

NZJJF

NATIONAL SEMINAR

Wanganui Judo Club, 64 Taupo Quay, Wanganui,
Saturday 6th April 2013 @ 11am.

Instructors

	Pina Simpson, BJJ Black Belt	- Guard Techniques
	Doug Bailey OSA, 4th Degree	- Clinching
	Graeme Catlin, 5th Degree	- Kawaishi Strangles
	Simon Ogden, 3rd Degree	- Wrist Locks
	Rob Howard, 4th Degree	- Weapons Disarms

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

Lunch and refreshments are provided.

To register email: secretary@nzjif.org.nz



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