

Kuroinukan/ Duluth Judo Club

PROMOTING THE BEST IN COMPLETE MARTIAL ART INSTRUCTION.

DANZAN RYU JUJUTSU KODOKAN JUDO

REGULAR JUJUTSU CLASS: *MONDAY AND WEDNESDAY, 7-9 PM*

THIS IS THE BEGINNING CLASS FOR ALL JUJUTSU AND JUDO STUDENTS. THIS CLASS INVOLVES ROLLS AND FALLS, YAWARA (ESCAPES, JOINT LOCKS AND SELF DEFENSE TECHNIQUES), NAGE (THROWS) AND NEWAZA (BASIC GROUNDWORK).

JUJUTSU LITE CLASSES: *TUESDAY, 7-9 PM*

THIS CLASS IS A MUCH LESS PHYSICALLY DEMANDING VERSION OF THE REGULAR JUJUTSU CLASS. THE ONLY REQUIREMENT IS THE ABILITY TO WALK UP THE 23 STEPS TO GET TO THE SCHOOL! YOU DECIDE ON THE CURRICULUM THAT WORKS FOR YOU.

JUDO CLASS *THURSDAY, 7 PM - EXHAUSTION*

THIS NIGHT THE KUROINUKAN MAGICALLY BECOMES THE DULUTH JUDO CLUB. EXPECT A VIGOROUS WARM-UP AND JUDO-RELATED DRILLS, OPEN MAT RANDORI AND PRACTICE MATCHES. USJI-RECOGNIZED JUDO RANKS CAN BE EARNED THROUGH A SERIES OF RANK REQUIREMENTS GEARED TO DZR STUDENTS.

ALL CLASSES:

- 4 BLACK BELT INSTRUCTORS WITH 70 YEARS COMBINED MARTIAL ART EXPERIENCE.
- SMALL CLASSES.
- PROGRESS AT YOUR OWN PACE.
- \$50/ MONTH, \$60 AJJF ANNUAL MEMBERSHIP REQUIRED BEFORE FIRST CLASS.
- NO CONTRACTS OR HIDDEN COSTS.

KUROINUKAN/ DULUTH JUDO CLUB

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