

BKJJA: Welcome



Budo Kai Ju Jitsu Academy

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|-------------------|-----------------------------|
| Senior Coach | PETER SMITH |
| Welfare Officer | JANE SAUNDERS |
| Safe Kids Officer | MARK BEST |
| Coaches | ANDY WIGGINS EMMA STEVEN |
| Trainee Coach | LINDSEY WEBB |

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| Venue 1 | ATTITUDE DANCE STUDIO (The Bootle Dojo) Monday and Wednesday 7.30pm (ages 14+) Sunday 12pm (ages 4+) |
| 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.

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|------------|---|----------------|-----------------------|
| Email: | bootlejj@aol.com | X (wasTwitter) | @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) | | |

Age Groups

Juniors aged 4 to 17

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.

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

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: Welcome

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](https://twitter.com/nakmasngb)

Website: www.nakmas.org.uk Facebook: [nakmasngb](https://www.facebook.com/nakmasngb)

The club's NAKMAS registration code is: **BKJA/S**



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, which is pronounced Sen-say.**
 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**
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The conduct requirements advised are not exhaustive. There is other guidance that instructors will give out to members.

Safety is a priority. Ju Jitsu is a contact activity. Members must follow safety protocols and safety actions. Instructors will advise of the appropriate action if there is a fire (or suspected fire), an emergency or other safety issue that needs attention.

Two things 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

Grading 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.

Students 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





Budo Kai Ju Jitsu Academy Fees
(from January 2024)

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|---|---------------------------------------|------------------------------|
| 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 |
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| 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.

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)

