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Experience Judo

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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 UNSW Judo Club**

**When’s it on?**

**Course 7** **Thursday 10 Jun, 17 Jun, 24 Jun 6.30 – 7.30PM East’s PCYC**

**Course 8 Saturday 19 Jun, 26 Jun, 3 Jul** **2.00 – 3.00PM UNSW Gym Women’s Course**

**Course 9 Thursday 5 Aug, 12 Aug, 19 Aug 6.30 – 7.30PM East’s PCYC**

**Course 10 Thursday 2 Sep, 9 Sep, 16 Sep 6.30 – 7.30PM East’s PCYC**

**Course 11 Saturday 18 Sep 25 Sep, 2 Oct 2.00 – 3.00PM UNSW Gym Women’s Course**

**Course 12 Thursday 14 Oct, 21 Oct, 28 Oct 6.30 – 7.30PM East’s PCYC**

**Course 13 Thursday 4 Nov, 11 Nov, 18 Nov 6.30 – 7.30PM Easts’s PCYC**

**Course 14 Thursday 25 Nov, 2 Dec, 9 Dec 6.30 – 7.30PM Easts’s PCYC**

**Where at? Eastern Suburbs - PCYC 26A Bunnerong Rd Daceyville**

**Women’s Course - UNSW Fitness & Aquatic Centre High St Kensington**

**How Much? $60** for students **$80** for Public **\* wear loose clothing and bring a water bottle**

**Enroll online @** [**www.unswjudo.net.au**](http://www.unswjudo.net.au)

**for more info Call: 9385 4725 or Email: w.rosser@unsw.edu.au**