
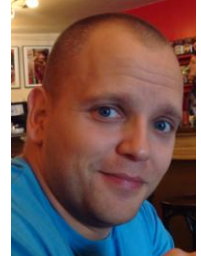





NZJJF

NATIONAL SEMINAR

Wellington Judo & Ju Jitsu Academy, 2 Drummond Street,
Newtown, Wellington, Saturday 6th October 2012 @ 11am.

Instructors

	Vanderson Pires, BJJ Black Belt	- Brazilian Jiu Jitsu fundamentals
	Simon Ogden, 2nd Degree	- Balance Points & Kuzushi
	Dave Butler, 7th Degree	- Application of Locks & Strangles from punches
	Rob Howard, 4th Degree	- Luyong Lock Flow
	James Salter, 6th Degree	- Control & Restraint techniques

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

Lunch and refreshments are provided.

To register email: secretary@nzjff.org.nz



Event sponsored by:

