

# Blue, Brown & Black Belt Jiujitsu Seminar

Saturday 13<sup>th</sup> November, 1pm to 4pm  
Kawartha Martial Arts Academy, Peterborough  
Cost \$25



**Basic break-falling**  
**Take-downs & basic throwing techniques**  
**Joint locking & come-along techniques**  
**Self defence**  
**Basic defence on the ground**

This seminar is designed to assist those who are preparing for all levels of CJC black belt exams.  
Content tailored to participants' needs

#### Instructors

##### Paul Fox Sensei

Fox sensei has over 30 years experience in jiu-jitsu. He is a CJC director and member of the CJC grading board. Paul is the head instructor of Chokushin Aikijujutsu holding the rank of Menkyo Kaiden, and 6<sup>th</sup> dan in the CJC.

##### Andy Dobie Sensei

Dobie sensei has over 25 years jiu-jitsu experience. Andy teaches his club at the Peterborough YMCA and is the head instructor for Shorinji Kan Jiu Jitsu in Canada, holding the rank of 4<sup>th</sup> dan black belt in the CJC.

To register or for more details:

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