

# Kuroinukan/ Duluth Judo Club

PROMOTING THE BEST IN COMPLETE MARTIAL ART INSTRUCTION.

# DANZAN RYU JUJUTSU KODOKAN JUDO

## REGULAR JUJUTSU CLASS: MONDAY AND WEDNESDAY, 7-9 PM

THIS IS THE BEGINNING CLASS FOR ALL JUJUTSU AND JUDO STUDENTS. THIS CLASS INVOLVES ROLLS AND FALLS, YAWARA (ESCAPES, JOINT LOCKS AND SELF DEFENSE TECHNIQUES), NAGE (THROWS) AND NEWAZA (BASIC GROUNDWORK).

## JUNIOR JUDO CLASSES: SUNDAY & TUESDAY, 6-7:30 PM

THIS CLASS IS A JUDO CLASS FOR KIDS 6-15 YEARS OLD. KIDS WILL TRAIN FOR REGULAR JUDO TOURNAMENTS. THEY ARE ELIGIBLE TO JOIN THE ADULT CLASSES WHEN READY.

## JUDO CLASS THURSDAY, 7 PM - EXHAUSTION

THIS NIGHT THE KUROINUKAN MAGICALLY BECOMES THE DULUTH JUDO CLUB. EXPECT A VIGOROUS WARM-UP AND JUDO-RELATED DRILLS, OPEN MAT RANDORI AND PRACTICE MATCHES. USJI-RECOGNIZED JUDO RANKS CAN BE EARNED THROUGH A SERIES OF RANK REQUIREMENTS GEARED TO DZR STUDENTS.

### ALL CLASSES:

- 8 BLACK BELT INSTRUCTORS WITH 100+ YEARS COMBINED EXPERIENCE.
- SMALL CLASSES.
- PROGRESS AT YOUR OWN PACE.
- \$50/ MONTH, \$60 AJJF ANNUAL MEMBERSHIP REQUIRED BEFORE FIRST CLASS.
- NO CONTRACTS OR HIDDEN COSTS.
- UNIFORMS (GI'S) AVAILABLE AT WHOLESALE COST.

## KUROINUKAN/ DULUTH JUDO CLUB

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