Experience Judo

Beginners Courses 2017
3 x 1hr classes as an intro to Judo

EXPERIENCE **the thrills and spills of the dynamic sport of Judo. Judo is a great martial art to**

***Get fit *Learn essential skills for Self-Defence *Gain confidence**

***Develop your core strength and flexibility**

This course will give you a taste of what Judo is all about.

***Basic throwing actions *Submission techniques *Ground fighting * Falling Skills**

There are only 12 participants per class so book early.

Shortly after the 3 week course you will be eligible to sit for a grading for the first belt in Judo – Yellow Belt.

When's it on?

Course 9	Thursday	27 Jul, 3 Aug, 10 Aug	6.00 – 7.00PM	UNSW
Course 10	Thursday	17 Aug, 24 Aug, 31 Aug	6.00 – 7.00PM	UNSW
Course 11	Saturday	19 Aug, 26 Aug, 2 Sep	9.00 – 10.00AM	UNSW
Course 12	Thursday	7 Sep, 14 Sep, 21 Sep	6.00 – 7.00PM	UNSW (Women's)
Course 13	Thursday	21 Sep, 28 Sep, 5 Oct	6.00 – 7.00PM	UNSW
Course 14	Thursday	12 Oct, 19 Oct, 26 Oct	6.00 – 7.00PM	UNSW
Course 15	Saturday	4 Nov, 11 Nov, 18 Nov	9.00 – 10.00AM	UNSW
Course 16	Thursday	23 Nov, 30 Nov, 7 Dec	6.00 – 7.00PM	UNSW
Course 17	Saturday	2 Dec, 9 Dec, 16 Dec	9.00 – 10.00AM	UNSW (Women's)

Where at?

UNSW Gym,The Judo Room

1st. Floor UNSW Gym, 6 High St. Kensington

Enter Gate 2, High St. Kensington then turn right

How Much?

$50 for students/staff/concession **$70** for Public

*** wear loose clothing and bring a water bottle for drink breaks**

Enroll online @ www.unswjudo.net.au

Call: 9385 4725 for further info or

Email: judo@unsw.edu.au