

# ST CRISPIN'S



# JUDO CLUB

## Welcome pack



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## IMPORTANT INFORMATION

St Crispin's Judo club has been set up with the aim of delivering Judo to the St Crispin's and surrounding communities. It is run on a voluntary basis by staff and students of The Circle Trust.

The Club Committee consists of:

- Club Chair/ Head Coach – Mr Sean Hatton
- Club Finance Officer – Mrs Debra Briault
- Club Welfare Officer – Mr Railton Blyth
- Executive Head Teacher – Ms Ginny Rhodes

## CONTACT US

Email: [judo@crispins.co.uk](mailto:judo@crispins.co.uk)

Tel: 01189 78 11 44

## TRAINING TIMES

Extracurricular school classes

- Juniors (Years 7 - 9) – Wednesdays 15.20 - 16.20
- Cadets & Seniors (Years 9 – 13 & Staff of The Circle Trust) – Thursdays 15.20 – 16.20

Evening classes (Wednesdays)

- Juniors (ages 8-13) – 18.30 – 19.30
- Seniors (ages 14+) – 19.30 – 18.30

## MEMBERSHIPS

There is no extra membership required to train at St Crispin's Judo Club. However, for insurance purposes, as well as to be able to receive grade promotions, a membership with the British Judo Association (BJA) is required.

Players can take part in 4 sessions under club insurance before requiring an individual license.

## TYPES OF MEMBERSHIP

### FULL MEMBERSHIP

This is the standard membership offered by the BJA and comes with a number of benefits:

- Public liability and personal accident insurance
- Access to the BJA grading scheme
- Access to all levels of competition
- Access to training schemes for Coaches, Referees, Competition Officials and Volunteers
- Ability to train at any BJA-affiliated club

A Full membership costs £31 for under 16s (£28 for a renewal) and £42 for adults (£39 for a renewal).

More info on membership packages can be found at <https://www.britishjudo.org.uk/my-judo/membership/>

Parents can register for a free family membership (particularly important for families with multiple children taking part in Judo) by following the instructions on page 11.

## PATHWAY MEMBERSHIP

As a school-based 'approved provider,' students at St Crispin's Judo Club have access to a new type of membership for junior players.

This works in a similar way to a full membership, with some key similarities and differences:

- Players will still receive insurance in the same way
- Players will still have access to the BJA Mon grading scheme
- Players can enter a 'Level 1' competition
- Access to one-off masterclass events

Note – This membership is only available to those players training under the Mon grade syllabus.

An annual Pathway membership costs £10 per person and can be accessed by registering for a membership via the British Judo Association at [www.bjadojo.co.uk](http://www.bjadojo.co.uk), selecting 'Elite Pathway membership' under 'membership type' and using the promotional code provided by the club.

## **GRADINGS**

### **MON GRADES**

The Mon Grades system is a distinctive feature of judo with promotion to different coloured belts based on technical ability, knowledge and understanding as well as supplementary knowledge of Japanese terminology.

Although there is no contest requirement in the Mon Grade system there is a progressively structured randori element at the higher grades.

### **WHO ARE THE MON GRADES FOR?**

The Mon Grade system is aimed at 8 to 17 year olds.

With regular study and training, a judoka should be able to complete the Mon Grade syllabus by the age of 17. In some cases when the judoka is particularly dedicated they may complete it as early as 15 years of age.

### **HOW DOES THE MON GRADE SYSTEM WORK?**

Judoka follow a progressive study of techniques detailed in the Mon Grade syllabus and attempt promotion to the next grade at regular intervals. These promotions are called gradings.

During a grading judoka are required to know the common English names and meaning of all Japanese terminology used for the grade they are being graded for. They are also required to practically demonstrate techniques required for that grading. Where appropriate they must also be able to discuss their reasons for their choice of technique, grip etc.

As judoka progress through the Mon Grade system the practical situation and examination process in which they demonstrate the required techniques becomes more stringent and greater in depth.

## WHAT ARE THE BELTS IN THE MON GRADE SYSTEM?

There are 18 different grades contained within the Mon system, with each grade requiring a different coloured belt and/or belt tag(s).



## WHAT HAPPENS WHEN A MON GRADE BECOMES A SENIOR (16)?

Judoka that reach the age of 16 have the option to transfer to the Kyu Grade system. All Mon Grades that reach the age of 18 **must** transfer to the Kyu Grade system.

