

Lethbridge Kyodokan Judo Club



KYODOKAN

2016 - 2017 Information Booklet



Welcome,

On behalf of our Sensei, Mrs. Florence Senda, the Board of Directors, and the Coaches, I would like to extend a warm welcome to the Lethbridge Kyodokan Judo Club.

The Lethbridge Kyodokan Judo Club is a non-profit organization that has operated for over 60 years. It is administered by a dedicated group of volunteers who serve as the board of directors. Our coaches bring a wealth of experience to the club and volunteer many hours of their time to share their passion for the sport and art of Judo. As Sensei, Mrs. Senda continues the work of Dr. Yoshio Senda to guide the Club's direction.

As members, this is your club. We ask that you join us in continuing to build an organization that dedicates itself to making better members of our community.

We strive to improve the health and character of all those individuals we share our knowledge with.

From humble beginnings in 1952, we now enjoy the benefits of a state of the art, purpose-built dojo. It is one of the premier facilities for judo in Canada. In conjunction with the efforts of those who helped build this organization over the last 62 years, we have been able to grow into one of the largest and most successful judo clubs in Canada.

Thank you for joining our family.

Ralph Vanwerkhoven

President

Lethbridge Kyodokan Judo Club

Welcome
to the
sport of
Judo



What is Judo?

Introduction

Judo is a tremendous and dynamic combat sport that demands both physical prowess and great mental discipline. From a standing position, it involves techniques that allow you to lift and throw your opponents onto their backs. On the ground, it includes techniques that allow you to pin your opponents down to the ground, control them, and apply various chokeholds or joint locks until submission.

Judo originated in Japan as a derivative of the various martial arts developed and used by the samurai and feudal warrior class over hundreds of years. Although many of the techniques of judo originated from arts that were designed to hurt, maim, or kill opponents in actual field battle, the techniques of judo were modified so that judo students can practise and apply these techniques safely and without hurting opponents. Unlike karate, judo does not involve kicking, punching, or striking techniques of any kind. Unlike aikido, judo does not involve the application of pressure against the joints to throw an opponent. Unlike kendo, judo involves no equipment or weapons of any sort. Instead, judo simply involves two individuals who, by gripping the judo uniform or judogi, use the forces of balance, power, and movement to attempt to subdue each other. Thus, it is simple and basic. In its simplicity, however, lies its complexity, and mastery of even the most basic of judo techniques that often take considerable time, effort, and energy, involving rigorous physical and mental training.

The word judo consists of two Japanese characters, ju, which means "gentle", and do, which means "the way". Judo, therefore, literally means the way of gentleness; although the gentleness may not be immediately apparent to newcomers who see bodies flying through the air and people pinned to the ground. In the next chapter, we will see how the techniques of judo are based on giving in, rather than fighting back. It is this principle of gentleness, or yawara (which is the same character as the ju in judo), on which all judo techniques are based.

Judo is much more than the mere learning and application of combat techniques, however. In its totality, it is a wonderful system of physical, intellectual, and moral education. Judo has its own culture, systems, heritage, customs, and traditions. Moreover, the principles of gentleness are carried from the practise mats and into most students' lives, in their interactions with their friends, family, work colleagues, and even strangers. Judo gives its students a code of ethics, a way of living, and a way of being. Practised today by millions of individuals, judo is undoubtedly the most popular combat sport in the world. In terms of sheer numbers of participants, judo is the second most popular sport of any kind, soccer being number one. In terms of national organizations worldwide, judo is the largest sport in the world, with the greatest number of member nations in the International Judo Federation, or IJF. It is a part of the physical education systems of many countries, and practised in local clubs, junior high and high schools, colleges, regional and national training centers, and in many other areas in this country and across the world. Millions have discovered the spectacular enriching sport, and way of life we know of as judo.

Judo is a rigorous and demanding physical activity. The practise of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such

as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance. The practise of active attack and defense helps develop reaction time, coordination, and overall physical self-confidence. Judo students become physically bigger, stronger, and faster through their practise of judo.

