

NZJJF

NATIONAL SEMINAR

Can-Am Judo Club, 52 Coleridge Street, Sydenham,
Christchurch

Saturday 18th May 2013 @ 11am.

Instructors

	Karl Webber, MMA Coach	- Striking on the Ground
	Stenfinn Olivecrona, 5th Degree	- The Fighter's Crouch
	Todd Rogers, 2nd Degree	- Entries from Kicks
	Paul Stokes, 6th Degree	- Self Defence Ju Jitsu
	Phil Davison, 4th Degree	- Striking and Reaction Time

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

Lunch and refreshments are provided.

To register email: secretary@nzjif.org.nz