These 16 years olds are then able to study and train up to the grade of 1<sup>st</sup> Kyu and then for the coveted black belt available in the British Judo's Dan Grade system.

## WHAT IF I TRANSFER FROM A DIFFERENT GRADING SYSTEM?

We often find that young judoka have previous experience under a 'schools judo' system and have achieved grades.

Schools judo, as well as other judo grading syllabi e.g. BJC do not follow the same grading pathway as the British Judo Association syllabus and so may not be equivalent.

All new BJA members will begin as a 'novice' but may undergo fast-track gradings at the discretion of the Head Coach.

## **KYU GRADES**

### **WHO ARE THE KYU GRADES FOR?**

The Kyu Grade system is aimed at judoka 14 years and older as well as those who are between 14 and 17 years of age who already hold a Mon Grade and are converting to the next grading scheme.

Judoka who are over the age of 16 will automatically start on the Kyu Grade system.

### **HOW DOES THE KYU GRADE SYSTEM WORK?**

Judoka follow a progressive study of techniques detailed in the Kyu Grade syllabus and attempt promotion to the next grade at regular intervals. These promotions are called gradings.

During a grading judoka are required to know the common English names and meaning of all Japanese terminology used for the grade they are being graded for. They are also required to practically demonstrate techniques required for that grading. Where appropriate they must also be able to discuss their reasons for their choice of technique, grip etc.

As judoka progress through the Kyu Grade system the practical situation and examination process in which they demonstrate the required techniques becomes more stringent and greater in depth.

Gradings up to and including 4<sup>th</sup> Kyu are completed within the judoka's own club by a British Judo licensed Coach. For judoka being graded to 3<sup>rd</sup> Kyu or higher, they have the option to be graded at their club or at an inter-club event, area promotion examination or at a Technical Training course.

With regular study and training, a judoka should be able to complete the Kyu Grade system in approximately 3 years. In some cases when the judoka is particularly dedicated they may complete the Kyu Grade system in 2 years.



### WHAT ARE THE BELTS IN THE KYU GRADE SYSTEM?

There are 6 different grades contained within the Kyu system, with each grade requiring a different coloured belt.



### WHAT HAPPENS AFTER YOU HAVE COMPLETED THE KYU GRADE SYSTEM?

Judoka that have completed the Kyu Grade system are able to study and train for the coveted black belt available in the British Judo's Dan Grade system.

### GRADINGS AT ST CRISPINS'S JUDO CLUB

All gradings at St Crispin's Judo Club will be supervised by the Head Coach and work as detailed above.

