



Jiu Jitsu Seminars

Saturday 16th June, Peterborough

Joint Locking Techniques

12 noon to 2pm

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



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Throws and Take-Downs

2.30pm to 4.30pm

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



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, the seminars will be tailored to the participants' experience and ability.

Cost \$25 per seminar or \$40 for both

Club fundraiser – proceeds to dojo floor repair

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