



Happy New Year! by International JUDO Center



Carlito Strong Medical Fund



IJC would like to extend our heartfelt gratitude to all who have supported the brave battle of Carlos Moran, a beloved member of our Judo community. We wish him a speedy and complete recovery!



Introducing the IJC Four Seasons Invitational Tournaments

Competitive sports keep alive in us a spirit and vitality. Sports teach the strong to know when they are weak and the brave to face themselves when they are afraid; to be proud and unbowed in defeat, and yet humble and gentle in victory; to master ourselves before we attempt to master others; to learn to laugh, yet never forget how to weep; and to give the predominance of courage over timidity - General Douglas MacArthur

IJC is proud to announce the IJC Four Seasons Invitational Tournament Series! IJC will be hosting invitational tournaments every season and will be inviting fellow Judo clubs to participate. It is our intention to expose our judoka to the benefits of the competitive process in order for them to master their skills and learn from their fellow judoka. IJC is proud to announce that we will run these seasonal developmental tournaments under the Judo Cures® and Kids Help Kids® programs in collaboration with St. Jude Children's Research Hospital. The goal of these programs is to find opportunities where our students help other kids by doing what they love – JUDO!



Strength and Agility training with Kettlebells and Battle Ropes



JOHN PENA
Certified Trainer

Every Sunday
12pm-1pm

Self Defense & Cardio with Marat Yusupov



Tuesdays & Thursdays 8-9pm
Sunday 11-12pm

Just \$15 per class! Sign up today!

Attendance & Commitment

IJC would like to stress the importance of attendance, dedication and concentration during training. As we begin to participate in more and more higher level tournaments, it is critical that judoka attend as many classes as possible and, when in attendance, commit all their energy and focus to the mat. Each and every exercise, drill, demonstration and opportunity at randori require the judoka's utmost participation and concentration. The study of judo transcends both the mind and the body. The purpose of each and every movement should be understood and trusted. To fully master a skill, the judoka must immerse themselves in the skill, practicing with great persistence until the skill is mastered and becomes second nature to their bodies.

Upcoming Tournaments

January 6-8 - Viewing of new IJF rules seminar at IJC

January 22 - IJC Winter Invitational

January 29 - New Jersey Open



Please, remember to maintain a quiet environment at all times in the waiting areas and locker rooms.

Ippon Seoi Nage



We have been learning:

Kouchi Gake



Sode Tsurikomi Goshi

