



Welcome to
BLenheim JUDO CLUB Inc.

BEGINNERS COURSE

NEW COURSE STARTS ... 12 February 2019

Tuesday Evenings (during school term)

4.30—5.30 pm Juniors - 7-12 year olds

7 - 8.15 pm Seniors - 13+ years and adult

After Beginners Course completed, Junior Training times are
Tuesdays 5.45 - 7pm

COME and HAVE A GO at JUDO

Judo is many things to different people. Judo is an Olympic sport, a disciplined martial art, a form of self-defence and a great way to meet others, keep fit and have fun.

Enrol yourself or family member on a JUDO Beginners Course - it will build confidence, self-esteem, teach respect, learn a new skill and for those keen, the course leads to belt gradings, competitions and much more.

For more information including fees, please contact:

Dojo: 2 Opawa Street, Blenheim

Phone: 03 571 6373 (Judy - secretary)

E-mail: judy@rai.co.nz

www.facebook.com/BlenheimJudoClub

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**SENSEIS/
COACHES**

Shayne Jacks

(3rd Dan Black Belt)

*Former British
Champion, NZ
Central Districts
Area Coach, NZ
National C
Referee*

Dave Foley

(2nd Dan Black Belt)

*One of the
Club's founding
instructors.*