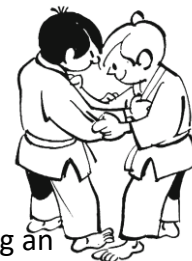


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JUDO



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, Sensei Brandon, and Sensei Mark!

Sensei Shawn is a USA Judo certified National coach with over 16 years of competitive Judo in his repertoire. He is also only one of 15 coaches in the US to have his International Judo Federation (IJF) Instructor's Certificate from the IJF Academy, a very prestigious program, which had never been offered in the United States until 2016. He also won Silver at the 2018 US Open, and Bronze at the 2019 Senior Nationals.

Sensei Brandon is a USA Judo certified National coach with over 10 years of Judo under his belt, and has been coaching at GTFL for five years. He won Gold at the 2019 US Open.

Sensei Mark is a USA Judo certified coach with 5 years of Judo experience. He has competed in multiple national tournaments, and won the Bronze at 2018 US Open.

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 years) are offered from 6:00PM-6:30PM (5:30PM-6:00PM starting September). Cost is \$54/month, \$70/month for 2x/wk. Children's Judo classes (ages 6-14 years) are from 6:00PM-7:00PM, and the adult class is offered from 7:00PM-8:00PM. GTFL also has a competitive Judo team, which has an additional practice time on Saturdays from 10:30AM-11:30AM. Cost is \$86/month.

****Membership Fee is required to participate in all classes. \$85 per family OR \$50 single participant/per year.****
Payment for classes is expected at the beginning of each month upon your arrival for class. If you do not attend the whole month, then Flex-Pay pricing is in effect:

Classes that are 30 minutes long are \$54/month or Flex-pay \$15/class. \$51.30/month if paid by the 5th.
Classes that are 60 minutes long are \$86/month or Flex-pay \$23/class. \$81.70/month if paid by the 5th.
Adult single mat fee - \$15/class for those who are unable to do monthly.

