



Maryland National Capital Park and Planning Commission
Washington Metropolitan Association of Blind Athletes



Judo “try it” Clinic

Sunday, February 24, 2019

From 12 noon to 4pm

Presented in cooperation with: Maryland National Capital Park and Planning Commission, College Park Community Center, College Park Judo Club, Hui-O-Judo Beltsville, Shufu Judo Yudanshakai and the Washington Metropolitan Area Blind Athletes Association (WMABA)

Sanctioned by: USA Judo Sanction # 21072

Site: College Park Community Center, 5051 Pierce Avenue, College Park, MD 20740
(Located near the College Park/University of Maryland Metro stop on the Green line)

Event Director: Kevin Tamai, Godan, Hui-O-Judo Beltsville

Clinician: Lori Pierce – Para Olympic Silver medalist in Judo

Mail entry form, signed waiver to:

Kevin Tamai, 2973 Fox Tail Court Woodbridge, VA 22192

Online registration [Judo Try It Registration](#)

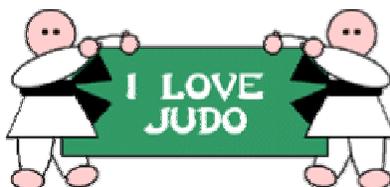
Information: For more information contact Kevin Tamai at 703-622-6861

If you need transportation assistance from the metro to the community center, please contact us.

This “Try it” event is targeted at our local blind and low vision friends in the Washington Metropolitan DC area. Please consider volunteering your time with MWABA or making a financial donation.

Come “Try judo” with us

We extend a personal invitation to you to come, experience, discover and enjoy the sport of judo. We encourage character development, achieving personal goals, improving fitness, developing proficiency, promoting sportsmanship and enhancing physical training. Judo is an Olympic sport founded by Dr Jigoro Kano in 1882. Judo, which is translated to “gentle way”, prescribes the principle of flexibility in the application of the techniques. This is the flexible or efficient use of balance, leverage and momentum in the performance of the techniques. Skill and timing are the essential ingredients for success in judo, rather than brute strength.



GO MWABA

The Metro Washington Association of Blind Athletes (MWABA) is a 501(c)(3) organization of blind athletes and their sighted peers who believe that recreational and competitive sports opportunities should be open to everyone, regardless of their ability to see. We hold programs for blind and visually impaired youth and adults from Washington, DC, Maryland and Virginia to discover new sports or practice familiar ones in an open and welcoming environment. Our mission also includes teaching blind athletes the physical techniques and body movements that they may not have had a chance to learn through physical education classes. We also share the best way to teach athletic and kinesthetic skills to the blind and visually impaired population with educators in our area. MWABA events are all about trying new things, meeting new friends, staying or becoming fit, and having fun! We support one another in achieving a fit and active lifestyle.

Judo is one of many activities that MWABA is a part of. Before learning to throw an opponent, or being thrown himself; the student is first taught the history, customs, and courtesies of Judo. The next lessons deal with the art of body protection (Ukemi, the art of falling without pain or injury); and the principles of balance. In addition to 40 throwing techniques, Judo includes: hold-downs, choking techniques, and armlocks... all of which can be safely used in contests of sport judo as well as self-defense. Adapting the sport to those with visual impairments simply requires participants to maintain contact while sparring.

Other activities MWABA provides:

Goalball is the only team sport specifically designed for the blind. It is played by men and women around the world, including in the Paralympics. MWABA launched its Goalball program in June 2015, by hosting a Goalball clinic at Trinity Washington University.

Yoga - Our Yoga program now meets regularly at Bluebird Sky. The studio is at 3101 12th St. NE, near the Brookland/Catholic University metro station. The instructors would like folks to sign up in advance if possible so they know how many people to expect, and you can do that by going to this link and selecting Eyes Free Yoga from the list of workshops. <http://www.bluebirdskyyoga.com/workshops-events/>
Get more flexible...develop muscular strength...take advantage of all the benefits that Yoga has to offer. Our volunteer instructors aim to provide excellent instruction for all of our visually impaired participants, and provide one-on-one help when necessary. These classes are open to everyone, but priority will be given to visually impaired participants. Please contact Karla Gilbride at karla.gilbride@gmail.com to find out when the next class will be held.

