



Welcome to our club! As a new member in our club we're giving you this pack of information to help you understand who we are and what we do.

There's a lot of information in here and you don't need to read it all straight away!

What we do need you to do is fill out some paperwork before you start. Everyone joining the club is required to do this...

What you need to do **before** the first session (*i.e. right now*)

1. Complete the Club Membership Form

The first page after this one is the club's membership form. We need a copy of medical conditions and emergency contacts for our own records. You need to fill this in before you will be permitted to take part in the class. If in doubt about whether to include information on this form please do – it is better to have too much than too little.

2. Complete the Licence Application Form

The next page is a form that we have to send off to our governing body. This form is for a licence application which all martial artists need to hold for each martial art they study. The licence serves two purposes – a statement of intent to take part for the governing body's records (*i.e.* it will then count you as a member) and also as personal insurance. You have two weeks free insurance when you start but more on that later in the pack. You won't be allowed to take part in the class until this form is also completed.

3. Hand in Your Forms

Please hand the two forms you have just completed to the person who gave them to you or to an instructor at the club. They will ensure that they are added to the club's files and that the instructor(s) is (/are) aware of any medical conditions you may have.

4. Get Ready

If you need to get changed, someone will show you where the changing rooms are, and from there where the training hall is. At the start of each session, everyone gets warmed up and a member of the club will explain the rules of the dojo – the Japanese name for a martial arts training hall.

What you need to do **after** the first session

After the session, please have a read through the rest of this pack – it will probably answer most of your questions!

If you have any burning questions, please do feel free to ask them. Most experienced club members will be able to answer the usual questions. If any of the instructors are free please feel free to ask them directly.



INSTRUCTIONS

This form is for internal use by York Town Jiu Jitsu Club, and is for administrative purposes only. Details will be held in strictest confidence and disclosed on a strictly need to know basis.

1. Please print details as clearly as possible.
2. Where necessary please indicate that no details are available by using "N/A".
3. Signatures for under 18s should be provided by the parent/guardian rather than the individual.

PERSONAL DETAILS

Full Name

Date of Birth

CONTACT DETAILS

Address

Tel. No.

E-mail

EMERGENCY CONTACT

Name

Relationship

Tel. No.

This contact should be an appropriate individual to contact in case a student suffers an accident or falls ill during training.

MEDICAL

Please enter any medical conditions that may affect the ability to train in jiu jitsu in the box on the right. Please include respiratory problems, prescribed medications, major surgeries undergone, recurring joint or muscle problems, registered disabled, etc. If you think it may be relevant please include it.

As part of the student development and progression through the belts, members of the club are required to attend first aid courses. Should an injury occur, first aid will be applied as a matter of course. If you do not wish to have first aid administered by a qualified first-aider in the club or have beliefs that inhibit the application of medical assistance in some way, please indicate so in the area below.

I hereby give permission for first aid (from a qualified first-aider) to be applied to the student identified above.

Signed

Date

Should medical attention be provided (from a club first-aider or a medical professional), they should provide assistance in accordance with the following personal beliefs (e.g. religious belief):

Photography

On occasion club sessions, and events may be photographed by members of the club, parents and friends of club members, and by the media. Photographs taken internally to the club are often published to the web site's online gallery. There is a general policy that junior members (under 18s) of the club are not named in photographs published on the web site. The club also on occasion may use photographs in promotional material. Please indicate below the preferences for photography.

YES**NO**

Published on the yorkjitsu.org web site

Used in advertising the club (e.g. posters, flyers)

Used by media (e.g. local newspaper)

Used by media including name of student

Signed

Date

When students attend national or regional events, photography from other attendees may include photographs of the student. It is difficult for the club to affect such situations, and so the above preferences cannot be extended to these events where the photographer is potentially unknown to the club.

For photographs published on the yorkjitsu.org web site, a student may choose to have a particular photograph or set of photographs they are in removed at any time by contacting the web site administrator (details on the site).

The information gathered on this form can be held on a computer for the purposes of making club administration easier. Information will be held in accordance of the Data Protection Act 1998.

