

# Northglenn Judo Club



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# Welcome To Northglenn Judo Club

We are the largest judo club in the Denver, Colorado area offering family-friendly workouts for judo students of all ages. The club was founded by Dr. Dennis McGuire and Page Baptist in 1964.

## We will teach you and/or your children the fundamentals of Judo and will provide:

- ✓ Competent instruction in the techniques and the philosophy of the sport of judo.
- ✓ A safe environment in which to regularly practice judo.
- ✓ Development of competitors, able to compete effectively at all levels.
- ✓ The option to participate in non-competitive recreational judo.
- ✓ Affiliation with the national governing body for judo. (USA Judo)
- ✓ Active participation in the affairs of the greater judo community.
- ✓ Opportunity for promotion within our club and through sanctioned promotion organizations.
- ✓ Opportunity to participate in the club's social and fundraising activities.

## Northglenn Judo Club, Inc. is Non-Profit 501(c) 3 Colorado Corporation.

### Club Officers:

Warren Agena – President  
Dave Schwartz - Treasurer  
Jodi Schwartz - Secretary  
Shuichi Ootaka – Technical Director

### Head Instructors:

Martin Vorum  
Lucas Mignogna  
Colleen Sattler

Barry Hoffman – Kata

Jean-Luc Moreau – Technical Advisor

### Contact Information:

General Information	(720) 515-7582
Northglenn Judo Club Office	(303) 818-5959
Northglenn Recreation Center	(303) 450-8890
Email	info@northglennjudo.org
Website	Northglennjudo.org

**Prerequisites:**

Before stepping onto the mat for the first time, we require all new students to fill out a personal information form. Registration can be completed online at: [http://northglennjudo.org/member\\_registration](http://northglennjudo.org/member_registration)  
The information provided on the forms helps us to be aware of any potential health problems students may have and allows us to deal with them accordingly. We also require all new students to purchase an annual USA Judo membership at: <http://www.teamusa.org/usa-judo/membership> In addition to allowing the holder to participate in any sanctioned Judo tournaments, membership in USA Judo provides “excess” sport accident insurance for injuries sustained in tournaments or at a regularly scheduled practice. It is advised that all students maintain health insurance external to your USA Judo insurance.

**Club Dues:**

These dues allow you to attend three practices per week for 2-hours each for a total of 6 hours per week. In comparison to other activities, judo at Northglenn is a remarkably inexpensive sport.

**Monthly: \$22.00 - Each additional family member is another \$11.00 per month.**

**Annual: \$242.00 - Each additional family member is another \$121.00 per year.**

Registration and dues payments are done through the club website: <https://northglennjudo.org/>

**Recreation Center Fees**

In addition to the previously mentioned Club fees, the Northglenn Recreation center requires a Gym access fee for each visit. *This fee is separate from our required monthly club dues.* Please check with the front desk for current fees and discount ID cards.

<p><b><u>Club Dojo Address:</u></b></p> <p>Northglenn Recreation Center 11801 Community Center Drive Northglenn, Colorado 80233</p>	<p><b><u>Club Administrative Address:</u></b></p> <p>431 E Raintree Ct Louisville CO 80027</p>
<p><b><u>Classes &amp; Practice:</u></b></p> <p>Every Tuesday &amp; Thursday 6:30 to 8:30 PM</p> <p>Saturdays – Kata Class 8:00 to 10:00 AM</p> <p>Special Practices as announced</p>	

### **What to Wear to Practice:**

For the first 2-3 practices, beginners should wear strong, loose fitting sweat pants and a heavy, long sleeved sweatshirt. However, we ask that by the 3rd practice students purchase a judo uniform (judo-gi). The judo-gi is made of thick cotton or synthetic fiber, does not tear easily, and depending on the quality and care, can last for years. For beginners and those not interested in competing, just one white judo-gi will suffice. Increased television coverage of national and international judo matches has necessitated a move to require competitors to have both the traditional white and a blue judo-gi. Judo-gis can be purchased through our office or can be ordered by through your instructor. Judo-gis range in cost. The single-weave (thinner) judo-gis currently run anywhere from \$40 for the smaller sizes to about \$50 for the larger ones. Double-weave judo-gis (thicker), the prices generally range from \$75-\$175 depending on size. Blue judo-gis can cost \$20 to \$30 more. Complete, IJF approved judo-gis can be significantly more expensive.

