Budo Kai Ju Jitsu Academy

Senior Coach	PETER SMITH
Welfare Officer	JANE SAUNDERS
Safe Kids Officer	MARK BEST
Coaches	EMMA STEVEN
	ANDY WIGGINS

Venue 1	ATTITUDE DANCE STUDIO (The Bootle Dojo) Monday and Wednesday 7.30pm (ages 14+) Sunday 12pm (ages 4 to 16)
Venue 2	LITHERLAND SPORTS PARK (The Litherland Dojo) Saturday 12pm (ages 4 to 16)

Extra sessions or events can be arranged by the club at short notice.
Sessions can be cancelled at short notice. Session and event details are posted on our social media and our web site.

Contact an instructor for more information.

Email:	**bootlejj@aol.com**	X (was Twitter)	**@bkjja**
Website:	**www.bkjja.com**	Facebook:	**BKJJA**
Instagram:	**budokaijujitsu**	TikTok:	**budokaijujitsu**
YouTube:	**Budo Kai Ju Jitsu**	Threads	**budokaijujitsu**

Phone: **07951 492012** (voicemail or text only – the number is not actively monitored)

© BKJJA

Age Groups

Juniors aged 4 plus
Seniors aged 18 plus

Clothing JU JITSU UNIFORM.
Beginners can wear comfortable loose fitting clothing e.g. sweat shirt and sweat pants. The uniform is called a gi.

Health & Safety

Please advise the coach of any injuries or medical conditions

Children: It is strongly recommended that all children attending training sessions are accompanied to and from each training session by a responsible adult.

The BKJJA require all students to behave within the spirit of a martial art dojo and show respect to other students, the coaches, venue staff and visitors

---

Martial Art Weapons

The BKJJA support the use of classical Japanese weapons when:

- they are only carried to and from the dojo for an authorised training session
- concealed in a bag and carried with a training uniform
- the member has an up to date license

The BKJJA is an open organisation that promotes equal opportunities. All abilities are welcome to train or spectate.

If any member has a suggestion, comment or complaint about anything to do with the club then please contact the Senior Coach or Welfare Officer.

The club 's governing body is NAKMAS NGB. NAKMAS have a range of resources available to members and the public.

© BKJJA

The BKJJA is affiliated to : NAKMAS NGB

The acronym 'NAKMAS' and the NAKMAS logo are registered trademarks of NAKMAS NGB

NAKMAS National Governing Body

PO Box 630, Ashford, Kent TN23 9AQ

Telephone:01227 370055 Fax: 01227 370056

Email: **admin@nakmas.org.uk** Twitter: **@nakmasngb**
Website: **www.nakmas.org.uk** Facebook: **nakmasngb**
The club's NAKMAS registration code is: **BKJA/S**

SESSIONS (A student's first session is free)

Monday and Wednesday	730pm **Ages 14 plus** in the Dance Studio
Saturday	12pm **Ages 4 to 16** in the Sports Park
Sunday	12pm **Ages 4 to 16** in the Dance Studio

DOJO CONDUCT - BKJJA

1. **Bow - when entering a dojo (training room), when addressing a Black Belt, bow on and off tatami (mats). Whenever an Instructor speaks to you in regard to instruction, bow and acknowledge.**

2. **Do not enter the class late, without an Instructor's knowledge. Do not enter the training area until an instructor allows you to. No pupil will join or leave the class while the session is in progress without an Instructor's permission.**

3. **Use the proper titles, when addressing an instructor in the dojo, you call a black belt (dan grade) Sensei.**

4. **The Instructor's command must be observed at all times.**

5. **If a member suffers injury prior to a session this must be reported to the Instructor. Injuries received during the session must be reported immediately to the Instructor in charge.**

6. **Personal hygiene is important. Long hair must be tied back, nails should be short. Clothing, feet and hands must be clean**

7. **There will be no behaviour nor activity that breaches safety regulations or protocols; behaviour and activities must not be dangerous; discriminatory behaviour or discriminatory actions will not be tolerated**

8. **Respect for the coaches, to other club members, to visitors to the dojo, to the staff and to the management of the training venue is expected; The same level of consideration is expected from members when interacting with other participants. Caring for your personal equipment, caring for the clothing and the equipment of other participants is expected. The club's equipment, the venue's equipment and venue's facilities must be treated with the same thoughtfulness.**

9. **Outdoor shoes will not be worn on the on the tatami, participants wear complete uniforms in class, this means a training suit (gi) with the appropriate belt (obi). Beginners can train in loose comfortable clothing for the first few sessions.**

10. **Instruction will only take place under the supervision of a registered BKJJA coach. Be quiet during a class. Instructors can't teach if they cannot be heard. Only perform the techniques that the class Instructor has shown you.**

