G

**Information Sheet**

The class is open to Juniors ages 5-16 and Adults. It runs the month of June, Tuesdays and Thursdays from 7:00 to 8:30 pm. First Class is Tuesday, June 2nd, with final class on Thursday, July 2nd. There are 10 nights of class total. There will be a uniform sizing and pickup at the DHS wrestling room Thursday, May 28th from 7:00-8:30pm.

Advanced students (Orange belt or higher) will meet on Monday nights 7:00-8:30, Starting June 1st at the DHS Wrestling Room as well as their choice of Tuesday or Thursday night classes.

**The last day of class, July 2nd, is reserved for a mini-tournament** **and to award Belts to those who earn them**.

Location: Classes will be held at the Dickinson High School Wrestling Room.

Directions: 13th Ave W. in Dickinson. Park in the lower level parking lot. Enter thru either the main doors on the lower level, or (if the main doors are locked) through the Fire Doors just North of them. If entering thru the main doors, take a right at the first hallway to the wrestling room.

Contact: Nick Lambert 483-4329 or Jeff Ficek 227-8710 or Dakota@roughriderjudo.com

Please make sure young children are guided inside to the actual class itself before leaving. Emergency class cancellations (if needed) will be posted on the doors.

Judo is open to both women and men. Parents are encouraged to try Judo with their children! Judo is for all ages, though Juniors are taught a separate syllabus to account for their maturity. Please be aware that anyone attending the Junior class will be working at that level. Anyone wishing the full judo experience should inquire about the Adult class.

Hygiene: Judo is a close contact activity. Please keep this in mind for attendance. Good personal hygiene is important so that everyone may learn in a pleasant environment. Also, the DHS Wrestling room is used by numerous other programs and individuals. Please be aware that if a problem develops due to the environment, you will be contacted as soon as possible. If you notice any suspicious conditions you have reason to suspect may have come from the class, please inform the instructors immediately.

Special Needs: Judo can adapt to any person’s situation. But please inform instructors of any special needs or medical conditions you or your children have, along with proper contact information regarding the condition.

Injuries: Judo is a close contact activity. Like any such sport or activity, there is a risk of injury—usually minor—regardless of how rigidly it is supervised. Please keep this in mind and if you have any questions, talk to the instructors. First Aid is available at every class through the instructors.

Gi (uniform) rental or purchase: A Gi is an important part of learning judo. While Judo can be performed without a gi on, regular clothes or sweats will rapidly tear or shred, bunch up uncomfortably, or even pose an injury risk. You may purchase a judo gi through an outside source if you wish (please make certain it is a JUDO gi, and not a karate or tae-kwan-do gi, as they are lightweight and subject to tearing). Alternately, you may purchase a gi thru Gentle Ways Judo. A quality Gi will last many years with proper care. Mindful that children outgrow clothing rapidly, however, we have instituted a gi rental program for the junior’s class. Anyone exercising this option will receive a return deposit at the end of the junior class program when they return the rented gi washed and in good condition (normal wear and tear is expected).

The Judo Gi is a heavily reinforced version of traditional Japanese peasant garb. This may cause skin irritation for some. All students may choose to wear a light t-shirt beneath the gi to prevent this. A t-shirt or sports bra is required wear under the gi for girls. Bike shorts or leggings worn under the pants are also recommended for girls.

Washing: Judo Gi’s are all cotton and thus shrink rapidly. Please wash on cold with any good detergent, and hang to dry instead of drying in the dryer. If you must use the dryer, use the coolest setting. Since they are heavy cloth, they will take some time to dry hanging. DO NOT use bleach, as this weakens the fabric rapidly.

Judo awards belts for those who have an adequate amount of time training and who pass the examination of their skills. **Not every child will receive a belt**, unless they attend enough classes and work hard. There is no additional fee for the belt, should the participant pass. Make-up classes are limited, but available for those who miss class.

Judo is a martial art. It is taught to build confidence, patience, peace of mind, and to provide exercise and as a sport, but it is still martial in nature. Anyone participating in the Junior or Adult program is reminded that they are never to resort to violence to solve simple problems. Anyone trained in a martial art bears the extra burden of refraining from using that art in an irresponsible manner. Anyone who does so—in class or out—will be removed from class immediately. This is a staple of our teaching, and will be repeated in class regularly. If you feel someone is abusing their responsibilities, please inform the instructors immediately so they can deal with the situation.

**Roughrider Judo is a non-profit organization. All instructors are unpaid volunteers.**