

Kettering Rec Center Judo Program

Judo is a great sport that can be practiced for a lifetime. At the Kettering Rec Center we have special classes (Cadet Judo) for children ages 4-6 years old. Our "regular" judo class is for ages 7 and up (including teenagers and adults). Currently, our oldest Judoka is in excess of 75! Judo is for girls, boys, men and women. It is a great family activity.

Judo develops coordination, strength, flexibility, self confidence, self discipline, respect for yourself and respect for others. Judo can be challenging and rewarding. It is a sport and can be used for self defense. Friends are made, principles are learned, and if you are lucky, it becomes a way of life.

We are an all inclusive activity and try to make the program beneficial to all participants in as many ways as possible. Below is some guidance and information about our judo program at the KRC. Hopefully it will answer many of your questions and provide a basic starting point for your continued participation in our program. Any additional questions, comments, concerns, suggestions, etc. should be addressed to Russ Scherer, Chief Instructor of the KRC Judo Program at rschererjudo@gmail.com.

Child health: Please notify us of any physical or health problems your child has. We will try to make accommodations when necessary.

Discipline: We try to make the overall judo experience fun for all students. However, control of the class must be maintained, students need to work at the activity at hand, and occasionally students who do not follow the directions of the instructor need to be disciplined. A wide variety of techniques are used, depending on the situation and how the student reacts to each form of discipline. A quick "talking to", a time out, extra push-ups, etc sometimes work well. Other times, if the behavior does not improve, the player may be sent to the parent for the remainder of the class. Judo develops self-discipline, but it does not happen "over night". Please do not further discipline your child for activities on the mat, unless you first discuss the situation with the instructor.

Safety during class: Judo is a contact sport, and injuries are possible. We will do our best to keep you and your child safe. If you observe something that alarms you, or you feel that a particular activity is not safe for you or your child, please tell us immediately. We don't expect more than minor bumps, scrapes, or bruises – please notify us if you or your child suffers anything more serious than this.

Safety after class: Do NOT let your child do judo outside the judo class, not even with other judo students. Particularly, do NOT let them try to throw YOU. (Yes, that 35 lb. 4-year-old CAN throw you if he/she catches you the right way.)

Parent audience: Please have a parent or other responsible adult present during the Cadet Judo classes. We feel that it is especially important (for this age group) for you to be aware of what is going on in class, so that you can raise any concerns to the instructor and help avoid discipline problems. We also encourage parental presence at the regular

class, especially for the new and/or younger students. Parents should observe only. Do not try to coach or talk to your child while they are on the mat. Any interaction with your child while he/she is on the mat should go through the instructor.

Class participation: All students are expected to attend all sessions that are regularly scheduled for their class. The judo classes are structured to build on material covered during previous sessions. Therefore, it is important (especially for newer students) to attend as many classes as possible. There will, of course, be times when a student will miss class - due to illness, travel or other family commitments. However, try to minimize these absences when possible since they slow the student's progress. Likewise, students should be on time for class. Warm-ups are done at the very beginning of each class and are important in preventing injuries. Coming late to class increases the likelihood of an injury. Students should stay on the mat unless they have an instructor's permission to leave it. Please help us enforce this.

Shoes: Shoes and socks are not worn on the mat. However, we often take a water break halfway through class and although we highly encourage the use of water bottles at the edge of the mat, you and/or your child will need to wear flip-flops, shoes and/or socks if they need to go to the water fountain (or any other time they leave the mat). Flip-flops, slip-on shoes or sandals are preferred, since they are easier and quicker to put on. Please keep footwear along the edge of the mat so the students can cover their feet while still sitting on the edge of the mat. The purpose of covering the feet while off the mat is to keep the student's feet (and subsequently the mat where faces will touch) clean. It does no good to walk across a dirty floor and then put on footwear!

What to wear: Judo gis (uniforms) are not required for beginners. Wear strong, loose, long sleeve clothes without zippers, buttons, or other sharp or hard objects. Tie back long hair. No jewelry, hair barrettes, or ponytail holders with metal or hard plastic. Females are to wear a plain white t-shirt under their gi.

