



## Let's Throw Some More! Judo 201

Saturday, Aug 3 2019

Seminar Starts at 2:30PM **Guest Instructors:** 

Edmond "Bunky" Felmeth - Rokudan 2010 WI Judo Hall of Fame inductee

**Jerry Cypert** - Godan International Coach, IBSA Certified National Referee, IBSA Certified

Sponsored by





Learn how Setups, Counters & Throwing for Self-Defense

For the following common throws O-goshi Ippon-seoi-nage,O-soto-gari And more if time permits

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