



Experience Judo



Beginners Courses 2022 3 x 1hr classes as an intro to Judo

EXPERIENCE the thrills and spills of the dynamic sport of **Judo**

*Get fit

*Develop core strength

*Learn essential skills for Self-Defence

*Gain confidence

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) and contin

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 course you will be eligible to sit to grade for the first belt in Judo – Yellow Belt.
Please wear loose clothing and bring a water bottle.

You will 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 1	Thursday	13 Jan, 20 Jan, 27 Jan	6.00 – 7.00PM East's PCYC
Course 2	Saturday	5 Feb, 12 Feb, 19 Feb	1.00 – 2.00PM UNSW Gym - Women's Course
Course 3	Thursday	3 Feb, 10 Feb, 17 Feb	6.30 – 7.30PM East's PCYC
Course 4	Saturday	19 Feb, 26 Feb, 5 Mar	3.30 – 4.30PM East's PCYC
Course 5	Thursday	10 Mar, 17 Mar, 24 Mar	6.30 – 7.30PM East's PCYC
Course 6	Saturday	12 Mar, 19 Mar, 26 Mar	1.00 – 2.00PM UNSW Gym - Women's Course
Course 7	Thursday	28 Apr, 5 May, 12 May	6.30 – 7.30PM East's PCYC
Course 8	Saturday	21 May, 28 May, 4 Jun	3.30 – 4.30PM East's PCYC

Where at? **Eastern Suburbs** - PCYC 26A Bunnerong Rd Daceyville
UNSW Fitness & Aquatic Centre 6 High St Kensington

How Much? \$60 for students \$80 for Public

Enroll online @ www.unswjudo.net.au

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