PRIVATE AND CONFIDENTIAL

2017/18

LICENCE & RENEWAL APPLICATION

Strictly confidential individual membership application form

Please print details clearly in ink



| | | |
|-------------------------------------|---------------------|--------------------------|
| Title: Mr / Mrs / Ms / Miss / Other | First Name | Last Name |
| <hr/> | | |
| Home Address | Tel: Home | |
| | | |
| | Tel: Mobile | |
| | | |
| Post Code | Date of birth | |
| | | |
| Email | NUS Member | <input type="checkbox"/> |
| <hr/> | | |
| Term Address | University Attended | |
| | | |
| | Twitter Address | |
| | | |
| Post Code | | |
| | | |

It is essential that the Club Instructor is informed of any severe health problems or current medical conditions which may affect your ability to exercise (this will not necessarily prevent participation in Jitsu). Please indicate (tick) if you have in the past or now suffer from any medical condition which may affect your ability to exercise including but not limited to:

| | | |
|---|---|--|
| <input type="checkbox"/> ASTHMA | <input type="checkbox"/> SPINAL PROBLEMS | <input type="checkbox"/> SEVERE HEAD INJURY |
| <input type="checkbox"/> DIABETES | <input type="checkbox"/> PREVIOUS SPINAL INJURY | <input type="checkbox"/> PREVIOUS SKULL FRACTURE |
| <input type="checkbox"/> EPILEPSY | <input type="checkbox"/> ANY OTHER BACK TREATMENT | <input type="checkbox"/> PREVIOUS BRAIN SURGERY |
| <input type="checkbox"/> CONGENITAL HEART DISEASE | <input type="checkbox"/> JOINT INSTABILITY | <input type="checkbox"/> ANY MEDICATION REQUIRED |
| <input type="checkbox"/> CURRENT PREGNANCY | <input type="checkbox"/> BLEEDING DISORDER | <input type="checkbox"/> ANY OTHER CONDITION |

If you have answered YES to any condition above from which you have fully recovered please provide further details, including the date when you completed your recovery. If you have answered YES to Asthma, Diabetes or Epilepsy please give details of how you manage your condition. If you have answered YES to anything else above or have any other conditions or injuries that may prevent or affect training please supply a letter from a medical professional to your instructor before participating in training:

(If further space is needed please indicate above that you are attaching a separate sheet with this application)

The Jitsu Foundation Ltd is registered under the terms of the Data Protection Act and will include the information you have provided on this application on TJF database for the purpose of administration and maintenance of membership records, provision and administration of insurance, activities, support and fund raising.

It is a criterion that all clubs, regions and affiliated bodies require staff, coaches, officials, administrators, parents and participants adopt and abide by the Jitsu Foundation Child Protection Policy, Health and Safety Policy and CRB Checking and Mandating Issuing Policy. Copies can be obtained from TJF Head Office. Breaches of these Policies and other relevant codes of conduct/ethics will result in disciplinary action being taken under TJF Complaints & Conduct Procedures.

I understand that Jitsu is a physically demanding martial art based on striking, locking and throwing techniques and is thus classified as a full contact sport. I accept that I am participating on a voluntary basis and have been made aware of the nature of the art and the risks involved. I certify that to the best of my knowledge and belief, the information given in this application is correct. If accepted as a licence holder of The Jitsu Foundation Ltd, I agree to abide by the Articles of Association and Byelaws together with any amendments made during the term of my licence.

Signature of student _____ Date _____

Signature of Legal Guardian if under 18 years of age _____ Date _____

How did you find out about Jiu Jitsu?

| | | |
|--|---|--|
| <input type="checkbox"/> Freshers Fair | <input type="checkbox"/> Poster | <input type="checkbox"/> Social media (please state which) |
| <input type="checkbox"/> Newspaper / Magazine advert | <input type="checkbox"/> Word of mouth | <input type="checkbox"/> Other (please state) |
| <input type="checkbox"/> Publicity Event | <input type="checkbox"/> Leaflet | |
| <input type="checkbox"/> Friend in the club | <input type="checkbox"/> Website (please state which) | |

Details:

THIS SECTION TO BE COMPLETED BY CLUB OFFICIAL

Existing TJJF License Number must be stated when making renewal applications.

| | | |
|--|--|------------------------------------|
| <input type="checkbox"/> SENIOR NEW LICENCE (£30.00) | <input type="checkbox"/> JUNIOR NEW LICENSE (£18.00) | EXISTING TJJF LICENCE NUMBER _____ |
| <input type="checkbox"/> SENIOR RENEWAL (£30.00) | <input type="checkbox"/> JUNIOR RENEWAL (£18.00) | EXPIRY DATE _____ |

CURRENT TJJF GRADE

| | | | | | |
|---------------------------------|---------------------------------|-------------------------------------|------------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Novice | <input type="checkbox"/> Orange | <input type="checkbox"/> Purple | <input type="checkbox"/> Dark Blue | <input type="checkbox"/> 1st Dan | <input type="checkbox"/> 3rd Dan |
| <input type="checkbox"/> Yellow | <input type="checkbox"/> Green | <input type="checkbox"/> Light Blue | <input type="checkbox"/> Brown | <input type="checkbox"/> 2nd Dan | |

Full name of club York Town Jitsu Club ☐ I do NOT wish to receive emails on courses, socials and other Jiu Jitsu related information

Cheques payable to **THE JITSU FOUNDATION LTD**. Please do not send cash in the post.

