

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 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	26 Jul, 2 Aug, 9 Aug	6.00 – 7.00PM	UNSW
Course 10	Thursday	16 Aug, 23 Aug, 30 Aug	6.00 – 7.00PM	UNSW
Course 11	Saturday	18 Aug, 25 Aug, 1 Sep	9.30 – 10.30AM	UNSW
Course 12	Saturday	8 Sep, 15 Sep, 22 Sep	9.30 – 10.30AM	UNSW
Course 13	Thursday	20 Sep, 27 Sep, 4 Oct	6.00 – 7.00PM	UNSW (Women's)
Course 14	Thursday	18 Oct, 25 Oct, 1 Nov	6.00 – 7.00PM	UNSW
Course 15	Saturday	3 Nov, 10 Nov, 17 Nov	9.30 – 10.30AM	UNSW
Course 16	Thursday	22 Nov, 29 Nov, 6 Dec	6.00 – 7.00PM	UNSW
Course 17	Saturday	1 Dec, 8 Dec, 15 Dec	9.30 – 10.30AM	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/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