

Newport Judo Club

[Stand Tall: Respect and Affect \(blog\)](#)

Not Aggression, Not Timidity

But Life Skills and Discipline in Unbroken Spirits

<http://www.martialartsjudo.com> (Website)

[Newport Baptist Hall: 26 Mason Street](#) (Map)

[First lesson is Free!! \(What's in it? - Click here\)](#)

Thursdays During School Term

6:00pm - 7:30pm Juniors

7:30pm - 9:00pm U/16 & Seniors

Confident Kids are Safer



Email: richard@martialartsjudo.com

Contact: [Richard Roper](#)

Ph: 0408 541015

Leave a message if not answered: I do not return calls that do not leave a message

You will learn:

- *Skills for life in a fun and caring environment
- *How to fall, throw and compete
- *How to talk and walk more safely
- *How to escape, get attention and help when you need it
 - *Natural alarms and
 - *What to do when Nothing Works



Newport Judo Club

Member Handbook

A Member Of :

Judo Victoria

Judo Federation Of Australia

International Judo Federation

(Official Judo Olympic Body)

[You have the Right to Feel Safe at All Times](#)

(about our Self Defence program)

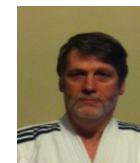
[Fall And Not Get Hurt](#)

(About How Judo People Fall Safely)

Trusted Adults, Parents Welcome To All Sessions

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A message from the Instructor

G'day

My Name is Richard Roper and I am the head coach in charge of the the Newport Judo Club.

I would like to take this opportunity to give you a very warm welcome to our little Judo Club. I hope that this little booklet will help you on your way to getting to know us.

I hope that this will be the start of a very long relationship. I hope that we have some very memorable and enjoyable times together. Together lets become better and stronger.

There is lots to know about Judo so if you don't find what you need in these pages, don't be afraid to ask questions and don't for get the club website www.martialartsjudo.com, which is full of good stuff. Two of my favourite non Judo links are: [Bullying](#) and [Child Lost](#)

I am a strong believer in teaching some skills by stories so you should be aware that the judo I teach is often interpreted by my [Christian faith](#). The skills I teach will often be reinforced by all sorts of stories including bible stories. No attempt will be made to convert anybody but I do ask that you respect my faith as I will respect yours.

One little Note: Volunteers do a lot of work around Newport May I ask that you respect this, thank people whenever you can and be as prepared to lend a hand in some way if you can.



Sensai Richard

Our Vision, Mission and Values

Our Vision

We want the club to be [a place of Safety](#), development both in Judo skill and The primary focus of the club in terms of physical skills will be perfection of those skills but as long as it does not detract from that, Competition will be encouraged.

We want [Seiryoku Saizen Katsuyo Jita Kyoei](#) to be a guiding principal however I choose to [interpret this in the light of my Christian Faith](#).

We want other people involved in the leadership, as long as they are willing to accept spiritual people in the context of [“Budo: Me And Newport Judo”](#) I want everybody to be included in both leadership and general participation of the club.

Our Mission

To Build Confidence, Not Timidity
To Build Character, Not Aggression
To Build Life Skills *and* Discipline in Unbroken Spirits

Our Values

Maximum Efficiency, Minimum Effort , Mutual Welfare and Benefit
([Seiryoku Saizen Katsuyo Jita Kyoei](#))

Our Motto

Stand Tall: Respect, Affect

[Downloadable Courses and Books](#)

[How I Managed Student Behavior In Class](#)

[Big List of Judo's Counters and Combinations Free](#)

[The Newport Judo Self Defense Program](#)

[Ultimate Guide to Stretching & Flexibility](#) [Ultimate Guide to Stretching & Flexibility](#)

What To Bring To Class

In order to help that learning here are some things you should bring for each class.

Your Clean Uniform (Judogi) and Club T-Shirt, Of course.

Shoes or sandals or thongs or slippers or something that slips on your feet easily. It is so important that everybody come to the mat with something on their feet. **SOCKS WILL NOT DO !** Coming to the mat with dirty feet is not nice and it can be dangerous too.

You should also have something on your feet whenever you leave the mat for any reason at all.

Drink Bottle filled with WATER for drinking.