Send licences to: The Jitsu Foundation Ltd, PO Box 5068, Bath BA1 0QD | 0844 571 4412 | tjf@jiujitsuofoundation.org | www.jiujitsuofoundation.org

[f jitsuofoundation](#) [t jitsuofoundation](#)

The Jitsu Foundation Limited is a Company Limited by guarantee | Registered Office: Minerva Mill, Station Road, Alcester, Warks, B49 5ET | Registered in England No. 07384419

EQUITY POLICY

It would be helpful to [the governing body] in monitoring the effectiveness of our equity policy if you would complete this form. All information is confidential.

Ethnic origin

Choose one category from A to E and then tick the appropriate box to indicate your cultural background:

A. WHITE

- ☐ British
- ☐ Irish
- ☐ Any other white background
(please write in) _____

B. MIXED

- ☐ White and black Caribbean
- ☐ White and black African
- ☐ White and Asian
- ☐ Any other mixed background
(please write in) _____

C. ASIAN OR ASIAN BRITISH

- ☐ Indian
- ☐ Pakistani
- ☐ Bangladeshi
- Any other Asian background
(please write in) _____

D. BLACK OR BLACK BRITISH

- ☐ Caribbean
- ☐ African
- ☐ Any other black background
(please write in) _____

E. CHINESE OR OTHER ETHNIC GROUP

- ☐ Chinese
- ☐ Any other (please write in) _____

DISABILITY

The Disability Discrimination Act 1995 defines a disabled person as anyone with a 'physical or mental impairment that has a substantial and long-term adverse effect upon his/her ability to carry out normal day-to-day activities'.

Do you consider yourself to have a disability? ☐ Yes ☐ No

If yes, what is the nature of your disability?

(You may wish to use one of the following categories: visually impaired; hearing impaired; physical disability; learning disability; multiple disability.)

GENDER

Please indicate whether you are: ☐ Male ☐ Female

AGE

Please tick the appropriate box to indicate your age band:

- ☐ <15 ☐ 15–20 ☐ 21–25 ☐ 26–30 ☐ 31–35 ☐ 36–40 ☐ 41–50 ☐ 51–60 ☐ 61–70 ☐ 70+

PHOTOGRAPHY CONSENT

The Jitsu Foundation recognises the need to ensure the safety and welfare of young people in sport. In accordance with our Child Protection Policy we will not permit photographs, images or video to be taken without the consent of parents/carers and children.

We wish to ask your permission to take photographs and video for the purpose of publicity. These images may appear in printed publications, on our web site, or in CD and DVD format or both. We may also send them to the news media.

Before taking any pictures, we need your permission. Please answer questions 1 and 2 below, then sign and date the form where shown. Please circle: Yes or No

1. May we use your image(s), or those of your child(ren) if under 18, in our publicity material, including printed publications, videos and our web site (delete if this does not apply)?

☐ Yes ☐ No

Please note that web sites can be viewed throughout the world, not just in the United Kingdom where UK law applies. This form is valid for five years from the date of signing.

2. We sometimes send publicity material about our services, including photographs where appropriate, to the news media, especially the local press. Can we use your photograph, or your child's, in this way?

☐ Yes ☐ No

Signature _____

Date _____

Print Name _____

Please print your name in capitals (and your child's name if appropriate):

Conditions of use

1. This form is valid for five years from the date of signing. The consent will automatically expire after this time.

2. We will not re-use any images in new publications from the date of expiry.

3. We will not include details or full names (which means first name and surname) of any child or adult in an image on video, on our web site, or in printed publications, without good reason.

4. We will not include personal e-mail or postal addresses, or telephone or fax numbers on video or on our web site or in printed publications.

5. If we use images of individual children, we will not use the name of that child in the accompanying text or photo caption without your permission.

