

Experience Judo

Beginners Courses 2024 3 x 1hr classes as an intro to Judo

You can **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.

You will learn: *Basic throwing actions. *Submission techniques *Ground fighting *Skills of falling safely.

There are only 12 participants per class so book early.

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 - Tuesday - 9 Jan, 16 Jan, 23 Jan	6:00 – 7:00PM - East's PCYC
Course 2 - Thursday - 15 Feb, 22 Feb, 29 Feb	6:30 – 7:30PM - East's PCYC
Course 3 (Women) - Saturday- 10Feb, 17 Feb, 24 Feb	2:00 – 3:00PM - East's PCYC
Course 4 - Tuesday - 13 Feb, 20 Feb, 27 Feb	6:30 – 7:30PM - East's PCYC
Course 5 - Saturday - 9 Mar, 16 Mar, 23 Mar	2:00 – 3:00PM - East's PCYC
Course 6 (Women) - Thursday - 28 Mar, 4 Apr, 11 Apr	6:30 – 7:30PM - East's PCYC
Course 7 - Tuesday - 30 Apr, 7 May, 14 May	6:30 – 7:30PM - East's PCYC
Course 8 - Thursday - 23 May, 30 May, 6 Jun	6:30 – 7:30PM - East's PCYC
Course 9 (Women) Saturday 15 Jun, 22 Jun, 29 Jun	2:00 – 3:00PM - East's PCYC
Course 10 Tuesday - 23 Jul, 30 Jul, 6 Aug	6.30 - 7.30PM - East's PCYC

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