

Zen Judo Family Objectives

All members are deemed to accept the objectives of the **Zen Judo Family**, which are:

1. To develop the spirit and practice of **Zen Judo** along traditional lines
2. To demonstrate that **Zen Judo** is beneficial both mentally and physically
3. To promote the skills and abilities of **Zen Judo** without the application of unnecessary force or strength
4. To promote friendship and co-operation between all members of the **Zen Judo family**

The Zen Judo Family is a non profit organisation established for the purpose of teaching Zen Judo.

Any charges made by The Zen Judo Family are purely to cover the cost of running the club and grading. In the event of a club closing, any remaining funds will be distributed to other none profit making Judo Clubs.

The Custodians of Zen Judo

Richard McCarthy

Valerie Churchill

Adrian McCarthy
Treasurer

Peggy McCarthy
Secretary

Phil Watts

Tracy Collins

Richard Wells

John Robertson



Grades

Grade	Belt	Minimum	Normal
6 th Kyu	White	8 Sessions	Open
5 th Kyu	Yellow	20 Sessions	Open
4 th Kyu	Orange	30 Sessions	50 Sessions
3 rd Kyu	Green	50 Sessions	75 Sessions
2 nd Kyu	Blue	8 Months	12 Months
1 st Kyu	Brown	12 Months	12-18 Months
1 st Dan	Black	12 Months	12-18 Months
2 nd Dan	Black	12 Months	2 Years
3 rd Dan	Black	2 Years	3 Years
4 th Dan	Black	3 Years	5 Years
5 th Dan	Black	5 Years	7 Years
6 th Dan	Red/White	7 Years	9 Years
7 th Dan	Red/White	9 Years	12 Years
8 th Dan	Red/White	11 Years	15 Years
9 th Dan	Red	13 Years	18 Years
10 th Dan	Red	15 Years	21 Years

Note:

The above grid should only act as a guide not a rule.

Promotion to the next grade is dependant upon the student's ability, fitness and minimum time in grade. This will be at the discretion of the chief instructor of their club.

Dan Grades

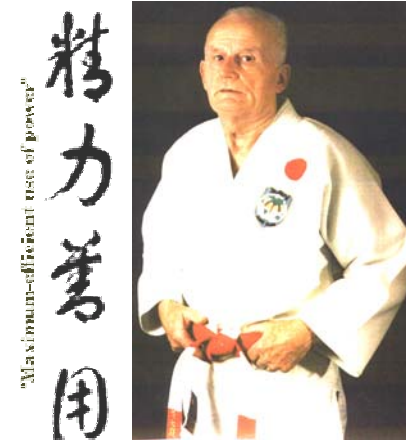
1. Dan Grade certificates awarded to Black Belts remain the property of the Custodians of Zen Judo. These must be returned on request if the member allows their membership to lapse, or does not conform to the rules of the Zen Judo Family

Teaching

1. Any member accepting the grade of Blue Belt or higher, will do so on the understanding that they are accepting an obligation to assist their Chief Instructor in passing on their knowledge, in particularly, to junior members.
2. Brown belts will be expected to assist with both Teaching & Grading (5th & 4th Kyu only).

ZEN JUDO FAMILY

Membership Rules



Sensei McCarthy 8th Dan
Founder of The Zen Judo Family

As instructed by

Sensei Dominick McCarthy 8th Dan

Subsequently amended by the
Custodians of Zen Judo
1997
2007



Standards of Dress

1. All Grades are to wear clean white Judogi.
2. Belts will be tied correctly and knot positioned forward centre.
3. The Zen Judo Family badge will be the only badge that may be worn. It will be worn on the left lower portion of the jacket below the belt. Dan grades may also wear the Japanese flag badge above the Zen Badge.
4. No jewellery / body piercings, watches, rings, bracelets or neck chains are to be worn on the mat. Where a flat wedding ring is difficult to remove, it must be covered with a plaster.
5. No top clothing is to be worn under the judogi, except in exceptional circumstances. Women and girls may wear white T-shirts. If socks have to be worn they must be white.

