

**Become a
Judo Supporter
Black Belt!**

**JUDO
BC**

A group of children in white judo uniforms (gis) are gathered together. In the foreground, a young boy is wearing a blue gi with a yellow and red belt. The text "Judo: the Gentle Way" is overlaid in white on a black, cloud-like shape. A red circle is visible in the bottom left corner.

Judo: the Gentle Way

What is Judo?

Judo is a sport and martial art that is practiced by an estimated 20 million people worldwide (International Judo Federation 2020)

Judo is a modern martial art and combat sport that originated in Japan. It was developed by Jigoro Kano in the late 19th century as a physical and mental discipline. The word “judo” translates to “gentle way” or “way of flexibility” in Japanese, reflecting its emphasis on using an opponent’s strength and movements against them.

- Judo is an Olympic sport (Canada has won 8 Olympic medals + 1 Paralympic medal)
- Judo promotes personal development and character building
- Judo emphasizes discipline, respect, and mutual benefit, with an emphasis on mental and physical fitness
- Judo training is beneficial for self-confidence, coordination, balance, and overall fitness
- Judo combines physical techniques, strategy, and a philosophical approach, resulting in self-defense skills, physical fitness, and personal growth



Judo's Objectives & Principles



— OBJECTIVES —

**Personal development
through the sport's values
and principles**



— PRINCIPLES —

**Maximum efficiency
with minimum effort**



— PRINCIPLES —

**Mutual welfare
and benefit**

Judo Moral Code

01

Courtesy

To be polite to others.

02

Courage

To face difficulties with bravery.

03

Honesty

To be sincere with your thoughts and actions.

04

Honour

To do what is right and stand by your principles.

05

Modesty

To be without ego in your actions and thoughts.

06

Respect

To appreciate others.

07

Self-Control

To be in control of your emotions and actions.

08

Friendship

To be a good companion and friend.



Judo BC: the Organization

What is Judo BC?

Judo BC is a not-for-profit society that governs and supports judo in British Columbia

Through leadership, programs, and activities, in cooperation with its member clubs and its partners, Judo BC promotes, supports and develops Kodokan Judo as a sport, martial art, self-defense, recreation, fitness and health activity, and as a way of life.

“If there is effort, there is always accomplishment.” - Jigoro Kano,
Founder of Judo



Learn more: JudoBC.ca, JudoBCKids.ca, JudoCanada.org, IJF.org

Judo BC values mutual welfare and benefit, maximum efficiency and cooperation

- Strive for fair play, integrity and personal excellence.
- Demonstrate respect for self and others.
- Practice excellence in service through all facets of the organization.
- Support equality and fairness for all members.
- Ensure equity and access in programs and services.
- Maintain open communication with members and partners.

Judo BC in Numbers

3300

Members - we have more members than pre-Covid and the most in our 60 year history in 2023

47

Clubs

Gold

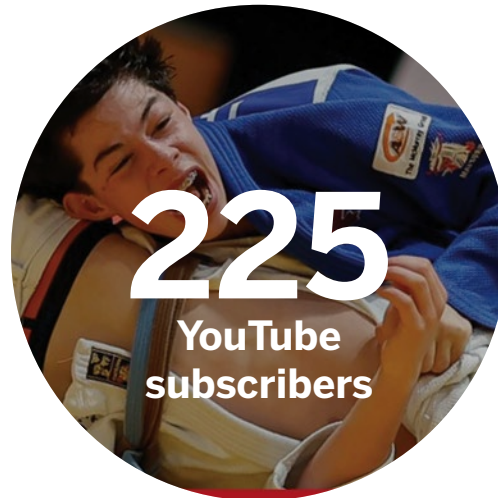
Judo BC Team Member, Lowan Le Bris places first in -66kg Cadet, a gold medal at the 2024 Panamerican and Oceania Championships for Canada

Judo BC Team Member, Leanna Au places first in -57kg Cadet, a gold medal at the 2023 Panamerican and Oceania Championships for Canada

40+

Podium finishes for Judo BC Team Members in International competitions for Canada during the 2023-2024 season

Judo BC in Numbers





Why Are We Asking For Support?

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Our only source of government funding, from the BC Government, has remained stagnant for the past 12 years, without any adjustments for inflation.

Our provincial association is predominantly run by volunteers, with only 2.3 staff and 50 key part time volunteers serving as board and committee members.

Inflation is significantly impacting our ability to offer programs at affordable rates for most families and individuals.

“Without increased support from businesses and the community, we won’t continue to thrive and sustain our growth.” - Katie Thomson, Judo BC Executive Director





Go Mi'guel Go
get their butts
to the ground

Why Should You Become a Supporter?

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“It is not important to be better than someone else, but to be better than yesterday.” - Jigoro Kano, Founder of Judo

Your support fuels sustained growth for Judo in your area.