### **What Not to Wear:**

For purposes of safety we ask that before coming on the mat, students remove all watches, necklaces, earrings, and rings. Shoes and socks are also not worn on a judo mat (tatami).

### **Behavior in the Dojo / Basic Dojo Etiquette:**

One of our goals in teaching judo is to help our students develop good personal habits, respect for others, and respect for the judo tradition. Some simple, easy to follow rules are listed below:

**Promptness** --- A student arriving after class has begun often interrupts the flow of the class, lessening the learning experience of others. Try to show respect for both your fellow students and your instructors by arriving at practice on time. Of course we realize that there are always circumstances such as traffic jams, extra homework, etc. However, please do not allow a bad habit to form by regularly showing up late for practice.

**Cleanliness** --- Clean your judo-gi (uniform) regularly. By participating in practice with a clean judo-gi you show respect for both your judo uniform and others. Again, we are trying to develop habits that also apply to a real world situation. One wouldn't show up to work or school in clothes that haven't been washed in 2-3 months. Along these same lines, we also like to have students trim their fingernails and toenails. This is mainly an issue of safety. When practicing judo, the possibility of injuring others and yourself exists. When working to obtain a grip of your opponent's uniform, long fingernails can often be torn off if your opponent moves unexpectedly. Also, when working on the mat, the possibility of scraping and/or cutting your opponent with your fingernails can be lessened if you regularly trim toenails and fingernails.

**Respect** --- One of the philosophies taught by Dr. Kano, the founder of judo, was that one should study judo to improve one's mind and body for the mutual welfare and benefit of all. All students at Northglenn Judo Club are expected to treat others with the same respect that they expect of others. We encourage students to be courteous, friendly, and to help others both on and off the judo mat, to learn new concepts.

**Bowing** --- Many cultural aspects are incorporated in judo. One of these is the Japanese tradition of bowing. Like we here in the west shake hands to greet each other, Japanese and many other Asians, bow to each other. The bowing etiquette sets Judo uniquely apart from other international sports. The gestures are of respect, appreciation, and courtesy. Traditionally students bow before getting on and off the mat to show respect for the place of learning. Also at the start and end of each practice, students bow to the instructors to thank them for providing knowledge. Bowing to other students before engaging in competition, or various exercises is simply a gesture of courteous acknowledgement.

**Belts** --- Students put out much effort and dedication to attain various belt ranks. Traditionally the belt should be worn properly and with pride and treated with respect. When entering the dojo (gym), students should have their belts properly tied and not hung around their necks. Again using the above examples, one would not show up to work or school with a belt hung around the neck.

## **Practice:**

Practices are held three times a week. On Tuesday and Thursday evenings practices are held from 6:30 to 8:30 (6:30 – 7:30 for beginners.) Saturday practice times may vary and are announced during the week at practice. You can also check our website at [www.northglennjudo.org](http://www.northglennjudo.org) for the latest Saturday schedule. Saturday session practices are generally more informal and if you wish to have more customized, one-on-one instruction, this is an ideal time.

Practices on Tuesdays and Thursdays are generally structured as follows:

Typically 30 minutes of calisthenics, stretching, and an assortment of drills specific to judo. In the two months prior to the national championships we also add another 10-15 minutes of conditioning drills.

We also spend several minutes practicing falls. This is done to avoid serious injuries. A large portion of lessons for beginners is devoted to teaching how to fall correctly because a large part of judo involves throwing or being thrown.

