

## What is Judo?

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

Judo comes to us from the fighting system of feudal Japan. Founded in 1882 by Dr. Jigoro Kano, Judo is a refinement of the ancient martial art of Jujitsu. Dr. Kano studied these ancient forms and integrated what he considered to be the best of their techniques into what is now the modern sport of Judo.



Judo was introduced into the Olympic Games in 1964 and is practiced by millions of people throughout the world today. People practice Judo to excel in competition, to stay in shape, to develop self-confidence, and for many other reasons. But most of all, people do Judo just for the fun of it.



As in all sports, Judo has a strict set of rules that govern competition and ensures safety. For those who want to test their skills, Judo offers the opportunity for competition at all skill levels, from club to national tournaments, to the Olympic Games. There are separate weight divisions for men and women, and boys and girls.



Judo is best known for its spectacular throwing techniques but also involves considerable grappling (ground techniques) utilizing specialized pins, control holds, arm locks, and choking techniques. Judo emphasizes safety, and full physical activity for top conditioning. Judo is practiced on special mats for comfort and safety.

Judo is unique in that all age groups, both sexes, and many people with disabilities can participate together in learning and practicing the sport. Judo is an inexpensive, year-round activity, which appeals to people from all walks of life. Many people over sixty years of age enjoy the sport, as well as very young boys and girls.

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. As a sport that has evolved from a fighting art, it develops complete body control, fine balance, and fast reflexive action. Above all, it develops a sharp reacting mind well-coordinated with the same kind of body. Judo training gives a person an effective self-defense system if the need arises.

## Who Are We?

Denver Judo was founded in 1998 at the University of Denver. The program has grown and is now run out of Denver Dojo.

Denver Judo is led by Scott Moore and Heidi Moore, both international level competitors and experienced teachers with more than 40 years of judo experience between them. Jim Carmer and Jessica Lockfeld are our other primary instructors.

Denver Judo is happy to have members ages 6 and older of all experience levels. Denver Judo provides an excellent environment for students of all interest levels, from the simply curious to the weekend warrior to the international competitor.

## Classes

**YOUTH JUDO** is open to kids ages 6-12 years. Students begin with basic safety techniques (falling methods) and progress to throwing and grappling techniques. Students will participate in local and national tournaments and to test for advanced belt ranks. This unique class focuses on the competitive aspects of judo while instilling the values of self-confidence, coordination, respect, and discipline.

**BEGINNING AND INTERMEDIATE JUDO** is open to anyone who would like to study the art of judo. This class focuses on learning the basic principals of judo including ukemi (falling methods), kumi kata (gripping), and nage and ne waza (throwing and grappling). Students will also be introduced to the basic Japanese terminology and philosophy of judo in preparation for graduation into the competitive class.

**COMPETITION JUDO** focuses on the techniques of competition judo with the intention of training participants for tournaments. This is a high-intensity class, so expect a hard workout. Participants are expected to participate in local and national tournaments, and will be offered the opportunity to test for advanced ranks on a quarterly basis.

## Instructors



### Scott Moore

Head Instructor

Rank: 4th Degree Black Belt

3 time Paralympic Medalist:

1996, 2004 – Bronze, 2000 –

Gold. 3 time World Medalist.

Scott began judo at the age of 18. Scott is legally blind and was the 2<sup>nd</sup> visually impaired athlete to be ranked on the USA Judo elite roster. Scott is a certified national level coach and the assistant coach of the US National Blind Judo Team.

### Heidi Moore

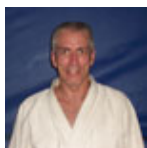
Head Instructor

Rank: 4th Degree Black Belt

2005 & 2007 World and Pan

American Team member, and

has 11 Senior national medals and several international top finishes. Heidi is a certified continental level coach and is the development coordinator for the USABA judo program.



### Jim Carmer

Instructor

Rank : 4th Degree Black Belt

Jim is a nationally certified coach and referee. Jim is the

founder of the Denver Dojo. Jim is also an active masters competitor and has medaled in the US Nationals and the World Masters Championships.

### Jessica Lockfeld

Instructor

Rank: 3rd Degree Black Belt

Jessica is a three-time master's

World Champion and holds

advanced black belts in several

martial arts. Jessica is also a certified referee and coach.



## Class Times and Costs

Classes are held on an on-going basis.

### Junior Judo (Ages 6-12)

Mondays and Wednesday

5:30 – 7:00pm

### Beginning and Intermediate Adult Judo

Tuesdays and Thursdays

7:00 – 8:30pm

### Competitive Judo

Mondays and Wednesdays

7:00 – 9:00pm

### All Levels (Adults)

Monday through Friday

11:00am – 12:30pm

Fridays

6:00 – 7:30pm

Saturdays

9:30 – 11:00am

Sundays

Open Mat

1:00 – 3:00pm

The cost is \$55.00 per month. Discounts are available for multiple family members and for 6 month and 12 month pre-payments.

Drop in Fee \$10.00 per visit

## Denver Judo



At the Denver Dojo

719 Mariposa St.

Denver, CO 80204

(303) 623-3362

[www.denverjudo.com](http://www.denverjudo.com)

## Judo: An Olympic Sport



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