





NZJJF

NATIONAL SEMINAR

Canterbury Amateur Judo Club, 52 Coleridge Street,
Christchurch, Saturday 11th August 2012 @ 11am.

Instructors

	Doug Bailey OSA, 4th Degree	- Fighting off the ground
	Paul Reti, 7th Degree	- Self defence applications
	Phil Davison, 4th Degree	- Aiki-Jujutsu kata and its application
	Julian Columbus, 5th Degree	- Control & Restraint techniques
	Rob Perks, 2nd Degree	- Takedowns & Sleepers

Cost: \$50 (members) / \$60 (non-members - includes \$10 NZJJF membership).

Lunch and refreshments are provided.

To register email: secretary@nzjif.org.nz

