

KODOKAN JUDO CLUB

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

Mon/Wed: 6:40 - 7:40 pm
Price: \$35.00

Register in-person at the IMA Programs Office at the beginning of each quarter. Please visit the IMA Website for additional information about Sports Skills Classes.

CLUB PRACTICES

Dates: Fall/Winter/Spring Quarters
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. For information on the University of Washington's Student Health Insurance Plans: <http://depts.washington.edu/ovpsl/insurance/index.shtml>.

FOR MORE INFORMATION

Club Representative:

Jeremy Miller: millej3@uw.edu

Club Email:

judouw@uw.edu

Club Website:

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

Club Sports Coordinator:

Chris Delaune
206-543-9499
delaune@uw.edu

IMA Homepage:

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