6. We may use group images with very general labels, such as "break falling".

7. We will only use images of children who are suitably dressed, to reduce the risk of such images being used inappropriately

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YTJC – Supported By

YTJC would like to thank the following groups for their ongoing support in delivering Jiu Jitsu to the residents of York and the surrounding areas:



YTJC – Jiu Jitsu

There are many different forms of martial art, and within each of these there are typically many styles. Jiu Jitsu is certainly no exception. The style taught at YTJC is Shorinji Kan. This style was developed and brought to this country by the late Shihan Brian Graham (6th Dan), himself a Yorkshire man.

Shorinji Kan (often referred to by practitioners simply as “Jitsu”) is administered through a group known as The Jiu Jitsu Foundation (TJJF, formerly known as “The Jitsu Foundation” (TJF)). TJJF are directly affiliated to the British Jiu Jitsu Association of Great Britain (BJJAGB) – the national governing body for Jiu Jitsu. This then links us into the sports framework governed by Sport England.

The style itself is based around a syllabus that takes the student through the various coloured belts (known as “grades”). The advantage of Jiu Jitsu is the range of techniques that are covered. This gives the student of Jiu Jitsu a broad choice of techniques in any given situation when compared to students of many other martial arts.

A student can expect to cover a variety of striking techniques such as punching and kicking as well as some that might be less obvious methods such as elbow strikes and pressure points. Throwing (and learning how to fall safely) also makes up a significant proportion of the style. Timing, movement and body position can allow a student of Jiu Jitsu to throw an opponent using very little effort – ranging from simple tripping throws up to more advanced hip and shoulder based throwing.

As well as hitting people with parts of the body and the ground, Jiu Jitsu allows a much more tailored approach to controlling an opponent than purely striking arts. To this end students can also expect to learn a variety of joint locks (arm, shoulder, head, leg, wrist, etc.) that can be used to immobilise, cause discomfort or even pain to an attacker. It is often using locks that a smaller opponent can defeat a much larger opponent.

Our style also includes techniques to use against armed attackers based on the locking, striking and throwing techniques already mentioned. Beginners begin with plastic bottles, and students work their way through dealing with a variety of weaponry – from sticks and knives, up through chains and bats to swords and even to gun control techniques at close quarters.

As students advance, they will also learn complimentary techniques such as countering of techniques, general restraints, how to deal with multiple (armed & unarmed) attackers, use of chokes and strangles, etc.

In all Jiu Jitsu is one of the most effective martial arts in terms of practicality, as well as having strong psychological and style elements that push its scope beyond a simple combat system into being a comprehensive martial art.

YTJC – The Club

YTJC is a friendly club and has an open door policy. The only pre-requisites are that students must be at least six years old and that those under the age of eighteen must have the permission of a parent or guardian to take classes.

The club currently holds regular classes twice a week:

| Day | Under 18's | 18+ |
|--------|---------------|---------------|
| Monday | 19:00 – 20:30 | 19:00 – 20:30 |
| Friday | 19:00 – 20:30 | 19:00 – 20:30 |

Mondays and Fridays are both open public sessions and students of any grade (including complete beginners) are welcome to attend.

Session fees are currently £5.00 for adults and £4.00 for children and full time students/unemployed. Occasionally session fees may vary when a senior instructor visits, or for special sessions – information on this is always available before the session, and the difference is normally an increase in fees of £1 for that session only.

Session fees are fed directly into the club funds for paying for hall hire, club affiliation, subsidising attendance of courses and events, etc. The club instructors are voluntary and do not take any part of the session fees – they give their time inside and outside of the classes for free and this helps keep the club's session fees so low.

The club also arranges for students to attend a variety of courses and competitions. These include things such as general training courses, gradings (assessments for the next belt), instructing, first aid, weapons, etc. The standard of Jiu Jitsu within the club has also enabled many of our members to win a range of medals and trophies at the competitions.

Some of the notable accolades that the club has received include:

- Third Place TJF Club of the Year 2006.
- Juniors instructor award – Sensei Millard (2005).
- Shihan Graham Memorial Award for the most outstanding TJF junior student – Pip Slade (2005).
- TJF Junior Judo national champions 2004.

As well as “on the mat” training, the club also arranges “off the mat” activities. After sessions adults sometime go for a drink, but once a quarter the club tries to organise social events for both the adults and children. So far these have included the traditional bowling & cinema trips and meals, as well as visits to the Royal Armouries, Doncaster Dome and The Forbidden Corner.