Tandem Cycling

We have rides on Thursday evenings from either the Bethesda or Eastern Market Metro stations. For more information contact Karla Gilbride at karla.gilbride@gmail.com.

Running Groups

In conjunction with the DC chapter of Achilles International, MWABA organizes weekly group runs/walks where blind athletes can partner with a guide and run, jog or walk outside for whatever distance is comfortable for them. To learn more about these group workouts, visit <https://www.facebook.com/AchillesInternationalDC/> or email irwin.e.ramirez@gmail.com.

We can be reached by phone, Monday through Friday, between 9:00am and 5:00pm.

Karla: (202) 631-2426 or Justin: (941) 585-9503

Visit our website at www.gomwaba.org

More about Judo

Dr. Kano felt that healthy social attitudes, as well as a sound mind and body, could be developed through the proper judo training. He stated this philosophy of Judo in the form of two maximums. The first maxim, “Maximum efficiency,” means that whatever one does, it should be with the optimal use of one’s mental and physical energy. In judo, you learn how to make the most effective use of both body and mind. The second maxim, “mutual welfare and benefit,” simply means that we should be considerate of and helpful to others. In Judo, the students quickly learn cooperate and help each other to advance in their training. This is basically the idea of give and take. This concept of cooperation can all be applied in our association with others in life. The final aim or goal of judo, as expressed by Dr. Kano, is self perfection or “the harmonious development and eventual perfection of human character.” Simply stated, the true goal of Judo is to make a person the best that they can be.”

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more. Judo was introduced into the Olympic Games in 1964 and is practiced by millions of people throughout the world today. People practice Judo to excel in competition, to stay in shape, to develop self-confidence, and for many other reasons. But most of all, people do Judo just for the fun of it. As in all sports, Judo has a strict set of rules that governs competition and ensures safety. For those who want to test their skills, Judo offers the opportunity for competition at all skill levels, from club to national tournaments, to the Olympic Games. There are separate weight divisions for men and women, and boys and girls. Judo is best known for its spectacular throwing techniques but also involves considerable grappling on the ground utilizing specialized pins, control holds, arm locks, and Judo choking techniques. Judo emphasizes safety, and full physical activity for top conditioning. Judo is learned on special mats for comfort and safety.

Judo is unique in that all age groups, both sexes, and most disabled persons can participate together in learning and practicing the sport. Judo is an inexpensive, year-round activity, that appeals to people from all walks of life. Many people over sixty years of age enjoy the sport, as well as very young boys and girls. Judo develops self-discipline and respect for oneself and others. Judo provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility. As a sport that has evolved from a fighting art, it develops complete body control, fine balance, and fast reflexive action. Above all, it develops a sharp reacting mind well-coordinated with the same kind of body. Judo training gives a person an effective self-defense system if the need arises.

Benefits of Judo for the visually impaired. While taking part in sports or competitions is a highly recommended pastime for everyone, such activities assume particular importance in the case of persons afflicted by physical or sensory handicaps. Far and above the inherent objectives of all physical and sporting activities, it represents for them, a means of escape from a sometimes sedentary existence and from the isolation often imposed by a disability. For blind persons and those with low vision, Judo can be instrumental in (re)attaining independence of movement and in developing physical capacities which permit better adaptation to everyday life. Blindness can cause certain motor problems such as difficulty in attitude integration and body-awareness (since sight is an important factor here); balance problems; problems with motor co-ordination; posture problems; and orientation difficulties. Apart from the numerous motor and physical qualities which Judo

helps to develop in people with normal health, it is perhaps, useful to mention the manner in which these are indispensable for blind people.