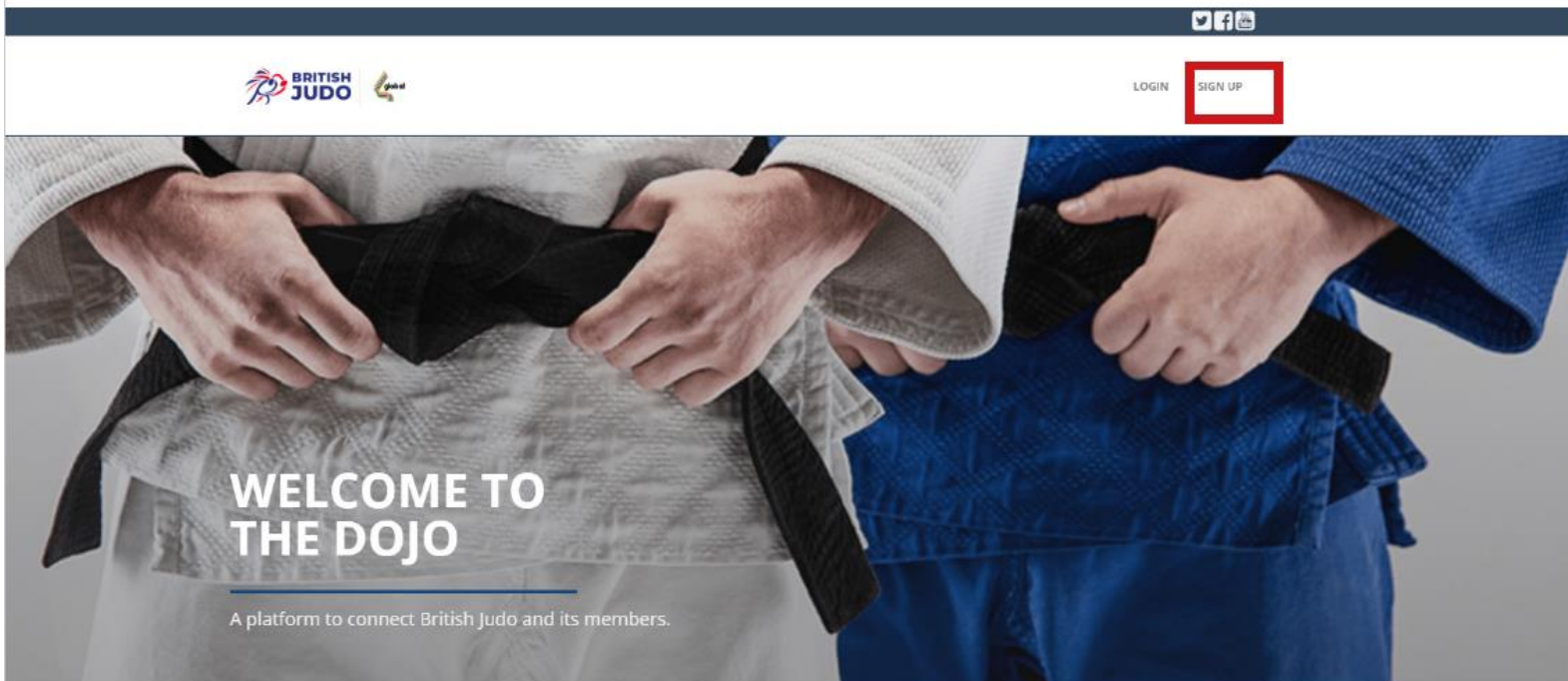
### COSTS OF GRADINGS

Gradings cost £14.00 per grading for Mon grades, and £16.00 per grading for Kyu grades. This allows us to cover BJA grading fees and the purchase of a new belt if one is required.

All gradings will be registered with the BJA once payment has been received via Tucasi or via cheque made payable to 'The Circle Trust.'

# How to join British Judo as a Member

1. Head over to [www.bjadojo.co.uk](http://www.bjadojo.co.uk) - This will take you to the landing page of "The Dojo" - British Judo's new online membership management system.
2. Click on "Sign Up" in the top right hand corner.



3. This will open up a box requesting you to enter some personal details to get you started. Fill out the requirements and click submit.

**Become a British Judo member now**

British Judo welcomes all who are interested in judo and we can ensure our members are:

- Insured
- Supported
- Rewarded

Reduced event entry costs and discounts from a range of leading brands from across the country.

(Required fields have been marked with the \* sign.)

First Name *	Last Name *
<input type="text"/>	<input type="text"/>
Email Address *	Email Address Confirmation *
<input type="text"/>	<input type="text"/>
Password *	Password Confirmation *
<input type="password"/>	<input type="password"/>
Very Strong	
<input type="checkbox"/> I agree with the <a href="#">Terms and Conditions</a> and <a href="#">Privacy Policy</a> *	

Already signed up? [Login Here](#) [Sign up](#)

4. You will then receive a verification email to confirm your account.

**TIP:** Ensure that you add "[Info@thedojo.co.uk](mailto:Info@thedojo.co.uk)" to your email contacts/safe senders list. If you do not, there is a risk that the email may be blocked by your email provider and stored in your Junk/Spam/Clutter folder, or blocked entirely!

# Creating a NEW Family Membership

If you are creating a profile for your child/children who is under 18 years old, you must first create yourself a Parent/Guardian account. To do this, please follow the steps below:

1. Complete Steps 1-4 as detailed under "How to join British Judo as a NEW Member".
2. Upon selecting the "Membership Type", select "Parent/Guardian" (This is free of charge if you are not a participating adult in the sport. If you wish to register for a membership for yourself as well, select "Full Membership - Adult")

BRITISH JUDO

Parent/Guardian Of ... Account / Edit Profile

Account

Profile

Edit Profile

Change Password

Memberships

Club(s) \* Please select

BJA Area \* Western

Fighting County Somerset

Communication Preferences

☒ Tick here if you would like to receive information from The British Judo Association relating to news, competitions, events and other announcements that may be of interest to you.

☒ Tick here if you would like to receive reminders about your membership(s).

