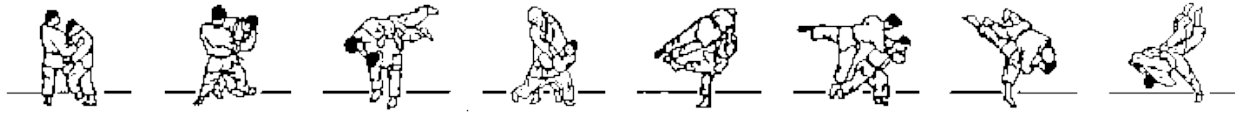


JUDO



Judo: The Japanese Art of Self-Defense

Judo is an art of self defense, an Olympic sport, and the most widely practiced martial art in the world. It is known for dynamic throwing techniques, but also involves considerable grappling on the ground utilizing specialized pins, powerful control holds and arm locks, and skillfully applied submission techniques

OPEN TO ALL ELEMENTARY THROUGH HIGH SCHOOL STUDENTS



BECOME PHYSICALLY & MENTALLY STRONGER

BUILD SELF CONFIDENCE AND DISCIPLINE

LEARN RESPECT FOR YOURSELF AND OTHERS

COMPETE FOR AWARDS & TITLES

DEVELOP DISCIPLINED FIGHTING SKILLS

HAVE FUN

WHERE: ART THOMPSON TEEN CENTER, CHAVEZ PARK

WHEN: WEDNESDAYS, BEGINNING MARCH 10TH, 2010

TIME: 630-8 PM (Dates and times subject to change based on demand)

CHARGE: This program is brought to you free of charge by Colton PAL

FOR INFORMATION CONTACT: Sgt. Alan Koahou (909) 370-5176

OR CALL: ART THOMPSON TEEN CENTER: (909) 514-4255

