



BALWYN JUDO CLUB

PROSPECTUS 2010

www.judobalwyn.org.au

Features offered by Balwyn Judo Club

- Separate training for Adults and Juniors
- Integrated Male and Female classes
- Sporting and recreational Judo
- Graduated training for juniors
 - Breakfalls
 - Throws
 - Groundwork holds
 - Training games
- A full adult course of all Judo techniques
 - Throws
 - Locks
 - Strangles
 - Vital-point striking
 - Fighting phases — free, clinch, ground
 - Traditional training sets (kata)
- Examination and grading under Judo Federation of Australia authority
- Access to State and National competitions and teams
- Healthy physical exercise
- Discipline

Detailed Information

JUDO

To describe Judo with a single word is difficult, but "recreation" probably comes closest. Most people take up Judo for self-defence but continue with it as a sport and eventually as a physical education and culture, to gain a deeper understanding of 'the way of infinite flexibility'.

BENEFITS

Training in Judo will develop motor skills, balance, hand-eye co-ordination, discipline and respect for others. Skills which transfer to other sports and activities.

Judo also develops confidence, as the skills can be practiced to completion without injury.

INSTRUCTION

The Club's black-belts are IJF graded, Internationally licensed referees, accredited under the Federal Government's National Coaching Accreditation Scheme. Members have represented Victoria and Australia.

AFFILIATION

The Balwyn Judo Club is affiliated with the Judo Federation of Australia, the Victorian Olympic Council, the Sports Federation of Victoria and the International Judo Federation.

LOCATION

The Uniting Church Hall, 146 Normanby Road (near High Street), Kew East, is the dojo (practice hall).

Inquiries may be made by telephoning 0419 542819 or 9859 1801, or by e-mail: info@judobalwyn.org.au

Covers the Northern Wards of Boroondara
Studley, Bellevue, Cotham,
Maranoa, Maling

And all suburbs to the west, north and east

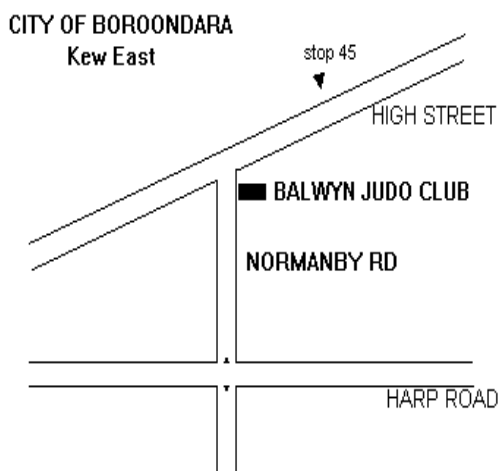
Kew, Kew East,

Balwyn North, Balwyn,

Greythorn, Box Hill
North,

Deepdene,

Surrey Hills, Mont
Albert



EQUIPMENT

The only personal equipment needed for Judo is a judogi (Judo-suit, girls wear a tee-shirt under the jacket) and a pair of thongs. Judogi may be purchased from the Club.

ADMINISTRATION

The Balwyn Judo Club is an open, amateur Club, governed by a committee elected at an annual general meeting of members. The Club year is divided into four quarters, but the only breaks are for National tournaments and four weeks over Christmas and New-year.

Members are automatically affiliated with the official State body. The State joining and registration fees are paid by the Club. Only members may apply for grade examinations for which explanatory notes are provided.

Members may pay by the year or quarter at a considerable saving on the casual rate.

MEMBERSHIP

New starters should come at the start of a class to enrol.

When you start, you must fill in both Club and State registration forms and sign the practice register each session. You may then pay your membership fees to become a member, or just attend on a pay-per-session casual rate.

TRAINING TIMES

**u10, sub-junior or mon
u13, junior or yonen
u16, intermediate or shonen** }

Tuesday evening
arrive 5:00 pm
finish 6:45 pm

90 minute class plus 15 minutes preparation time

o16, senior or seinen |

Tuesday evening
arrive 6:45 pm
finish 8:15 pm

90 minute class plus 15 minutes packing up

FEES

CASUAL ATTENDANCE (*per class*) :

u10: \$ 8.50, u16: \$ 9.50, o16: \$11.50.

MEMBERS (*Includes State registration fee*) :

The fees are paid in 3 parts as follows :

	Joining + (1st year only)	Annual (each year)	plus	Class (quarter)
u10	\$22.00	\$70.00		\$70.00
u16	\$27.00	\$80.00		\$80.00
o16	\$35.00	\$96.00		\$96.00

The 'annual fee' covers a period up to 30 June of the next year.

As an example, an under 10's very first payment would be \$162 and then \$70.00 for each subsequent quarter. On July 1 of the next year \$140.00 (annual + quarter) would be due.

GRADINGS (*available only to members*) :

State registration fee (subject to change):

Kyu-grades:

u16: \$20.00, o16: \$30.00
Does not include the new belt cost.

QUARTER DATES

Tuesday:

19 January	to	30 March
..6 April	to	22 June
13 July	to	21 September
28 September	to	..7 December

Fees should be paid on the first day of each quarter.

GRADE EXAMINATIONS

Held at about 6 month intervals on an individual basis as each member becomes ready for the next grade.

DATES OF PROPOSED VICTORIAN TOURNAMENTS

State tournaments are generally held on Sunday :

JVI event calendars are available on request, or get the latest information at:

www.judobalwyn.org.au

www.judovictoria.com.au