Judo positively contributes to society and cultivates a healthy, cooperative and interconnected community.

Judo’s inclusivity, diversity and moral code promotes values that lead to well-adjusted, thriving individuals.



Judo is Good for Everyone

ABC's

Judo teaches: ABC's - agility, balance, coordination, and speed.

Judo develops athleticism, body awareness and body positivity.

Safe

Judo is safe.

Judo teaches how to fall without getting injured, teaches self-defence, reduces bullying, and builds confidence.

Inclusion

Judo's inclusive nature and adaptability make it accessible to everyone, regardless of their physical attributes or skill levels.

Judo is an exceptional martial art and sport that holds immense benefits for people of all ages, sizes, and backgrounds.

Diversity

Judo has the ability to foster diversity and inclusion within its community.

People from various ages, ethnicities, genders, and abilities come together to learn, train, and compete, creating a rich tapestry of individuals united by their love for the sport.

Judo is Good for the Community



Judo encourages individuals to give back to their community by helping others, volunteering and passing on the values and principles of judo.

“Nothing under the sun is greater than education. By educating one person and sending him into the society of his generation, we make a contribution extending a hundred generations to come.” - Jigoro Kano, Founder of Judo



Judo is Good for Businesses

The values and principles of Judo help to create healthy and productive employees, provides guidance and goals to kids, help keep youth off the streets and educates participants on how to be a better human being.

“The purpose of the study of judo is to perfect yourself and to contribute to society.” - Jigoro Kano, Founder of Judo

Judo teaches the following life skills that make for employable people:

- Time management
- Prioritizing and productivity
- Work ethic and initiative
- Independence and personal management
- Teamwork
- Communication and learning
- Leadership
- Resiliency
- Coachability
- Integrity and ethics
- Adaptability
- Critical thinking and problem solving





**Where Will
Your Support
Go?**

Where Will Your Support Go?



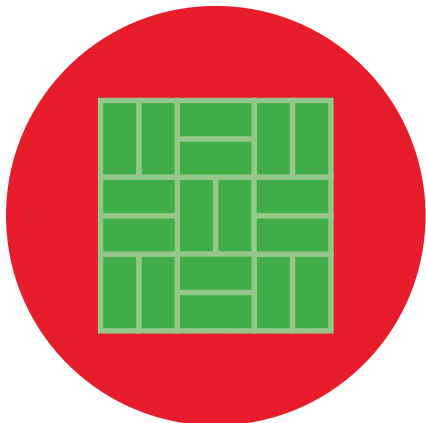
1. Programming

Local + Regional Programs:
School programs, Team BC
Next Wave, Petit Samurai



2. Travel

Supporting the high costs
of travel to competitions
for our top athletes



3. Equipment

Purchasing equipment
to increase our program
capacity



4. Leadership

Developing the leadership
with staff, coaches,
instructors, and athletes



How Can You Become a Supporter?

How Can You Become a Supporter?



Make a donation



Volunteer your time



Become a sponsor



**Share this information with
business owners you know
and family and friends**



**Help set up an introduction
to judo program or event at
a local school**

Become a Judo Supporter Black Belt!



White Belt

Make a donation of \$50



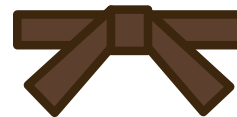
Blue Belt

Make quarterly donations of \$250



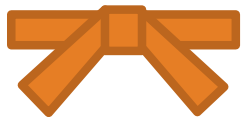
Yellow Belt

Make a donation of \$100



Brown Belt

Make quarterly donations of \$500



Orange Belt

Make a donation of \$250



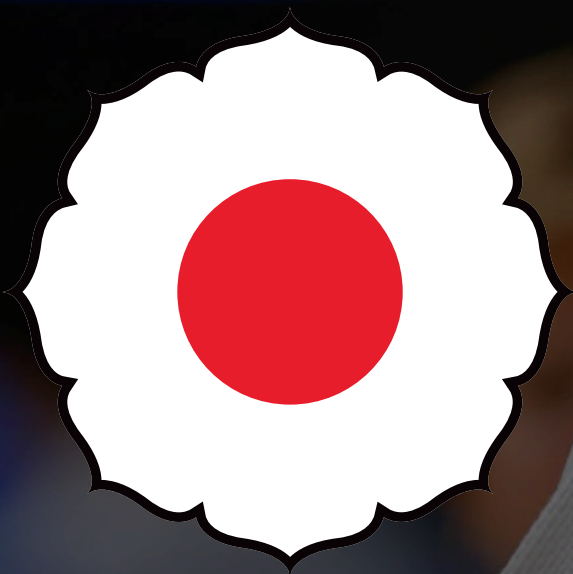
Black Belt

Make quarterly donations of \$1500



Green Belt

Make a donation of \$500



**JUDO
BC**

judobc.ca