

Experience Judo

Beginners Courses 2018 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 core strength**

This course will give you a taste of what Judo is all about, before deciding on joining the Judo Club and attending our regular classes, attend gradings and further develop your skills.

The course covers: *** Basic throwing actions. * Submission techniques * Ground fighting**

*** Skills of falling safely.**

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 1	Thursday	1 Feb, 8 Feb, 15 Feb	6.00 – 7.00PM	UNSW Gym
Course 2	Saturday	17 Feb, 24 Feb, 3 Mar	9.00 – 10.00AM	UNSW Gym
Course 3	Thursday	1 Mar, 8 Mar, 15 Mar	6.00 – 7.00PM	UNSW Gym
Course 4	Saturday	17 Mar, 24 Mar, 31 Mar	9.00 – 10.00AM	UNSW Gym
Course 5	Thursday	22 Mar, 29 Mar, 5 Apr	6.00 – 7.00PM	UNSW Gym
Course 6	Thursday	3 May, 10 May, 17 May	6.00 – 7.00PM	UNSW Gym
Course 7	Saturday	12 May, 19 May, 26 May	9.00 – 10.00AM	UNSW Gym
Course 8	Thursday	24 May, 31 May, 7 Jun	6.00 – 7.00PM	UNSW Gym

Where at?

UNSW Gym, Judo Room
1st. Floor UNSW Gym, 6 High St. Kensington
Enter Gate 2, High St. Kensington then turn right

How Much?

\$50 for students **\$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