

Promotions

As with other martial arts, Judo has a belt system to recognize proficiency. All beginners start with a white belt and progress through yellow, orange, green, blue, brown and eventually to black belt. Tests are given at each level. There are no fees associated with Club promotion tests or belt promotions.

The Spruce Grove Judo Club will register all promotions with Judo Alberta, supply the new belt, and pay for your promotion certificates. (Note: a student – who misses too many classes, may have his/her promotion test delayed. Additional classes will also be required if a student chooses not to obtain the recommended competition points.)

Competition

As registered members of Judo Canada, Judo Alberta and EYJS, you can attend/compete in tournaments throughout the year. Judoka (students) who compete in tournaments obtain competition points that are used toward their grading exams. It is important that judoka be encouraged to go to competitions as either competitors or volunteers because tournaments provide a fuller knowledge and understanding of all the aspects of Judo that cannot be affectively taught in the dojo (class). Extra precautions will still be followed to ensure judoka stay health & safe. (e.g.: frequent mat cleaning and temperature taking)

Club Information

Your Club Fee includes our memberships to:

- Edmonton Yadanska Judo Society (EYJS) & Judo Alberta/Judo Canada Membership
- Printed Club Statements are sent via email
- Volunteer commitment cheques are required.
- **The club executive has decided to continue with screening participants and temperature taking. We are also asking club members to continue to sanitize coming in and out of the mat area.**
- **We are also going to continue with picktime sign up calendar to assist with attendance and club notifications if a cancellation is required to happen, see below link.**

<https://www.picktime.com/5723f659-9ee5-4753-82fd-05567f72e107>

Fees

(Judogi & club t-shirt included into New Member's membership fee)

2021/2022 SEASON: SEPT - JUNE

Pre Judo Members - (born 2016 -2017) \$425/yr.

New Members: New Club Judogi, Club t-shirt included:

- Junior Judoka (Born 2008-2015) \$600/yr.
- Intermediate (Born 2004-2009) \$610/yr.
- Senior (Born 2003 & earlier) \$620/yr.

Returning Members: New Club t-shirt include:

- Junior Judoka (Born 2008-2015) **\$560/yr.**
- Intermediate (Born 2004-2009) **\$570/yr.**
- Senior (Born 2003 & earlier) **\$580/yr.**

Once A Week Rates: New Club t-shirt & Gi include: (Returning members costs are in red)

- Junior Judoka (Born 2008-2015) \$425/yr. **\$375/yr.**
- Intermediate (Born 2004-2007) \$435/yr. **\$385/yr.**
- Senior (Born 2003 & earlier) \$445/yr. **\$395/yr.**

Family Rates (New Club Judogi and t-shirt)

First Family Member (Same as New member or Returning Member- determined by status)

2nd Family Member (\$50 saving) (Returning members in Red)

- Junior Judoka (Born 2008-2015) \$550/yr. **\$510/yr.**
- Intermediate (Born 2004-2009) \$560/yr. **\$520/yr.**
- Senior (Born 2003 & earlier) \$570/yr. **\$530/yr.**

3rd & additional family members (\$100 saving)

- Junior Judoka (Born 2016-2008) \$500/yr. **\$460/yr.**
- Intermediate (Born 2004-2009) \$510/yr. **\$470/yr.**
- Senior (Born 2003 & earlier) \$520/yr. **\$480/yr.**

NOTE:

- **We will break down payments into sessions Sept-Jan & Feb-June.**
- **Pre-Judo and Introductory Registrants cannot compete or be promoted**
- **School Program Registrants cannot compete but can be graded to a maximum of 4K (Orange Belt)**
- **The different fee rates for the age divisions are due to the Judo Alberta/Judo Canada fees that are paid from the club once a**



Sprucegrovejudo.ca
Head Instructor
Teresa Yamada



Sport Grant Recipient

Location

Unit 6, 100 King Street
Spruce Grove, Alberta



What is Judo?



Judo is a martial art and an Olympic sport. Throws, hold-downs, grappling and submission techniques are used to control an opponent's balance without the use of kicks, punches or brute force.

Kids that participate in Judo build self-confidence, strength, coordination and resilience.

Club Information

Spruce Grove Judo Club is affiliated with the non-profit Judo Alberta organization, which is funded in part by the Alberta Sport Connections. Traditional Kodokan Judo will be taught to individuals 7 years old and over.

Head instructor Teresa Yamada is a 2nd degree Black Belt and is a certified judo instructor and coach with the Judo Canada's NCCP Program (National Coaching Certification Program) She has been involved with Judo for over 20 years. In the 1980s, she was a member of the U of L Judo Team and also on the Alberta Senior Provincial Team for three years.

Sensei Rob Kingston joined our coaching team last year. He has a 1st Degree black belt and spent a year in Japan training & studying Judo techniques and teaching strategies

Teresa is First Aid certified.

Classes are conducted on authentic "tatami" judo mats. All members are expected to help with the cleaning of mats and equipment.



Class Days & Times

Mondays

- ❖ Junior II Class 6:30 p.m. – 7:30 p.m.
 - Full Yellow belts & higher & those students directed by Sensei to attend.
- ❖ Senior Class 8:00 – 9:30 p.m.
 - Beginners welcome, and we recommend that students be born before 2009 to attend this class, exceptions will need to be authorized by the Sensei. All belt levels.

Tuesdays

- ❖ Pre-Judo Class (once per week only) 5:00 – 6:00 p.m.
 - Introduction class for youth born in 2016 to 2017
- ❖ Junior I Class 6:30 - 7:30 p.m.
 - Beginner white belts, 1/2 yellow belts, born 2015 -2010

Wednesday

- ❖ Women only Judo Class 6:30-7:30 (TBD – Trial Class)

Thursdays.

- ❖ Junior I Class 5:15– 6:15 p.m. (White belts only)
- ❖ Junior II Class 6:30 – 7:30 p.m. (All coloured belts)
- ❖ Senior Class 8:00 – 9:30 p.m.

Dress

Students should wear loose clothing. An old pair of sweat pants and long-sleeved shirt is recommended because they may get torn. We are asking during this time of Covid-19, that Judoka come with their judogis on and only use the washroom in case of an emergency. A tote or duffle bag may be brought into the gym. Judogi (judo uniforms) will be ordered if the size is not available currently at the club. There is currently used gi jackets that can be borrowed for your trial classes.

Commitment

Members are required to provide one \$200 post-dated cheque per year (one per family) to cover volunteer obligations. The cheque will be cashed in the event that volunteer commitments are not met. Volunteer opportunities will be outlined in monthly memos that are distributed at the beginning of the month.

Volunteer commitment to the EYJS includes:

- ❖ Providing two representatives for the EYJS committee
- ❖ Volunteers for monthly tournaments
- ❖ Organization and volunteer assistance for the Edmonton International Judo Tournament held yearly in March.
- ❖ Volunteers for the Casino that is held every two to three years

Volunteer commitment at the Club Level

- ❖ Club executive positions
- ❖ NEW- Check-in/ Cleaning Volunteers as required by Covid-19 Regulations, which we have adopted as new club practices
- ❖ Attendance at Annual General Meeting in person or via internet