



INSTRUCTIONS FOR THOSE BEGINNING THEIR JUDO HOBBY

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Judo is a martial art where you are constantly in contact with another judoka. That is why it is important to take care of your own hygiene.

Here are some basic instructions that apply to all judokas.

AT HOME, BEFORE GOING TO THE JUDO GYM (dojo):

- remember to drink water during the day, because it takes a long time for water to be absorbed by the body – during training you can drink a little water when the coach gives permission
- go to the toilet so that you no longer need to during the exercises
- make sure that the judo suit is clean and intact
- girls wear a t-shirt under their judo jacket, boys do not unless there is a special need (e.g. eczema) and then the matter is agreed with the coach
- take care of your own cleanliness
- check that your nails are short, long nails may hurt the other
- long hair is plaited and secured with a rubber band only, all kinds of hair pom poms, pins and headbands are prohibited, as they can harm you or your partner
- make-up, jewelry and perfumes (strong deodorants or perfumes and aftershaves) are not used on tatami!

ALWAYS TAKE PART IN EXERCISES:

- clean and undamaged training clothes, for example sweatshirts at first
- a towel for drying the feet (feet are always washed before going to the tatami)
- clean, easy-to-wear socks or zori or sandals, because you never walk barefoot outside the tatami (judo mat)
- happy and excited mind ;-).

BEFORE GOING TO TATAMI:

- the judogi outfit is changed IN THE DRESSING ROOM, NOT AT HOME (this way dirt and mud from the outside does not get on the tatami)
- wash your feet carefully, just watering is not enough.

If you or your guardians have any questions, please contact the group leaders.

Group leaders and coach 2023-2024:

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Welcome to the tatami!