



## Who are we?

We are a sports club dedicated to the Japanese martial art Judo.

Since the foundation of the club in 1962, we have been practicing our sport together and today we have about 230 members, of which about 70% are children and teenagers.

## What are we doing?

The focus of training is aimed at popular sports. However, we also offer support to competition-oriented judokas, appropriate offers according to the training plan.

In addition, we are active organizers of tournaments. Well known and popular are our two big youth tournaments "Rurauen-Cup" and "Muttkrate-Turnier", which we have organized for many years.

Away from the judo mat there is a gymnastics group, an annual vacation trip for children and young people, a summer party, a judo weekend and much more.

## How to get in touch with us?

The easiest way to contact us is to use the contact form on our website.

[www.juelicher-judoclub.de/kontakt](http://www.juelicher-judoclub.de/kontakt)

## Contacts

1. Chairman: [1.vorsitzender@juelicher-judoclub.de](mailto:1.vorsitzender@juelicher-judoclub.de)
2. Chairman: [2.vorsitzender@juelicher-judoclub.de](mailto:2.vorsitzender@juelicher-judoclub.de) phone: 0175 1819145
- CEO: [geschaeftsfuehrer@juelicher-judoclub.de](mailto:geschaeftsfuehrer@juelicher-judoclub.de)

→ or just drop by at the training ←

## Training opportunities

Day	Time	Participant	Trainer
Tuesday	16:00 - 17:00	Playing Judo 5 - 7 years	G. Jongedyk
	17:00 - 18:30	Beginners 6 - 10 years	G. Jongedyk
	18:30 - 20:00	White-yellow belt and higher 6 - 17 years	L. Fürst
	20:15 - 22:00	Gymnastics, fitness	H. Brendt
Thursday	16:00 - 17:30	Beginners 6 - 10 years	D. Scherer
	17:30 - 19:00	Competition training U11 - U17 and seniors	G. Jongedyk, O. Schulz
	19:00 - 20:00	Free training, Kata and belt exam preparation	G. Jongedyk, L. Fürst
Friday	17:00 - 18:30	Beginners 6 - 12 years	M. Lühring
	18:30 - 20:00	General training 8 - 18 years	J. Hanke
	20:15 - 22:00	Adults, teenagers	F. Schneider, S.Horn

### Costs

Adults	10,- € / month
Children, pupils, students, trainees	6,- € / month
Each additional child, pupil, etc. of a family	4,- € / month
Family fee	20,- € / month
Participants gymnastics training only	6,- € / month

### Fees

One-time admission fee	25,- €
Judo passport	10,- €
Belt examination	15,- €