

## What is Judo?

The word judo consists of two Japanese characters, ju, which means ‘gentle’, and do, which means ‘the way’. Judo, therefore, literally means the way of gentleness. In its totality, it is a wonderful system of physical, intellectual, and moral education. Judo gives its students a code of ethics, a way of living, and a way of being.

The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance. The practice of active attack and defense helps develop reaction time, coordination, and overall physical self-confidence.

Beyond the development of physical prowess and athletic ability, judo students learn much more. They learn how to control their feelings, emotions, and impulses. They learn about values of perseverance, respect, loyalty, and discipline. Judo students develop an outstanding work ethic, as well as important social manners and etiquette. Through their experience, they learn about politeness, modesty, and many other wonderful values that contribute to their development as successful citizens of society.

Judo students also learn valuable social skills, and build long-lasting and meaningful relationships with others. Through judo, people are able to develop friendships and integrate socially almost anywhere. Judo is an international language that transcends national borders, cultural barriers, and language difficulties. In this way, judo links up peoples, communities, and countries; it performs an important role not only in our individual lives, but also in the future welfare of our societies in today's interdependent world.

## Ideal Judo, Arts & Leisure Camps 2014

**July 7-11th**, kids ages 5-7 enjoyed all the activities offered at the **Judo, Arts & Leisure Camp** taking place in the beautiful natural setting at Ideal Society.

From morning to afternoon, activities such as judo (with Jesus Navarro), crafts, walks, games, singing, quiet times accompanied by live music, observation and interaction with nature, making bread, storytelling, wet-on-wet watercolor painting were offered to nurture the kids, nourishing all their senses with beauty and develop an attitude of reverence towards nature.





Activities flowed throughout the day in a “breathing in and breathing out” motion. Breathing in being peaceful, centered, quiet and contemplative such as wet-on-wet watercolor painting, storytelling, relaxation & breathing exercises on live music. Breathing out times were more active, dynamic and lively outward activities such as judo, games, walks, playing in the river with the sand, rocks and water and having lots of fun.



The second camp, **July 14-18th** for ages 7 and up was, in the same line as above but had a bigger focus on judo where students trained two hours in the morning. This group made some birdhouses from scratch, hammering and painting them. They worked also with modeling beeswax which smells wonderful and made very creative projects and played around with wet-on-wet watercolor painting and salt which gave wonderful designs on their paintings.



## Ideal Violin and Ukulele Musical Adventure Camp 2014



Last was our **Violin and Ukulele Musical Adventure Camp** which was very well appreciated. Beginner to moderate students (ages 7-12) were able to start off the day with introductory Judo / Movement and Postural Classes so as to start the day with exercise and fun. Violin (with Nadia Navarro) and ukulele jam sessions (with Anie Hepher from Fernie) followed so students were able to start up with the instrument or improve their playing and skills. Towards the end of the week we did an altogether ensemble class to prepare for a final concert for all parents, teachers and members of the community. In the afternoon story telling, introduction to drama (with Rolff Desiré), ear training, rhythm, signing, craft were part of our program and kids always enjoyed going to the creek and delight in a nice cool swim.



Two grade 9 senior students from Nadia Navarro joined us during the whole week, Robyn Anderson from Jaffray and Daniel Edwards from Sparwood and had a chance to learn about some pedagogical aspects of teaching little kids. They did some Piano Accompaniment classes as well as Harmony classes with Gilles Hainault and joined in the final concert with challenging pieces.

We were delighted to have kids coming from many different places such as Jaffray, Kimberley, Fernie, Elko, Sparwood, Okotoks, Calgary, Ontario and even Spain. It was very nice to have many of them camp in the Provincial Park and enjoy the many lakes we have around Jaffray. It made it even more fun for the kids and helped them bond stronger relationships. We are looking forward to future coming years of fun activities.



### Next year's camp dates:

**Ideal Judo, Arts and Leisure Camp:** July 6-10, 2015, ages 5-6 years.  
July 13-17, 2015, ages 7 and up.

**Ideal Violin & Ukulele Musical Adventure Camp:** July 27-31, 2015, ages 7 and up.

For more information on the summer camps or other yearly programs (judo, violin, or homeschoolers' activities) offered in Jaffray and Fernie by Jesus & Nadia Navarro, please contact us at [jesuskaizen@gmail.com](mailto:jesuskaizen@gmail.com) or (250) 919-3350.

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