At this point in the practice, students are separated into three major groups; beginners, intermediate, and advanced. In the beginner class students learn basic falls, throws, and pin-downs. The intermediate and advanced level players generally go through a repetitive drill called "Uchi-Komi". This is basically an exercise in which you repeatedly enter into and exit from a throw and is designed to work on timing, and body coordination. This exercise is generally done without much resistance from your partner. After the "Uchi-Komi" drills, there is usually an instruction period where either a new throw or mat work technique is introduced and the students are asked to try the new move(s).

The remaining time in practice is divided into two segments devoted to simulate competition, a sort of controlled sparring. The first segment involves simulating grappling techniques used on the mat ("ne-

waza”) and starts with both partners on the ground and attempting to pin each other. The second segment simulates attempting techniques from a standing position (“tachi-waza”). Each of these segments are practiced at full speed with your partner (“Randori”). Usually we do this simulated competition for 3- 5 minutes and then change partners and continue.

### **Judo Rank and Promotions**

Belt rank in judo is divided into two major categories. All ranks before the black-belt level are called “Kyu” grades, and black-belt ranks are “Dan” grades. All Kyu grades will be awarded at the club level. Promotion to the next Kyu grade is based on several factors including, regular attendance, knowledge, character, and skill level as determined by your Sensei (teacher.) Each student is monitored by at least one instructor and when appropriate, the student is tested on various skills and quizzed on certain judo terminology and history. Tests are usually given on the last regularly scheduled practice of each quarter. To be eligible for testing, students must have a minimum attendance record of 75% for the quarter in which the test is given. Students who are eligible for a black belt may be awarded within the club and are forwarded to USA Judo, the national governing body. Requirements for the “Dan” grades are basically the same around the world and therefore, most governing bodies recognize the ranks awarded by other national governing bodies. Northglenn Judo Club requires each student to demonstrate knowledge of certain throws and hold-downs before progressing to the next higher rank.

The tables on the following pages list the techniques that need to be demonstrated for each rank.

## Nage-waza (Throwing Techniques) Required for Junior Ranks (Under 16 years old)

\* - Demonstrate one throw both left and right

	Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
	Yellow	Yellow High	Orange	Orange High	Green	Green High*	Blue*	Blue High*	Purple*	Purple High*
O-soto-gari										
O-goshi										
Deashi-harai										
Seoi-nage										
Kouchi-gari										
Uki-goshi										
Hiza-guruma										
O-uchi-gari										
Tai-otoshi										
Harai-goshi										
Okuri-ashi-										
Tsuri-komi-										
Sode-tsurikomi-goshi										
Uchimata										
Tomoenage										
Hanegoshi										
Sasae-Tsurikomi-Ashi										
Kata-Guruma										

## Katame-waza (Grappling Techniques) Required for Junior Ranks (Under 16 years old)

	Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
	Yellow	Yellow High	Orange	Orange High	Green	Green High*	Blue*	Blue High*	Purple*	Purple High*
Kesa-gatame										
Kata-gatame										
Kami-shiho-gatame										
Yoko-shiho-gatame										
Kuzure-kami-shiho-gatame										
Kata-juji-jime										
Tate-shiho-gatame										
Gyaku-jujijime										
Nami-juji-jime										
Ude-garami										
Okuri-eri-jime										
Ude-gatame										
Hadaka-jime										
Hiza-gatame										
Kata-ha-jime										
Juji-gatame										
Ashi-garami										



### Nage-waza (Throwing Techniques) Required for Senior Ranks (17-and older)

\* - Demonstrate one throw both left and right

	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
	Yellow	Green	3rd Brown	2nd Brown *	1st Brown*
O-soto-gari					
O-goshi					
Deashi-harai					
Seoi-nage					
Kouchi-gari					
Uki-goshi					
Hiza-guruma					
O-uchi-gari					
Tai-otoshi					
Harai-goshi					
Okuri-ashi-harai					
Tsuri-komi-goshi					
Sode-tsuri-komi-goshi					
Uchimata					
Tomoenage					
Hanegoshi					
Sasae-Tsurikomi-Ashi					
Kata-Guruma					

