

**What is Zen Judo**

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**Judo:** Is a full contact hand-to-hand martial art, in which two opponents utilise movement, balance, and leverage to gain advantage over each other. It emphasises gaining an advantage by giving way to an attacking force. Judo, which means "gentle way" in Japanese, is adapted from a traditional Japanese martial art known as jujitsu.

**Founder:** Shihan Dominick McCarthy (8th Dan) founded The Zen Judo Family in September 1974 and its traditional style is descended from Kyu-Shin-Do Judo. Judo can help important skills, such as balance, co-ordination, awareness, concentration and discipline. Training has the emphasis on enjoyment, fitness and fun and is suitable for both adults and children.

**Grade Structure:** is as follows -  
White (all beginners) - Yellow - Orange - Green - Blue - Brown - Black

Promotion through the grades is possible by any student who perseveres and is dedicated to training. Note that this applies to both 'adults' (Seniors/over 16's) and 'children' (Juniors/under 16's).

**Syllabus:** For more information on The Zen Judo Syllabus visit <http://www.zenjudo.co.uk> .

Alternatively, you could buy the 2nd edition of the book 'ZenJudo, A Way Of Life' written by Brian N Bagot (6th Dan ZJF/ 3rd Dan USJA) as published by Dojo Books. This book contains lots of useful information on Zen Judo and was forwarded by Dominick McCarthy 8th Dan Zen.

For ordering Information eMail the Chief Instructor, John Robertson

**Zen Judo Family Objectives:** All **judoka** are deemed to have accepted the objectives of The Zen Judo Family.

These are ... To develop the spirit and practice of Zen Judo along traditional lines. To demonstrate that Zen Judo is beneficial both mentally and physically. To promote the skills and abilities of Zen Judo without the application of unnecessary force or strength. To promote friendship and co-operation between all members of the Zen Judo Family **Tying Your Obi:**

**Place one end of obi on the left side of the body, at about the height of the hipbone wrap the obi around the body from left to right (one or two times more around), until there is just enough of the other end remaining to tie the knot bring the end around from the left side and tuck it under all the other layers of the obi, from bottom to top then fold the tab that protrudes from below over toward the right. Fold the end down over it pull the end back up through the loop formed with the tab, and pull both tight to form the knot the obi should be worn at the height of the hipbones.**

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The Bognor Regis Zen Judo Club Website:

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**The URL for this page is:**

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