



# KODOKAN JUDO

Judo was created in Japan in 1882 by Jigoro Kano. Judo is based on the principles of Jujutsu and has three basic categories of techniques; throwing, grappling and striking. Central to Kano's vision for Judo were the principles of "maximum efficiency, minimum effort" and "mutual welfare and benefit." Kano was convinced that the practice of Judo techniques that conformed to these ideals was a route to self-improvement and the betterment of society in general.

While Kano was not opposed to Judo being taught as a sport, he was primarily interested in the physical development of students as it related to their ability to translate these physical lessons to all aspects of their lives. As such, the majority of Kano's writings were on society, the development of moral character and the benefits of practicing Judo .

- Judo is the second most popular martial art in the world, with more than 28 million practitioners in 200 countries (CNN)
- Judo is the one of the top five sports for overall fitness, agility, coordination, and strength and conditioning





# CLASS SCHEDULE

Monday	5:30 - 6:15pm	Junior Judo (6-12)
Tuesday	7:00 - 8:00pm	Adult Judo / Adv. Junior Judo (Purple and above)
Wednesday	5:30 - 6:15pm	Junior Judo (6-12)
Friday	5:30 - 6:15pm	Junior Judo (6-12)
	7:00 - 8:00pm	Adult Judo / Adv. Junior Judo (Purple and above)
Saturday	9:15 - 10:10am	Adult Judo / Adv. Junior Judo (Purple and above)