

About Judo

Judo is a martial art developed from jiu jitsu by Jigaro Kano in Tokyo in 1882. Judo translates to 'The Gentle Way.' This is a bit of a misnomer. There is nothing gentle about a high level judo match. However, the techniques Mr Kano developed have evolved into an Olympic sport practiced safely the world over.



Judo has four basic elements; throws, pins, chokes & arm locks. There are no punches or kicks in judo. It is similar to wrestling, but with much cooler uniforms. New judo practitioners are first taught how to properly fall. Throws and pins are taught next. Chokes are taught for Judoka age 13+ and arm locks are practiced by experienced adult Judoka.

At Celtic Judo Club, we emphasize discipline, respect, confidence and positivity, on and off the mat. Whether you practice judo for self-defense, sport competition, cross training or to get into the best shape of your life, you will feel right at home with us.

Our instructors have decades of experience coaching youth and adults. Wayne Dickinson is a National Level USA Judo Certified Coach. He and our other blackbelts provide a stable and welcoming environment for all of our members.

The first workout at CJC is always free!

Contact: celticjudoclub@gmail.com