

Instructors



Scott Moore

4th Degree Black Belt
USA Judo "A" Level Coach
Scott is a 3-time Paralympic medalist, winning bronzes in 1996 and 2004 and gold in

2000. Scott is also a 3 time world medalist, winning bronzes in 1995 and 2002, and gold in 1998. Scott is legally blind and was the 2nd visually impaired athlete to be ranked on the USA Judo elite roster. Scott was selected as the US Olympic Committee's 2009 Paralympic Coach of the Year and is the head coach of the USA visually impaired national team.

Heidi Moore

4th Degree Black Belt
USA Judo "A" Level Coach
Heidi was a member of the US World Team in 2005 and 2007, and the Pan American



Team in 2005, 2007, and 2008, winning a bronze medal in 2007. Heidi is also 2-time US senior national champion, and has 7 additional top-3 finishes. Heidi has been national champion at the junior, high school, collegiate, senior, and masters levels. Heidi serves as a team coordinator for the US visually impaired national team.

Keith Lewis

3rd Degree Black Belt
Keith runs our morning program and is an accomplished athlete and coach. He is currently training for the 2011 World Police and Fire Games.

Steve Alvaro

1st Degree Black Belt
Beginning Class instructor and USA Judo "E" level coach.

Class Times and Costs

Classes are held on an on-going basis

Junior Judo (ages 6-12)
Mondays and Wednesdays
5:30—7:00pm

Beginning and Intermediate Judo (13 and up)
Tuesdays and Thursdays
7:00—8:30pm



Competitive Judo (13 and up)
Mondays and Wednesdays
7:00 — 9:00pm

Saturdays
9:30—11:00am

All Levels
Mondays through Wednesdays
11:00am—12:30pm

Cost
\$55.00 per month
Drop in fee \$10.00 per visit

Denver Judo is a registered member of USA Judo



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www.denverjudo.com

Judo:
An Olympic Sport

What is Judo?

Judo is many things to many people. It is a 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 systems 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 intergrated 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 for men and 1988 for women 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 ensure 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. Judo is best know for it's spectacular throwing techniques, but also involves considerable grappling (ground techniques) utilizing specialized pins, control

holds, arm locks and choking techniques. Judo emphasizes the ideas of mutual benefit and welfare (jita kyoei) and maximum efficiency (seiryokyu zenyo) as taught by Kano Sensei.

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 mind well-coordinated with the same kind of body.

Who Are We?

Denver Judo was founded in 1998 at the University of Denver. Now located at 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. Denver Judo also boasts a large contingent of black belt members who aid in the instruction of new members.



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

This class 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 will be invited 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

This class is open to anyone 13 years and older 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 in to the competitive class.

Competitive Judo

This class 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.