

NAME OF ORGANIZATION

Fact Sheet

Organization: Roughrider Judo Club
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Activities:

Judo is a martial art. As such, it is ideal for self-defense training, but is also an Olympic Sport, great for general physical fitness, and teaches self-advancement and discipline.

Our regular Classes are for ages 13 and up, both men and women. We only meet once a week, but we do meet for 3 hours. It is recommended that younger participants take half-classes, as the evening gets quite late and attention spans of younger students become stretched. Regular classes are held year-round

Every June, our Introduction to Judo for Juniors is held twice a week for an hour-and-a-half long class each time. It is open to ages 5 through adult, and parents and families are invited to participate together. Classes are split for specific instruction suitable to their age and learning ability after general instruction.

Judo is a physical activity that is readily adaptable to almost every person's limitations or personal hurdles, so long as they are ready to learn, it can be taught, and the learning lasts a lifetime.

Title/Description/Group Size	Schedule	Cost
Regular Classes: age 13 and up. Introduction to Judo for Juniors: Age 5 through adult.	May thru January, Classes are Every Monday night, 7:00-10:00pm, at the Dickinson High School Wrestling Room at 979 13 Ave West, Dickinson, North Dakota. Feb. thru April, class times vary between Wednesdays and Fridays, dependent upon room availability, still at 7:00-10:00pm. Call for class days or visit the website. Juniors Classes every Tuesday and Thursday evening from 7:00-8:30 in June. Still located in the DHS Wrestling Room.	\$25 month for regular attendance. Half-classes are \$15 per month. Family discounts, discounts for children of US military personnel serving abroad, and Mentoring Program participant's discounts exist. A judo gi is not required to start or try classes, but is recommended if you stay in classes. Junior's Judo cost is \$15 for the full month, plus the use of a judo gi (uniform) is required. These are available to rent for \$30, with a return deposit of \$15 at the end of the class.

Joining or signing up:

--Regular classes may be joined at any time through the year. We encourage prospective students to attend a class and watch prior to joining, but that is not required. Inquiries may be made at class, by phone or through Email or regular mail.

--Introduction to Judo for Juniors classes for June is advertised in the Dickinson Parks and Recreation Spring/Summer Brochure and online at our website. Registration may be taken at any time up to one week prior to the start of class, which is the first Tuesday or Thursday of June (whichever comes first.). Register through the Parks and Rec signup day, by email, phone or mail.

Getting inside/moving around easily:

--Entrance to the DHS Wrestling Room is handicap accessible from the lower level East side parking lot.

--Watch class from the side of the mat

--participation in class is on an even, soft, level surface (wrestling mat).

Keeping your child safe:

--Judo is a physical activity. All students must be willing to learn, and to experience the minor aches and pains physical exercise of muscles and accidents may yield.

--Students are instructed repeatedly to only use martial arts amongst friends on the mat for learning, or in a true self-defense situation. Information provided to the Instructors proving otherwise from any party will, after investigation of the facts, result in their removal from instruction.

--Since Judo often involves throwing your opponent to the ground, the first thing all students learn is how to fall safely and minimize damage to their person—something useful for a lifetime!

--Parents of students are encouraged to watch from the side of the mat if they do not wish to participate.

Making it work for your child with special needs:

--Your Child must be willing to learn.

--Any medical condition should be explained to the instructors ahead of participation, so they may tailor instruction to that need.

--Any special items or equipment should be communicated to the Instructors ahead of participation, or furnished by the student and parent along with clear instructions on how and when to use it.

--few, if any, physical limitations prevent one from learning judo, if the desire is there. They can only slow ones speed of education, not halt it.

Making it work for the whole family:

--Judo is a lifetime activity, for those who desire to learn. This affects everyone around the student, for the duration of that life, or their interest. Families must be willing to support younger students through difficult times, and allow them to grow.

Helping your child fit in and make friends:

--Judo is inclusive yet also solitary. It must be studied with a partner, and in a hands-on, close quarter's manner. This encourages camaraderie and an understanding of other's needs and limitations. However, it can also be frustrating at times when that understanding is in short supply, or misunderstood. The longer you learn judo, the more you learn to understand another's needs. At the same time, Judo is an individual sport marked by an individual's growth. It does not rely on a team, or another person for advancement, only on the desire and will of the Student. So long as the student is willing to learn, there is room for them to grow and advance.