Not only does judo produce tremendous gains in overall physical and athletic ability; judo students learn the specific skills and techniques of judo. They learn a variety of techniques in order to throw their opponents to the ground with force, speed, and control. While judo students are often exposed to many of these types of throwing techniques in their judo careers, they usually master only a handful, and a handful is generally all that is needed to be successful in contemporary judo competitions.

Judo students also learn the fundamental principles and the dynamics of subduing their opponents on the ground through the application of pinning and submission techniques. Their prowess both on the ground and on their feet, combined with the considerable basic physical fitness gained from daily judo practise, affords judo students with a considerable repertoire of techniques, skills, knowledge, and abilities. These, in turn, allow them to be excellent athletes, with a sound physical base of fundamental skills, and a formidable and imposing power against opponents in competition.

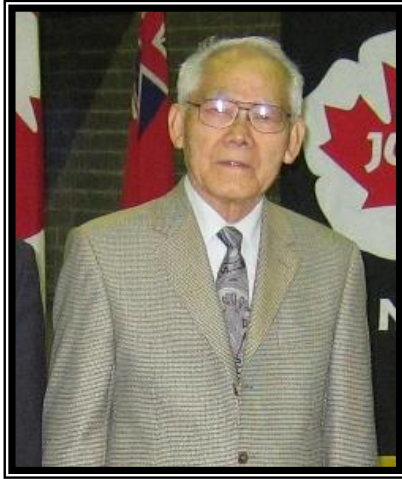
Beyond the development of physical prowess and athletic ability, judo students learn much more. They learn how to control their feelings, emotions, and impulses. They learn about the values of perseverance, respect, loyalty, and discipline. Judo students develop an outstanding work ethic, as well as important social manners and etiquette. They learn to overcome their fears, and to show courage under pressure. Through competition and the rigors of daily practise, they learn about justice and fairness. Through their experience, they learn about politeness, modesty, and many other wonderful values that contribute to their development as successful citizens of society. As such, judo facilitates the development of important moral knowledge and values, those that are important to help people to become active and contributing members of their communities, nations, and the world. In this way, judo students play an important role in developing societies, and creating new and better communities for the future.

Judo students also learn valuable social skills, and build long-lasting and meaningful relationships with others. The camaraderie and bonding that occurs among partners who have shared the rigors of physically difficult and mentally demanding training are deep, often providing the basis for relationships that last a lifetime. Through judo, people are able to develop friendships and integrate socially almost anywhere. Regardless of the towns you visit, in your home country or elsewhere, there is bound to be a judo club, or dojo, where you will be welcomed. Judo is not only a physical activity; it is an international language that transcends national borders, cultural barriers, and language difficulties. In this way, judo links up peoples, communities, and countries; it performs an important role not only in our individual lives, but also in the future welfare of our societies in today's interdependent world.

Did you know?

- 135 Countries and 386 people competed in Judo at the 2012 London Olympic Games.
- Judo is the 2nd largest participant sport in the world. 1st is Soccer.
- According to the American College of Sports Medicine, Judo is the safest contact sport for children under age 13.
- More countries participate in Judo than all other Olympic Sports except Track and Field.
- Judo was chosen, as well as athletics, by the IOC to help develop women's sports and to welcome the first Saudi female athletes ever to participate in the Olympics.
- The number of judo athletes who were flag bearers at the opening ceremony of the Games, has even further strengthened this impression of the universality of Judo, since there were not less than 20 Judoka who had the honour of wearing the colors of the National Olympic Committee and of parading in front of cameras and spectators from around the world.
- Famous Judoka: Theodore Roosevelt(US President), Simon Le Bon(lead singer Duran Duran), Guy Ritchie (film director), Vladimir Putin (Russian President), Pierre Trudeau(Prime Minister of Canada), Albert II(Prince of Monaco), Billy Thorpe (musician),Melanie Chisholm(Spice Girl), Lucille Ball (actress), James Cagney(actor), Chuck Norris (actor), Peter Sellers (actor), and many others.

