



Hello and welcome to your introduction to Judo. My name is Micky Mon and I am here to tell you some things about our sport of **Judo** and what you will learn to do on the mat.

The word **Judo** means the gentle way, it is a **martial** art that was born in **Japan** and it is now known around the world as an **Olympic sport**. Judo was established in 1882 by combining Jujitsu, a form of wrestling with mental discipline by the founder of Judo, professor **Jigoro Kano**



柔道
Judo

"Now follow me and lets find out some more"



The first thing you will be taught is how to fall on the Judo mat without hurting yourself, we call this Ukemi Waza, which means falling techniques, lets take a look at some here below;



Once you learn how to fall correctly, our coaches will then start to teach you judo throws, just like this one below;



Mon Grade System

The Japanese word **Mon** means **Gateway** and this the way you will know how you have advanced within judo. There are **18** different **grades** contained within the Mon system,

1st Mon	10th Mon
2nd Mon	11th Mon
3rd Mon	12th Mon
4th Mon	13th Mon
5th Mon	14th Mon
6th Mon	15th Mon
7th Mon	16th Mon
8th Mon	17th Mon
9th Mon	18th Mon

The Mon grade system is a distinctive feature of Judo with **promotion** to different coloured belts based on **technical ability, knowledge** and **understanding** as well as learning **Japanese words** and its for 5 to 17 year olds. Our **coaches** here at the club will **teach** you how to take part in Judo **safely** and there will be lots of **FUN** and **GAMES** as well.





Hey It's me again and I want to introduce you to someone who is in the NIJF and his name is Russell Brown, he is one of the coaches but he has another job too, he is our Lead Designated Liaison Person for Safeguarding. Here's a picture of him so you can recognise him.



So what does safeguarding mean? Everyone who attends an NIJF Judo Club is entitled to be kept safe from **"HARM"** - Everyone includes all the children, young people, officials, volunteers and families.

So now let me explain what the word "HARM" means. It can be a number of different things like:



Emotional or Verbal: this can include name calling, putting you down, telling lies about you behind your back, embarrassing you in public, shouting and screaming at you, telling you are ugly, useless or a waste of space.

Physical: this can include hitting, kicking, pushing, punching, pinching, burning or biting. Anything that hurts you physically and might leave a mark or bruise.

Sexual: this refers to abuse of your private parts. It can include someone asking to see or touch your private areas, someone showing you or asking you to touch theirs, making you do something with your body that you don't want to do or making you watch something that makes you feel uncomfortable.

Neglect: this may include living in an unhappy home, not being cared for or loved, not having enough food to eat, clean clothes to wear or not being able to get enough sleep. It may also include being left alone at home for long periods of time.

Exploitation: this is when someone abuses their power and control over you to take unfair advantage of you for their own gain normally financial or tricking you to become involved in criminal activity which they can make money from.

Bullying: when someone repeatedly picks on you either calling you names or excluding you from groups or hurting you.

Sometimes its hard to tell if you are suffering from abuse because the person harming you might tell

you they are doing it for your own good or that they are doing it because they love you. They may also trick you into believing that it is your fault, or bribe or threaten you. All abuse is **wrong** and no child should have to feel like it is their fault. If something or someone is hurting you in anyway, you can go straight to Russell or any other safe person in your life and you can tell them what the problem is. Whatever your worry it should be taken seriously, and I can guarantee you, that in Judo Russell will do everything he can, to make sure others behave as they should and keep you safe from harm.

Here are some contact details for you:

Childline, Online, On the Phone, Anytime
[Childline.org.uk](https://www.childline.org.uk) / 0800 1111

Police Service for Northern Ireland
101 or 999

Northern Ireland Judo Federation
www.nijudo.com

Russell Brown
safeguarding@nijudo.com
07751748971