

## **Welcome to the Red Deer Aka Shika Judo Club**

This package is intended to provide information to beginners and or the parents of beginners. Please review the package before your first class.

- Please arrive 5 minutes prior to class time. Attendance is taken at bow-in.
- Shoes are not permitted on the mats. Please use the boot shelves provided at the front door. A pair of sandals or socks are suggested for student to use within the dojo in order to keep the mats clean. Students should not walk on the floors bare feet.
- If you have not been fitted for a judogi (uniform) yet, please wear loose, light long clothing with no belts or hard metallic parts. Students will be sized for judogis during the first few classes and orders placed. The cost of a new judogi is \$40 - \$70 depending on size.
- Judoka (judo students) should be well groomed by keeping finger and toe nails short and clean.
- Judokas should not have any jewellery or hair accessories with metal on them
- A water bottle is a good idea as there is no fountain in the dojo
- Food and water are never permitted on the mats.
- Seating is available in the dojo. Please be attentive to the class in progress and keep conversations volumes low, particularly during instructional demonstrations and especially during the start and end of classes when quiet and attention are expected by the instructors.
- Please inform the instructors if you must leave the dojo during class
- All injuries must be reported to an instructor.