Over the years the club has also been involved in a variety of ‘extra-curricular’ work:

- Martial arts classes and demonstrations for various schools, local youth and community support groups and the City of York Council.
- The club has provided support for the Royal Armouries in Leeds (a National Museum), including:
 - Demonstrations & workshops for the Active Kids week (2006).
 - Demonstrations & workshops for the **International Shogun Exhibition** (2005).
- The club provided demonstrations in York city centre and in The National Railway Museum as part of the museum's Japan 2011 celebrations.
- Sponsor based fund raising for charities.

The club has also carried out a number of projects for which it has received funding from a variety of organisations including:

- The National Lottery
- ActiveYork
- YorKash
- City of York Council
- Aviva/Norwich Union

YTJC – The History

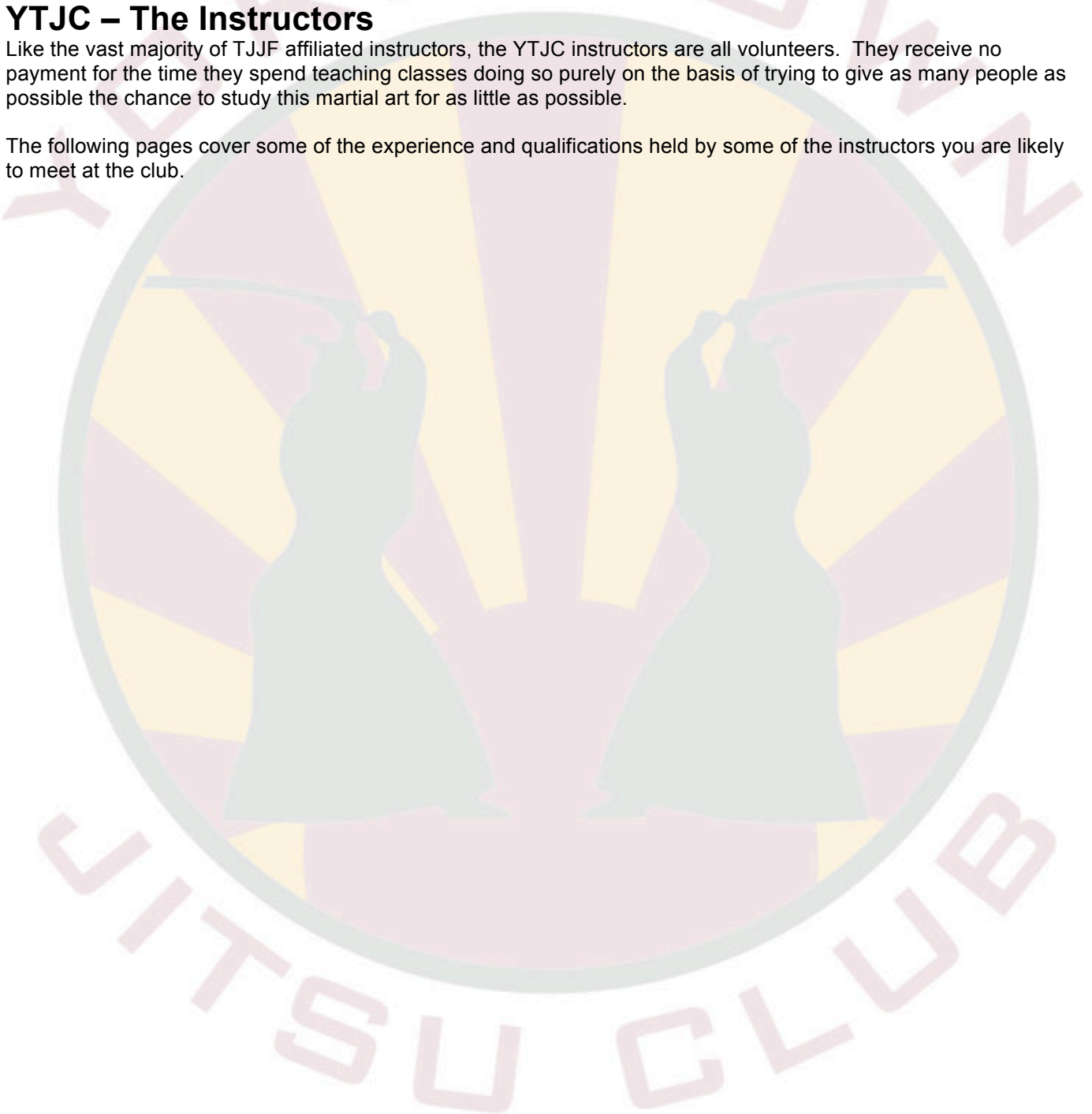
York Town Jitsu Club (YTJC) was founded by Sensei Graham Smith in 1997. Sensei Smith had been teaching at the University of York's club, but upon passing the teaching reins to an up and coming instructor (Sensei Clare Sadler) he set about putting in place a new club for York's residents.

