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Judo

ALL ABOUT JUDO



What is Judo?

Judo is one of the oldest forms of Martial Arts and has been an Olympic sport since 1964. Judo, which derives from jiu-jitsu, rests upon the principal of turning an opponent's strength to one's own advantage and overcoming by skill rather than by strength alone. Judo emphasizes the practice of skill and technique over force.

Dr. Jigoro Kano founded the Kodokan in 1882. A student of Jiu-jitsu, Dr. Kano believed that by adopting superior Jiu-jitsu elements, "maximum efficiency with minimum effort" and "mutual welfare and benefit" could be achieved.

What does Judo mean?

The word judo consists of two Japanese characters, ju, which means "gentle" and do, which means "the way". In simplest terms, Judo means "the way of gentleness". Ju can also mean giving and flexible; a student of Judo does not meet force with force unless it is to their advantage or for a further purpose to do so.

Meet the instructors Sensei Shawn and Sensei Brandon!

Sensei Shawn is a USA Judo certified coach with over 14 years of competitive Judo in his repertoire. He is also working toward his International Judo Federation (IJF) Instructor's Certificate from the IJF Academy, which had never been offered in the United States until 2016. Sensei Shawn is one of only 30 coaches in the US to be accepted into this prestigious program.

Sensei Brandon is a USA Judo certified coach with over 10 years of Judo under his belt, and has been coaching at GTFL for three years.

What kinds of Judo/Jiu-jitsu classes does GTFL Athletics offer?

GTFL offers Judo/Jiu-jitsu for children and adults on Monday and Wednesday evenings. Tot Judo classes (ages 4-5) are offered from 6:00PM to 6:30 PM. Cost is \$37.50/month, \$55/month for 2x/wk. Children's Judo classes (ages 6-14) are from 6:00PM to 7:00PM, and the adult class is offered from 7:00PM to 8:00PM. GTFL also has a competitive Judo team which has an additional practice time on Saturdays from 10:30AM to 11:30PM. Cost is \$70/month.

