



Burnaby Judo Club
Bonsor Park Complex
6550 Bonsor Ave. Burnaby

Email: club.admin@burnabyjudoclub.ca

Attention Grades 1 to 4!

Judo is coming to St. Jude School.

Burnaby Judo Club is pleased to offer an Intro to Judo Camp during the Spring Break at St. Jude School. NO EXPERIENCE REQUIRED. This intro camp is only offered to students in Grades 1 to 4. *Registration link will be sent via the school newsletter.*

What is Judo?

Judo is a martial art founded in Japan, which has evolved to an Olympic sport. In Japanese, judo means the “gentle way”. Judo is based on the principle of maximum efficiency with minimum effort. At its core Judo aims to teach how to subdue an opponent without injuring them by using their strength against them. Judo also teaches skills beyond the mats by adhering to a moral code.

Judo’s moral code:

- Courtesy
- Politeness
- Courage
- Friendship
- Honour
- Modesty
- Respect
- Self Control

Why Should Your Child Learn Judo?

Judo is a fun sport where boys and girls of all sizes and abilities can train together. Judo helps to improve physical literacy, balance and co-ordination. Learning how to fall properly and efficiently is emphasized from day 1, which will help your child avoid injuries not only in judo but in any activity.



When is the Camp?

Camp Week 1: March 16th to March 20th

Camp Week 2: March 23rd to March 27th

All camps run Monday to Friday from 9:00am to 12:00pm in the school gym.

Drop off: 8:45am to 9:00am. (Please allow time to change into the judo uniform)

Pickup: 12:00pm to 12:15pm.

What is required?

Judo uniforms will be provided. Please bring a water bottle and wear sandals/flip flops.

Who will be running the camp?

There will be a number of instructors, who are NCCP certified. Trained First-Aid Staff will also be present. The head instructor or sensei is Jeremy Le Bris. He is currently the Sport Development Director and provincial coach of Judo BC. Jeremy has a decorated competitive and coaching career that started in France. He coached numerous athletes to dozens of individual medals and team medals at the French Championships and various International competitions. Before joining Team BC Jeremy work as the head coach for Canada’s Women’s National Team from 2013 – 2015. In his 2 years with Judo Canada he successfully coached athletes to numerous international medals including 3 gold’s at the Junior World Championships. Jeremy has a Sport and Exercise Science Degree from France and is a NCCP Level 4 coach.

Our female sensei is Cynthia Tan. She was a Canadian National Team member for more than 10 years (1992-2003) and holds many Championships titles nationally and internationally, most notably for winning Gold at the Pan American Championships. She is a NCCP Level 2 certified coach and is working on her Level 3. Cynthia currently coaches and helps develop Judo BC’s High Performance and Elite Team. She can often be found travelling with the HP team. Her next adventure is on Feb 19th where she leads a team of judokas to BC Winter Games at Fort St. John.