Originally based at York's Barbican centre, the club held one session a week and remained here for over six years until April 2003 when it relocated to its present base – St. Olave's School. In September 2003 Sensei Smith handed the club on to the current instructor – Sensei Stephen Millard.

YTJC – The Instructors

Like the vast majority of TJJF affiliated instructors, the YTJC instructors are all volunteers. They receive no payment for the time they spend teaching classes doing so purely on the basis of trying to give as many people as possible the chance to study this martial art for as little as possible.

The following pages cover some of the experience and qualifications held by some of the instructors you are likely to meet at the club.



Stephen Millard (Acting Primary Instructor)

Sensei Millard began his studies of Jiu Jitsu at the University of York in 1993. As well as being heavily involved with the University of York Jiu Jitsu Club (UoYJJC), he has been training and teaching at YTJC since the very first session. He has been the lead instructor at YTJC since September 2003.

Sensei Millard has studied a variety of other martial arts as well as Shorinji Kan Jiu Jitsu, including Karate, Judo, Aikido and Tae Kwon Do with instructors from across the UK. He is also one of a small group of instructors qualified to teach Defendo – a “British Jiu Jitsu” fighting system.

As well as continuing to broaden his martial knowledge Sensei Millard has a passion for stretching and improving his coaching knowledge to deliver a high quality student experience. This is reflected widely outside the dojo through the coaching related courses undertaken (see below).

Sensei Millard has also authored coaching articles on teaching Jiu Jitsu for Sports Coach UK's¹ coaching magazines.

Finally, as well as teaching classes at YTJC and assisting at UoYJJC classes, he is also active within other groups. He is an avid supporter of children in Jiu Jitsu through his work with the TJJF sub division – The Junior Jiu Jitsu Foundation (TJJJF). He is the author of the course for the organisation's juniors instructor / town club development course*. Within York he has worked closely with the local council and voluntary sports community (including chairing the North zone for York's Community Sports Network (ActiveYork) and sitting on the committee as a volunteer group representative.

Appointments & Memberships

- Lead instructor YTJC (since 2003).
- Chairman of Active York Community Sports Network North Zone committee (2006 - 2009).
- York Sports Coach Association (since 2004)
- YTJC committee member (since 2004)

Qualifications & Courses

- TJF Teaching Mandate (since 2003)
- TJF Instructor - Juniors Instructor (since 2003)*
- TJF Instructor - Club Instructor Level (since 1998)
- TJF Instructor - Instructor Level (since 1996)
- TJF Instructor - Assistant Instructor (since 1994)
- Red Cross First Aider at Work (November 2005)
- TJF First Aider (November 2002 onwards)
- York St. John - Certificate in Sports Development (2007)

Validations & Awards

- TJJF Atemi Nationals Juniors Instructor Award (2005)
- CFM Coaching CPD {Strathclyde University} (2008)
- Norwich Union's Inspiring Through Sport - Silver Position (2007)
- Norwich Union's Inspiring Through Sport - Silver Position (2006)
- Norwich Union's Inspiring Through Sport - Bronze Position (2005)
- TJF full disclosure CRB Check (June 2004, July 2007)
- City of York Council full disclosure CRB Check (October 2004)
- University of York Half colours for Jiu Jitsu (1997)

Courses

- Sport England - A Club For All {Equity in sport} (March 2005)
- Sports Coach UK - Good Practice & Child Protection (November 2005)
- Sports Coach UK - How to Coach Children in Sport (November 2005)
- Sports Coach UK - Fitness & Training (November 2006)
- Sports Coach UK - Equity in Your Coaching (January 2007)
- Sports Coach UK - Developing Power & Speed (February 2007)
- Sports Coach UK - Motivation & Mental Toughness (February 2007)
- Sports Coach UK - How to Coach Disabled People in Sport (March 2007)
- Sports Coach UK - Multi-skills Coaching Induction (May 2007)
- Sports Coach UK - Introduction to Core Stability (March 2008)
- Sport England - A Club For All {Equity in sport} (March 2008)
- Sports Coach UK - Safeguarding and Protecting Children (June 2008)

¹ The National Sports Coaches' organisation.

