



# Do Judo!



**Call 248-344-9344 to join!**

## **CLASS TIMES (first class free!)**

WEDNESDAY: 6:30-7:00 (5-7 years old)  
7:00-8:00 (Youth and family)  
8:00-9:15 (Adults)

### **The Judo Club of Novi also offers:**

SELF-DEFENSE PROGRAMS: (6 WEEK COURSE)

JUDO TRAINING CLINICS AND CAMPS!

**\*\*Directed by Dave Wertheimer, 5<sup>th</sup> Degree Black Belt, President of Judo Affiliates of Michigan\*\***

## **What is Kodokan Judo?**

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more.. People practice Judo to excel in competition, to stay in shape, to develop self-confidence, and for many other reasons.

Kodokan Judo comes to us from the fighting system of feudal Japan. Founded in 1882 by Dr. Jigoro Kano, Judo is a refinement of the ancient martial art of Jujutsu. Dr. Kano, President of the University of Education, Tokyo, studied these ancient forms and integrated what he considered to be the best of their techniques into what is now the modern sport of Judo.

### **★ Judo is Fun!**

As in all sports, Judo has a strict set of rules that governs competition and ensures safety. For those who want to test their skills, Judo offers the opportunity for competitions at all skill levels, from club to national tournaments, to the Olympic Games. There are separate weight divisions for men and women, and boys and girls.

Judo is best known for it's spectacular throwing techniques but also involves considerable grappling on the ground utilizing specialized pins, control



holds, arm locks, and more. Judo emphasizes safety, and full physical activity for top conditioning.

Judo develops self-discipline and respect for oneself and others. Judo provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility. As a sport that has evolved from a fighting art, it develops complete body control, fine balance, and fast reflexive action.

**Judo is for everyone! Try it today!**

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We Practice for Thousands of Days,  
Whether We Win or Lose is Decided in an Instant

### ★ The Judo Rank System

Judo created the system of ranks, now used in most other martial arts, that recognize a person's degree of knowledge, ability, and leadership. There are separate ranks for juniors (under 17) and seniors. Judo ranks are identified by colored belts, and ten degrees of advanced grades for black belts. Regular advancement encourages students to achieve more.



### ★ Principles and Goals of Judo

Judo, which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo. For example, in Judo classes you may learn how to give way, rather than use force, to overcome a stronger opponent.

The principles of Judo, such as "Maximum Efficiency" and "Mutual Welfare and Benefit", can also be used in our dealings with others in life. The ultimate goal in Judo is to develop oneself to the maximum extent possible, always striving for perfection, so that you can contribute something of value to the world.



**Do Judo!**

