

Police Judo

Club Rules and Training Tips

ADMINISTRATION

All students new to the club shall fully register and complete the readiness for training form (ParQ – note VPD Police Judo has a separate form). Make sure that your e-mail address is legible so that you will be on the class e-mail list for important notices. All participants, even those trying Police Judo for a practice session, must fill out a waiver.

Complete a security clearance if needed (VPD Police Judo Club/Team Practices and Volunteer Coaching).

Every member will sign in each time they train (this is also important for grading purposes). Train as often as you are able. All Police Judo Clubs except the VPD Police Judo are closed on Statutory holidays.

Show your responsibility by paying your entire (nominal) semester dues by cash or cheque within the first two weeks of each semester. Consult with an instructor if there is a serious financial difficulty that impedes payment of dues.

Purchase a Judo uniform as soon as you can (sweats will do in the interim). Place your personal gear in the designated safe area away from the public access doors at SFU and JIBC Police Judo.

Be a team player. Please arrive early to set up the mats/ clean them. Stay behind to help put the mats away.

We pride ourselves in being good and respectful tenants. Please clean up after yourself and help check the gym for any personal items that are left behind (put found items in our mobile storage locker).

SAFETY

Try to remove all jewellery as may be injurious to yourself, others, training equipment, or to the piece of jewellery itself.

Trim your finger and toenails short for safety reasons. Remove your glasses if you can do without them.

Each Police Judo Club has a first aid kit. Please advise the instructor if you have anything requiring first aid attention.

The safety of your training partner on the mat is of paramount importance. The safety of your partner is largely your responsibility. This level of care is expected to be translated to the street when dealing with arrested parties. Police Judo is about the safe and ethical treatment of all under your care, both on and off the mat.

You are here to challenge yourself by training hard but never at the expense of the safety of your partner or yourself. If you are over-tired or have an injury, let the instructor know and take a break or do what you can do safely. It is up to you to manage any pre-existing injuries and advise the instructors accordingly.

If you see anything that is dangerous or needs addressing, please take action and/or inform an instructor immediately (water/blood or obstacles on the floor/mat, an injury noted, or is about to occur, etc.).

Refrain from doing things that are inherently unsafe like throwing your partner off the mat, applying locks too quickly and forcefully, pushing your partner straight backwards when kneeling with them upon starting to groundfight, etc. Use your common sense!

Should medical help need to be summonsed, consult your instructor for the site location.

Guidelines for Concussions

Head injuries and concussions can occur in judo, either in training or during competitions. Injuries to the head can potentially have serious consequences.

A concussion is any transient, post-traumatic alteration in mental function of an individual. It is an injury to the brain that results from a hit to the head, or to another part of the body that allows the transmission of impact forces to the head. It presents itself through a temporary alteration in the mental functions of the individual, and may also be accompanied by some physical symptoms.

The symptoms of a concussion may include headache, dizziness, lethargy, loss of consciousness, nausea, memory loss, ringing in the ears, confusion or disorientation (unawareness of time, place, date), vacant stare, lack of focus, speech impairment, sensitivity to noise and/or light, balance impairment, visual problems (ex: seeing stars, flashing lights). There may also be other symptoms such as a major decrease in performance, athlete's difficulty with following directions given by the coach, slow responses to simple questions, slowed reaction times, displaying inappropriate or unusual reactions (laughing, crying) or behaviors (change in personality, illogical responses to sport situations).

After a first concussion, an athlete might be more at risk of suffering from concussive injuries in the future. If an athlete does have a history of repeated concussions, he or she should participate in sport activities only when full clearance to do so is obtained from a recognized medical professional.

Leading causes of concussions in sport are:

- Collisions from the blind side, or hits from behind (uncommon in judo)
- Inadequate quality of sport equipment (mat shock absorption / quality) and environment (obstacles near playing surface)
- Significantly different skill level between judokas
- Significant difference in age or weight classes between judokas
- Poor physical condition or insufficient strength

[Click here to download the suggested concussion guidelines by Judo Canada.](#)

PERSONAL HYGIENE

Personal hygiene is very important since we are all getting sweaty and working out with each other in close proximity (show up with a clean body, brushed teeth, and clean clothes).