A drink bottle filled with water for drinking should be brought and placed beside the mat so that you can have a drink any time I say you can. We must all keep our fluids up when we exercise particularly during summer but it is just as important in the winter. Going to the kitchen for drinks all the time is very time consuming and I would like to minimise it as much as possible.

If you don't have a drink bottle ask Sensei. Sensei usually can supply you with a Judo one at a small price.

Membership, Fees, Uniforms, Attire

Junior:

Initial Registration Fee	\$107.00
Judo Gi (Uniform)	\$80.00
Club T-shirt	<u>\$20.00</u>
Total	<u>\$207.00</u>
Plus Weekly Session fees	\$12.00*

*This fee is subject to change. Discount available on weekly fee for family and advance payment.

After your initial registration each year you will be sent and email notifying you that re-registration is due. You will be able to pay directly on line. If you don't have an email or you are unable to pay online you can pay through the head instructor.

At the beginning of each year you will be asked if you require a new uniform and T-Shirt. You may feel free to ask for new ones before that if you need to.

Re-registration fee \$107.00 (as of 2024 - subject to change)

Senior:

Initial Registration Fee =	\$121.00
Judo Gi (Uniform) =	\$90.00
Club T-shirt =	<u>\$20.00</u>
Total =	<u>\$231.00</u>
Plus Weekly Session fees =	\$12.00*

*This fee is subject to change. Discount available on weekly fee for family and advance payment.

After your initial registration each year you will be sent and email notifying you that re-registration is due. You will be able to pay directly on line. If you don't have an email or you are unable to pay online you can pay through the head instructor.

Membership, Fees, Uniforms, Attire

(Continued)

At the beginning of each year you will be asked if you require a new uniform and T-Shirt. You may feel free to ask for new ones before that if you need to.

Re-registration fee \$121.00 (as of 2024 - subject to change)

Uniforms and Attire

Uniform (Judogi - "Gi" For Short) should always be kept clean.

At the beginning and end of every class I will insist that all students (Judoka) are Neat and Tidy.

Judo is very traditional. If a Judoka enters a competition they will not be allowed to compete unless their Gi is Clean, Neat and Tidy, Properly fitting and they are wearing the correct belt (as in their correct grade).

The club T-Shirt is much more than a promotional item.

Although a T-shirt is not a required part of the uniform for men and boys, many Judoka have a strong desire to wear one under their Gi. The wrong sort of T-shirt can cause injuries.

Female competition players are required to wear a T-Shirt

I therefore encourage all Judoka to wear it all the time during class. In the Summer Months I may permit the men, boys and girls (if they are young enough) to remove them.

About Mouth-guards

Whilst It is recommended that all Judoka wear a mouth guard it is not a requirement. However some of our members have found them invaluable.

Medical Information & Insurance

The club will require a Participant-Player Medical Profile - Personal Record on registration day or prior to the commencement of their participation.

Note:

Significant injuries during practice are recorded and kept for a period of 7 years.

Your registration pays for your Insurance policy. It is strongly recommended that members check their own personal health insurance as well to make sure they are adequately covered.

Ambulance Cover

Please be aware that in the event of an emergency or serious injury, an ambulance will be called. Members or guardians in the case of minors will bear the cost of this transport. **It is therefore recommended that all members have ambulance cover.**

Competitions

Competitions are held regularly throughout the year at various other locations. There are also special competition.

It is optional to enter competitions. But I encourage all my students when they are ready to enter.

No student will be encouraged to compete for the first year of learning. That is until they have obtained two(2) belt levels. This is purely a safety issue. Many students below this level have competed and some have done very well. But students with a year of training are much more prepared and do much better in their initial competition. They also they are much less likely to be discouraged.

Normal classes will be good preparation for this but there will be some classes set aside throughout the training year, that will concentrate on competition only.

Of particular significance is the special classes held during the school holidays of the second term, which are pure competition based training. **Note:** These classes are pre-paid.

There are also classes run outside Newport Judo should a student get really keen. These classes are for people wanting to train for elite competitions like the National and international or even the Commonwealth or Olympic games.

You will be notified by email of these training sessions unless you request not to be.

Code of Conduct

On registration you or your guardian signed that you would adhere to the following:

All players, members, spectators, officials and volunteers are expected to follow our Club's codes. Failure to do so will result in disciplinary action.