Founder of the Lethbridge Kyodokan Judo Club



Dr. Yoshio Senda – 9th Dan

- First 9th Dan in Canadian Judo History
- Recipient of the Order of Canada
- Received the “Order of the Sacred Treasures, Gold & Silver Rays” conferred by his Majesty, the Emperor of Japan
- Alberta & Canadian Sports Hall of Fame
- University of Lethbridge & Judo Canada Sports Hall of Fame

Sensei founded the Lethbridge Kyodokan Judo Club in 1952 at the YMCA. He always stated “You must always give it your best at whatever you do, whether at work, school or sport...as you try your best, then you are a winner.” We believe that Judo is more than just a physical exercise...it’s a way of life. Each year I tell all the Judo students that they need to reflect back on the year previous and try to improve their character to become a better person.

The late *Sensei Yoshio Senda* was the highest ranked Judoka in Canada, having earned the first ever Kudan (9th degree black belt) awarded by the Dan grading committee of Judo Canada in July of 2006. Sensei Senda founded the Lethbridge Judo Club in 1952 and was the Head Instructor and Coach of the club until his death at the age of 87 on September 9, 2009. He was on the mats coaching until August of 2009 and despite his ill health; he travelled from the hospital to the dojo to watch his judoka take training from a visiting Japanese sensei. He was also the Head Instructor and Coach of the University of Lethbridge Judo Club since the University was formed in 1967. He won the Canadian Junior Championship in 1937 and achieved his Shodan (first degree black belt) in 1939 at which time he started instructing judo as an assistant to Sensei Eichi Hashizume in Mission City, B.C. Sensei Senda was coach of the Canadian Olympic Judo Teams in 1980 and 1984 and Joe Meli's personal coach in the 1988 Olympics.

Things you may not know about Sensei Senda:

- Sensei had a sweet tooth especially for ice cream & apple pie
- Sensei was a very good singer and was always up for a good karaoke
- Sensei had a great sense of humour and was always up for a good prank
- Sensei’s first love of a sport was Baseball
- Sensei was an artist doing ink sketches and oil painting
- Sensei could calm a squalling baby. He would hold him belly down on his forearm and rock him to sleep.



WELCOME PRE-JUDO & BEGINNER

THE FIRST PRACTISE

- **Please arrive 5 minutes prior to class time**
- **If your shoes are wet or dirty, please carry them from the front door to the shoe racks**
- **Change rooms are available and are immediately inside the front doors**
- **Please wear loose, light long clothing with no belts. Beginners will be getting a judogi (uniform) and Pre-Judo will not**
- **No hard or metallic accessories are allowed on the mats such as earrings, necklaces, etc. ...**
- **Food and Drink are not permitted on the mats. A water bottle is a good idea to bring**
- **Judo players (judoka) should be well groomed by keeping nails trimmed and clean**
- **PLEASE report any injuries that your child may complain of to the Sensei(s) immediately**
- **In Judo we bow and line up at the beginning and end of class, instructors will help organize**

So what can I expect in my first year of Pre-Judo?

The Pre-Judo class being offered is a great way to get introduced into the physical activity of Judo. The classes are 30 minutes of activity which allow the children to learn the following:

- **Playing by rules**
- **Co-operating with others**
- **Respecting self and others**
- **Self-discipline and self-confidence**

The classes are structured to provide children the opportunity to have fun with a Judo background. The children will not be purchasing a Judo Uniform and are asked to wear loose fitting gym wear. The children will be barefoot on the mats so please ensure clean feet and trimmed toenails. Fingernails should also be clean and trimmed.

Information for Parents about Judo Uniforms

Judogi – The Judo Club will size each new member for a Judo uniform or “Judogi”. You can choose to buy a new one or you can check to see if we have any used Judogi at the Judo Club (Dojo). Cost is \$45.00 and up.

How do I take care of my Judogi?

A judogi will last a many years when treated with care. Following these suggestions will help you maintain your judogi in first class order.

- Hang your judogi to dry after every use
- Do not leave a wet/sweaty judogi balled up in your carrying bag
- Wash in cold water unless you need it to shrink
- Most are made from 80% cotton and 20% polyester or 100% cotton
- Do not wash the belt
- Do not use bleach

2016-2017 Staff

Head Sensei

Mrs. Florence Senda – 4th Dan

The Head Sensei has been involved with the club since the day she married Dr. Yoshio Senda on March 8th, 1947. She is active with kata and has been a certified kata judge recognized by Judo Canada. Mrs. Senda has been a Senior Instructor with the Beginner Classes for decades and has continued on with the development of all the judoka since then.

