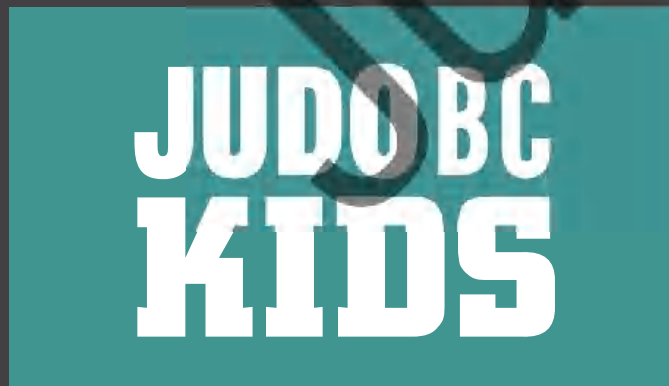


**JUDO BC
KIDS**

GET IN ON THE FUN!

PROMO CARDS



I LOVE PINK!

Help show your support and wear pink with me on anti-bullying day!

Sneaky panda. Dying my best gi PINK. At least it's for a good cause...



JUDO BC
KIDS

FEB 26
ANTI-BULLYING DAY

PINK!



**LET'S THROW A TEACHER
TO SHOW OUR SUPPORT**

DATE TO VOTE!

OUR BRAVE AND WONDERFUL TEACHER VOLUNTEERS ARE:

1		4	
2		5	
3		6	

www.judobckids.com

COUNTING IN JAPANESE



1 ICHI
THINK: "Itchy"

Doh just wanted to make some new friends. The bees did not.



3 SAN
THINK: "Sun"

Doh thinks he looks just like an big, bright, orange sun. Only with a face.



4 SHI
THINK: "She"

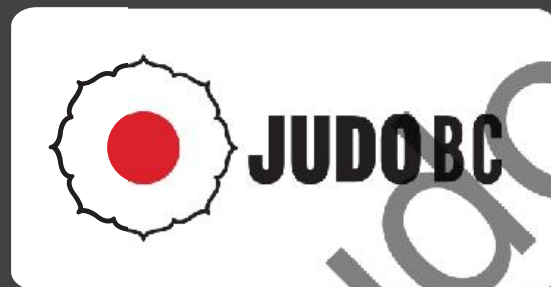
Joe should be a little more careful when he naps around Doe.



5 GO
THINK: "Go"

Doh believes you SHOULD pass Go, and you SHOULD collect \$200.

CONTINUE TO...



OR



WHO ARE DOH & JOE?

MYTH OR FACT?

LET'S LEARN!

THE GREAT KANO

TRUE STORIES

SIGN ME UP!

(CLICK HERE)



COMING SOON: AFTER SCHOOL PROGRAMS

COMING SOON

Judo BC is doing our best to allow kids of all ages to join judo. We are currently working on creating after school programs where young judoka (ages 5+) can practice judo, play with friends, have snacks, do homework, and just have fun!

JUDO JARGON

COUNT TO "JU"

BOW IN, BOW OUT

WHO ARE DOH & JOE?

MYTH OR FACT?

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THE GREAT KANO

TRUE STORIES

HEY GUYS!

CLICK ONE OF THE BLUE BUTTONS ABOVE
to learn about some basic Judo terminology,
how to count in Japanese, and bowing in!



THE STORY

THE FATHER

WHO ARE DOH & JOE?

MYTH OR FACT?

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THE GREAT KANO

TRUE STORIES



THE FATHER

Judo is derived from Jujutsu. It was created by Professor Jigoro Kano who was born in Japan on October 28, 1860 and who died May 4, 1938 after a lifetime of promoting Judo. Mastering several styles of jujutsu including Kito-Ryu and Tenjin-Shinyo Ryu in his youth he began to develop his own system based on modern sports principles. In 1882 he founded the Kodokan Judo Institute in Tokyo where he began teaching and which still is the international authority for Judo.

judoinfo.com



MORE ABOUT THE HISTORY

The name Judo was chosen because it means the "gentle or yielding way". Kano emphasized the larger educational value of training in attack and defense so that it could be a path or way of life that all people could participate in and benefit from. He eliminated some of the traditional jujutsu techniques and changed training methods so that most of the moves could be done with full force to create a decisive victory without injury. The popularity of Judo increased dramatically after a famous contest hosted by the Tokyo police in 1886 where the Judo team defeated the most well-known jujutsu school of the time. It then became a part of the Japanese physical education system and began its spread around the world. Dr. Kano, President of the University of Education, Tokyo, dedicated his life, studied these ancient martial art of Jujutsu and integrated what he considered to be the best of their techniques into what is now the modern sport of Judo.

judoinfo.com

ABOUT JUDO

“THE GENTLE WAY”

FAQ

WHO ARE DOH & JOE?