COACHES are required to:

- ✓ Respect the rights, dignity and worth of every person regardless of their gender, ability, background or religion
- ✓ Support, encourage and involve all players regardless of their talent level
- ✓ Never ridicule or abuse players for errors or poor performance
- ✓ Always consider the wellbeing and safety of participants before performance and results
- ✓ Encourage participants to value their performances and not just results
- ✓ Encourage and guide participants to accept responsibility for their own performance both on and off the field
- ✓ Maintain respectful and appropriate relationships with all participants
- ✓ Ensure all activities are appropriate to the age, ability and experience of participants
- ✓ Promote the positive aspects of the sport (eg fair play)
- ✓ Always respect the official's decision and support them to carry out their role
- ✓ Display consistently high standards of good sporting behaviour and appearance
- ✓ Follow all guidelines laid down by the national governing body and the Club
- ✓ Hold appropriate valid qualifications before commencing to coach
- ✓ Never condone rule violations, unfair or unduly rough play or the use of prohibited substances
- ✓ Never smoke or drink alcohol whilst in an official capacity
- ✓ Never use offensive language or behaviour
- ✓ To act as a role model at all times.

Code of Conduct (Continued)

PLAYERS are required to:

- ✓ Respect the rights, dignity and worth of every person regardless of their gender, ability, background or religion
- ✓ Play by the rules and respect the umpire's decisions
- ✓ Display good sporting behaviour at all times
- ✓ Never use offensive language or behaviour towards anyone or engage in sledging or bullying of any person
- ✓ Co-operate with your coach
- ✓ Adhere to club policies including smoke-free areas and liquor license requirements
- ✓ Never behave in a manner that would damage the reputation of the club either on or off the field

VOLUNTEERS and SPECTATORS are required to:

- ✓ Act as good role models and ambassadors for the club at all times
- ✓ Always welcome opposition players, spectators, officials etc to the club
- ✓ Never use offensive language or behaviour
- ✓ Treat everyone including the opposition with respect regardless of their gender, ability, cultural background or religion
- ✓ Display consistently high standards of good sporting behaviour including respecting the official's decisions
- ✓ Adhere to the smoke-free policies of the club
- ✓ Not to consume alcohol in any place other than where the club's license allows
- ✓ Adhere to and support the Club policies
- ✓ Be trustworthy

Important Note: The coaches are always very happy to have an extra pair of eyes so please feel free to point out any dangers or situation that may result in injury.

Code of Conduct (Continued)

However unless it is dangerous you are expected to direct any misbehaviour or activity corrections through the instructors. Yelling instructions to students across the mat, about behaviour or technique, is not helpful.

Problems or Complaints

- If you have a problem or complaint, Please talk to the instructor who will help you deal with it appropriately.
- Note: remember when considering a complaint that the Club often is staffed by volunteers who are giving up their time
- Note: it is expected that complaints are made away from training or game day

Interaction With Children Guidelines

These guidelines are for coaches and other personnel to protect them from risk and to keep children safe.

Maintain Appropriate Physical and Emotional Boundaries

Coaches and other personnel in positions of authority should maintain appropriate physical and emotional boundaries at all times. The following guidelines are here to help.

- Drills should be used to skills and develop fitness, not as a punishment
- Work within sight of others at all times
- Players or participants should be congratulated or comforted in appropriate non-isolated setting
- Use positive feedback on performance, not negative feedback about the person (that is, be encouraging and careful of put-downs even in fun)

Code of Conduct (Continued)

Interaction With Children Guidelines

(Continued)

Physical Contact

Athletes are not to be touched in ways likely to make them feel uncomfortable. Generally, physical contact with players or participants will attempt to be:

- Restricted to the development of a particular skill
- Appropriate for the development of a skill/s
- With the permission of the athlete
- To give sports massage
- To treat or respond to an injury
- To Prevent an injury
- Meet the specific requirements of Judo

Being Alone With A Child

To protect everybody particularly a child from risk:

- Isolation with a child is to avoided if at all possible

If a child approaches and wants to talk privately about a matter, they should be taken aside, in an open area, in sight of other adults (e.g. other coaches, officials or parents / guardians).

