

### Judo Facts:

- Judo is the second most practiced sport worldwide after soccer
- According to American College of Sports Medicine, Judo is the safest sport for children under age 13 - world wide.
- According to the International Judo Federation, Judo is the most widely practiced martial art in the world.
- Judo is usually one of the first Olympic events to sell out of tickets because of its worldwide popularity. There are over 200 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.
- The global nature of judo: 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 the 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,
- 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 Include:

- 5 year club anniversary tournaments
- Quarterly in-house Shiai (tournaments)
- Participation in local, regional, state, national, and international tournaments with funding/sponsorship opportunities
- Clinics and camps dedicated to Judo
- Family Oriented Activities include:
  - Annual Pool Party Day
  - JCI - Carnival Booths
  - Kalua Pig Cookout - fundraiser
  - Pasta/Bingo Night - fundraiser
  - Annual Holiday Party

**For more information contact:  
Japanese Cultural Institute (JCI)  
310-324-6611  
or visit our website  
[www.gardenajudo.com](http://www.gardenajudo.com)**



**Gardena Judo Club**  
1964 West 162nd Street  
Gardena California 90247

[www.gardenajudo.com](http://www.gardenajudo.com)



**Gardena Judo Club**

[www.gardenajudo.com](http://www.gardenajudo.com)

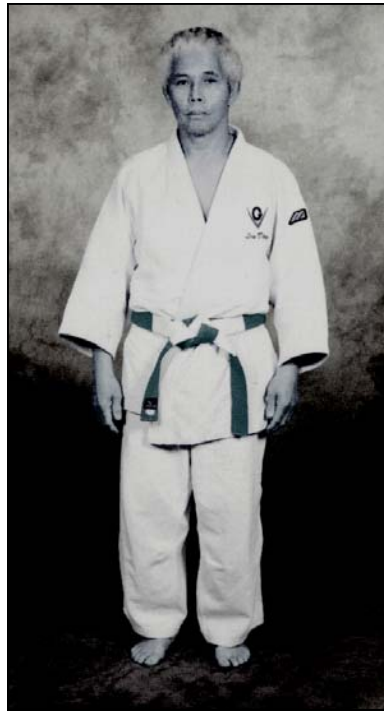
**G**ardena Judo Club is a family oriented club emphasizing its teachings on students who want to be competitive as well as those who want to learn judo as a recreational sport. Judo is a martial art that teaches you discipline, self-respect, and confidence. It is a way of life.

Gardena Judo Club offers classes twice a week. Each class is taught by black belt instructors with many years of experience. Guest instructors also help teach techniques and strategies for students of all ages and abilities. As a family judo club, everyone participates: from mat setup, score-keeping at local tournaments., organizing and running fundraising events, to splashing at pool parties.

Gardena Judo Club was established in 1929 as a social organization so Japanese immigrants could retain their cultural ties with Japan. The onset of World War II in 1941 prevented the continuation of the club. In 1951, the club was reestablished. The club is recognized by the USJF as one of the largest clubs (by membership) in the country.

The current head instructor is Low Dong, 6th degree black belt who has been practicing judo for over 45 years. Low Dong sensei is experienced as both a competitor and a referee. Low Dong sensei has taken over after the passing of Isao Wada in 2008.

The assistant head instructor is Mickey Matsumoto. Matsumoto sensei trained under the previous head instructor, Isao Wada. Matsumoto sensei is also a 6th degree black belt and continues to compete at high levels. In 2009, Matsumoto sensei won 1st place in the USA Judo senior nationals—open division.



## Head Instructor: Low Dong

- 6th Degree Black Belt
- World Masters Judo Championships Champion
- USA Judo - Open Masters Champion
- USA Judo - Senior Nationals Masters Champion
- Pan American Judo Union C - Referee
- USA Judo Regional Kata Judge
  - Nage No Kata
  - Katame No Kata
  - Goshinjutsu Kata
- Former Treasurer and Auditor for So. Calif. Judo Black Belt Association (NANKA)

## Brief History on Judo

Judo was founded by a man named Jigoro Kano, a jujutsu expert. Jujutsu was an offensive martial art used by the medieval Samurai's. This sport was potentially very dangerous to its victims. Kano sensei modified and eliminated some of the dangerous Jujutsu techniques by creating a new discipline called "Judo".

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.

The word Judo literally translated means "Gentle Way". Judo emphasizes controlling an opponent by turning their attacking force against them. Judo training increases mental and physical abilities as well as developing and cultivating character.

## Practice Schedule and Advancement

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

Yonen: ages 6 thru 13 - 6:30pm to 7:45pm

Shonen / Seinen: - ages 13 to 15 / 16 and up  
- 7:50pm to 9:15pm

Novice children classes begin two times a year in January and June. Classes are taught by black belt instructors with a typical ratio of 4 children per instructor. At the completion of the first six months, children are promoted from white belts to yellow belts. Advancement is then based on competition and mastery of judo skills.

Dues and membership fees are very reasonable and the club is a registered non profit organization.