



<http://www.judoontario.ca/>

**IN COOPERATION WITH THE JUDO ONTARIO ABORIGINAL COMMITTEE , A
NEW JUDO PROGRAM WILL BEGIN
WEDNESDAY, NOVEMBER 19, 2008 @ 6:30 TO 8:00PM**



- Children aged 8 years old to 14
- Youth and adults — 15 years of age, and older.

The Odawa Native Friendship Centre is a non-profit organization serving the Aboriginal community in the Ottawa-Carleton Region of Eastern Ontario and surrounding communities. <http://www.odawa.on.ca/>



12 Stirling Avenue, @ Scott Street; 4 blocks East of Parkdale
Ottawa, ON K1Y 1P8

613-722-3811

Sensei Derek started Judo in 1975 at the RA Judo Club, in Ottawa. Although he has not always been consistent, he has practiced regularly, since the early 1990's, primarily training at the Takahashi Dojo, and eventually started training and teaching at the Ottawa Judo Club for about 4 years, as well, at his own dojo at the McNabb Community Centre. He's presently back at the RA Judo Club actively training, as both student and Sensei.

Obtained 1st degree black belt in 1997, and has been a NCCP certified judo coach since 2002. He is also a "Provincial C" referee.

Expect to see many other black belts from Canada and around the world to come and share their techniques and experiences, as the program progresses.



Contact Sensei for more information: 613-277-2376 or email judoka.derektr@gmail.com
Or on Facebook: Judoka Derek

"Judo is a teaching for life itself and with it we learn to overcome the pitfalls and obstacles of everyday living".

- Dr. Jigoro Kano, founder of Kodokan Judo