In the spirit of cleanliness and ensuring the highest levels of personal hygiene, it is recommended that all participants wear a training shirt underneath their judogi.

Keep your uniforms clean (wash your workout gear after each session). No one wants to work out with a smelly partner!

No one shall leave the gym in bare feet as we do not want anything dirty tracked in from the exterior floors (especially the bathrooms) and onto the mats.

MUTUAL BENEFIT AND WELFARE = RESPECT

There is no need to bow to the instructors but do show respect for them by stopping your activities immediately when they address the class. Do not practice techniques that are not currently being worked on. This would be called a 'private clinic' and is not tolerated. Have fun but train hard; refrain from holding on-the-mat 'tea parties' which reflects a poor training spirit.

We are not a 'competitive' club; we compete with each other in a challenging and respectful way. We learn from each other, regardless of age, size, sex, or rank.

Although we do not engage in sporting competitions or follow any rules of sport, we do expect that any and all aspects of the practical and defensive/control techniques used be done in a safe manner.

These street-realistic techniques are to be done in the spirit of pointing out flaws in your partner's fighting techniques and tactics (so gently remind them of the dangers being overlooked). Help yourself to see and capitalize on these flaws and thereby help your partner to train in a more aware and safer manner.

We do no formal belt testing; your seasoned and experienced instructors know at what level you are performing. Do your best to perfect your techniques and the gradings will take care of themselves. The real test of your skills is how you perform on the street and conduct yourself as a Police Judo professional.

Strive to make yourself a better person through community involvement. We highly value public service and the spirit of volunteerism. Show your club spirit by participating in club activities and charity drives. In order to grade to Black Belt in Police Judo there is an expectation that the student will have a demonstrated commitment to volunteer work.

As Police Judo is a law enforcement training program, we will not tolerate criminal involvement or activities, drug use, gang affiliations, bullying, bad tempers or any other behaviours which make our members uncomfortable or brings the Police Judo name into a bad light. Any use of Police Judo techniques on the street must be only for use in law enforcement or personal defence situations. As such, the Head Instructors of Police Judo reserve the right to terminate any membership in the club without notice.

You may not teach Police Judo unless explicitly authorized by the Principal Instructors.

TRAINING

If nearing distress in a joint lock, 'tap out' rather than to chance the lock be placed beyond your physical limitations. Alternatively one may use the safety words to indicate a need for the partner to release the pressure (not the hold) Honour your partner's technique of getting close to a full lock by submitting (it's not a "death match").

Once he/she's tapped out (or verbally submitted), release the pressure but not the hold until you are certain it is safe to release the partner.

Do not jerk on, over-apply, or put locks on too quickly for fear of injury.

The person applying the lock must look out for his partner's well-being regardless if he/she taps out or not. The person throwing is responsible where his partner lands so watch for other students on the mat.

Higher belts working out with beginners or yellow belts will not be applying armlocks or strangulations unless under the direction of a Police Judo Instructor.

Follow all directions of the instructor implicitly so that the class remains safe (eg. all throws done in a single direction to reduce head-to-head collisions).

Be considerate of your partner's relative size, ability, and experience. We strive to experience challenging yet positive learning outcomes. Keep the training real but do not injure or humiliate your partner. Remember one of the key purposes of Police Judo Training is mutual benefit and respect.

Do not train after a session has ended for liability purposes. Black belt supervision is required at all times for any police judo practice.

We do not do leg locks or ankle locks as they are dangerous and injurious. Besides, the utility and translation of ankle and leg locks to force options arrest and control scenarios are limited.

Control your anger or you will not be able to control others. Hot heads will not be tolerated. Learn to control your level of excitement or fear through controlled breathing or you will fail to perform at an optimal level.

Do not engage in horseplay as this is often when injuries occur to the players or to the students around them. There is to be no unsupervised grappling or wrestling between Police Judo students unless there is supervision from a designated Police Judo instructor.

Do not train on or near the edges of the mats as the uneven surface can cause injuries (especially when break falling).

Training is not satisfying for the instructors if you must be continuously reminded of the same safe techniques and tactics (like getting up safely or orienting yourself to face your partner after being thrown down). Correct your own imperfections by internalizing the teachings of your instructors.

You will do under stress as you train in class, so train with good technique and with safe tactics in mind!