Head Coach

Russell Gallant – 4th Dan

Russ is entering his 4th season as the club's head coach. Russ joined the Lethbridge Judo Club in 1982 and has competed in judo since then at all age levels. Russ has recently taken the high performance athletes from Lethbridge to tournaments and trainings in several countries around the world. Russ will be working with the senior and high performance athletes this upcoming year.

Senior High Performance Coach

Trevor McAlpine – 2nd Dan

Trevor is a 4 time Canadian National Champion and was 7th at the World Junior Judo Championships in 2000. Trevor was a member of the National Judo Team from 2001-2008. Trevor has 21 International Medals to his credit and has extensive international experience. Trevor will be working with the High Performance Athletes.

Director of Development

Guy Pomahac – 4th Dan

Guy spent 10 years on the National Judo Team and has placed 1st at the Canadian Veterans Judo Championships. He has a Master of Education degree and teaches at Chinook High School. Guy was inducted into the Pronghorn Hall of Fame for Judo as well as the Lethbridge Sports Hall of Fame.

Regional Training Centre (RTC) Coach

Ewan Beaton – 5th Dan

Ewan is a 2 time Olympian and was a part of the National Team for over a decade as an athlete. He has worked for Judo Canada since retiring from competitions as a national coach and administrator. He has been a part of provincial and national coaching programs and has helped to create the Judo Canada Long Term Athlete Development Program (LTAD). Ewan is currently the Judo Alberta high performance coach and will be working directly with our local high performance athletes.

Team Manager

Ralph Vanwerkhoven- 4th Dan

Ralph is the current president of the Lethbridge Judo Club and has served as the Team Manager for several years. Ralph takes care of the details that go along with taking bus loads of kids to tournaments throughout the countryside. Ralph is also a National level referee and former judo competitor.

Intermediate Instructors

Tim Takahashi – 2nd Dan

Tim was a National Veteran Champion in 2011 and 2012. Tim is a Certified Exercise Physiologist, Certified Athletic Therapist, Registered Kinesiologist and Certified Strength and Conditioning Specialist. At the 2010 Winter Olympics, Tim was a Doping Control Officer for the IOC. Tim is planning to attend the World Judo Masters event held in Miami this upcoming fall.

Brett Forsberg – 1st Dan

Brett was a 2011 and 2012 National medalist in the Men's Veterans division. He has a Bachelors of Management Degree from the University of Lethbridge. He is married with two children.

Junior Class Instructors

Jesse Gregory – 1st Dan

Jesse is the father of 2 young boys and hopes to see both join him in judo. Jesse is returning to this class to help the next set of kids graduating from the Beginner program.

Brad Seeman- 1st Dan

Brad is working his way through the judo classes with his children. Brad is a successful local business man and father of a young family of future judoka.

Sean Hantke- 1st Dan

Sean was a Junior Canadian Champion and has fought at several high level tournaments as a youth. Sean graduated and went on to become a Doctor and currently owns/operates East Meets West Health Centre.

Beginner I Instructors

Scott Allen – 2nd Dan

Scott began his judo career at the tender age of 47. Scott has a passion for doing Kata. In 2012, his Kata team was in the top 6th in Go-Shin-Jitsu. Scott is a Professor at the University of Lethbridge.

Darren Takao – 5th Dan

Darren is a long established member of the Club, having started judo over 35 years ago. He has spent time as a head instructor of judo in Raymond and now contributes his expertise locally.

Beginner II Instructors

Alicia Briggs– 2nd Dan

Alicia is attending the U of L and currently fights for the U of L Pronghorn judo team. Alicia is from BC where she previously instructed at her club and willing be passing on her knowledge to the next generation of local judoka.

Brad Seeman – 1st Dan

Brad is a life long Lethbridge Judo Club member with years of experience as both a fighter and a coach.

