



SHIN-BU-KAN JUDO CLUB

2359 Royal Windsor Drive, Unit 11,
Mississauga, Ontario, L5J 4s9, Canada
(905) 822-6230

Shin Bu Kan Judo Club

From the Beginning

SHIN: means "TO VIBRATE WITH ENERGY"

BU: means "MARTIAL ART"

KAN: means "PLACE"

**DOJO: "A PLACE WHERE WE PRACTICE A
MARTIAL ART"**

INTRODUCTION:

The Shin Du Kan Judo Club started off at the Etobicoke Olympium, in 1982, with Sensei Goki Uemura, Tokio Koizumi and three students. A few years later Shin Bu Kan was turning out champions who were representing Canada Internationally in Countries like Brazil, France, England, Japan, Poland and Egypt.

We now have our own facilities with large fighting areas, crash mats, men's and women's change rooms, shower facilities and washrooms. In the future, we hope to add a fitness room.

TRAINING:

Our Sensei, Gold Uemura, (Black belt 8thDan) puts a lot of emphasis on developing strength, stamina, and coordination through exercise. During the 1st year of a judoka's program the emphasis will be put on exercises with a few basic techniques added. When the student has developed more strength and control, more techniques will be introduced. You don't give a young child Shakespeare for his/her first reading. The same applies for Judo. We develop a vocabulary (strength and coordination) and we then add more grammar and form in the later years. (throws, arm locks and chokes...)

OUR STRENGTH

We are privileged to draw from the experience and expertise of Sensei Uemura 8th degree black belt who started judo at the age of 10 in Kumamoto, Japan (at a club called Shin Du Kan).

As a youngster, Uemura ranked 1st in Kumamoto and 3rd in Tokyo. At 22 years of age, he earned the title of all Japan Champion in the feather weight category in Sambo. At 28, he became a Canadian National Champion, while coaching for Judo Ontario. His coaching ability was instrumental in securing 5 of the 6 gold medals at the Senior Canadian National Championships.

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