



BALWYN JUDO CLUB

PROSPECTUS 2013

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 Judo Victoria Inc, the Victorian Olympic Council, the Judo Federation of Australia 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

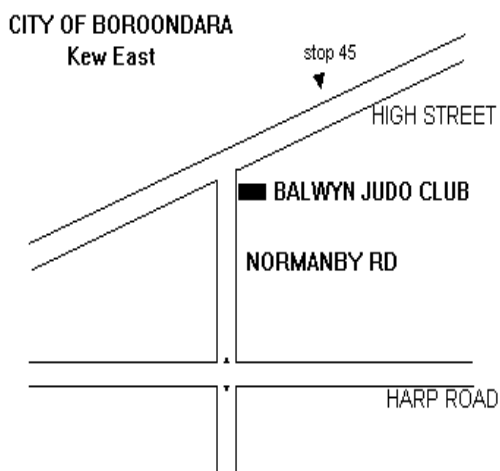
Kew, Kew East,

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 mid-year term break and Christmas / New-year holidays.

Members are automatically affiliated with the official State and National bodies. The first year's State registration fee is paid by the Club and includes insurance. Only members may apply for grade examinations and registration 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 forms and marked on 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

u15*, junior or shonen

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

90 minute class plus 15 minutes preparation time

* For the whole year

o15, senior or seinen

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

90 minute class plus 15 minutes packing up

FEEES

As a club, members are expected to pay their fees on time, without being issued with accounts

CASUAL ATTENDANCE (*per class*) :

u15: \$ 9.00, o15: \$12.00.

When you become a member of Balwyn Judo Club, you also become a member of Judo Victoria Inc and the Judo Federation of Australia Inc. which includes sports injury insurance (limited).

MEMBERS (*Includes State registration fee*) :

The fees are paid in 2 parts as follows :

	Joining plus	Classes	JVI
	(1st year only)	(quarter)	(annual to JVI
	Incl State reg'n)		2 nd year onwards)
u15	\$ 99.00	\$72.00	\$65.00
o15	\$125.00	\$89.00	\$80.00

Additional discounts are available for 3 or more members of a family

As an example, an under 15's very first payment would be \$171 and then \$72.00 for each subsequent quarter. For the next year (after 4 terms), the JVI fee is paid directly to the JVI online.

GRADINGS (*available only to members*) :

Belt and National certificate:

Kyu-grades (each grading):

\$25.00

QUARTER DATES 2013

Tuesday:

29 January	to	9 April (no break)
16 April	to	25 June
16 July	to	24 September (no break)
1 October	to	10 December

Fees must be paid on the first day of each quarter by cash, cheque or EFT.

GRADE EXAMINATIONS

Held twice per year 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 :

Balwyn and JVI event calendars are available at:

www.judobalwyn.org.au

www.judovictoria.com.au