- Before going into change rooms, knock or announce that you will be coming in. For any child that is not your own there should, if possible at least one adult with you in a change room with children

Organisation

Newport Judo is a member of **Judo Victoria Incorporated (JVI)**

JVI or Judo Vic Inc. is responsible for all state competitions, governance, some local rules and organising insurance.

JVI is a member of **Judo Federation Of Australia (JFA)**

The JFA is responsible for the co-ordinating our National competitions and governance including grading.

The JFA is a member of the **International Judo Federation (IJF)**

The IJF is responsible for international governance and co-ordinating International competitions. Including the Commonwealth Games and Olympics. The international rules on which we base all our rules, come from the IJF.

Through the IJF we have access to International competitions
Through the JFA we have access to National competitions
Through JVI we have access to state competitions

The Kodakan is the first official Judo club. It was founded in Japan by the developer of Judo, Professor Jiagro Kano. Judo spread to the world, largely from its doors. It therefore holds a very special place. It even has its own grading system.

Because of this the Kodakan carries a lot of weight in the Judo community and anything that comes from it is given very strong consideration. It is however not the governing body of international Judo. The IJF, also founded by Professor Kano is.

Kodakan is a member of the IJF.

Our Classes

Classes Run every Thursday evening during school term

Junior Classes

6:00PM to 7:00PM

Advance training from 7:00PM to 7:30PM

Senior Classes

7:30PM to 9:00PM

Senior are encouraged to come early to assist with Junior classes

School Holiday Classes

Classes may be run during the school holidays if there are enough interested students to justify a class and subject to instructor availability. If an instructor can be made available expressions of interest will be made via email to determine if there is enough interest.

Special Classes

Other special classes such as Competition, Kata and Self Defence Classes for Ladies Training may be run during the year by request or if there is enough interested students.





















You'll find lots of information about throws and training on my blog [Judo and Life](#).

Grading

A grading are held approximately every 6 months around June and November. Though subject to change the grading fee is currently \$45.00 Juniors \$55.00 Seniors.

The following is a table of the grades

Junior grading syllabus

Turning 6 years	Turning 7 years	Turning 8 years	Turning 9 years	Turning 10 years	Turning 11 years
					
White-Yellow	Yellow	Yellow-Orange	Orange	Orange-Green	Green
					
White-Yellow Black tips	Yellow Black tips	Yellow-Orange Black tips	Orange Black tips	Orange-Green Black tips	Green Black tips
Turning 12 years	Turning 13 years	Turning 14 years	Turning 15 years	Turning 16 years	
					
Green-Blue	Blue	Blue-Brown	Brown	Brown-Black tips	
					
Green-Blue Black tips	Blue Black tips	Blue-Brown Black tips			

The following is a table of the Senior grades



For full details on the current grading requirements you can use this link to

download the [JFA Grading Policies](#)

Fast Facts

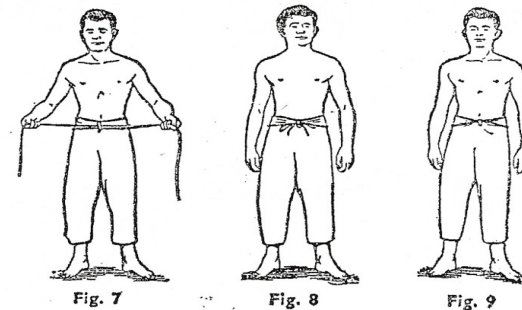


How To Tie Your Pants

The trousers are supported by a tape. The two ends are brought round to the front and passed through the loop(s) in the trousers (figs. 5,6,7). Now tie a bow as if you were to tie a shoelace (fig.8). Tie it round the trouser loop and tuck the ends down inside the trousers to prevent them from being pulled undone ('fig.9).

