



# 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, the biggest Judo Club in Australia, attend our regular classes, attend gradings and further develop your skills and fitness.

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 9	Saturday	22 Jun, 29 Jun, 6 Jul,	9.00 – 10.00AM	UNSW Gym
Course 10	Thursday	18 Jul, 25 Jul, 1 Aug,	6.00 – 7.00PM	UNSW Gym (Women)
Course 11	Saturday	3 Aug, 10 Aug, 17 Aug,	9.00 – 10.00AM	UNSW Gym
Course 12	Thursday	5 Sep, 12 Sep, 19 Sep,	6.00 – 7.00PM	UNSW Gym
Course 13	Saturday	31 Aug, 7 Sep, 14 Sep,	9.00 – 10.00AM	UNSW Gym
Course 14	Thursday	24 Oct, 31 Oct, 7 Nov	6.00 – 7.00PM	UNSW Gym (Women)
Course 15	Saturday	9 Nov, 16 Nov, 23 Nov	9.00 – 10.00AM	UNSW Gym
Course 16	Thursday	28 Nov, 5 Dec, 12 Dec,	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)