

KODOKAN JUDO

CLUB

Autumn 2009

UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

Kodokan Judo, founded by Dr. Jigoro Kano in 1882, was created from traditional Japanese martial arts as a form of physical exercise and a system of self-defense. The fundamental principle of judo is the maximum efficient use of both mind and body. The Judo Club actively participates in local tournaments and other community events throughout the Pacific Northwest. Judo is a martial art, an Olympic sport, and a great form of exercise. Above all, judo is fun!

CLUB MEMBERSHIP

All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

UW extension, branch campus students, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.

MEMBERSHIP WAIVER CARD

All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3rd floor of the IMA.

SPORTS SKILLS CLASS

Beg/Int Judo: **October 12 – November 23**

Mon/Wed: 6:40 - 7:40 pm

Price: \$35.00

Register in-person at the IMA Programs Office. Please visit the IMA Homepage for additional information about Sports Skills Classes.

CLUB PRACTICES

Dates: **September 30 – December 11**

Days: Monday/Wednesday/Friday

Times: Mon/Wed: 6:40 - 8:40 pm
 Fri: 5:30 - 7:30 pm

Location: IMA Mat Room B

INSURANCE

The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. Brochures for Accidental and Sickness Insurance for registered University of Washington Students are available in the Programs Office, located on the 3rd floor of the IMA.

FOR MORE INFORMATION

Club Representative:

Alan Lo

Club Email:

judouw@uw.edu

Club Website:

<http://students.washington.edu/judouw>

Club Sports Coordinator:

Katie Beth
206-543-9499
kbeth6@uw.edu

IMA Homepage:

<http://depts.washington.edu/ima>