

Experience Judo

Beginners Courses 2023 3 x 1hr classes as an intro to Judo

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

*Get functionally fit

*Learn essential skills for Self-Defence

*Develop your core strength

*Gain confidence in contact

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 continue your training.

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 - 19 Jan, 2 Feb, 9 Feb	6:00 – 7:00PM - East's PCYC
Course 2	Tuesday - 14 Feb, 21 Feb, 28 Feb	6.30 - 7.30PM - East's PCYC
Course 3	Thursday - 23 Feb, 2 Mar, 9 Mar	6:30 – 7:30PM - East's PCYC
Course 4	Tuesday - 14 Mar, 21 Mar, 28 Mar	6.30-7.30PM-East's PCYC (Female only)
Course 5	Saturday - 18 Mar, 25 Mar, 1 Apr	3:30 – 4:30PM - East's PCYC
Course 6	Tuesday - 18 Apr, 25 Apr, 2 May	6:00 – 7:00PM - East's PCYC
Course 7	Saturday - 13 May, 20 May, 27 May	3:30 – 4:30PM - East's PCYC
Course 8	Thursday - 1 Jun, 8 Jun, 15 Jun	6:30 – 7:30PM - East's PCYC
Course 9	Saturday - 17 Jun, 24 Jun, 1 Jul	3:30-4:30PM-East's PCYC (Female only)

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

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

Enroll online www.unswjudo.net.au

More info? Call: 0415 625 168 or Email: rosserw62@gmail.com