



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 here in the club.

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.

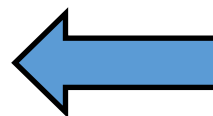




Hey its me again Micky  
Mon and I want you to  
meet someone. ...



No not him!



This Person!



PLACE PICTURE HERE

Their name is **XXXXX** and they are a **XXXXX** here at our club in **XXXXX**. They also has another job with a big fancy title, **XXXXXX** is also our **Club Designated Liaison Person for Safe-guarding**. What that **really means**, is that **XXXXXX** is the **person in the club** who I can **go to and tell** them how I **feel** and they are there to **help me** if things are going **wrong**, such as;

I am **FEELING CONFUSED**



or I am **FEELING SAD**



Or I am **FEELING ANGRY**



Or someone is  
**HURTING ME**



Or someone is  
**SCARING ME**



Or someone is  
**CALLING ME NAMES**

Or if **I NEED HELP**



I Can **TALK** to **THEM**



About **ANYTHING** as I know **THEY WILL**



**LISTEN TO ME** and help me



**FEEL SAFE AGAIN.**

Contact details:

[www.nijudo.com](http://www.nijudo.com)

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