

Building a better society



Judo for Children





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Worldwide millions of people in more than 200 countries practise judo. Because of its formative character, judo represents more than merely a contribution to physical development. Judo stands for cooperation, respectfulness and values and has the power to educate, shape and teach. This makes Judo very suitable to be taken up at an early age.

IJF Judo for Children Commission

The Judo for Children Commission is convinced that judo is an indispensable factor in the education of 5 to 12 - year old children. The commission will dedicate itself to making sure that judo becomes a fixed element on the exercise curriculum worldwide.



We intend to do so by

- Stimulating a structural and worldwide offer of judo for (primary school) children during and after school hours;
- Strengthening the cooperation between schools and judo clubs at a national level;
- Strengthening the image of judo;
- Creating local heroes for young people;
- Supporting children in their personal development and social performance;

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Building a better society strives for a society in which everyone will be accepted and tolerated and in which people can get the maximum joy out of life and can realise their dreams. Sport in general and judo in particular can provide a contribution that is invaluable to the younger generations in general and to society in particular. The IJF Judo for Children Commission is convinced that society would improve if people had practised judo for some time during their lives.

Worldwide programs

A large number of initiatives are developed under the flag of the IJF programme.

Some examples



Schooljudo.nl;

a Dutch initiative, one of its founders is judo world champion (-60kg) Ruben Houkes. Every year over 17,500 children practise judo under this programme, which aims to put across the values of judo to youngsters. www.schooljudo.nl

Mala šola juda;

a Slovenian initiative, created and developed by Saso Sindic. In the program there are currently 1.100 judokas training in 52 schools in Ljubljana and the suburbs (max 50 km from Ljubljana). There are 9 professional trainers employed in the program and around 25 students on a part time job.

Support

Together with national federations we want to promote the Judo for Children Programme and organise high-quality judo programmes at a national level.

National federations can get support from the Commission when it comes to:

- | | |
|--------------------|--|
| ○ Organisation | ○ Training courses for trainers |
| ○ Look & Feel | ○ specialised in training young people |
| ○ Teaching modules | ○ Applications for subsidies |
| ○ Judo materials | ○ Marketing and communication |

Let's join forces!

Periodically the JFC will organise a seminar with the aim of exchanging experiences and joining forces. Does your federation intend to set up and develop school programmes or local programmes? Are you already involved in similar programmes? You can reach the IJF Judo for Children Commission at children@ijf.org.

Programmes that are already in place and have proved to be successful can qualify for the IJF JFC quality mark.

Contact

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