



# Experience Judo



## Beginners Courses 2020

### 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 a \***FREE Judo Suit** at completion of the course. **Valued at \$100**

\*Once you've joined the Judo Club

### When's it on?

Course 1	Saturday	8 Feb, 15 Feb, 22 Feb	9.30 – 10.30AM	UNSW Gym
Course 2	Thursday	20 Feb, 27 Feb, 5 Mar	6.00 – 7.00PM	UNSW Gym
Course 3	Saturday	7 Mar, 14 Mar, 21 Mar	9.30 – 10.30AM	UNSW Gym
Course 4	Thursday	12 Mar, 19 Mar, 26 Mar	6.00 – 7.00PM	UNSW Gym
Course 5	Thursday	2 Apr, 9 Apr, 16 Apr	6.00 – 7.00PM	UNSW Gym Women only
Course 6	Saturday	18 Apr, 25 April 2 May	9.30 – 10.30AM	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)** for more info **Call: 9385 4725**  
or Email: [judo@unsw.edu.au](mailto:judo@unsw.edu.au)