Parent/Tot and Pre-Judo Instructor

Lynn Westlake – Ikkyu (Brown belt)

Lynn continues her involvement at pre-judo classes and now adds a parent/tot program. She is part of an all-judo family, with her husband Dave and their children Kiera and Tegan.

Recreational Adult Instructors

Dean Maruyama – 3rd Dan

Dean has been a strong component of the Lethbridge Judo Club for many years. His goal was to build a Dojo for Sensei Yoshio Senda. Dean organized many people who helped achieved Sensei's dream to have his own Dojo. Dean has been President of the Lethbridge Judo Club as well as a past Executive Committee Member for Judo Alberta.

Richard Boras – 1st Dan

Richard is the father of Tyler Boras and a valuable member of the Lethbridge Judo Club. Richard is a past President of the Lethbridge Judo Club as well as a past Executive Committee member for Judo Alberta.

The Assistants

The Lethbridge Judo Club appreciates the following judoka for their assistance in the classes:

Scott Grenier Clayton Hironaka Jim Tsukishima Vickie Nakagama Michael Tamura

Kata

Kata are pre-arranged patterns of techniques and in judo, with the exception of the *Seiryoku-Zen'yō Kokumin-Taiiku*, they are all practised with a partner. Their purposes include illustrating the basic principles of judo, demonstrating the correct execution of a technique, teaching the philosophical tenets upon which judo is based, allowing for the practise of techniques that are not allowed in randori, and to preserve ancient techniques that are historically important but are no longer used in contemporary judo.

There are ten kata that are recognized by the Kodokan today.

Kata Instructors:

Mrs. Florence Senda Lorraine Methot Scott Allen Darren Takao Vickie Nakagama

BEGINNER FAQs

Can I wear my judogi to Judo rather than change at the dojo?

Yes. Please make sure it is kept clean as possible. Try not to spill anything on it as you will be doing throws and holds with a partner. When wearing the pants to judo, make sure they are short enough so that they do not drag any water, mud, or snow into the dojo and on to the mats.

When can I get a black belt or when can I get promoted to a colour belt?

The Lethbridge Judo Club generally promotes twice a year (winter and spring) and each person is reviewed on the following.

- Attendance
- Knowledge of throws and holds taught
- Attitude and the ability to show discipline

The instructors with a review by the Head Sensei and the Head Coach will make the final decision and it will be sent Judo Alberta, the Provincial Governing Body, at which time a certificate will be sent out.

The order of promotion in beginner class is 1 yellow strip, 2 yellow strips, 3 yellow strips and then yellow belt.

When can I participate in a tournament?

Usually the first tournament is not until spring, which allows students to be comfortable with performing and receiving a throw or hold down. Students are asked to participate in tournaments and although it is not a requirement of passing or moving up to the next level, it is strongly encouraged for students to participate since it is a combative sport this is important for development.

Can parents participate?

Yes. Many parents begin attending the beginner class with their child and then move up to an adult or senior class or attend the junior class with their child or children. In addition to joining the classes, there are several times throughout the year where they can volunteer their time to help out. Some parents become members later on and continue to participate after their child moves on from Judo.

Is there an age restriction for the beginner class?

Yes, but only a minimum, as students generally must be at least 7 years of age by the end of December. Any older age can participate in the beginner class. Some adults feel more comfortable in the adult recreation class, which allows beginners around 14 years or older. The Head Sensei and the Head Coach can review the development of the child younger than 7 years old.

Pre-Judo is designed for 5-6 years of age and Parent/Tot for children 3-4.

General Information

Casino

The Lethbridge Judo Club is involved with one casino every three years to assist with costs associated with the facility, coaches, competitors and recreational judoka.

Golf Tournament

The Lethbridge Judo Club holds an annual charity golf tournament. This tournament is our largest fundraiser, and takes place in late August every year. On average, 120 players participate in a full day of golf, followed by a dinner and prizes.

Tournaments

The Lethbridge Judo Club hosts one to three tournaments a year. Parents are asked to assist with a variety of duties that are needed to run a successful tournament.

Travel

There is no club travel for the first year in judo. Participants may compete in a junior tournament locally in the spring pending approval of the Head Sensei, the Head Coach and the HP Coach, with a referral from the Instructor.