Falling: It is essential for a blind person to learn to fall in a suitable manner, since uncertainty of movement, due to blindness, often leads to painful falls. By learning secure positions, blind people can avoid accidents in everyday life.

Balance: This is a fundamental element of Judo and an indispensable factor for the blind. It helps to encourage the visually impaired person's integration in space.

Exercise: Just like sighted people, a blind child must learn to develop his or her physical capacities. He/she will then be able to know and control the body better. Improved control over the motor forces, such as strength, speed and agility, will provide a weapon to combat the consequences of blindness which can otherwise include a sedentary existence.

Kinesthetic sensations: It can be said without exaggeration that blindness does not constitute a serious problem for a Judoka. In practice, seeing persons do not look at their opponents during combat; they try to distribute their strength and adapt their behavior. A blind person is, therefore, not impaired in the discovery of these physical sensations or in their refinement. It is the perception of the strength and behavior of the opponent which induces the choice of the appropriate reaction. Sight does not play a preponderant part in this process.

The psychological sector: It is sometimes necessary to reduce the impact of a visual impairment in order to obtain:

Autonomy: Judo teaches blind people to take the initiative without risk. Blind people learn to manage without the special assistance of other people. This encourages self-assurance in everyday life allowing them to take calculated risks. Blind people quickly learn to find their bearing (space, time) in judo training and to move around with self-assurance.

Motivation: Judo is attractive because it permits blind people to measure themselves on an equal basis with seeing people. Blind athletes can participate officially in the competitions organized by the International Blind Sports Association and its member countries, as well as all tournaments for the sighted. They can attain the same ranks and titles as seeing people. All these factors contribute to self-assurance in their physical capacity, which forms a counter-balance for their visual impairment.

The social sector

The battle against isolation: A disability of any description often entails isolation and a sedentary existence. Membership in a sports organization provides the opportunity to get out of special schools, to meet other people and measure against them on an equal basis.

Respect for rules and for other people: Blind people are often suspicious of their environment and even avoid contact which could be a source of insecurity. This is why motivating, physical activity can reduce the obstacles, facilitate contact with other people and promote integration with the world of the seeing.

Sportsmanship: As with sighted students, visually impaired individuals learn through their participation in sports all the values of good sportsmanship. Judo in particular has a character building component that stresses the development of a strong ethical code.

For more information about participating in competitive sports with a visual impairment contact gomwaba.org

We can be reached by phone, Monday through Friday, between 9:00am and 5:00pm.

Karla: (202) 631-2426 or Justin: (941) 585-9503

Metropolitan Washington Association of Blind Athletes



Judo "Try It" Clinic Entry Form



Sanctioned by: USA Judo # _____ Payment: Cash/Check/MO
Clinic Director: Kevin S. Tamai Check # _____
Amount: _____

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____ - _____

Phone Number: (H) _____ - _____ - _____ (W) _____ - _____ - _____

Email: _____

Age: _____ Date of birth: ____/____/____ Sex: M F

If assistance/accommodation is needed (check the appropriate box):
 Vision Loss/Blindness Hearing Loss/Deafness Other _____

Type of assistance/accommodation requested or name of person assisting: _____

**You MUST read and sign the waiver.
Entries will not be accepted without a signed waiver.**

WARNING!

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., Maryland Judo, Inc., Virginia Judo Inc, Beltsville Community Center, Maryland National Capital Park and Planning Commission, College Park Community Center, College Park Judo Club and the Hui-O-Judo Club**, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Shufu Judo Yudanshakai, Inc., Maryland Judo, Inc., Virginia Judo Inc., Beltsville Community Center, Maryland National Capital Park and Planning Commission, College Park Community Center, College Park Judo Club and the Hui-O-Judo Club**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant

Participant's Signature

Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Legal Guardian

Parent/Legal Guardian's Signature

Date