## Katame-waza (Grappling Techniques) Required for Senior Ranks (17-and older)

	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
	Yellow	Green	Brown	Brown*	Brown*
Kesa-gatame					
Kata-gatame					
Kami-shiho-					
Yoko-shiho-					
Kuzure-kami-					
Tate-shiho-					
Kata-juji-jime					
Gyaku-juji-jime					
Nami-juji-jime					
Okuri-eri-jime					
Ude-gatame					
Ude-garami					
Hadaka-jime					
Kata-ha-jime					
Hiza-gatame					
Juji-gatame					
Ashi-garami					

### Non-Competitive Judo

As described in our mission statement, Northglenn Judo Club recognizes the need for various kinds of judo interests, not only for competitive judo. We recognize the need for members of our community to learn judo for recreational purposes, as an alternate means towards personal physical fitness, or even simply to learn a little about the culture of Japan. Judo provides an excellent means for people to discover their physical strengths and weaknesses and we can tailor our programs around various needs.

### Competitive Judo

Judo Competition is conducted as follows:

Players attempt to throw an opponent mostly onto his or her back with control, skill and force, in order to score a full point, or “Ippon”. This is equivalent to a pin in wrestling or to a knockout in boxing.

Holding an opponent down, with control, for 20 seconds, can also score an “Ippon”. Partial points are also awarded if throws do not have enough force, speed, or control, or if opponents escape from a hold down in less than 20 seconds. In adult competition, an “Ippon” can also be scored by applying chokeholds or elbow joint locks until the opponent submits.

If by the end of the initial time limit no “Ippon” is scored, the players enter a “Golden Score” segment

which continues until one player scores a point. The contest area is a square of 8 x 8 meters on a side (for local & regional competition the area might be smaller). Rules are updated by the International Judo Federation and it is the responsibility of the competitor to stay current.

If you decide to participate in judo at a competitive level, Northglenn Judo Club has many different avenues.

### **Beginners**

For participants wishing to try competitive judo, the best way is to enter one of the tournaments held each year in the Denver area. These tournaments have divisions specifically set up for novices, those students who have never competed before, or who have never placed 1st, 2nd, or 3rd in a novice division. Our club policy is that students must actively participate in practice for a minimum of 6 months and have approval from their instructors before competing.

### **Intermediate Competitors**

After having placed in a novice division, competitors are moved into the intermediate level and are presented the opportunity to compete at the various local tournaments held throughout the year and depending on skill level, are sometimes invited to participate in regional tournaments in throughout the country.

### **National Level Junior Competitors**

Northglenn Judo club has a great national level junior program. To participate in this program students must have competed at the beginner and intermediate levels and have reached a certain minimum skill level. Northglenn Judo Club instructors continually monitor club participants at practices and at local tournaments to determine whether or not a student is eligible for our national level program.

### **National Level Senior Competitors**

Another strength of Northglenn Judo Club is our national program for adults. Our club has numerous former national champions, and even has members who have competed at the Olympics and other tournaments at the international level.

### **Masters Competitors**

For those older players who still wish to compete in judo, there are masters divisions. These divisions are for players more than 30 years of age. Local tournaments usually have masters divisions that are divided into light, medium, and heavy divisions. At the national level, there are divisions for each of the 7 weight categories for both men and women and at 5-year age categories.

## **Contributions Expected From Parents and Competitors**

It is expected that all families and members of Northglenn Judo Club will participate in club fundraisers and support our club tournaments with setup, concessions, and other functions as needed.

