



INTERNATIONAL JUDO CENTER
NEWSLETTER
SEPTEMBER 2016

35-22 150th Place
Flushing NY, 11354
646-779-JUDO(5836)
www.ijcnyc.com
info@ijcnyc.com

A new beginning...

by International Judo Center



IJC would like to welcome you to our new home! On September 7th 2016, IJC opened its doors and welcomed all to our new dojo! We are honored to have been given the opportunity to create a judo “home” for our judoka and families. IJC has been blessed to have the support of our loyal families who patiently and whole-heartedly supported us throughout our transition. IJC wishes to extend a special thank you to our friends, families and judo family for all your support. We are looking forward to growing a strong dojo where respect, teamwork, education, morals, self-development and self-improvement will be fostered. We are committed to supporting our members and our families throughout their judo education as well as throughout all milestones and obstacles that they will encounter through their growth. Through this monthly newsletter, we wish to provide an overview of our curriculum as well as share news, events and announcements. With an open and appreciative heart, we welcome you all to our dojo and look forward to a successful and prosperous future with our judoka and families!

THE DOJO

IJC is excited to announce some of the activities we offer in our dojo to foster physical fitness and development from our youngsters all the way to our adult judoka! A fun rock climbing wall, obstacle course and climbing rope are available to all members. The activities offer challenges ranging in difficulty levels and are all carefully supervised by our instructors.





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JIGORO KANO

A very important part of our dojo is the JOSEKI or the “seat of honor” overlooking the training area.

Here we find the portrait of Dr. Jigoro Kano, the founder of Judo and his two most fundamental principles:

"Maximum Efficiency with Minimum Effort"

(精力善用 Sei-ryoku Zen-you)

"Mutual Welfare and Benefit" (自他共栄 Ji-ta Kyoei)

Before entering or leaving the training area, judoka are required to bow Shomen ni rei (bow to the founder of Judo)

In the words of Dr. Jigoro Kano:

“Before and after practicing Judo or engaging in a match, opponents bow to each other. Bowing is an expression of gratitude and respect. In effect, you are thanking your opponent for giving you the opportunity to improve your technique.”

THE INSTRUCTORS



Sensei Saro Balagezyan

Yodan 4th Degree Black Belt Judo
 Continental Judo Coach
 Pan American Judo Referee
 Founder: International Judo Center



Sensei Marat Yusopov

Shodan 1st Degree Black Belt Judo
 Muay Thai Master
 MMA Coach



Sempai Boruch Paltiel

Shodan 1st Degree Black Belt Judo
 US National Junior Medalist



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UPCOMING EVENTS

10-9-16	Morris Cup
10-15-16	IJC Grand Opening Invitational
10-23-16	Big Apple Judo Classic

IJC and ACADEMIC EDUCATION



“Nothing under the sun is greater than education. By educating one person and sending him into the society of his generation, we make a contribution extending a hundred generations to come.”

Dr. Jigoro Kano

Here at IJC, we believe that academic education is a vital and mandatory part of our success. Sensei fosters an environment that stresses the importance of academic excellence and hard-work. Throughout the school year and especially during end of terms, Sensei requires all school-aged judoka to submit a copy of their school report cards. At IJC, we must ensure that our student-members are able to and committed to dedicating a strong effort towards their academics. Students must show that they are able to balance their academic work-load with that of their judo classes. Sensei continuously strives to ensure that students stay on track with their academics and is devoted to assisting any and all that need guidance. Excessive decline in academic progress and attendance must be brought to the attention of Sensei so that immediate and proper support can be offered to the student.

PLEASE REMEMBER...

- All judoka must have a pair of dojo-only slippers which they must bring with them to class each day.
- Please arrive at least 15 minutes before your class start to ensure that you are dressed and ready for class.
- There is no eating, gum chewing or drinking inside the dojo. Only water is allowed during designated breaks.
- Parents and visitors are kindly asked to wait outside of the dojo and ensure that there is no loud noise so that our judoka can concentrate on the lesson as this ensures both focus and safety.
- There is absolutely no horse-play at any time both on and off the mats and inside the locker rooms.
- Please call or email the club when you plan on being late or absent.
- Follow and review us on Facebook, Instagram, YouTube, Yelp and Google!



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JUDO
TERMS



Dr. Jigoro Kano - developed judo and founded the system of instruction and ranking.

Judoka - person who does judo, the term “player” is also often used.

Dojo - formal judo practice space.

Sensei - instructor or teacher

Sempei - seniors within the club

Judogi or gi - judo outfit(uniform)

Obi - judo belt.

Rei - act of bowing to express thankfulness and respect.

Shomen ni rei - bow to the founder of judo (Dr Jigoro Kano)

Sensai ni rei - bow to the instructor

Sempai ni rei - bow to the seniors

Uke – person receiving the technique

Randori – free practice (sparring)

Ashi Waza – Foot technique

Ukemi - falling

Newaza - ground work

Osaekomi - pinning

Kesa Gatame - side scarf hold

Nagewaza - standing work

Tachiwaza - hand technique

Uchikomi - throw imitation

Kumikata - grips