

柔術

GALWAY JAPANESE JU JUTSU

FOR SELF DEFENCE & FITNESS

Combining the Techniques of Karate Wado Ryu, Judo, Aikiki & Kobudo



Location: **Pagodas Temple** (27, Oldenway Business Park Ballybrit)

When: **6th December 2009**

Timetable:

10.00am - 11.00am	Advance Yogi-Stretching
11.00am - 12.00pm	Atemi Wasa (Strike), Vital point
12:00pm - 12:30pm	Lunch
12.30pm - 13.30pm	Kobudo (Weapons Bokken, JO, tanto , Ni-BO)
13.30pm - 14.30pm	Shime Wasa (strangle), Kansetsu-wasa (joint locks)

Fee €25 (€30 euro non Pagodas Temple club member)

Booking deposit €15. **Maximum 25** people!!!

Fill in to book your place (please use block capitals):

Name: _____

Email address: _____

Phone number: _____

Signature: _____



DON'T FORGET TO BRING A PACKED LUNCH.

Joël François 4th Black Belt Yondan
Recognized by Japanese Federation of Ju-jutsu

087 787 2509 - www.galwayjapanesejujutsu.com