Judo gi (uniform): If you and/or your child wish to stay in judo for a longer time, a judo gi will be needed, but don't be in a rush to buy one. Children sometimes get tired of a sport after a month or two. We suggest interested students start to consider the purchase of a judo gi after practicing for 3-5 weeks (6-10 classes) - a little longer for the Cadet Judo program. At this stage, practices will include techniques that are significantly aided by the gi. You can purchase one from Russ Scherer if you wish. If you purchase one elsewhere, make sure you get a Judo gi, as the gis that are used in karate, tae kwon do, and other punching/kicking sports are not sturdy enough for judo.

Emphasis of the Cadet Judo class: With this age group in the Cadet Judo Program (4-6 year olds), we will spend more time on gross-motor skills and basic falling skills than judo techniques. We will spend at least one half of the class on exercises and falling techniques. As Japanese is the language of judo, we will teach the children some words in Japanese. Games will also be used to foster social and physical development, as well as keeping the program fun.

Typical Regular Judo Class Outline:

Warm-up Exercises -- approx. 10 minutes (split class part way through) - work technique specific exercises into introduction/practice of that technique
Falling techniques -- approx. 10 minutes (significantly more in first several classes)
Uchikomi (repetitive attacks) -- known techniques (review) - approximately 10 min.
Throw (one for one) -- on known techniques - approximately 5 minutes
Tachiwaza* - approximately 15 minutes – (introduce new technique once every 4 or 5 nights)
Vocabulary/history - approximately 5 minutes for beginners - 2 minutes for advanced
Newaza* (mat techniques) - approximately 15 minutes
Randori* (free practice) - approximately 15 minutes (shorter on nights new techniques are taught)

* note: tachiwaza and standing randori will generally be done on tatami and newaza will generally be done on wrestling mats

Technical Content (Regular Judo) - Lesson to Lesson:

The rate at which new technical content is introduced will depend on the rate at which the students grasp the new information and master its application. Typically, the following guide applies to "average" classes.

The first 5 or 6 weeks will stress falling techniques.

Hold-downs and basic movements will be practiced during the first 3 or 4 weeks.

Throws are not usually practiced until the 5th or 6th class (depends on how comfortable students are with falling)

Randori is not practiced until the class is quite comfortable with falling and somewhat proficient with throwing (usually at least 6-8 weeks).

All of the above is dependent on the progress of each individual student.

Order/Progression of Techniques:

Basic movement and body control will be introduced first.

Control and safety will be stressed.

Techniques will be based on previous practice and developed skills.

Early throws will utilize stable postures and more advanced throws which utilize dynamic balance will be taught to more advanced students.

Specific advanced techniques will be suggested to students according to body build, athletic ability, and their personal goals, dedication and aspirations.

Split Classes: During most sessions, participants in the judo class will be split (for at least some of the time) into groups so that the training can be customized for the various experience levels. These groups are not to be considered different classes and a student's participation in a particular group may vary from class to class. Group formation is influenced by experience level, progress, having matched partners, the needs of individual students, and occasionally discipline issues. If a student "usually" is in a more advanced group, but on a given night is put in a "less advanced" group, that does not mean he/she is necessarily being demoted or "punished". Sometimes, the topics being covered by the less advanced group may fill a particular need of that student and sometimes a more advanced student is needed to help demonstrate various techniques to the other "less advanced" students.

National Membership: USA Judo (aka USJI) is the National Governing Body for judo in the United States. It has several classes of membership including national programs (USJA, USJF and ATJA), state level programs (for us it is Ohio Judo, Inc. [OSI]), club members (KRC Judo Club is a member) and individual members (regular, Life Members and Family Membership). Membership in USA Judo allows participation in all judo events, as well as participation in the state/national promotion system. As soon as you (or your child) decide "Judo is for me!" we suggest you register with USA Judo. Talk to Russ Scherer for details.

