

# GARDENA JUDO CLUB NEWS

1964 W. 162nd Street · Gardena, California · 90247

March 2003

## PRACTICE SCHEDULE Mondays and Thursdays

Judo mats are set up at 6:00 pm.  
\*\*We need your help!\*\*

**\*\*YONEN (ages 12 and under): 6:30 pm**  
**SHONEN (ages 13 and up): 7:45 pm**

## Tournament Record Forms

Please be sure to COMPLETELY fill out the tournament record forms. Be especially careful to note the **name and date** of the event, not just the location. For example, don't list "John Glenn High School" as the event, because several tournaments each year are held there. Remember, the students' promotions depend on the accurate recording of tournament points. Thank you for your cooperation.



## A Word about Slippers

They go by many names: slippers, flip-flops, zori or slippah if you are from Hawaii. Bringing slippers to practice is just as important as bringing the Judo Gi. Wearing slippers while off the mat is very important because it represents good hygiene and shows respect to the Dojo.

While practicing mat work, or newaza, players will share whatever is on their gi, or on the mat, with each other. If a person walks into a bathroom or out of the dojo without slippers and then returns to the mat, whatever germs or bacteria that got picked up during that trip is now on the mat. Later two students may be working out over that same spot and are exposed to those germs.

In the Japanese language the word 'do' means way and word 'jo' means place, so literally dojo means 'the way place'. In a room where Judo is practiced, it is important that players give the 'way place' the utmost respect by properly bowing and wearing their slippers while off the mat. Not wearing slippers or shoes off the mat, and then walking on to it is considered a form of disrespect.

## National Competitors!!

A number of fundraisers are being planned to benefit the GJC travel fund. If you are a competitor who wishes to attend out-of-state tournaments, please be sure to participate in the fundraising campaigns. For example, coming up July 26 and 27 is the USJF Jr. Nationals in Boca Raton, FL. If you plan to compete, contact Nan Taketa to see how you can help with fundraising. **Now is the time to get involved!** New ideas are welcome!

Thanks to the many club members who already have been so supportive of snack and drink sales at the dojo. We hope you are enjoying them!

## Car Wash coming May 18!

Club Shiai  
Monday, March 31, 6:30 pm  
Come early to set up!!

## Coming up...

Fri.-Sat. Mar. 21, 22	USA Judo High Sch & Collegiate Natls Spokane, WA
Sun. Mar. 30	Nanka "Speed Harada" Memorial Norwalk, CA
Thu.-Sun. Apr. 3-6	Southern Calif. Judo Workout Various locations
Sat. Apr. 12	Ogden Pre-Nat'l Kata Tournament Long Beach, CA
Sat.-Sun. Apr. 12-13	Nanka Spring Clinic Los Angeles (2 different locations)

**Schedule is subject to change. Please check the Nanka schedule at [www.usajudo.com](http://www.usajudo.com).**