Closures

The Lethbridge Judo Club will be closed all Statutory Holidays as well as a period in late December.

Phone and e-mail

The Lethbridge Judo Club phone is 403-320-7316 and is located in the dojo. Please note that there is an answering machine, but messages may not be checked within a 24hr to 48hr period. Our e-mail address is Kyodokan@shaw.ca

The Board of Directors

The Lethbridge Kyodokan Judo Club is a non-profit society, run by a volunteer board. Board meetings are usually held at 7:30pm on the second Tuesday of each month. Members are welcome to attend. The annual General meeting is usually held in October. All members are encouraged to attend.

The cleaning of the dojo

The Lethbridge Judo Club board ensures the maintenance and cleaning of the dojo.

There are several thorough cleanings each year, which we ask members and their families to assist with.

High Performance

The elite and competitive athletes are determined and evaluated by attendance, performance and attitude. The Coaching staff will outline the level each athlete will compete at. Tournaments may be anywhere in Canada, US and internationally. To be considered to be an elite athlete member he or she must commit to an Individual Program Plan. An elite athlete is someone who must train a minimum 3-4 times per week while a competitive athlete will train 2-3 times. Elite athletes and competitive athletes will be able to compete at any event approved by the HP Coach and the Head and Assistant Coaches. Anyone can compete at any local and provincial tournaments.

This year's tournaments include: Quebec Open, Ontario Open, Pacific International and Nationals. Those who can maintain a high level of training and competition will be allowed to attend events such as the US Open Junior Championships in Miami, Florida in July and may be selected by Judo Canada to attend tournaments in Europe and World Championships.

High Performance Expectations

The members must adhere to all Judo Alberta expectations to attend the National Championships as well as international selections. All Lethbridge Judo Club Members, trying to be on the Provincial Teams and Judo Canada Teams, must attend required Training Camps and Point Tournaments. It is not the sole responsibility of the Coaching Staff to get the athletes to all training sessions. If athletes cannot attend, then it is their responsibility to submit letters to the HP Provincial Coaches as well as the HP Coach.

The Head Coach will assign coaches and chaperones for all tournaments and will ensure that the athletes know who will be attending all events with them. Occasionally Judo Alberta and Judo Canada will send the coach and chaperone to events. All Lethbridge Judo Club Athletes will follow our code of conduct policy when travelling with Judo Alberta and Judo Canada. We expect that the Members will be representing the Judo club as a model Judoka and citizen at all events.

The Lethbridge Judo Club

Tournament and Training Camp Code of Conduct

- 1) **Be on time for everything-** It is the job of each individual to remain on schedule to ensure the team arrives at each function on time.
- 2) **Pack accordingly-** It is the individual's responsibility to have extra judogi, running shoes, jackets, etc. Be prepared in case you need a spare judogi or the weather changes while out of town.
- 3) **Grooming-** It is the individual's responsibility to wash his/her judogi, trim their nails, prevent small cuts from bleeding on other judokas judogi, etc.
- 4) **Support the Team-** the Lethbridge Judo Club is a team and therefore each individual has a responsibility to support his/her teammates. Stay for the entire event from beginning to end, remain positive and supportive, pay attention and help your fellow judoka stay on time for his/her fights by listening for each others' names called.
- 5) **Reporting Injuries-** Each event attended has a coaching representative from the Lethbridge Judo Club or from Judo Alberta. If you get injured you must report your injury to the coach. Do not leave the event without letting the coach know what has happened.
- 6) **Reporting to the Coach-** After your fight(s) it is your responsibility to report to and inform the coach of your status. The coach may or may not have anything to discuss at that present time. The coach will review post tournament results and practise will be where the majority of review is discussed.
- 7) **Inquiries-** During an event most judoka have questions that need answering, for example: Who's in my division? Why is there no one in my weight class? How long until our category is going to be called? The coach is responsible for ensuring each judoka is in the correct division, and assuring that each judoka has possible exhibition matches if no judoka are in their class. The coach has several other responsibilities and may not be available to answer every inquiry, please seek out a senior member of the team to assist in answering your inquiries.