

# FREE JUDO CLINIC



119 Pike Street, Marietta, OH 45750

December 3, 2016

10:00AM-2:00PM

- ⇒ **NAGE WAZA** — Throwing Techniques, Combinations, Counters
- ⇒ **KUMI KATA** — Gripping Techniques
- ⇒ **SHIAI RULES** — Basic Competition Do's & Don'ts
- ⇒ **RANDORI** — Sparring/Free Practice