



# AKA JUDO

## USA

Herve Aka / Mylene Ghestin

Continental USA Judo Coach



French Judo Coach





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## USA

### Etiquette Guide for Students

Proper observance of etiquette is as much a part of your training as is learning techniques. Judo training places as great an emphasis on the cultivation of proper conduct as it does the martial art.

#### **PLEASE TAKE THE FOLLOWING GUIDELINES SERIOUSLY**

**1. We bow to indicate our gratitude and mutual respect.** It is common for people to ask about the practice of bowing in Judo. In particular, many people are concerned that bowing may have some religious significance. It does not. In Western culture, it is considered proper to shake hands when greeting someone for the first time, to say “please” when making a request and to say “thank-you” to express gratitude. In Japanese culture, bowing fulfills all these functions.

Bowing is appropriate on the following occasions:

- When entering and leaving the dojo
- When stepping on or off the mat
- At the beginning and end of class
- When asking or thanking a partner for practice
- After receiving special instructions from the sensei

**2. The cleanliness of the mat and dojo are essential.** Remove shoes upon entering and leave them neatly in the entrance way. Do not walk on the exterior surface or outside in bare feet. Make sure your feet are clean before stepping on the mat.

**3. Be on time for class.** If you are late, enter and go to the changeroom. Re-enter, sit on a corner of the mat until the instructor indicates you can join class. Bow to the instructor.

**4. Remove all rings, earrings, watches, necklaces and bracelets before practice.**

**5. Personal hygiene is extremely important.** Judo is a contact sport, students are expected to maintain good hygiene by:

- Coming to class with clean hands and feet
- Keeping finger and toe nails short and clean
- Keeping your training uniform clean, in good shape and free of offensive odour

Occasionally people scrape their hands and feet during practice. The rule is that a student must stop participating long enough to cover with a bandage or tape any scrape or cut that is bleeding.

**6. If you or someone else is hurt, tell the sensei at once.** If you need to rest, request permission from the instructor. If you have a problem during practice, let your partner know. Do not leave the mat without the permission of your sensei.

**7. Avoid leaning against the walls or sitting with your legs stretched out.** Either sit in seiza or cross legged. Also, avoid sitting on the mat with your back to the sensei or any randori.

**8. Profanity and bad language will NOT be tolerated.** Please keep talking during class to a minimum and do not engage in roughhousing during class. What conversation there is should be restricted to one topic — JUDO. Excessive noise and rowdiness are distractions. Distractions can lead to injury and will not be tolerated.

**9. Do not bring food, gum or beverages with you on to the mats.**

**10. Judo is NOT a sport that should be practiced outside a Dojo and without a Judo Coach.** A person not trained in the sport of Judo can be seriously injured and should not be considered a partner for ANY techniques.

**11. Remember that you are here to learn, and not to gratify your ego.** One of Judo's most important rules is "Mutual Benefit and Welfare". Everything we do in the Judo club follows this rule. The goal of the club is for every participant to be comfortable and to have a good time while learning about Judo.

## **ATHLETE AGREEMENT**

Athletes should demonstrate good sportsmanship and show respect for others by winning with humility and losing with dignity; avoiding behaviour that could cause disruption or interference with other competitors during training or competition; striving to demonstrate a positive and supportive attitude towards themselves and others; being respectful of the equipment of others and the club; and being responsible for the safe handling, care and maintenance of their own equipment. Athletes are also expected to show respect to the coaches and volunteers within the club.

Bullying, harassment, threat, intimidation and minor breaches of discipline shall be dealt with by the coach by discussing the problem with the athlete or athletes involved. If this informal approach fails to resolve the problem, or if there are persistent breaches of this Agreement, a second discussion will occur. Minors involved in incidents at this stage will also have their parents or guardians and La Petite Ecole coordinator included in this discussion to find a solution.

## **PROMOTIONS**

In Judo, being a sport based on hierarchy, it is generally accepted that the various ranks be represented by belts of different colors.

The color grades are given by the instructor based on the Judo USA.

This promotion rank will come to reward the hard work and achievement of the judokas during this period and it will allow your child to get an upper Rank (belt superior).

**I represent and certify that I have read the entirety of this handbook 2024-2025 and fully understand the contents, consequences and implications of signing this document and I agree to be bound by this document. (Pages 1 to 4 Aka Judo Handbook 2024-2024)**

Student Athlete :

*Print Name* :----- *Signature* :-----

*Date* :-----

Parents / Guardian:

*Print Name* :----- *Signature* :-----

*Date* :-----



**AKA JUDO**  
USA

**WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**

**JUDO 2024 - 2025**

**I acknowledge and fully understand that judo is a contact sport that might result in serious injury, illness or disease, due not only to my own actions, inactions or negligence, but also the actions, inactions of participant or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability or death.**

**To the extent permitted by law and knowing the risk of this judo activity, I hereby release, waive, forever discharge, and agree to hold harmless AKA JUDO LLC. Their employees and their agents from any liability whatsoever arising out of my child's participation in AKA JUDO LLC activity, including but not limited to, medical bills, court costs and attorney's fees, any damage to my property or, the property of others, or to others through my child's participation in this program.**

**I fully understand the contents, consequences and implications of signing this document and I agree to be bound by this document.**

*Parent or legal guardian must print and sign name below and indicate date signed.*

*Print Student Name :*

*Print Parent(s) Name*

*Email :*

*Signature :*

*Date :-----*

**FORM MUST BE SENT BEFORE THE FIRST CLASS TO**  
[akajudollc@gmail.com](mailto:akajudollc@gmail.com)



# AKA JUDO

USA

## Parent(s)/Guardian(s) Information Form 2024-2025

Student Athlete Name \_\_\_\_\_

Grade : \_\_\_\_\_ DOB \_\_\_\_\_

Guardian/Parent Name \_\_\_\_\_

Address \_\_\_\_\_

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Phone # 1 \_\_\_\_\_ Phone # 2 : \_\_\_\_\_

Email \_\_\_\_\_

I certify that I have a Health Insurance coverage for my child registered in the Judo program.

YES \_\_\_\_\_ NO \_\_\_\_\_

Name and phone # of responsible party if parents cannot be reached :



# AKA JUDO USA

## REGISTRATION FORM

February 11th - June 13th, 2025

**No classes during breaks and holidays**

Student Name :

DOB:

Guardian/Parents Name :

Address :

Phone # 1:

Phone # 2

Email :

<b>Tuesday (one class / week)</b> <b>(Advance &amp; intermediary)</b> \$400 <input type="text"/>	<b>Friday (one classes / week)</b> <b>(Intermediary &amp; beginners)</b> \$400 <input type="text"/>
<b>Tuesday and Friday (only for yellow/orange belt and above)</b> \$ 700 <input type="text"/>	

\$\_\_\_\_\_check payable to AKA JUDO LLC

Check No : \_\_\_\_\_



**NEW Venmo** : @akajudosports

**Date :**

**Parents signature :**

**IMPORTANT Limited places.**  
**Registration Form and payment must to be returned for confirmation.**  
**All fees paid will not be refunded after registration.**