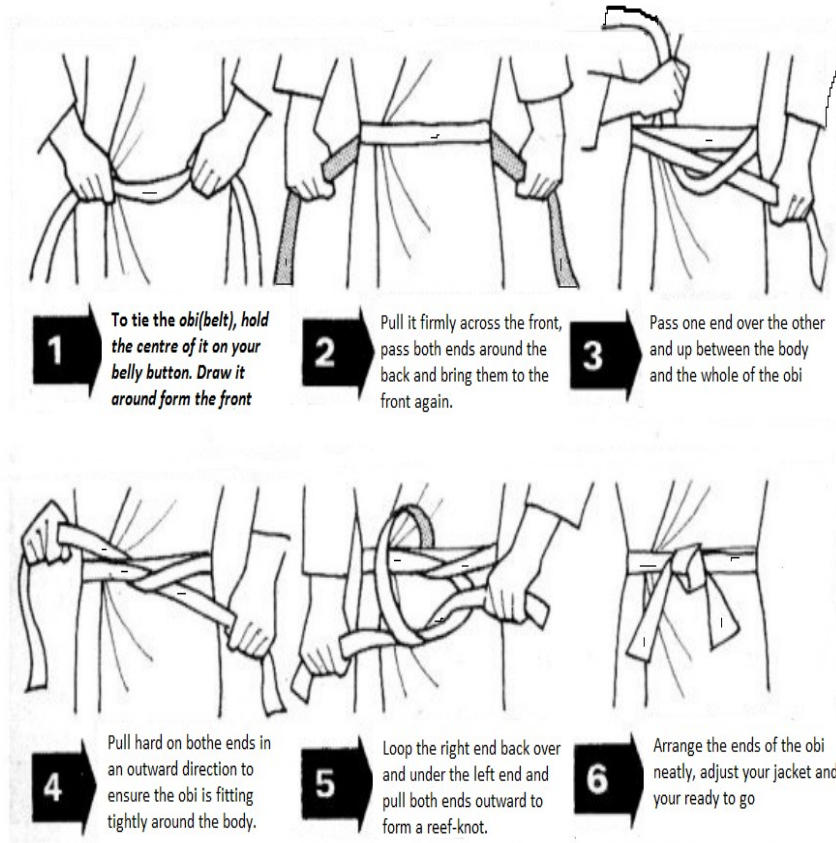
Slippers or thongs or sandals must be worn to the mat to prevent getting feet dirty and making the mat dirty.

Judo clothes feels a bit strange at first as they hang loose in order to give full freedom of movement. But, they soon become comfortable as one gets used to them.



Fast Facts

How to tie your belt



There is also a “[how to tie your belt](http://www.martialartsjudo.com/how-to-tie-your-belt.php)” video on the club website. (<http://www.martialartsjudo.com/how-to-tie-your-belt.php>)

Fast Fact

The Traditional Way To Fold Your Uniform(Judogi)

This is not a requirement in that you may fold your Judogi any way you choose as long as it is done with care. However some students(Judoka) like to do things in the traditional way so you can find some videos on the Newport Judo Club Website at:

<http://www.martialartsjudo.com/how-to-fold-your-gi.php>

Enjoy

Fast Fact

Brief outline of Competition Rules

Competition rules sometime change subtly but these are the basics:

To score you need to throw your opponent on the mat or hold them on the mat in such a way as they cannot get up or they submit.

Scores For Throwing (must look like a throw):

- Your partner lands flat on there back = Ippon
An instant win.
- Your partner lands on their side = Wasari
Almost a win.
(Depending on the contest at the time
2 Wasari may = an Ippon)

Scores For On The Ground:

If you hold your opponent to the ground in a way that the referee deems you are in control S/he will call O Sokomi. At that point your partner has 20 seconds to get in control.

Unless the referee calls O Sokomi Takata (hold broken) your score will be:
15 seconds = Wasari
20 seconds = Ippon (You win)

If at the end of the match no one has scored either an Ippon or 2 x Wasari but one Judoka has scored a single Wasari, they win.

If both or no one has scored a Wasari then the match continues until someone scores.

Other ways to win a judo contest:

If your opponent gives up (three taps anywhere)

Seniors are allowed armlocks and strangles Juniors are not

Fast Fact

Brief outline of Competition Rules (continued)

Other ways to loose:

- You must not disobey or disrespect the referee
- You must not grab the legs whilst standing (could change at any time)
- You must not hit, kick or bit
- You must not wear jewellery or had objects of any kind
- You must not get too may penalties

Penalties:

- Touching your opponents face
- Using two hands to push away your opponents grip
- Not attacking enough