Tom Dugmore (Acting Primary Instructor)

Sensei Tom Dugmore began his Jiu Jitsu studies at the University of York and continued them at other clubs around the UK when he left. Sensei Dugmore since returned to York and for several years assisted Sensei Pete Dodd with the running of the club; taking over the running of the university club in late 2016. Sensei Dugmore has been a regular town club attendee as both a student and an instructor for many years.



YTJC – Frequently Asked Questions

1. What is this licence thing?

The licence application form you should fill in prior to joining in the first session. This is a requirement of our governing body to satisfy the insurance company. The insurance company allow every student a two week grace period in which to decide if Jiu Jitsu is the martial art for them. After fourteen days, a student must pay for their licence before they will be allowed to train – as otherwise they would not be insured.

The licence payment is an annual fee and is currently £18 for under 18s and £30 for 18 and over. Payment for this can either be made out as a cheque to “The Jitsu Foundation”² or given directly to the person taking the fees at a club session (the club will then write out an appropriate cheque) – either method is acceptable.

The form and fees will then be posted off to TJJF who will pass on the details to the BJJA (GB) – who will subsequently issue a licence book and licence. This will be posted to your home address, and can take anywhere from a few days to a few months depending upon their back log.

2. Do I need a uniform?

Yes, but not straight away. The uniform (or “gi”) is an unnecessary expense at the start. Give it a few weeks to find out if you really do like Jiu Jitsu. Certainly after a month or so you will probably wish to consider getting one – you won’t be allowed to grade for your first belt until you have one.

The uniform is a standard white (not cream) “Judo-style” gi. These are much more rugged and durable than a uniform for say karate or tae kwon do. You may either purchase one yourself or through the club. Uniforms bought through the club currently cost £25 (except for 000 & 00 which are £18).

The easiest way to find out what size you are is to try on someone else’s jacket as they do shrink a bit in the wash! The size is usually on the inside of the collar and will be a number from 000 to 6.

Uniforms come with white belts as standard, but if you find your belt too long or too short, the club often has some spare and may be able to source you an appropriate length. Junior white belts are required to add red ‘tabs’ to the tip of each end of the belt. The club will provide juniors with some red ribbon (for free) if they purchase a suit through the club.

In addition to the suite, students are required (by TJJF) to wear a TJJF badge. This is the only badge a student should have on their uniform. These are available through the club and cost £3.50

3. Do I need to learn Japanese?

Only a little bit, and as for pronunciation – no one ever gets it quite right. Generally you pick things up as you go along, but to help beginners here are a few of the words you might hear when you first begin.

| Phrase | Pronunciation | Meaning |
|---------------|----------------------|--------------------------|
| Yamae | YA-MAY | Stop |
| Hajime | HA-JIM-AY | Start |
| Yoshin | YOR-SHIN | Continue |
| Sensei | SEN-SAY | Teacher |
| Gi | GEE | Training uniform |
| Dojo | DOE-JOE | Training hall |
| Rei | RAY | Bow |
| Kiba Dachi | KEY-BA-DATCH | Horse stance |
| Su Dachi | SUE-DATCH | Feet together (stance) |
| Su Waru | SU-WA-ROO | To kneel down |
| Seiza | SAY-ZA | Formal kneeling position |

4. Does it hurt?

It would be a lie from any active pursuit if you were told it wouldn’t hurt from time to time. In martial arts, this obviously does happen. However in Jiu Jitsu we use a “tapping system” along with teaching people how to apply techniques in a controlled manner. When training with a partner and they feel the technique ‘going on’, they tap

² In 2014 The Jitsu Foundation changed their operating name to The Jiu Jitsu Foundation, but the bank account details remain under the former name.

you and you release the technique. Training like this is the safest way to train whilst still marinating a level of practicality.

Did you know that there are more injuries proportionally in sports such as football and rugby than in martial arts?

5. What happens to my session fees?

All money taken for session fees goes directly into club funds. The instructors are all volunteers and receive no payment. This means that funds are primarily spent on:

- Paying for the hire of the hall.
- Affiliation of the club to The Jiu Jitsu Foundation.
- Instructor coaching insurance.
- Buying new and replacing broken equipment (including keeping the first aid kit well stocked).
- Subsidising transport to events and where necessary accommodation.