Preferred Contact Type(s) \* Please select

Membership Info

Membership Info

Membership Type \* **Parent/Guardian (99 months)**

Voucher Code Please enter

Check

Available Items

Showing all 3

Filter

eNewsletter

Licence Book Holder

Matside (Digital Copy)

Selected Items

Empty list

Filter

Add an Additional Person

Proceed to Payment

3. Complete the payment processes (If you register as a Parent/Guardian, you will not be charged).

## To add additional child members to your account:

1. Look at the black drop-down menu on the left-hand side of your screen.
2. Click on "Memberships", "Additional Memberships" and then "Add Member".
3. Add the details of the child that you would like to combine into your account and complete the payment at the bottom of the page.

BRITISH JUDO

Parent/Guardian Of ... Account / Edit Profile

Account

Memberships

Additional Memberships

**Add Member**

List Members

Edit Member

Renew Membership

Club(s) \* Please select

BJA Area \* Western

Fighting County Somerset

Communication Preferences

☒ Tick here if you would like to receive information from The British Judo Association relating to news, competitions, events and other announcements that may be of interest to you.

☒ Tick here if you would like to receive reminders about your membership(s).

Preferred Contact Type(s) \* Please select

Membership Info

Membership Info

Membership Type \* **Parent/Guardian (99 months)**

Voucher Code Please enter

Check

Available Items

Showing all 3

Filter

eNewsletter

Selected Items

Empty list

Filter

If you have another child to add, repeat steps 1-3 above.

Following this, you will now be able to manage all accounts through your single log in.

**TIP: Head over to "Memberships", "Additional Memberships" and "List Members" to see all members associated to your account. Click on Renew Memberships to renew each of the memberships when you need to.**

If there is a child account not linked to yours that should be, please contact [thedojo@britishjudo.org.uk](mailto:thedojo@britishjudo.org.uk)



## REQUIRED KIT

In order to partake in Judo certain equipment is required, both for practical and safety purposes:

- The *judogi* is the main piece of equipment all *judoka* need. It includes a jacket, trousers and *obi* (belt). It is crucial that a thicker Judo suit is worn rather than those worn for other martial arts to prevent ripping or injury. These are available to purchase from the club via Tucasi, though students should see Mr Hatton first to ensure they order the correct size. Please see page 13 for more info.



- A water bottle is also an essential piece of equipment and are cheaply available from many retail outlets. Research has shown that in a 1-hour session of Judo we lose 1 litre or more of water through sweat. This level of dehydration can result in deterioration of both cognitive and physical ability, and so it is crucial that students hydrate themselves during training. Students will **not** be allowed to train without having a water bottle on safety grounds.

- For ladies only, a sports bra is recommended and a white t-shirt is required to be worn under the jacket. Both are cheaply available at various clothing suppliers.



- Zori* must be worn when not on the *tatami* (mats). These are footwear such as flip-flops which stop dirt and other horrible things being spread onto the mats where *judoka* are going to be working.

- Students may wear a 'rash vest' if they so wish, but is not expected. However, these must be short-sleeved so as not to cause injury when gripping.
- It is also important that those taking part in Judo do not wear any jewellery (including festival bands), keep nails trimmed short and keep long hair tied back so as not to cause injury.

## GETTING THE CORRECT SIZE GI

For the correct sizing please use the size chart below before placing your order.

Please be aware that some measurements are estimates and other factors such as chest size may need to be considered before ordering.

If you have any doubts contact Mr Hatton at [judo@crispins.co.uk](mailto:judo@crispins.co.uk) who will be more than happy to help you. We have a stock of suits at the club to test for fitting.

Size	Height		Age (Approx)	Cost
0	130 cm	4" 1' to 4" 4'	Aged 6 - 7	£13.50
1	140 cm	4" 5' to 4" 8'	Aged 7 - 8	£14.50
2	150 cm	4" 9' to 5" 0'	Aged 9 - 10	£15.00
3	160 cm	5" 1' to 5" 4'	Aged 11 - 12	£19.50
4	170 cm	5" 5' to 5" 9'	Teen / Adult	£21.00
5	180 cm	5" 10' to 6" 0'	Adult	£22.00
6	190 cm	6" 1' to 6" 3'	Adult	£23.50
7	200 cm	6" 4' to 6" 7'	Adult	£24.50

St Crispin's Judo Club will usually stock Blitz Student judo suits and sell them at wholesale prices.

