

# Orange YMCA Jujitsu Club

## Parent / Student Handbook



Hi No De Ryu  
Professor Kevin Dalrymple



Welcome to the martial art of Judo/jujitsu. Often referred to as "The Gentle Art", jujitsu is a system of self-defense designed to overcome aggression through the utilization of escapes, joint manipulations, throws, and constriction techniques. Relying on fundamental principles of balance rather than strength, jujitsu is ideally suited to everyone, regardless of age, sex, or physical abilities. The techniques are intended to address all forms of aggression, yet provide the defender with the ability to determine the level of response appropriate for the circumstances encountered. Students are taught a system of self-defense through which they will develop self-confidence.

### **Orange YMCA Jujitsu Instructors**

<b>Professor Kevin Dalrymple</b>	<b>Shichidan</b>	<b>7<sup>th</sup> Degree Black</b>
Sensei Dan Kveen	Sandan	3 <sup>rd</sup> Degree Black
Sensei Ed Townsend	Sandan	3 <sup>rd</sup> Degree Black
Sensei KC Bui	Sandan	3 <sup>rd</sup> Degree Black
Sensei Patrick Le	Shodan	1 <sup>st</sup> Degree Black
Sensei Phillip Le	Shodan	1 <sup>st</sup> Degree Black
Sensei Steve Davis	Shodan	1 <sup>st</sup> Degree Black
Sensei Judy Davis	Nikkyu	2 <sup>nd</sup> Degree Brown



## Junior Classes

### **-What to expect:**

Classes are every Monday and Friday at 6:00pm. Your child is expected to be at class at least (15) minutes early to get dressed properly and assist with laying out the Judo mats for class. Each class will start with the traditional bowing in and warm-up exercises. Children are assigned to a work-out group and a sensei (teacher) based on their individual abilities. It is our belief that each child should be able to perfect the basic moves prior to being promoted up to the next level.

You are welcome to come and watch first so your child will understand the Dojo protocols and etiquette. On your child's first day they should be dressed in a long sleeved shirt and long sweat pants, preferably no jeans or rigid pants. (The mats are fragile, and wearing rigid or sharp items may cause the mats to tear.) As a beginner, your child will be working on some falling techniques and a few throwing techniques. By wearing clothing that covers the elbows and knees it will act as a safeguard from injury prior to purchasing a Judo Gi.

There are no shoes allowed on the mats at any time; this includes parents and other children who are visiting the Dojo. Parents are encouraged watch the practices and are asked to help their child understand the basic Judo rules. The sensei's are not responsible for teaching your child manners and respect, however there will be discipline administered to students for any improper or inappropriate behavior within the dojo. This includes before, during and after each session. It is very difficult to teach when there is a disruptive child within the group. There may be occasion when a child will be asked to sit out during that session if the disruptive behavior is continues.

You may purchase a Judo Gi after your child has attended a couple of classes and you feel your child would like to continue with their lessons. The Gi can be ordered through Professor Kevin Dalrymple and the cost is approximately \$20.00 for Gi. The Gi comes with a jacket, long pants, and a belt to wrap around the long sleeve jacket. Colored belts are worn as a designation of a child's rank and they will be given to the child at the time of promotion. Promotions to new belt ranks are based on the child's ability to demonstrate basic core competencies for their respective rank and their individual knowledge of the ranks and its requirements. In addition to this, the child is expected to remain in good standing with attendance to classes and competitions.

Below are some basic rules, guidelines and expectations which each child and parent who participate with the Orange YMCA Jujitsu Club should be aware of. This informational document was put together to insure that every child and parent has an enjoyable time while participating in the age old art of Judo / Jujitsu.

# Orange YMCA Jujitsu Regulations

## Safety Rules:

- NO food or drinks on the mat
- NO shoes on the mat
- NO jewelry when practicing
- NO horse playing
- When entering the mat, bow on
- When leaving the mat, first ask permission from a sensei and then bow off
- In class, make sure you are wearing your entire Gi and look presentable and clean

## Class Rituals:

- Methods of bowing:
  - Standing bow
  - Kneeling bow
- Sitting Positions:
  - Japanese Style
  - Indian Style
  - American Style
- Expectations:
  - All students are to follow the safety rules
  - Be respectful to all instructors and students
  - Attitude in class must be positive and attentive
  - Be on time to class
  - Full Gi (jacket and pants) must be clean and worn for each session.
- Discipline for misbehavior:
  - Push Ups
  - Throws
  - Bumping down to a lower skill level

## Notebooks:

- Go to our school website at [www.orangeymcajujitsu.webs.com](http://www.orangeymcajujitsu.webs.com) to print the Training Manual. Click on Techniques and access "Training Manual." Print the entire packet and place into notebook.
- By White belt 2<sup>nd</sup> degree, have a notebook with requirements for past, present and future belt ranks.
- Notebooks must be brought to class to take notes on techniques
- It is the student's responsibility to remember to bring and take home his/her notebook everyday.
- Forgotten notebooks will result in punishment.



### **Belt Ranks:**

- To be promoted to the next belt rank, students must demonstrate that they are knowledgeable of all requirements for that belt rank through testing.
- Junior Rank System:
  - White Belt 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Degree
  - Yellow Belt
  - Orange Belt
  - Green Belt
  - Blue Belt
  - Purple Belt 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup> Degree
- Juniors who finish up to Purple Belt 1<sup>st</sup> Degree will be transferred to the Adult Rank System.

### **Class Service:**

- By White belt 2<sup>nd</sup> degree, must assist in laying out the mats.

### **Competition Rules:**

- Sumo:
  - Given a certain amount of time
  - Competes one-on-one
  - Using strength to push opponent out of boundaries.
  - Lifting opponent so both feet leave the mat.
  - Forcing opponent to drop one knee on the mat or hand
  - Throwing opponent to the mat.
- Kata:
  - Either alone or with a partner, demonstrate a list of 10 judo techniques in front of judges
- Randori:
  - Competing one-on-one amongst a group of peers using throws, pins, and counters to earn points within a certain amount of time

### **Class Website:**

[www.orangeymcajjujitsu.webs.com](http://www.orangeymcajjujitsu.webs.com)

- Visit our website for training materials, news/upcoming events, photos and videos.