Promotions:

Cadet Judo: We offer two types of promotions for this age group. The first type is the same as those in the Regular Judo (see below). The second type is a "club promotion". We have developed testing requirements for the Cadet Judo program and promotions will be designated by black stripes on their white belt. These are "club promotions" and will not be registered with any organization outside the KRC Judo Club.

Regular Judo: We promote and register those promotions through Ohio Judo, Inc. (the State Governing Body for Judo in Ohio). Requirements for promotion include class attendance, time in grade, vocabulary/knowledge test, technique demonstration, and is influenced by tournament participation. Specific requirements for each rank will be given out by the instructor and can be found on our website at

http://www.ohiojudo.org/index.php?option=com_content&view=article&id=210:krc-promotion-materials&catid=88&Itemid=480

Moving from Cadet Judo into the regular (big kids) class: Once your child has mastered the basic skills, they may move up to the regular class PROVIDED: a) there is a child close to your child's size in or ready for the regular class, b) your child's attention span and behavior is such that he/she will not require excessive supervision in the regular class, c) your child's coordination is advanced enough to learn the techniques taught in the regular class. Since children mature at different rates, it is possible that a younger child with less experience may be ready to move up before your child.

Clinics and Tournaments: Various clubs (in addition to our own) and other organizations host specialized training sessions (clinics and camps) and tournaments

(shiais) throughout the Midwest and across the US. These are optional activities that enhance your judo development. Over the past few years, the KRC Judo Club has hosted a number of such events. A few have prerequisites, but most are open to all. We try to select a few that become club trips.

Parent Participation On-The-Mat: If you, as a parent of a KRC judo student, are interested in on-the-mat participation with your child, please contact Russ Scherer. This could be particularly helpful to our program and your child if you have significant previous judo experience. Since judo can be a great family activity, parents are encouraged also to take part in the adult judo program.

Adult Judo Program: Currently, adults (ages 17 and up) are incorporated in the regular KRC judo class, with occasional extension of that class time to cover advanced techniques such as arm-bars and self defense. Bigger and older teenagers may also participate in the optional class extensions.

Other Programs and Facility Use & Care: We have shared the room and/or facilities with other programs, off and on, for several years. To make this arrangement work, we need to be good neighbors. Please keep to the area around the judo mat, even when there are no other classes in session. Stay away from the stacks of tables and chairs, stored mats, etc. Parents are requested to keep control of their children who are not on the mat in the judo class. Siblings of the students are not to run around in the facility, including in the judo room. The judo mats are reserved for the students enrolled in the KRC judo program and guests invited onto the mat by the instructor.

Inclement Weather and Class Cancellations: The general rule is that as long as the Kettering Rec Center is open for business in regard to “structured classes”, the judo program will be held. Of course, during bad weather it is up to each family to decide whether or not they want to travel to the KRC to take part in the classes. Note: Often the KRC will be open and we will have judo classes, even though the Kettering and/or other schools may be closed due to snow, etc. If in doubt, check the KRC inclement weather info on-line at <https://www.playkettering.org/>

Covid-19 Precautions: Until further notice, the following precautions will be taken relating to the Kettering Rec Center Judo program:

- 1) Any participant who is sick should stay at home. Please do not come to class.
- 2) As a second line of defense, temperatures of everyone entering the Judo room will be taken. Please note that the absence of an elevated temperature does not guarantee the individual is covid free, but an elevated temperature is an indication the individual is sick.
- 3) Hand sanitizer is provided – please use it prior to entering the mat
- 4) Each night the mats will be sanitized prior to the first class
- 5) Please bring a water bottle for rehydration rather than using the water fountain
- 6) Practice social distancing when possible
- 7) Masks are not required, but can be used if desired

Kettering Recreation Center Judo Club Instructors

Chief Instructor – Russ Scherer (Rokudan) – 937-427-5836 – rschererjudo@gmail.com

Assistant Instructors – Laura Suzuki (Sandan)

Brian Donovan (Shodan)

Dominic Backowski (Shodan)

Pete Papalios (Shodan)