

JUDO
Queensland
Be your best!



JUDO EDUCATION AND DEVELOPMENT

GOKYO NO WAZA

“Apply just the right amount of force –
never too much, never too little.”

Jigoro Kano

Tuesdays 7:00pm—9:00pm

27 Feb 2018	Go-Kyo no Waza 1st set
13 Mar 2018	Go-Kyo no Waza 2nd set
27 Mar 2018	Go-Kyo no Waza 3rd set
17 Apr 2018	Go-Kyo no Waza 4th set
1 May 2018	Go-Kyo no Waza 5th set

- ◆ Detailed explanation of Gokyo no Waza
- ◆ Detailed explanation of Kazushi Tsukuri and Kake for each technique
- ◆ All techniques explained in dynamic and static situations

MINIMUM REQUIREMENTS:

- ◆ CURRENT MEMBER OF JFAQ/JFA
- ◆ SENIORS: ORANGE BELT
- ◆ UNDER 16 YEARS: GREEN BELT

Venue address:

Nelson Total Judo Academy:
45 Clarence St, Coorparoo

Instructors:

Maurice Mirabito 6th dan
Geoffrey Watson 5th dan
Paul Nelson 5th dan
Srdjan Andjelkovic 3rd dan

Mat fee: \$10 per session

For more information contact Serg: email: srdjan.andjelkovic@bigpond.com Mobile: 0413673927