You are welcome to buy a judogi from another retailer, but it must follow IJF guidelines (reputable suppliers will all follow the appropriate guidelines).

To order please speak to Mr Hatton (Head Coach) or email [judo@crispins.co.uk](mailto:judo@crispins.co.uk)

## **CODES OF CONDUCT**

### **INTRODUCTION**

In order to take part in training at St Crispin's Judo Club, all players must abide by a code of conduct governed by the Judo code.

By taking part in training sessions, students and their parents/carers agree to abide by the codes of conduct outlined below.

### **CODE OF CONDUCT FOR STUDENTS/PLAYERS**

- ✓ Abide by the current rules accredited by the BJA, EJU and IJF.
- ✓ Follow reasonable instructions given by coaches or their assistants.
- ✓ Abide by the rulings of officials in competitive situations.
- ✓ Encourage and support peers and applaud the good performances of all.
- ✓ Never belittle others for losing or making mistakes.
- ✓ Treat all others how I would like to be treated, with integrity.
- ✓ Refrain from inappropriate conduct towards others whether, physical, verbal or emotional.
- ✓ Set a good example at all times in aspects of dress, punctuality, language, behaviour and respect of equipment and others.
- ✓ Abide by the rights and responsibilities of students as found in the school behaviour policy.
- ✓ Recognise the valuable contribution made by coaches and officials who are volunteers.
- ✓ Wear suitable judogi and club kit for training and events, as agreed with your coaches.

- ✓ Inform your coach of any other coaching that you are seeking or receiving and any of events that you are planning to attend.

Students of St. Crispin's school are subject to the school behaviour policy during extracurricular training sessions. Failure to abide by the code of conduct may lead to sanctions at the discretion of the Head Coach and/or the Club Committee.

## CODE OF CONDUCT FOR PARENTS / CARERS

- ✓ 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.
- ✓ Help your child to separate sport failure from personal failure.
- ✓ Give your child the freedom to problem solve and make their own decisions.
- ✓ 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.
- ✓ Support and not interfere with the coaching; follow the club programme.
- ✓ Keep talking and general noise to a minimum during training sessions.
- ✓ Publicly accept officials' judgements.
- ✓ Support your child's involvement and help them to enjoy their Judo; remember they are involved in judo for their enjoyment not yours.
- ✓ Use correct and proper language at all times.

Failure to adhere to the code of conduct may result in players having their training privileges revoked, on either a temporary or permanent basis, at the discretion of the Head Coach and/or the Club Committee.



## ARM LOCKS AND STRANGLES

### INTRODUCTION

Players in the Cadet and Senior sessions (age 14+) will at times be taught about arm locks and strangles as part of the British Judo Association grading syllabus.

*Kansetsu-waza* (Joint locks) techniques includes joint lock techniques against many joints of the body, contemporary judo only involves *kansetsu-waza* against the elbow. One can use legs, arms, and knees, to grasp the opponent's joint, and bend it in the reverse direction to lock the joint, thereby rendering him virtually helpless.

*Shime-waza* (chokes and strangles) techniques can be classified in 3 ways:

1. Compression of the carotid arteries on one or both sides of the neck restricting the flow of blood and oxygen to the brain.
2. Compression of the windpipe (trachea) stopping or reducing the flow of air to the lungs.
3. Compression of the chest and lungs preventing the opponent from inhaling (often used during pinning techniques).

### SAFETY CONSIDERATIONS

#### Choking Techniques Must Be Taught And Supervised By A Qualified Instructor

Since the Judo syllabus has always contained more well-developed choking techniques than any other martial art and they are practiced in real contest situations, Judo instructors usually have extensive experience in the proper application of chokes. Judo is well known for the "Judo choke", but many other martial arts are now teaching choke holds without the wealth of background and experience most Judo experts have. Chokes are potentially fatal and should be treated seriously. As taught in Judo though they are a temporary incapacitating technique of short duration whose proper execution should be quite harmless. Judo choking techniques have been used in Judo classes and at thousands of Judo tournaments all over the world for more than 100 years without one reported fatality. It is only with the appropriate emphasis on safety and supervision that this record can be maintained.

### CHOKES MUST BE PRACTISED IN A SAFE MANNER

Judoka must recognise the effects of an effective choke, in that an extended technique will result in unconsciousness. However, it is important to understand the possible effects of a poorly or unsafely applied technique such as damage to the spine if excessive force is used.