### **Tournament Preparation**

Junior Nationals Training Camp (6 – 8 weeks prior to Nationals)

### **Conditioning**

Judo is a sport that is practiced throughout the year. Therefore, we expect all of our competitors to be in the best shape possible for each tournament entered. We try to design our workouts to address conditioning but expect all serious students interested in competitive judo to do additional conditioning on their own. Running sprints and running longer distances helps with keeping your weight under control and helps in keeping up your stamina in the larger tournaments where you might have to fight six to nine times throughout the day.

### **Strength Training**

Increasing strength potential is as important in judo as in many other competitive sports. Most of our workouts are designed to naturally develop body strength over a period of time. At the national level, competitors often complement normal judo workouts with weight training. Current studies suggest that because the growth plates in adolescent bones are not completely fused, weight training with heavier weights should be delayed until in high school. Supervised training using lighter weights with increased repetitions can be started at an earlier age.

### **Diet**

Students hoping to compete at a national level will have to make a decision about which weight category they can compete in optimally. For adolescents, this decision will be done in conjunction with your parents and coaches. Sometimes, this choice will require you losing a few pounds. We definitely do not advocate nor advise any drastic weight loss to compete in a lower weight category. Studies have shown that excessive weight loss significantly decreases performance. After deciding upon your ideal competitive weight category, you will need to closely monitor your weight and diet. Based on past experience, decisions about weight categories often have to be modified when students go through sudden growth spurts.

### **Mental Preparation**

Preparing mentally before major tournaments should also be a major part of any serious competitor's training. Studies have shown that visualizing events offers a great way to improve performance. Before each major tournament, visualize yourself fighting and winning matches by Ippon using your favorite technique. We have found that competitors, who show up at a tournament and only then begin to think about their strategy, do not have a very high success rate.

### **Avoiding Injuries**

Occasionally we have students getting injured just prior to a national tournament and who therefore, cannot compete at their full potential. To prevent such situations, we ask that our students refrain from any outside activity in which there is a potential for serious injury for at least six weeks prior to any major tournament. This six-week time buffer will at least allow competitors a chance to fully recover from most injuries. Activities such as rollerblading, skiing, skateboarding, mountain biking, tackle football, and skydiving are all examples of activities that should be avoided before major tournaments.

### **Behavior at Tournaments**

Through many years of coaching, we have come up with some common sense rules regarding behavior at regional and national level tournaments. Remember that many of us have worked hard at fund raising, and to waste financial resources on simple mistakes can be very frustrating.

**Swimming** --- We have two main reasons for asking our students not to swim before an important tournament. Firstly, swimming involves using muscle groups in a completely different way from judo and these muscles used in a new way can become tired and sore preventing you from fighting at your maximum potential. Secondly, swimming pools are often located outdoors and no matter how careful people are; we inevitably have someone who gets sunburned. The judo-gi is made of a rough fiber that is very irritating on sunburned skin thus making it very difficult to fight. We have spent hundreds, sometimes thousands, of dollars sending competitors to places like Hawaii or California and a lot of hard work can be negated by someone who is careless and gets badly sunburned.

**Behavior in Hotels** --- Remember that when at a tournament, you are a representative of Northglenn Judo Club. Your behavior directly reflects upon your instructors and the club. We fully expect all of our students to be at their best behavior in the hotels we stay in. This includes not running around in lobbies, and hallways, not setting off fire alarms, etc.

### **Lifetime Enjoyment**

Judo is truly a sport that you can continue enjoying throughout your lifetime. The benefits of practicing judo diligently are manifold. By practicing regularly, not only do you increase your skill level, but you can also increase both your stamina and confidence. Many adults begin practicing because their children joined judo and then find they are healthier, slimmer, and have a whole new positive outlook on things. We have members of our club who have been practicing judo for more than 50 years and are shining examples of health. They still practice 2-3 times per week. Northglenn Judo Club takes pride in the fact that we continue to abide by one of the most important tenets of judo. Through judo, we strive to teach all of our students both self-respect and respect for others, and also to become productive citizens of society