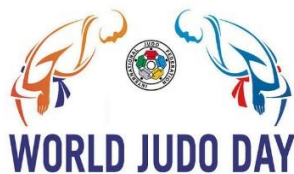




World Judo Day...

by International Judo Center



28 October 2016

October 28 is World Judo Day and at IJC we are celebrating it with **BRING-A-FRIEND NIGHT!** World Judo Day takes place on the same date every year and is the birthday of Jigoro Kano, the founder of JUDO. On October 28th, we would like to share our dojo with our community and give the opportunity for judo lovers to share experiences and promote judo through fun dojo activities, demonstrations and learning opportunities.

In the spirit of World Judo Day, we ask that all judoka invite a friend for a night of fun, games, refreshments and of course....JUDO ☺

Applied Martial Arts

Sensei Marat has begun a new program here at IJC!

Along with being a very dedicated teacher to our Kido-Klass youngsters, Sensei Marat is an established Muay Thai, Wrestling, and Mixed Martial arts master. Youth interested in learning more about wrestling, grappling, and striking please join us on Tuesdays and Thursday's from 6:00-7:00pm for our Applied Martial Arts program.

UPCOMING EVENTS....

October 15- IJC Grand Opening Invitational
(Tournament info and form available at the dojo)

October 23rd -Big Apple Judo Classic 2016
(Volunteer help and sponsorships are welcome. Please check for details at the dojo. Visit ijcnyc.com/events.)

What it really means to compete...

It is not important to be better than someone else, but to be better than yesterday –Jigoro Kano

Competition (Shiai) is an important, valuable, and critical element of our lives. At IJC we strive to teach our judoka empowering philosophies and beliefs about competing by allowing them to participate in various tournaments. Our goal is to instill a **positive** philosophy about competition. **A shiai is a media wherein which you are given the opportunity to try learnt techniques in a “real life” situation and identify more opportunities to learn. Victory is, of course, a high desire, but by no means the main goal.**

Face your fear, empty yourself, trust your own voice, let go of control, have faith in outcomes, connect with a larger purpose, derive meaning from the struggle– Jigoro Kano

A shiai is an outstanding means for improving self-confidence and mental toughness. Judo competition is tough and challenging, physically and mentally. By teaching our judoka more empowering beliefs about competition, we can help them enjoy and benefit from the competitive process. The goal is always to give your best effort, regardless if the match ends in a win or a loss.

So what does it really mean to compete?

- the courage to face the unknown;
- the discipline to respect your opponent and the sport;
- the mental toughness to know that though losing will feel like a defeat, in reality it was a victory and an invaluable learning opportunity;
- the confidence to know that the technique you practiced for many, many hours does in fact work;
- the sincere consideration and respect you have for your teammates as you watch from the sidelines and support their match; and the deep appreciation and strength you garner as you, in turn, receive that support back from them;
- the knowledge that you gather from watching other player's techniques;
- the comfort in knowing that your Judo Family and Sensei will always support you with utmost pride, whatever the outcome of a tournament;
- the pride you will feel in yourself in facing a challenge and embracing the fact that you were able to overcome it!

If there is effort, there is always accomplishment – Jigoro Kano

We have been learning:

Osoto Gari: Major Outer Leg Reaping



Tai Otoshi: Front Body Drop



Uchi Gari: Inner Leg Reaping