## **LEARNING WHEN TO GIVE UP IS AN IMPORTANT PART OF TRAINING TO AVOID THE RISK OF UNNECESSARY PERIODS OF UNCONSCIOUSNESS**

While judoka should not give up any opportunity to escape from a choke, they must also be trained to surrender in a timely fashion when necessary by recognizing when defeat is inevitable and when further resistance will result in unconsciousness. Once you allow yourself to be choked unconscious your life is literally in your opponent's hands, and the practice of any martial art requires that the student learn ways of avoiding this condition of ultimate helplessness. Since it is virtually impossible to speak while being choked, the universal signal for submission is tapping of the opponent or mat repeatedly.

## **THE MOST IMPORTANT SAFETY RULE WHEN APPLYING A CHOKING TECHNIQUE IS TO RELEASE PRESSURE IMMEDIATELY WHEN THE OPPONENT SUBMITS**

When applying a choke, one should be sensitive enough, and have sufficient control over the opponent, to recognize when he or she loses consciousness so that you can immediately release pressure. Loss of consciousness can be detected easily by the sudden lack of resistance and generally limp feeling of the opponent's body as well as the colour of the face and the eyes closing. Sometimes if the choke is held too long convulsions may begin, but the effects of the choke should generally be recognized earlier with proper training and supervision.

# JUDO CODE

JIGORO KANO INVENTED THIS MORAL CODE FOR JUDOKA TO FOLLOW

## COURTESY

Be polite to other people

## COURAGE

Face difficulty without fear

## FAIRPLAY

Be a good sport, play by the rules

## HONOUR

Fairness in beliefs and actions

## MODESTY

Be without vanity or boastfulness

## RESPECT

Regard for others

## SELF-CONTROL

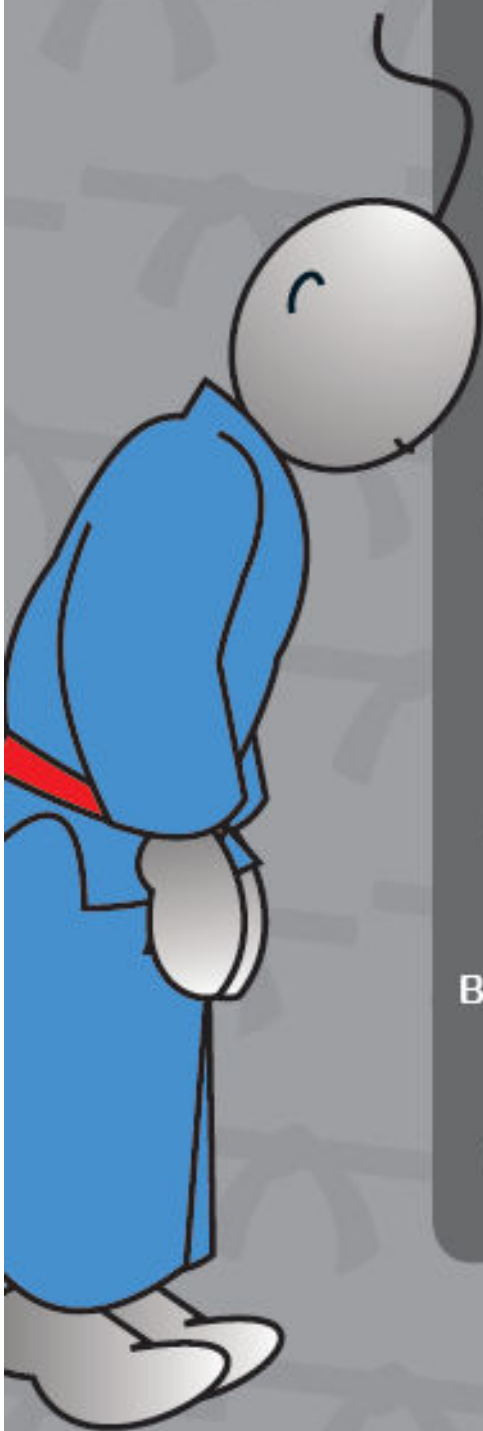
Control over yourself and actions

## FRIENDSHIP

Be a good friend, be helpful and kind

## HYGIENE

Wear a clean judogi. No shoes on the mat. Zoris worn off the mat.





