



Experience Judo



Beginners Courses 2021

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 3 week 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 Judo Club

When's it on?

Course 1	Thursday	14 Jan, 21 Jan, 28 Jan	5.30 – 6.30PM	East's PCYC
Course 2	Thursday	18 Feb, 25 Feb, 4 Mar	6.30 – 7.30PM	East's PCYC
Course 3	Saturday	6 Mar, 13 Mar, 20 Mar	3.00 – 4.00PM	East's PCYC- Women's
Course 4	Thursday	11 Mar, 18 Mar, 25 Mar	6.30 – 7.30PM	East's PCYC

Where at? Eastern Suburbs PCYC 26A Bunnerong Rd Daceyville

How Much? \$55 for students \$80 for Public * wear loose clothing and bring a water bottle

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