



# AJAX BUDOKAN JUDO CLUB

## Our 4000 square foot Dojo Features:

- 2500 square feet of high quality Dax Tatami mats
- Sprung floor system for shock absorption
- Men and Women change areas
- Seating for spectators
- Fully heated and air conditioned
- Monthly developmental tournaments

## Contact Us

905-665-4524

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“Judo in reality is not a mere sport or game. I regard it as a principle of life, art and science.”

Dr. Jigoro Kano

**JUDO LIFE**

**LIVE IT**

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

# 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 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

## Who Can Do Judo?

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. Very young boys and girls, as well as people over sixty years of age enjoy the sport.

For information on our current rates and our club schedule please visit our website at:

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

