



CLUB NEWS

Shining Together Judo Newsletter

September Birthdays:

- ◆ Elijah B
- ◆ Julian G
- ◆ Coach Chris
- ◆ Kyle L
- ◆ Alice M
- ◆ Piper R
- ◆ Jackson S

Let it begin...

Welcome to the first monthly edition of our club newsletter. We'll try and share stuff we'd like you to know all in one place and be able to easily reference back to.

What info would you like to see?

Would you rather have it electronic or printed, or both?

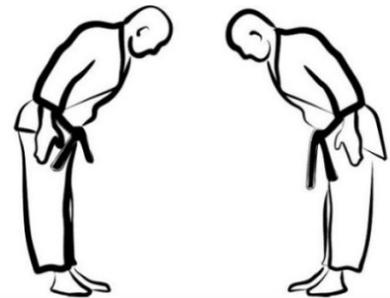
FYI— Due to the size of our current classes we will be having all classes in the Blue Room.

Dojo events

This month the Aikido group will be hosting their Sensei from Japan. It will be the weekend of the 7th. We will be cancelling both kids and adults classes on Friday Sept 9th.

Dojo maintenance and cleaning

To share the responsibility of keeping our dojo clean and maintained the 4 schools rotate responsibility for cleaning, maintenance and restocking of supplies. September is STJs turn. We'll be scheduling a Saturday cleaning party later in the month.



*"Always realize you are short
ten thousand bows..."*

-Coach Dennis



Check Facebook for the latest news and events



Junior competitors before the NorthBay Shiai—28 August

*Please pay club
dues by the 10th
of each month.
Thank You*

Dojo Reminders

The space is shared between the 4 schools and we need to be good dojo citizens. Please remember to:

- ◆ Rack shoes
- ◆ No food in dojo
- ◆ Clean up behind yourself
- ◆ Water only in the dojo and remember to take your water bottle with you.
- ◆ Dojo "photo ready" at all times

Caring for your Judogi

The manufacturer suggested care is to always wash your uniform in cold water and hang dry. That is not always practical.

- ◇ Never use bleach to clean your uniform. Tide Bleach Alternative works well. Bleaching will yellow your gi over time and destroy the fibers.
- ◇ Soaking in Oxyclean will help remove stains.
- ◇ One cup of baking soda will keep uniform white and reduce odors.
- ◇ One cup of white vinegar in the wash will help kill mold.
- ◇ For staining around neck use Spray n'Wash or Shout
- ◇ Wash soon after practice before stains/smells set in
- ◇ If you can't air dry your uniform, put in dryer on lowest heat setting and remove promptly when dry enough.
- ◇ If your sleeves are getting shorter with washing you can stand on and pull the sleeves to loosen the fibers before drying.

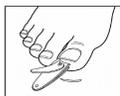
Judo Trivia

Did you know?

Judo is the second most practiced sport, after soccer.

More people practice Judo in France than Japan.

Judo can be taught to the visually disabled.



Please
Keep fingers and toes
CLEAN and trimmed.



Upcoming Tournament Schedule

- East Bay Judo Inc
Sep 18 - El Cerrito
- Hanabi Halloween
Classic Oct 30 - Albany
- Palo Alto - Nov 13
- CCSF - Dec 4

One to Ten in Japanese

1. Ichi (ee chee)
2. Ni (nee)
3. San (saan)
4. Shi or yon (she, yon)
5. Go (go)
6. Roku (row koo)
7. Shichi (see chee)
8. Hachi (ha chee)
9. Ku (koo)
10. Ju (joo)

Technique - Proper Zarei (kneeling bow)



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