

Judo Facts:

- According to American College of Sports Medicine, Judo is the safest sport for children under age 13 - world wide.
- Judo is usually one of the first Olympic events to sell out of tickets because of its worldwide popularity. There are 202 member nations in the International Olympic Committee, and 187 of them are members of the International Judo Federation.
- The Red and White Judo Tournament was started by Jigoro Kano in 1884 and continues today as one of the longest running sports events in the world,; predating by the Modern Olympic Games by 12 years.
- Traditionally, Judo has the highest level of international participation of any Olympic Sport with approximately 70 countries entered.
- More than 45 different countries have earned Olympic medals in judo, and 31 different countries have champions who have won gold medals in either the Olympics or World Championships.
- Former WWF Wrestler “Bad News Brown” is Allen Coage, 1976 Olympic Bronze Medalist.
- Actress Hillary Wolf (Home Alone I and II) was a Judo Olympian for the USA, and actor James Cagney was black belt in Judo.
- President Theodore Roosevelt became brown belt during his administration and built a small dojo in the White House.
- William Hague, leader of Conservative Party in the UK, also practices Judo at the Budokwai in London.
- Russian President Vladimir Putin, a high ranking black belt, said his favorite Judo techniques are tsuri-komigoshi and tai-otoshi.

Club Activities:

- Club tournaments
- Quarterly in-house Shiai (tournaments)
- Coaching and mentoring for local, state, and national tournaments.
- Judo clinics and camps.
- Family oriented activities include:
 - Annual Pool/Swim Party
 - Participation at JCI Carnival
 - Annual Holiday Party & Awards

For more information, contact:
Japanese Cultural Institute (JCI)

310-324-6611

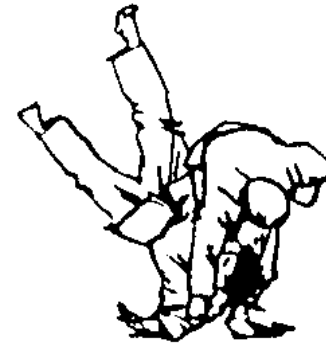
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Brief History of Judo

Judo was founded in 1882 by Dr. Jigoro Kano. Dr. Kano based Judo on Jujitsu, an offensive combat technique used by the Japanese Samurais. Jujitsu was potentially very dangerous to its participants. Dr Kano modified and eliminated some of the dangerous Jujitsu techniques and created a new discipline called “Judo”.

The word Judo literally translated means “The Gentle Way”. Judo emphasizes controlling an opponent by turning their attacking force against them.

Judo is most effective when one “gives in” rather than fights the opponent. The end result is the accomplishments of a goal with maximum efficiency and with minimal effort, with the development of harmony and trust among people.

Judo teaches mental focus, develops and cultivates character, and keeps the body alert and in shape.



Head Instructor: Mickey Matsumoto

- 6th Degree Black Belt.
- USA Judo - Open Champion 55kg multiple years.

Mickey Matsumoto started at Gardena Judo as a child and trained under the previous head instructor, Isao Wada 8th degree. At over 50 years old, he continues to compete at national levels placing 1st in the 2009 USA Judo Senior Nationals - open division.

Technical Advisor: Hal Sharp

- 8th Degree Black Belt—over 50 years experience.
- Internationally recognized Judo authority, author, and videographer.
- Shodan black belt directly from famed Tokyo Kodokan, birthplace of Judo.
- Co-Author of ‘Sport of Judo’, (Kobayashi & Sharp) the legendary ‘bible’ of Judo for the last 50 years with over 150,000 printed.
- Co-Author of ‘Techniques of Judo’, (Takagaki & Sharp) with over 100,000 printed.
- Co-Author of ‘Boy’s Judo’, (Hadley & Sharp) with over 25,000 printed.

Technical Advisor: Tosh Seino

- 7th Degree Black Belt—over 45 years experience.
- 3 time US National Champion.
- 3 time Air Force Grand Champion.
- 4 time Pan American Champion.

Gardena Judo Club is a family oriented club emphasizing Judo’s teachings to both students who want to be competitive as well as those who want to learn judo as a recreational sport. Judo is a martial art that teaches discipline, self-respect, and confidence.

Classes are taught twice a week by experienced black belt instructors. Guest instructors also teach additional techniques and strategies. As a volunteer and family judo club, everyone participates: from mat setup to score-keeping to organizing parties.

Gardena Judo Club was established in 1929 as by Japanese immigrants The club ceased at the onset of World War II in 1941. In 1951, the club was reestablished. The club is registered and recognized by the US Judo Federation and Nanka (Southern CA Judo Blackbelt Association).

Practice Schedule and Advancement

Practice is at the JCI facility at Gardena on Mondays and Thursdays and is divided into two groups:

Yonen: ages 6 thru 13 - 6:30 pm thru 7:45 pm
Shonen: ages 13 and up - 7:50 pm thru 9:10 pm

Beginner/Novice children classes begin two times a year in January and June. At the completion of the first six months, judokas are promoted from white belts to yellow belts. Further advancement is based on competition and mastery of skills.

Dues and membership fees are very reasonable and the club is a registered non profit organization. As space fills up quickly, it is encouraged to sign up on the entry/waiting list (no fees or obligation).