Kodokan Judo, founded by Dr. Jigoro Kano in 1882, was created from traditional Japanese martial arts as a form of physical exercise and a system of self-defense. The fundamental principle of judo is the maximum efficient use of both mind and body. The Judo Club actively participates in local tournaments and other community events throughout the Pacific Northwest. Judo is a martial art, an Olympic sport, and a great form of exercise. Above all, judo is fun!

CLUB MEMBERSHIP
All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours. UW extension, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program. Branch campus students are eligible with IMA membership.

MEMBERSHIP WAIVER CARD
All participants must complete a membership/waiver prior to club participation. Club Sports waivers can be completed online, at the IMA website, under course registration.

SPORTS SKILLS CLASS
Beg/Int Judo
Mon/Wed: 6:40 - 7:30 pm
Price: $58.50

Register online or in-person at the IMA Programs Office at the beginning of each quarter. Please visit the IMA Website for additional information about Sports Skills Classes.

CLUB PRACTICES
Dates: Fall/Winter/Spring Quarters
Days: Monday/Wednesday/Friday
Times: Mon/Wed: 6:40 - 8:40 pm
       Fri: 5:30 - 7:30 pm
Location: IMA Mat Room B

INSURANCE
The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. For information on the University of Washington’s Student Health Insurance Plans: http://depts.washington.edu/ovpsl/insurance/index.shtml.

FOR MORE INFORMATION
Club Representative:
   Denny Nguyen: dnroyals2014@gmail.com

Club Email:
   judouw@uw.edu

Club Website:
   http://students.washington.edu/judouw

Club Sports Coordinator:
   Chris Delaune
   206-543-9499
delaune@uw.edu

IMA Homepage:
   http://depts.washington.edu/ima

The University of Washington is committed to providing equal opportunity and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation, contact the Disability Services Office at least ten days in advance at: (206) 543-6540 TTY, (206) 685-7264, or dso@uw.edu