

About the Instructors



Manchester Police Sgt. David Roy, is our Head Instructor and Coach. He began learning Judo at the Age of 5 and holds the Rank of Shodan (1st Degree) Sgt. Roy has competed at the international level in competitions such as the AM-CAN International Judo Challenge. He is a Junior Olympic Champion and is certified by USA JUDO, one of the Nationally Recognized Organization by the Olympic Committee, as a State Coach. Sgt Roy is the Training and Firearms Officer for the Police has been at the Manchester PD for 9 years.

Sensei Raymond Roy, began practicing judo when he was in Japan serving with the U.S. Navy as a 20-year-old. He brought his knowledge of Judo home with him. He began to teach it to his family including his Son David and has been practicing Judo for over 50 years! Sensei Roy holds the Rank of Yodan (4th Degree) and became a certified national judo referee in 1988. Sensei brings a large amount of detail to the training and his experience is very invaluable.

