

# St. Albert Judo Club

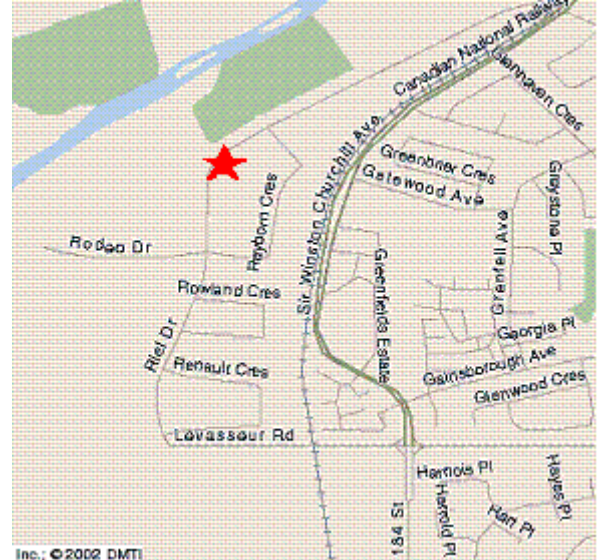
## 2007-2008 Kinder Judo (Fall Session)

**When:** Sat Morning 9:30am – 10:30am  
Start Date: Sep 22nd, 2007

**Where:** St. Albert Judo Club  
42 C Riel Drive, St. Albert, Alberta  
(780) 459-5383  
www.stalbertjudo.com

**Who:** Children ages 3-6  
One adult must attend class and participate  
for each child enrolled

**Cost:** \$75 per Child  
Includes Judo Association fees and Gi (Uniform)  
In addition one fundraising Bingo required (see web site for dates)



### *What is Judo?*

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational and social activity, a fitness program, a means of self-defense, and a way of life. It is all of these and more.

Judo, which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo. For example, in Judo classes you may learn how to give way, rather than use force, to overcome a stronger opponent.

Judo was introduced into the Olympic Games in 1964 and is practiced by millions of people throughout the world today. Judo develops self-discipline, and respect for oneself and others. Judo provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility. Since it is a sport that evolved from a fighting art, it develops complete body control, fine balance, fast reflexes and gives a person an effective self-defence system if the need arises.

Judo is unique in that all age groups (from children to seniors) and both sexes can participate together in learning and practicing the sport. Judo is an inexpensive year-round activity that appeals to people from all walks of life.