Hygiene

1. Hands, feet, nails hair, body and Judogi must be clean and neat.
2. Sandals must be worn when off the mat.
3. There will be no smoking in the dojo, nor will food or drink be permitted.

Etiquette

1. Whenever a member of the Board of Custodians or any Zen 4th Dan or higher visits a club and steps onto the mat, the players will be brought to a stop and will all Rei to the visitor (providing the visitor is of a higher grade than the highest grade currently on the mat).
2. Visiting senior grades must not interfere with the running of individual clubs.
3. Members will always Rei (bow) on the following occasions:
 - On entering or leaving the Dojo.
 - Stepping onto or leaving the mat.
 - To your partner at the start & finish of Standing Practice, Randori or Shiai.
 - Before addressing a custodian or a senior grade.

4. When adjusting Judogi members will always sink onto the left knee.
5. There will be no unnecessary talking. The dojo is a place of study.

Practice

1. During Randori – movement should be relaxed, and techniques applied without strength. One must not move against blocks applied during Randori.
2. During Randori, the senior grade should permit the junior grade reasonable opportunity to apply techniques and must exercise care and control when throwing.
3. No half sacrifices to be applied to white/yellow belts and No full sacrifices to be applied to any grade below green belt.
4. Green belts and above may be thrown over the body, providing this is mutually acceptable.
5. White belts must not be lifted during Randori, they should be thrown by the application of blocks only.
6. Armlocks and strangleholds are only taught to seniors from 1st Kyu upwards, and may be used only if permission has been given prior to Randori / Shiai by the Chief Instructor.

Syllabus

1. Copies of the official syllabus for the Zen Judo Family will be provided for all instructors.
2. The syllabus has been carefully structured to give members a gradual introduction to Judo.
3. Instructors are not to take it upon themselves to teach any Techniques or Skills not included within the Zen Judo Family Core syllabus.
4. Any additional techniques outside the **“ZJF core syllabus”**, will be taught at the discretion of the club's chief instructor and **must not be taught as part of the “ZJF Core syllabus”** or used at other clubs without permission.

Membership

1. An annual membership fee is payable on 1st September at a level decided by the Custodians. This fee is also payable on being graded to yellow belt (white belts do not pay any formal fees, but do need to pay for mat insurance).

2. Membership runs from 1st September until 31st August. Players joining in June/July/Aug may pay a reduced rate as determined by the Custodians.
3. Junior members are aged up to 14 years.

Affiliated Clubs

1. The custodians may at their discretion, permit clubs other than Zen clubs to affiliate to the Zen Judo Family, and appoint Zen Judo instructors as required. Affiliated clubs are required to fully adhere to the rules and conditions printed within this document.

Gradings

1. Grading to Yellow/Orange belt may be conducted at any time within the members club (a senior 1st Kyu or above may conduct these gradings).
2. Green; blue; brown belt gradings will be held at the nominated dojo. Under the guidance of the most Senior Dan grade. Such gradings will take place as required and students are at liberty to attend any grading providing their Club Chief Instructor gives approval.
3. Gradings from Brown to Black will depend on the individual having satisfactory instructional experience.
4. Gradings to 1st Dan will be held at least once a year at the nominated dojo, by the most Senior Dan grade of at least 4th Dan rank.
5. Members may be invited to take part in gradings when they meet the grading criteria. These criteria may be varied by the most senior Dan grade in exceptional cases.
6. Gradings to 2nd Dan will include the Nage No Kata and to 3rd Dan the Katame No Kata, and will be a formal grading.
7. Grading to 4th Dan and above will be by Custodian nomination and individual cases will be discussed at the Custodian Meetings

Grading Costs	
▪ White to Yellow	N/C
▪ Yellow to Orange	N/C
▪ Orange to Green	£10
▪ Green to Blue	£10
▪ Blue to Brown	£15
▪ Brown to Black	£20