

# Experience Judo

## Beginners Courses 2019 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 UNSW Judo Club, attend our regular classes, grading's 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.

Also RECEIVE 1 month of **FREE** Training at the completion of the course. Valued at \$120

### When's it on?

Course 1	Saturday	16 Feb, 23 Feb, 2 Mar	9.00 – 10.00AM	UNSW Gym
Course 2	Tuesday	19 Feb 26 Feb 5 Mar	5.00 – 6.00PM	UNSW Gym (Women)
Course 3	Thursday	21 Feb, 28 Feb, 7 Mar	6.00 – 7.00PM	UNSW Gym
Course 4	Thursday	14 Mar 21 Mar 28 Mar	6.00 – 7.00PM	UNSW Gym
Course 5	Thursday	4 Apr 11 Apr 18 Apr	6.00 – 7.00PM	UNSW Gym
Course 6	Thursday	2 May 9 May 16 May	6.00 – 7.00PM	UNSW Gym
Course 7	Saturday	11 May 18 May 25 May	9.00 – 10.00AM	UNSW Gym (Women)
Course 8	Thursday	30 May 7 Jun 14 Jun	6.00 – 7.00PM	UNSW Gym

### Where at?

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

### How Much?

**\$50** for students **\$75** for Public  
\* wear loose clothing and bring a water bottle for drink breaks

**Enroll online @ [www.unswjudo.net.au](http://www.unswjudo.net.au)** Call: 9385 4725 for more info

Email: [judo@unsw.edu.au](mailto:judo@unsw.edu.au)