6. Can I bring along a friend?

The club is always looking to expand its membership and teach more people the art of Jiu Jitsu. That's why we try and keep our session fees as low as possible. But as an added incentive for you to bring a friend along, we operate a "Buddy" scheme. If you bring a friend to a session, they get their first session free. If they come back for a second session, then you get a free session as a thank you.

7. Why is the club "York Town Jitsu Club" rather than "York City Jitsu Club"?

When Jitsu clubs began being set-up in the UK they mostly began in Universities. The majority of clubs are still University clubs and is why many of the courses and gradings are based around the University terms. The non-University clubs were referred to as "Town" clubs simply to indicate they are a non-University club.

When Sensei Smith opened the club it was named by convention as a town club and since then the club has produced a lot of material with this name on – meaning it could be quite expensive to rename it. York is not the only club to be based in a city but to have "town" in its name.

The club is now referred to as York Jitsu Club or York Town Jitsu Club (YTJC).

8. Do you have a web site?

The York clubs share a web site which can be found at www.yorkjiitsu.org. This has a good deal of information on it for beginners and more experienced students as well as parents and people who just want to know a bit more about what we do.

You can also register as a user and if you are a member of the YTJC we'll update your account to give you access to even more information. You'll also find other useful things on there such as our discussion forum and the latest news.

The site received an update in September 2008 and we're continuing to transfer and update old content as well as add new content as often as we can. If you have suggestions of what you would like to see added to the site just fill out the contact form on the web site with your suggestion.

Outside of classes this is probably the best place to look for information about Jitsu.

YTJC – Member Responsibilities

Everyone who trains at the club has a responsibility to ensure the safety of themselves and of others. Each student must follow the requirements set out below.

It must be kept in mind that Jiu Jitsu is a contact martial art and that its study does involve the acceptance of certain risks. Simulating both armed and unarmed attack situations can be physically demanding for both attackers and defenders. Occasional injuries such as bruises and sprains are to be expected.

However, it is the aim of YTJC and The Jiu Jitsu Foundation to ensure that so far as is reasonably practicable, training is carried out in a safe environment and manner. Suitable control and supervision must be exercised at all times.

Every student must ensure that they:

- Disclose to the club instructor any new medical condition, change in health status or injury that may affect or restrict their training.
- Inform the club of any change in contact details (including for emergency contacts).
- Keep finger and toe nails short and clean.
- Do not wear jewellery (including watches, friendship bands, etc.) whilst training. Any jewellery that cannot be removed (e.g. body piercings, tight fitting rings) should be appropriately covered with tape to ensure that it is not caught during training.
- Do not consume food or drink (including chewing gum) within the dojo. Diabetic jitsuka may keep a sugary drink by the tatami whilst training at the York Town dojo should they feel it necessary - but where possible this should be consumed outside the dojo.
- Do not smoke within the dojo.
- Do not smoke outside the dojo whilst wearing a gi (jiu jitsu uniform).
- Use only appropriate force when training and exercise restraint where required, especially when these involve techniques where joints are locked and/or where breathing may be restricted.
- Do not use full power kicks or punches to the head or heart whilst carrying out finishing off or weakening techniques.
- Maintain a high standard of personal hygiene.
- Keep their gi clean and in a good state of repair.
- Do not consume any substances with intoxicating or sedative effects (e.g. alcohol, medication) prior to training.
- Obey the rules of The Jiu Jitsu Foundation and the etiquette of the dojo.
- Apply for a licence to train within two weeks of joining the club.
- Maintain a valid licence - i.e. renew the licence each year.
- Follow the directions of the instructor or a nominated assistant (as determined by seniority) within the dojo.
- Immediately follow the advice of more senior students where it relates to safety.
- Draw to the attention of the club instructor anything that may affect the safety of yourself or other jitsuka.
- Do not engage in free practice without the presence of an instructor.
- Do not attempt techniques which you have not been instructed to attempt.
- Do not leave the mat or the dojo during training sessions without notifying the instructor.
- Do not carry sharp weapons in your training bags.
- Carry all weapons, particularly bokken, bo, jo, and katana in suitable cases and avoid the attentions of the public.
- Maintain any personal training equipment or weapons that may be used within the club such that they are only used when in good and safe condition.
- Prior to commencing training first ensure that any training partner is also prepared - observing dojo etiquette.
- Leave a suitable period between eating and the start of training.
- Maintain an even temperament throughout training respecting both their instructor and fellow students.

Failure to attend to these responsibilities may result in exclusion from one or more sessions.