BRITISH  
JUDO



# BRITISH JUDO ASSOCIATION SYLLABUS

1<sup>ST</sup> MON TO 3<sup>RD</sup> MON



Ushiro Ukemi  
Rear breakfall



Osoto-otoshi  
Major outer drop



Kesa-gatame  
Scarf hold



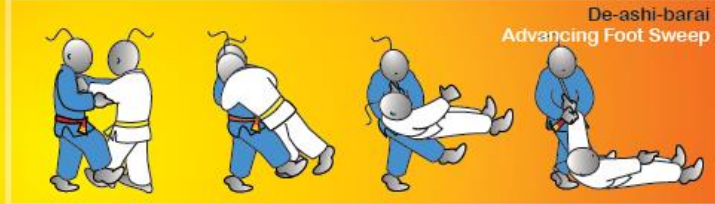
Kesa-gatame escape



Osoto-otoshi into Kesa-gatame



Yoko Ukemi  
Side breakfall



De-ashi-barai  
Advancing Foot Sweep



Mune-gatame  
Chest hold



Mune-gatame escape



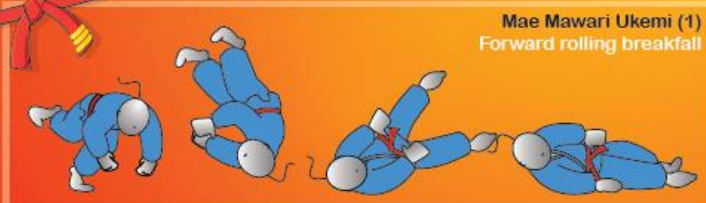
De-ashi-barai into Mune-gatame



Tachi-rei  
Standing bow



Za-rei  
Kneeling bow



Mae Mawari Ukemi (1)  
Forward rolling breakfall



Uki-goshi  
Floating hip



Kuzure-kesa-gatame  
Broken scarf hold



Kuzure-kesa-gatame escape



Uki-goshi into Kuzure-kesa-gatame



Tying the obi  
Tying the belt

## REQUIREMENTS

Judo was invented in Japan, by Jigoro Kano. As a red belt, you should be able to wear your judogi correctly and be able to tie your belt. You should also know the following Japanese words.

Rei = Bow  
Hajime = Start  
Matte = Break

Osaekomi = Holding  
Toketa = Hold broken  
Dojo = Judo Hall

Zori = Flip Flops  
Judogi = Judo Suit  
Randori = Free Practice





BRITISH  
JUDO



BRITISH JUDO ASSOCIATION

# SYLLABUS

4<sup>TH</sup> MON TO 6<sup>TH</sup> MON

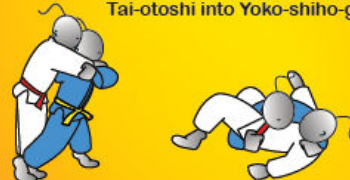
Mae Mawari Ukemi (2)  
Forward rolling breakfall



Tai-otoshi  
Hand throw body drop



Tai-otoshi into Yoko-shiho-gatame



Yoko-shiho-gatame  
Side four quarters hold



Yoko-shiho escape



Turnover into Yoko-shiho-gatame



Migi Shizentai  
Right standing grip



Hidari Shizentai  
Left standing grip



Mae Mawari Ukemi (3)  
Forward rolling breakfall



Ippon-seoi-nage  
One arm shoulder throw



Ippon-seoi-nage into  
Kami-shiho-gatame



Kami-shiho-gatame  
Upper four quarters hold



Kami-shiho-gatame escape



Turnover into Kesa-gatame



Alternative right and left grips



Mae Ukemi  
Forward breakfall



O-uchi-gari  
Major inner reaping



Tate-shiho-gatame  
Lengthwise four quarters hold



Tate-shiho-gatame escape



O-uchi-gari into Tate-shiho-gatame



Turnover into Mune-gatame



Demonstrate other grips



When holding both sides of jacket you must throw immediately

## REQUIREMENTS

As a yellow belt, you should know what the Judo Code is and try to follow it on and off the tatami. You can find this code in your BJA Syllabus book. It is useful to know the following Japanese words.

Osaekomi-waza = Hold down  
Tachi-waza = Standing technique  
Ukemi = Breakfall

Kumi-kata = Gripping  
Nage-komi = Throwing

