respect to those more senior and in return, the senior judo-ka impart their knowledge and experiences to the junior judo-ka. Most instructors will tell you that it is a great day when their students become more skillful than they.

Kano formed the Kodokan to teach the new ideas and gave his form of jujutsu the name Judo. The Japanese word Ju can be translated as gentle, but is best translated as giving way to a superior force. The word Do means the path to, or the way. These are the Japanese characters for judo. You will see them everywhere.



Judo must have something going for it. It has been an Olympic sport since 1964 and is practiced in almost every country. Judo is the second biggest participation sport in the world.

Ok, now what about modern judo

Judo today is both a sport and a martial art. The sport has well defined rules to ensure safety as far as possible and maintain the mutual respect ideals governing the players, referees and officials. Through the sport training, there is a path to the martial art, but mainly for those with advanced skills and experience.

Judo has a strict sense of value.

Self Control, Honour, Patience, Honesty, Courage, Friendship, Courtesy, Humility, Respect

Here are some answers to possible questions that you may have before your first lesson. Let me emphasize, you will start your judo through the sport of judo.

Is there any kicking or punching in judo?

No, none

What will you learn?

You will learn how to fall, throw, and hold you partner down. Arm locks and strangles are taught only to older age groups.

Does judo target the head?

No. Strikes and kicks are not allowed and so head protection is not needed.

Are judo people allowed to do judo anywhere?

No. Judo people may only practice inside their judo club.

Is judo safe?

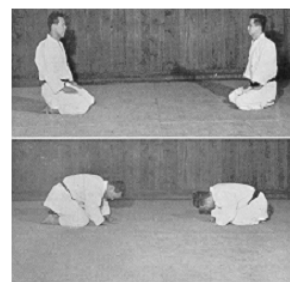
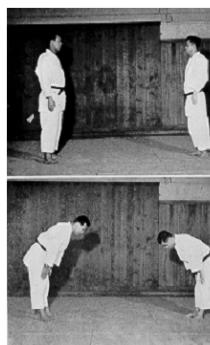
Judo is safer than most contact sports popular in Australia, notably all three football codes and netball.

What is the bowing for?

Bowing is a demonstration that each recognizes the character of the other person, and is showing respect towards them. Bowing may be standing or kneeling (which is the more polite form).

Am I covered by insurance for an injury?

Not that this is likely to happen, however as you have become a member of JVI you are covered by insurance through the Judo Federation of Australia.



So why do judo, after all it does take a lot of effort?

Judo teaches self respect, respect for others and especially teachers and senior members.

It is a system of education and at the same time you will get fit. You will find that it uses most muscle groups in the body.

Now for some do's and don'ts

Firstly the Do's

- Talk to your instructor about any medical condition that may affect your participation.
- Ask questions, that is what your instructor hopes for. Don't be shy or feel embarrassed to ask.
- Be punctual, the first part of a lesson is where you formally greet your instructor(s).
- Stay to the end of the class that is where you formally thank your instructor(s).
- Listen carefully and practice what the instructor has taught you.
- Wash your judo uniform regularly, preferably after each class.
- If you are practicing with someone smaller, or not as strong, help them to learn by being cooperative.

Now the don'ts

- No shoes or socks on the mat. So make sure your feet are clean, especially in summer.
- Do not talk while the instructor is talking.
- If you are asked to sit down, make sure that your legs are crossed and do not fold your arms around your legs.
- Remove any objects such as earrings, bracelets, watches, hair pins, anklets.
- All finger and toe nails must be kept short.

Do you need a judo uniform (judo-gi)?

The answer is yes. Will a karate uniform do? No.

The judo-gi fabric must be strong and fit correctly. Your club will be able to sell you an appropriate judo-gi, or put you into contact with a supplier.

Is there competition in judo?

Most definitely, but only if you want to. The competition rules are governed by the International Judo Federation of which the main emphasis is safety to the competitors. The rules for young judo-ka are much stricter.

Summary

Judo is a contact sport that will give you a boost and tire you out. But keep in mind at all times to have fun and learn. Very senior members will tell you that you never stop learning.

Also, when your days of hard practice are over, stay in the sport and give back what you have been given.

Here are some children having fun.



Malcolm Slade 7th Dan, Life Member
Registrar
Judo Victoria