

Judo – the world's most popular combat sport

Judo is first and foremost a martial art. Judo includes throws and when fighting on the mat, bindings and other techniques leading to submission. Judo can be practised hard but also soft, and it is suitable for enthusiasts of all ages.

Judo is the most popular martial art in the world. About 200 member countries belong to the International Judo Federation (IJF). There are about 120 judo club in Finland and a total of about 12 000 enthusiasts.

Judo developed into its current form in the 1880s, when the sport's developer Jigoro Kano modified the old Japanese fighting skills into a form of exercise where one could compete without harming the opponent. Judo activities began in Finland in the 1950s and in Porvoo in 1971. Judo was chosen as an Olympic sport at the Tokyo Games in 1964.

Judo equally develops endurance, strength, speed flexibility as well as balance and agility. One of the goals of judo is for the mind to control the body as well as possible.

Competing is the best way to find out if the practiced techniques and self-control also work in a real situation. In a judo match, the aim is to throw the opponent onto his back as much force as possible. A tie lasting 20 seconds also bring the win.

No one is eliminated in judo. Thanks to the belt system in use, you can compete yourself and aim for the top, i.e. black belt.

A good judoka knows how to behave, restrains and controls both her/his mind and body.

Shirokawa (castle by the river) was founded in 1971 and it is a member club of the Finnish Judo Federation.

There are six groups working in our club. More detailed information on the page: www.shirokawa.com

in English



SHIROKAWA RY
judo in Porvoo!

www.shirokawa.com



Registration: www.shirokawa.com

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Ilmoittautuminen - Anmälning - [Registration](http://www.shirokawa.com)



The goal of basic course is to teach the basics of judo.

Rehearsals for the children's course begin on the Thursday, August 28. The course ends in spring-winter with the yellow belt exam. However, the exercises will continue until the summer.

Registration is done electronically on Shirokawa's website.

In September everyone also logs into Suomisport and buys Judoliitto licence there 1.8.2026-31.7.2027. **Detailed instructions on licence payment can be found on Shirokawa's homepage.**

The training place is the Shirokawa dojo (hall) at Pajatie 5.

Practices on Tuesdays and Thursdays at 17:15-18:30.

The children's course does not have exercises during school holidays:

- during the school autumn vacation (week 42)
- during Christmas vacation and winter vacation (week 8)

After completing the yellow belt, the judoka can participate in all training sessions of the club and as a member of Judo Federation she/he is also welcome to the training of any club -> adults continue as normal with other adults and children move on to a continuation course.

During the course, we learn the basics of judo:

- species-specific behaviour and customs at the dojo
- ukemi (correct way to fall down on tatami)
- the main principles of judo
- the techniques included in the yellow belt exam.

Along you need:

- a towel, before going to the tatami the feet are always washed
- clean sandals or zori that are worn outside the tatami (mat) to keep tatami clean
- judogi (if any) or tracksuits without zippers or buttons on the legs
- after a few times judo suits (judogi) are ordered
-> a few times we practice lightly and everyone has the opportunity to get to know judo first, before making a decision.

White judogi is used in training, the blue judogi is used only in adult and youth rank competitions.

Before entering the dojo (hall):

- wash your feet carefully and put on sandals
- take off the watch and jewelry; hair tied with a soft hair ring, no buns or pins – also no perfumes and make up
- greet those in the dojo by bowing at the door of the dojo
- leave your sandals on the edge of the tatami and step onto tatami (when entering the tatami, greet others by bowing).

What does it cost to start judo?

Aktia Porvoo	IBAN: FI59 4050 1940 0207 86
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- **Course fee 255 €**
(other course participants from the same family 205 €).
The price includes:
 - o teaching by experienced and trained coaches
 - o yellow belt exam at the end of the course
 - o a judo passport and yellow belt after successful completion of the test
 - o Shirokawa's membership fee 1.9.2026-31.8.2027.



Course fee with a personal reference number will be sent by post in September-October.

- Course participants log into Suomisport themselves during September and buy a **Judoliitto licence**, through which they also get INSUCANCE and permission to train, compete and achieve a yellow belt. INSTRUCTIONS ON THE SHIROKAWA WEBSITE.
- **Judogi** (judo suit) is necessary, they are purchased together, in which case the price for children will be 50-60 €, depending on the size. You can probably pay for a used judogi in good condition around 20 euro. We use only **white judogi**.

The instructor responsible for the course is:

Ari Laakso mobile 040 766 2213

See you on the tatami mat!