11. **No club member will abuse or misuse their knowledge of Ju Jitsu.**

12. **Members must not participate in Ju Jitsu displays, events or classes without the permission of the Academy.**

13. **Gradings (exams) will be held under the direction of an Academy Coach**

14. **Violation of any of rules renders a member liable for expulsion from the Academy.**

15. **The Academy can refuse or terminate the membership of any person the Academy believes to be unsuitable for Martial Arts training with the Academy**

There is other guidance that instructors will give out, usually based on safety protocols. Two we mention right away are:
i) **If it hurts – stop doing it**
ii) **If it makes you uncomfortable – don't do it**

SENIOR WHITE BELT(6th Kyu – ROKYU)
AND
JUNIOR WHITE BELT (7th Kyu - SHICHIKYU)

1 Demonstrate Mat Etiquette
2 Demonstrate 2 Basic Exercises
3 Perform break-falls (kata preferred, but not essential)
    a. Back Break-fall
    b. Front Break-fall
    c. Left Side Break-fall
    d. Right Side Break-fall
    e. Rolling Break-fall
4 Breaking front strangles (2 ways)
5 Hip throw
6 Demonstrate blocks (kata preferred, but not essential)
    a. Downward inside forearm block
    b. Upward inside forearm block
    c. Upward rising block
    d. Downward 'X' block
    e. Upward 'X' block.
    f. Cross block
7 Breaking back strangles (2 ways)
8 Straight arm lock
9 Shoulder lock
10 Recumbent ankle throw

Gradings Uses A Coloured Belt System
Beginners suits come with white belts, students are allowed to wear the white belt before taking the grading exam for white belt.
Student start as novices (beginners) and then progress through a coloured belt system
Adults :
White, Yellow, Green, Blue, Purple, Brown, Black
Juniors:
White, Yellow, Orange, Green, Blue, Purple, Brown, Black with White Stripe

© BKJJA

Budo Kai Ju Jitsu Academy Fees (from January 2024)

Session Fees	Adults	£5
	Juniors/Unwaged	£3
	First session is free	
	Fees are pay as you go – no contracts	
	*Family discounts are available	
	Parent and one child.....£7	
	Parent and two children....£9.50	
	Two siblings.....£5	
Suits (gi)	Basic children suits start at £22	
	Basic teenager/adult suits start at £25	
Kyu (student) Gradings (exams)	Adults	£9
	Juniors	£7
Belt (obi)	Coloured belt	£3
Ordinary Yearly Membership (Year 1)	Including book	£12
Ordinary Yearly Membership (subsequent years)		£9
Instructor Membership (open only to Adult 3rd Kyu (blue) grades and higher)		
Year 1		£22
Instructor Yearly Renewals		£17

Club Badges: **Chest Badge** £3.50 **Leg Flashes (pair)** £9

Other fees may be payable to access venues, travel to course and competition venues, to enter competitions or courses. Coaches are required to pay for coaching insurance and DBS fees. Dan grade fees differ to student (kyu) grading fees.
Club badges and club clothing is available
Most training equipment is obtained from Blitz - www.blitzsport.com
Fees are subject to change at short notice.

Payment Methods

By PayPal

https://www.paypal.me/PeaWhack
Please make payments as a friend
(use the QR code to be taken directly to the page)

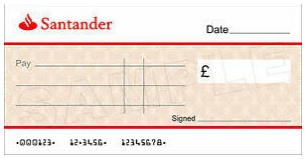
By Transfer To Bank Account

Sort Code:	**09-01-36**
Account Number:	**9551 9409**
Account Name:	**Peter Smith**
Account Type:	**Personal Account**

By Contactless Card

The club can only accept payments of £10 or more for debit and credit card payments (most major cards are accepted)
The senior instructor needs to enter the fee being paid in to allow the payment to be processed

By Cheque



Cheques to be made payable to:
Peter Smith

Place the cheque in the honesty box

By Cash

Please pay cash in to the honesty box

Please take the appropriate change

© BKJJA

Budo Kai Ju Jitsu Academy

Learn Self Defence: Get Fit: Stay Fit

The Activity Studio
First Floor
Litherland Sports Park
Boundary Road, Litherland
L21 7LA

Near Litherland Moss School

Tel. : Reception **0151-288-6288**

Sat: 12pm – 1pm (ages 4+ to 16)

Attitude Dance Studio
3a Aintree Road
Bootle
Merseyside
L20 9DL

Near Convenience Store

Tel. : David Heath **07523-296728**

Mon and Wed: 730pm – 9pm (ages 14+)
Sun: 12pm – 1pm (ages 4+ to 16)