



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, (Biggest Judo Club in Australia) attend our regular classes, 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.

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 6 Jun 13 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 **\$75** for Public
 * wear loose clothing and bring a water bottle for drink breaks

Enroll online @ www.unswjudo.net.au Call: 9385 4725 for more info

Email: judo@unsw.edu.au