

About Roswell Judo Club

We have been in the Roswell, NM Yucca Recreation Center at 500 S. Richardson for about 2 years.

We are a United States Judo Association



About Jigoro Kano



“Judo is the way of the highest or most efficient use of both physical and mental energy. Through training in the attack and defense techniques of judo, the practitioner nurtures their physical and mental strength, and gradually embodies the essence of the Way of Judo.

Thus, the ultimate objective of Judo discipline is to be utilized as a means to self-perfection, and thenceforth to make a positive contribution to society.”

— Jigoro Kano, 1915

When and Where?

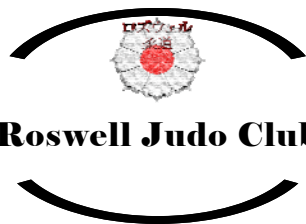
Adult Classes are held Monday, Wednesday, and Friday from 7:00 pm until 8:30 pm. We are on the third floor of the South Wing of the Yucca Recreation Center.

How Much?

Monthly:	\$30
3-Months:	\$108
6-Months:	\$153
12-Months:	\$288
School Year:	\$225

All beginning students are required to buy a uniform for class, approximately \$45.

An annual membership to the United States Judo Association is required for all students, currently \$45.



Roswell Judo Club

Roswell Judo Club

P. O. Bos 141
Roswell, NM 88202
Phone: 575-649-0982
E-mail: sensei@roswell-judo.org



Roswell Judo Club
Classes and Information

*Teaching Kodokan
Judo since 2007*

Roswell Judo Club
Phone: 575-649-0982

What is Kodokan Judo?

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more.

Kodokan Judo comes to us from the fighting system of feudal Japan. Founded in 1882 by Dr. Jigoro Kano, Judo is a refinement of the ancient martial art of Jujutsu. Dr. Kano, President of the University of Education, Tokyo, studied these ancient forms and integrated what he considered to be the best of their techniques into what is now the modern sport of Judo.



Te guruma performed by 1996 US Olympic athlete Marissa Pedulla

Judo was introduced into the Olympic Games in 1964 and is practiced by millions of people throughout the world today. People practice Judo to excel in competition, to stay in shape, to develop self-confidence, and for many other reasons. But most of all, people do Judo just for the fun of it.

Judo is Fun!

As in all sports, Judo has a strict set of rules that governs competition and ensures safety.

For those who want to test their skills, Judo offers the opportunity for competition at all skill levels, from club to national tournaments, to the Olympic Games. There are separate weight divisions for men and women, and boys and girls.

Judo is best known for its spectacular throwing techniques but also involves considerable grappling on the ground utilizing specialized pins, control holds, arm locks, and Judo choking techniques. Judo emphasizes safety, and full physical activity for top conditioning. Judo is learned on special mats for comfort and safety.



Bentley-sensei demonstrating yoko wakare.

Judo is unique in that all age groups, both sexes, and most disabled persons can participate together in learning and practicing the sport. Judo is an inexpensive, year-round activity, that appeals to people from all walks of life. Many people over sixty years of age enjoy the sport, as well as very young boys and girls.



Judo develops self-discipline and respect for oneself and others. Judo provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility. As a sport that has evolved from a fighting art, it develops complete body control, fine balance, and fast reflexive action. Above all, it develops a sharp reacting mind well-coordinated with the same kind of body. Judo training gives a person an effective self-defense system if the need arises.

—Courtesy of The Judo Information Site



Roswell Judo Club

Roswell Judo Club

P. O. Bos 141
Roswell, NM 88202
Phone: 575-649-0982
E-mail: sensei@roswell-judo.org