

Shire Judo – Club Etiquette, Rules & General Info

Judo, founded by Jigoro Kano, is not only a martial art but also a way of life that emphasizes respect, discipline, and self-improvement. Proper etiquette is crucial in preserving the spirit of Judo. Below are key etiquettes observed in the Kodokan:

1. Rei (Bow)

- Bow upon entering and leaving the dojo (mat area).
- Bow to the sensei (instructor) as a sign of respect.
- Bow to your training partner before and after practice.

2. Proper Attire (Gi)

- Wear a clean and well-fitted judogi (Judo uniform).
- Ensure that the gi is tied securely with the left side over the right

3. Hygiene

- Maintain personal hygiene to ensure a clean and safe training environment.
- Keep your nails short and clean to avoid injuring your training partners.
- Long hair needs to be tied back.

4. Punctuality

- Arrive on time for practice and line up as instructed.
- We understand that there are things outside of our control so if you are late then please wait on the side of the mat for an instructor to direct you onto the mat.

5. Silence

- Observe silence during warm-up and instruction and keep talking to a minimum.
- Do not provide instruction unless you are given permission to do so by an instructor.
- Please observe the no parents coaching rule – we have been doing this a very long time and if you instruct then it will shift focus away from the lessons.

6. Respect

- Show respect to your sensei, senior students, and training partners.
- When on the mat treat it like you are in school (because you are) and call your instructor "Sensei"

7. Randori (Sparring)

- Engage in randori with control and respect for your partner's safety.
- Tap out if you are in a painful or potentially dangerous position.
- If you are injured and cannot participate in randori then let an instructor know

8. Leaving the Tatami

- Do not leave the tatami (mat area) without asking permission from an instructor
- Bow before stepping off the tatami (mat).

9. Grading and Ranking

- Respect the ranking system and the authority of instructors.
- Do not ask to be graded or when you will be graded.
- The Head Coach continually assesses everyone's level and ability and approaches the grading process in a fair and inclusive manner.
- Grade is representative of ability, training and longevity of training as well as participation in competitions. The higher the grader the longer the time in grade.

10. Requirement of participation and general information

- All judoka must be members of the Judo Federation of Australia (please register via Judo NSW as a new or existing member. New members have a 1-month free trial and post this will be required to become a paid member)
- Your first week at Shire Judo is free – this gives you an opportunity to try Judo with no obligation.
- Following the free trial joining the club will be on a direct debit basis with the pricing structure below:
 - Regular Members (2 sessions per week) \$60 per fortnight
 - Once a week member (1 session per week) \$30 per fortnight
 - Casual members (payment due on the night) \$15 per session
- If you wish to purchase a Judo suit (judogi) then this can be organised through the head coach (we have a wholesale account so can get them at a discount)
- Gradings are an additional cost (\$50 for junior gradings and \$50 for senior gradings)

For all enquiries, please contact Gavin Morgan, Head Coach of Shire Judo

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