

Adaptive Judo Class

Class Vision

Our adaptive Judo program is based on Christian values, with a vision to provide students on the autism spectrum with a safe place to learn a sport, stay active, and build relationships with others that could last a lifetime. We want our students to know that the object of Judo is not to hurt or injure others, rather it is an art of self defense that allows students to learn discipline, responsibility, teamwork, and perseverance. We are not attempting to replicate a professional therapy clinic; however, our hope is that through Judo, the students will see improvements in all aspects of life, whether it is through building relationships, learning the value of hardwork, or understanding the importance of teamwork. The success of this program will be defined by seeing students come out of this class with not only skills in Judo, but also skills that they can use in any aspect of life.

Goals of this Class

The structure and pacing of this class is going to be focused on allowing our students to be able to jump right into the class at any time. This allows students to go at their own pace and take breaks when they need them, without having to worry about being left behind. The class will feature instructors and volunteers who have a passion for helping, teaching, and connecting with students. Every child will be given the same opportunity to grow and develop in the sport of Judo without fear of judgment. The class will not be geared toward appeasing any one student, but rather, give all students an opportunity to practice at their own pace. The purpose of the class is not to create fierce competitors. It is a safe place where kids have an opportunity to learn a sport, stay active, and make friends, all while having fun.

If you feel your child will benefit from a more advanced-styled class feel free to have them join in other classes that HJC offers. If you are interested in joining any of the other classes, please contact us at

honolulujudoclub@gmail.com or (808) 306-9639.

Adaptive Judo Class Registration Form

Participant's Full Name: _____

Preferred Name to be Called: _____

How does the participant best communicate?

Verbal

Non-verbal

Other: _____

Is the participant sensitive to any of the following?

There are some things out of our control, or things we cannot change due to safety reasons, such as how bright or dark the dojo is, how noisy the dojo is, etc. We are asking this question because prior knowledge of these sensitivities may help us know how to best instruct your child. For example, if your child is sensitive to touch, we will do our best to give verbal or model instruction for your child to follow. (NOTE: This is just an example and does not mean we are guaranteeing that we will never use any physical prompts. It is a martial art that is a physical contact sport, but we will try to limit prompts that your child is sensitive to).

Trigger Words

Touch

Or any other sensitivity that you think would be beneficial for us to know:

 N/A

What form of instruction does the participant best respond to?

Verbal

Visual aids

Model

Physical

Other: _____

Honolulu Judo Club cannot regulate what other participants bring or what may be left in the common areas of the dojo. We respectfully ask that a parent or guardian monitor the child during breaks and before or after class, so they are not accidentally exposed to restricted foods. What a child consumes in the dojo is the responsibility of the parent(s)/guardian(s).

PARENT INITIALS: _____ DATE: _____

Does the participant occasionally exhibit any of the following behaviors?

- Biting
- Grabbing
- Kicking
- Other: _____
- Cursing
- Hitting
- Pulling Hair

The head instructor, volunteers and other instructors are **not** professionals in behavioral analysis. Although some instructors and volunteers have experience with working with children on the autism spectrum, we respectfully require that **a parent or guardian remain inside the dojo** in case any situation arises that will require your intervention. If a student exhibits aggressive behavior that could jeopardize the safety of themselves and others or damage dojo property, we will immediately ask a parent or guardian to step in.

Is the participant completely toilet trained?

- Yes
- No

Honolulu Judo Club's bathrooms are located outside of the judo dojo and not in a contained area. All parent(s)/guardian(s) are required and responsible for taking their child or children to the bathroom.

Please state anything else we should know about the participant.

The above information is accurate to the best of my knowledge. I also understand that:

- ... this is a Judo class. It is not a behavioral therapy class.
- ... a parent or adult guardian must always remain inside the dojo for the duration of the judo class. This is **not** a drop off class.
- ... leaving the dojo without your child is **not** an option.
- ... if you know that your child has had a history or tendency to elope, please inform the assigned volunteer and watch or sit near the exits, just in case your child decides to run off of the mat. (Volunteers will be trying their best to watch the student that they are assigned vigilantly, but sometimes unforeseen accidents or incidents occur).
- ... if your child is only motivated to do things by working for non-food related, highly preferred items such as, (but not limited to) an ipad or toy, please bring that to class for your child. These items will not be allowed on the mat, but if your child is only motivated by items that are highly preferred, then it will help the volunteer to assist in transitioning your child between activities or participating in them. For example, if your child has a nonviolent protest and refuses to participate in an activity, a volunteer could give your child the choice to either participate and work for their ipad for a 2 minute free time or take a break and watch the class from the side. (NOTE: You only have to bring these items if you know that your child will not comply or participate without this form of reinforcement. If your child does not need these items to comply or participate, please do not bring these items, because it may be distracting for them or others.)

PARENT INITIALS: _____ DATE: _____

- ... a parent or guardian must take their child to the bathroom.
- ... a parent or guardian must bring water for their child.
- ... in case of accidents or minor injuries, a parent or guardian must change the child and administer first aid.
- ... a change of clothes is necessary in case of accidents.
- ... once there is vocal confirmation between both volunteer and parent/guardian about your child coming off of the mat, volunteers will **not** be responsible for your child. When a child is ready to come onto the mat, whether it is from the bathroom, water break, etc. the parent(s)/guardian(s) must communicate to the volunteer that is assigned to their child that their child is coming onto the mat. There must be vocal confirmation in order to ensure that no child just wanders back onto the mat without the volunteer knowing. Similarly, if a child is coming off of the mat for any reason. The volunteer must have vocal confirmation from the parent(s)/guardian(s) to ensure that a child does not just wander off of the mat.
- ... if a student exhibits behaviors that are too extreme or overwhelming for a volunteer to handle, the parent(s)/guardian(s) will be asked and required to come onto the mat to take their child off of the mat for a break until they are ready and calm enough to come back onto the mat to continue practice. (Volunteers are not responsible or required to handle extreme/potentially dangerous behaviors by themselves. It is the parent(s)/guardian(s) responsibility and volunteers will try to assist in any way they can). Similarly, if a child has an accident on the mat, such as the spill of bodily fluids or injury, the parent(s)/guardian(s) will be asked and required to come to take their child off of the mat. The parent(s)/guardian(s) will take care of their child's needs while volunteers clean up the mess on the mat. (PLEASE NOTE: Not all volunteers are trained or experienced in working with kids on the autism spectrum. This is why we **require** parent(s)/guardian(s) cooperation.)
- ... if your child is feeling overwhelmed or needs a break from group activities and your child does not have aggressive tendencies or the tendency to elope, your child does not have to come off of the mat for their break. They can either wait with their volunteer sitting next to them near the edge of the mat, work on individual exercises, or techniques with their volunteer until they are ready to come back to the group.
- ... a parent or guardian must intervene in case of aggressive behavior, and that consistently aggressive behavior may result in dismissal from the class.
- ... a parent or guardian may need to assist the volunteers in escorting their child off the mat at the end of class to ensure that the mat area can be cleaned and cleared for the next class to begin on time.
- ... if a parent would like to be a volunteer to work one on one with their child on the mat, they have the option to get a USJF membership.

PRINT PARENT NAME: _____ (PLEASE PRINT CLEARLY)

PARENT SIGNATURE: _____ DATE: _____