



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**

*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)

The course covers: *Basic throwing actions. *Submission techniques *Ground fighting
*Skills of falling safely.

There are only 10 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 UNSW Judo Club

When's it on?

C 1.	Thursday	27 Aug, 3 Sep, 10 Sep	7.00 – 8.00PM	Eastern Suburbs PCYC
C 2.	Thursday	17 Sep, 24 Sep, 1 Oct	7.00 – 8.00PM	Eastern Suburbs PCYC
C 3.	Thursday	15 Oct, 22 Oct, 29 Oct	7.00 – 8.00PM	Eastern Suburbs PCYC
C 4.	Thursday	12 Nov, 19 Nov, 26 Nov	7.00 – 8.00PM	Eastern Suburbs PCYC

Where at? Eastern Suburbs PCYC, 26A Bunnerong Rd. DACEYVILLE

How Much? \$50 UNSW students \$75 Public (wear loose clothing and bring a water bottle)

Enroll online @ www.unswjudo.net.au for more info **Call: 9385 4725**
or Email: judo@unsw.edu.au