

## GETTING STARTED

To get started, you will want to join YMCA using membership that best suites your needs and goals.

**The first two classes are FREE!**

You will also want to join the USJA. Most clubs, clinics, seminars and tournaments will not let you practice judo unless you are a member. USJA membership protects everyone's interests and helps you to receive a full credit for your training towards your Judo rank promotions.

You may also want to purchase a Judo uniform (Judogi) as soon as you start training. They are inexpensive and will last a long time.

Meetings of the Adult Judo Club are held throughout the year. New participants are welcome at any time.

Youth classes are offered September through June according to YMCA program terms.

## SCHEDULE OF CLASSES

Tuesday, Thursday 7:30 PM – 9:00 PM  
Adults

Saturday 9:45 AM – 10:45 AM  
Children (Beginners)

Saturday 10:45 AM – 12:00 PM  
Children (Advanced) & Adults

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### Northern Middlesex YMCA

99 Union Street  
Middletown, CT 06457  
Phone (860) 347-6907

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[www.Middletown-Judo.com](http://www.Middletown-Judo.com)

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**You Tube**

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# JUDO



# WHAT IS JUDO?

*"Judo is the way to use most efficiently one's mental and physical strength."*

Professor Jigoro Kano, the founder of Judo (1860-1938).

Judo is practiced and enjoyed by children, men, and women of all ages. Judo is many things to different people. It is a sport, an art, a discipline, a recreational or social activity; a keep fit program, a means of self defense, and a way of life. It is to some extent all of these, but to most participants, it is an Olympic sport.

Judo became a part of Olympic Games in 1964 and since then it is a second most popular sport in the world.

## **Middletown Judo Club is founded in 1961.**

The YMCA Judo instructors combined experience totals more than 100 years of teaching all age groups. The programs offered at the YMCA are based on step by step approach that makes Judo possible for non athletic individuals as well as those already active in sports.

Promotions from White Belt to Black Belt.

# JUDO

*"The Gentle Way"*

## INSTRUCTORS

**Louis LaPila** - *Head Instructor (Sensei).*

6<sup>th</sup> Degree Black Belt in Judo.

5<sup>th</sup> Degree Black Belt in Jujitsu.

2 Times New England YMCA Champion.

1<sup>st</sup> Place at the 1967 AAU Olympic Development Program.

2<sup>nd</sup> Place at the 1967 Connecticut Judo Championship.

1<sup>st</sup> Place at the 1968 Connecticut Judo Heavyweights Invitational.

World Martial Arts Hall of Fame Inductee.

Middletown Sports Hall of Fame Inductee.

**Pasha Shaposhnikov** - *Assist. Head Instructor.*

4<sup>th</sup> Degree Black Belt in Judo.

3<sup>rd</sup> Degree Black Belt in Jujitsu.

2<sup>nd</sup> Degree Black Belt in Taekwondo.

Former member of the Soviet National Junior Judo and Sambo Team.

Former Latvian National Judo Champion.

1<sup>st</sup> Place at the 2004 Nutmeg State Games Judo Championship and 2<sup>nd</sup> Place in 2008.

**Chase Cutler** - *Assistant Instructor.*

4<sup>th</sup> Degree Black Belt in Judo.

3 Times Connecticut Senior Champion.

Former Member of the CT Judo Team.

2<sup>nd</sup> Place at the 1997 US Master National Judo Competition and 3<sup>rd</sup> Place in 1996.

1<sup>st</sup> Place at the 1993 Am-Can International Judo Challenge; 2<sup>nd</sup> Place in 1994 & 1999.

## JUDO TRAINING

Judo training can develop a competitive spirit and a feeling of confidence in a variety of situations. Judo develops self discipline and respect for one's self and others.

Regular Judo training can improve an individual's aerobic capacity, speed, power, strength, agility, and flexibility. Judo utilizes virtually every muscle of the body and is an excellent overall conditioner.

For those who compete, Judo is both a challenging and a rewarding sport. For those not interested in competition, Judo provides for an enjoyable keep fit or recreational activity that emphasizes fun with safety.

Judo training gives a person an effective self defense system if the need arises.

Finally, Judo training teaches a person how to fall safely without injury, which is a skill that is unique to Judo. This is a useful skill in everyday life.

We hope that you have lots of fun playing Judo and enjoy the sport as much as we do.

**For more information go to  
[www.Middletown-Judo.com](http://www.Middletown-Judo.com)**

**or**

**[facebook.com/MiddletownJudoCT](https://facebook.com/MiddletownJudoCT)**