MYTH OR FACT?

LET’S LEARN!

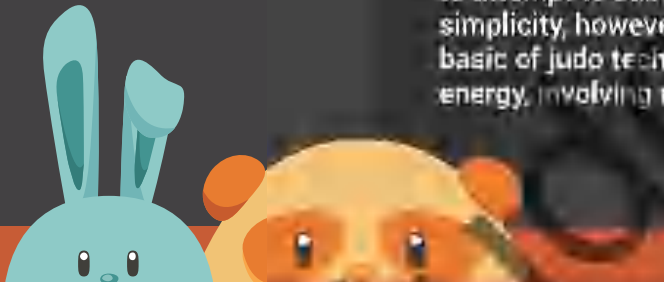
THE GREAT KANO

TRUE STORIES

ABOUT JUDO

Judo is a self defense martial art that teaches it's students (judoka) to gain control over an attacker without striking him or her. It is a method of turning an opponent's strength against him or her and overcoming by skill rather than sheer strength.

Judo simply involves two individuals who, by gripping the judo uniform (or judogi), use the forces of balance, power, and movement to attempt to subdue each other. It is simple and basic. In its simplicity, however, lies its complexity, and mastery of even the most basic of judo techniques that often take considerable time, effort, and energy, involving rigorous physical and mental training.



BENEFITS OF JUDO

ABC'S

Through judo, kids gain agility, balance, coordination, and speed.

CONFIDENCE

Learning judo can greatly increase confidence.

FUN

Judo can teach discipline, techniques, but more importantly, it's fun!

ACTIVE

Judo is incredibly athletic and keeps you moving!

SOCIAL

Judo provides a great opportunity to connect with friends through judo.

RESPECT

Judoka learn respect for themselves and for others in the dojo.

PROTECTION

Judo techniques can help protect kids.

ANTI-BULLYING

Judo BC promotes anti-bullying through judo.

[BACK TO CLUBS](#)[WHO IS DOH & JOE?](#)[MYTH OR FACT?](#)[LET'S LEARN!](#)[THE GREAT KANO](#)[TRUE STORIES](#)

DELTA KAIGAN JUDO CLUB

Sunbury Hall, 10409 Dunlop Road, Delta, BC, V4C 2L1
Bruce Fingarson | 604-581-7329
www.deltajudo.com

[VISIT WEBSITE](#)

INSTRUCTOR: BRUCE FINGARSON

MAILING

10710 Doncaster Crescent, Delta, BC, V4C 8A5

EMAIL

fingarson@telus.net; 604-581-7329

ABOUT

Bruce Fingarson is a sandan (3rd degree) black belt, level 3 coach, master learning facilitator, and has first aid training. He is a fundamental movement skills facilitator, chair of coach development committee, national B referee, and 2nd VP on the board of Judo BC. He started judo when he was 8, and at age 13 he injured himself and had to put judo on hold. After having three kids he rekindled his love for judo and got back in the game at full force. He rejoined a local judo club and has not stopped since. Bruce loves coaching and inspiring kids through judo at his judo club in Delta.

COMING SOON

WHO ARE DOH & JOE?

MYTH OR FACT?

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THE GREAT KANO

TRUE STORIES

AFTER SCHOOL PROGRAMS

COMING SOON

Judo BC is doing our best to allow for kids of all ages to join judo. We are currently working on creating after school programs where young judoka (ages 5+) can practice judo, play with friends, have snacks, do homework, and just have fun!

These programs will be available in (DATE) at the following participating judo clubs in BC:

(LIST OF PARTICIPATING CLUBS)

HEY PARENTS!

The after school programs are a great way to start judo at a young age. Friends, snacks, games, judo, and fun!

