

What is Judo:

Judo is a a Tremendous and Dynamic Combat Sport

that teaches, and demands,
both physical prowess and
great 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 choke-
holds or joint locks until
submission.

Source: World Judo Day

Instructors:

Dave Klier

Black Belt, IFJA
NDSU Judo Instructor
Head Instructor
Club President

Steven Fick

Brown Belt, IFJA
Children's class instructor
Assistant Instructor
Club Vice-President

Colin Pangier

Brown Belt, IFJA
Children's class instructor
Assistant Instructor

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Kids and Adult Class Schedule:

Tuesday: (K) 6:45-7:30 (A) 7:30-9:30

Thursday: (K) 6:45-7:30 (A) 7:30-9:30

Sunday: (K) 1:00-1:45 (A) 2:00-4:00

Monthly Tuition:

\$60 (2+ classes a week)

\$30 (1 class a week)

Contact us:



Email: RedRiverJudo@gmail.com

Dave Klier—701-540-2109

Steven Fick—701-730-6176

<http://www.rrjudo.com>

*Military and College discounts available

What is Freestyle Judo:

Freestyle Judo is a Judo ruleset developed by Steve Scott (7th Degree Black Belt in Shingitai Jujitsu and Kodokan Judo). It's goal is to bring back the Golden Age of Judo competition by embracing the fighting styles of wrestling, sambo, and modern jujitsu. Competitors who specialize in standing techniques can throw for ippon. Wrestlers who prefer lower body attacks can shoot for the legs. Grapplers who specialize in submissions have the time and flexibility to fight on the ground. All of these styles are good Judo.



What is Shingitai Jujitsu:

Shingitai is a training philosophy and approach to teaching and learning jujitsu, or any martial art for that matter. Shingitai Jujitsu was developed by John Saylor (3-time U.S. National Judo Champion). "Shin" indicates the determined mental approach to training and personal combat. It's the "fighting heart" necessary to be successful in any form of grappling or martial art. "Gi" is the realistic technical approach to performing the skills of jujitsu and martial arts. Functional, realistic and pragmatic skills are emphasized over aesthetically pretty, and possible less-effective techniques. "Tai" is the physical approach to training.



Red River Judo History

Red River Judo was founded in 2002 by Vern Borgen. Professor Borgen taught Judo at North Dakota State University since 1979. At Red River Judo we practice and integrate several styles of of Judo.

Dojo Founder

Vern Borgen

- Sixth-Degree black belt
US Martial Arts Association
- Fifth-Degree black belt
Zen Judo International
- Fifth-Degree black belt
United States Judo Association
- Third-degree black belt
Goshin Budo Jujutsu
- United States Martial Arts Hall of Fame – Instructor of the year 2007