



Jiu Jitsu Seminars

Saturday 20th October, Peterborough



Joint Locking Techniques

12 noon to 2pm

Application of wrist and arm locking techniques for use as restraints, come along techniques, and defence.

Throws and Take-Downs

2.15pm to 4.15pm

Balance breaking and basic throwing techniques as defences against grabs and strikes.



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Grading Prep Workshop

4.30pm to 5.30pm

A 1-hour bonus workshop to answer questions and review techniques for those preparing for the CJC black belt examinations

Instructors

Paul Fox has taught and studied *Chokushin Aikijujutsu* for over 30 years and is a member of the Canadian Jiu Jitsu Council grading panel. Andy Dobie has over 25 years experience in *Shorinjikan Jiu Jitsu*.

Open to all levels, seminars will be tailored to the experience & ability of participants.

Cost \$25 per seminar or \$40 for the day

Contact paul001fox@gmail.com for information or to register.