

## About the Instructors



SENSEI RAYMOND ROY  
YODAN (4TH DEGREE)

SARGENT DAVID ROY  
SHODAN (1ST DEGREE)

Manchester Police Sgt. David Roy, is our Head-Coach. He began learning Judo at the Age of 5 and holds the Rank of Shodan (1st Degree) Sgt. Roy has competed at the international level in competitions such as the AM-CAN International Judo Challenge. He is a Junior Olympic Champion and is certified by USA JUDO, one of the Nationally Recognized Organization by the Olympic Committee, as a State Coach. Sgt Roy has been at the Manchester Police Department for numerous years and is a former Training Supervisor.

Sensei Raymond Roy, began practicing judo when he was in Japan serving with the U.S. Navy as a 20-year-old. He brought his knowledge of Judo home with him. He began to teach it to his family including his Son David and has been practicing Judo for over 50 years! Sensei Roy holds the Rank of Yodan (4th Degree) and became a certified national judo referee in 1988. Sensei brings a large amount of detail to the training and his experience is very invaluable.



## WHAT IS JUDO?

Judo is a tremendous and dynamic combat sport that requires both physical skill and mental discipline. From a standing position, it involves techniques that allow you to lift and throw your opponents onto their backs. On the ground, it includes techniques that allow you to pin your opponents down to the ground, control them, and apply various chokeholds or joint locks until submission.



Judo does not involve kicking, punching, or striking techniques of any kind. Judo does not involve the application of pressure against the joints to throw an opponent. Instead, judo simply involves two individuals who use the forces of balance, power, and movement to attempt to subdue each other. Thus, it is simple and basic. However the mastery of even basic Judo techniques require focus and repeat training and improvement.

Judo became an official event in the Olympic Games of Tokyo in 1964, backed by Judo fans and sport promoters all over the world. The First American to win a Gold Medal in Judo in the Olympics was Kayla Harrison in 2012. Kayla trains with USA Judo and Olympic Coach Jimmy Pedro in the Boston area.



*We teach self-discipline, self control and respect for oneself and others... for home, for school and throughout life.*

**THE MOST COST EFFECTIVE TRAINING IN THE AREA!!!**

**MANCHESTERCTPAL.ORG**



## TRAINING SCHEDULE

Trials Welcome during times below)

### THURSDAYS

#### Kids Judo

Ages 6-8

5pm to 6pm

#### Youth/Adult

Ages 9+

6:30pm to 8pm



#### Where:

The Manchester [PAL] Martial Arts program is located at the PAL Center Dojo (at Hilliard Mills) 642 Hilliard St. Manchester, CT 06042

For info & Trial Class VISIT:  
[www.manchesterctpal.org/pal-judo.html](http://www.manchesterctpal.org/pal-judo.html)

#### Questions?

Call Sgt. David Roy  
at: (860) 335-2488

## Why PAL JUDO?



Judo is much more than the mere learning and application of techniques, however. In its totality, it is a wonderful system of physical, intellectual, and moral education! Moreover, the principles of gentleness are carried from the practice mats and into most students' lives, in their interactions with their friends, family and even strangers. Judo gives its students a code of ethics, a way of living, and a way of being.

Students learn how to control their feelings, emotions, and impulses. They learn about values of perseverance, respect, loyalty, and discipline & develop an outstanding work ethic, as well as important social manners. They learn to overcome their fears, and to show courage under pressure. Through competition and the rigors of daily practice, they learn about justice and fairness. As such, judo facilitates the development of important moral knowledge and values, those that are important to help people to become contributing members of their communities. In this way, judo students play an important role in developing societies, and creating new and better communities for the future.

Practiced today by more than 20 millions of individuals, judo is undoubtedly the most popular combat sport in the world. It is a part of the physical education systems of many countries, and practiced in local clubs, junior high and high schools, and colleges and is an Olympic Sport!

## COSTS

Ages 6-18

Manchester Resident: \$180 per year  
Non-Resident: \$215 per year

Adults (Limited Space): \$400 per year  
(Subject to change without notice)

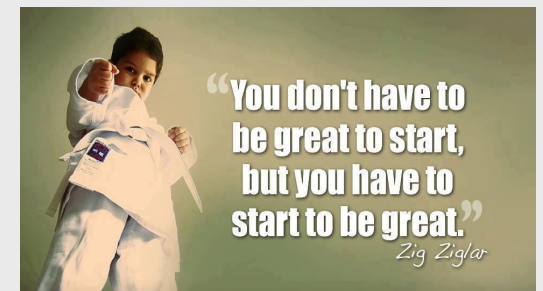
## REQUIREMENTS

**Students must be at least six (6) years of age.**



**A trial period of at least 2 classes must be completed. Instructors will evaluate the student to see if Judo is a good option for the youth.**

**Student must be available to represent the PAL Martial Arts Program by attending scheduled volunteer & program events.**



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AT  
MANCHESTERCTPAL.ORG**