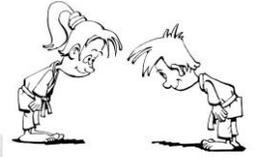


# 柔道

## JUDO/JIU-JITSU



### 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.

### What is Jiu-jitsu?

Jiu-jitsu developed to combat the samurai of feudal Japan as a method for defeating an armed and armored opponent in which one uses no weapon, or only a short weapon. Because striking against an armored opponent proved ineffective, practitioners learned that the most efficient methods for neutralizing an enemy took the form of pins, joint locks, chokehold, and throws. These techniques were developed around the principle of using an attacker's energy against him, rather than directly opposing it.

# 柔術

### What does Jiu-jitsu mean?

"Jū" can be translated to mean "gentle, soft, supple, flexible, pliable, or yielding." "Jitsu" can be translated to mean "art" or "technique" and represents manipulating the opponent's force against himself rather than confronting it with one's own force.

### Meet 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?

Tot Judo 5:00PM-5:30PM – ages 5-6 years (offered Mon, Wed) Cost is \$60/month, \$72/month for 2x/wk.

Children's Judo 5:30PM-6:30PM – ages 7-13 years (offered M, W, Sat 10:30AM-11:30AM) Cost is \$92/month for 1-3x/wk.

Adult Judo 6:30PM-7:30PM – ages 14 years-adult (offered M, W, Sat 10:30AM-11:30AM) Cost is \$92/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 payment is not received by the 10<sup>th</sup>, participation in class will not be allowed. Please call or email ahead of time if a class will be missed. There are no refunds for missed classes.

Classes that are 30 minutes long are \$60/month or \$57.00/month if paid by the 5<sup>th</sup>.

Classes that are 60 minutes long are \$92/month or \$87.40/month if paid by the 5<sup>th</sup>.

Adult single mat fee - \$20/class for those who are unable to do monthly.