



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DEDICATION STRENGTH FOCUS MARTIAL ARTS

## JUDO

Judo translates to “gentle way”. Meaning, you use the opponents weight and balance against them rather than forcing them in a direction. It is a sport, martial art and self defense that can be played by men and women, boys and girls of any age and size. Judo is considered a grappling sport and utilizes throws or “flips” to bring your opponent to the ground. On the ground Judo participants learn techniques such as holds, joint locks and chokes to subdue the opponent. Unlike other martial arts, Judo is not a choreographed set of moves and does not involve kicking or punching. Rather, Judo teaches it’s participants the use of maximum efficiency with a minimum of effort by using the opponents weight, balance and momentum against themselves. Judo is the most widely practiced martial art in the world and second most practiced sport behind soccer.

The Princeton YMCA Judo program has an open enrollment, meaning you can register/join at any time. We invite prospective students to observe a class and/or participate in a free trial class.

For more information contact [info@princetonjudo.org](mailto:info@princetonjudo.org)

### PROGRAM FEES

<b>Judo Junior &amp; Teen/Adult</b>	Full-Facility Member	Program Member
	\$85 per month*	\$100 per month*
<b>Intro to Judo</b> 8 week sessions	Full-Facility Member	Program Member
	\$63	\$94

**Walk-On Mat Fee** \$25 per class (Limited to 4 times/month)

\*Monthly fee remains the same regardless of how many times you attend that month. You have the option of registering for several months in advance, which requires a credit/debit card on file to draft each month’s fee on the 1<sup>st</sup> of that month. If paying by cash/check, you may sign up for a single month at a time within the first week of that month.



### MONDAYS WEDNESDAYS SATURDAYS

6:30-7:30pm Judo Juniors 7-12 year olds	6:30-7:30pm Judo Juniors 7-12 year olds	8:45-9:30am Intro to Judo 5 years - Adulthood
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7:30-9:00pm Teen & Adult 13 years & up	7:30-9:00pm Teen & Adult 13 years & up	9:30-11:00am Open Judo 7 years & up
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**Intro to Judo** is perfect for men, women, teens and children that are starting out in the sport. You will learn the basics of Judo and receive individualized instruction.

### CLASSES LOCATED IN THE YMCA SPORT COURT

**PRINCETON FAMILY YMCA**  
59 PAUL ROBESON PLACE  
[www.princetonymca.org](http://www.princetonymca.org)  
Updated 8/30/2017