

JUDO BUILDING CHARACTER – HONOR - RESPECT

Judo is an Olympic sport practiced worldwide. In judo, you practice a combination of throwing and grappling techniques with emphasis on movement, leverage, balance and skill. Judo is an excellent physical workout that increases your stamina, strength, and endurance. Great cardio work out for kids, youth and adults. Judo also promotes mental toughness, discipline, respect, helps to instill confidence, and teaches self-defense and self-control. You can practice judo to cross train for balance, agility, speed, quickness and power. South Bay Judo is a Torrance Charter Club since 1999. Our judo program runs 4 sessions each year at the Dee Hardison Sports Center, Wilson Park Gym.



2017 – Tues/Thurs Classes (20 Classes)

Times:

1ST Class: 6 - 7:15 pm (5 to 12)

2nd Class: 7:15 - 8:45 pm (13+, Youth & Adults)

Class Sessions:

1st Quarter Winter - January 10 to March 16

2nd Quarter Spring – March 28 to June 1

3rd Quarter Summer – June 20 to August 29
(No Class July 4)

4th Quarter Fall – Sept 12 to Nov 21
(No Class Oct 31, Nov 16)

2017 – Saturday Classes (8 Classes)

Times:

1:30 - 3:30 pm (New Students)

1:30 - 3:30 pm (Competition Class)

Class Sessions:

1st Quarter Winter - January 21 to March 18
(No Class Mar 11)

2nd Quarter Spring – April 1 to June 10 (No Class April 15, May 13 & 27)

3rd Quarter Summer – June 24 to August 26
(No Class July 1, Aug 19)

4th Quarter Fall – Sept 16 to Nov 4



South Bay Judo

Phone: 310-212-6158 or Email SBJudo@aol.com

www.SouthBayJudo.com

JUDO - GENERAL INFORMATION & FEES

2017 – Tuesday / Thursday (20 Classes)

Session Fee: \$125 per student (2nd Student in Family \$115, Additional \$70)

Judo Uniform (Gi): \$50 - \$75 (Cost varies with uniform size)

USJF Annual Membership: \$70 per year. Mandatory for all students (good for 12 months from time membership is purchased)

NOTE: On the first day of class, please come to class 30 minutes earlier for orientation, registration and to be fitted for a judo uniform.

Class Times:

1st Class: 6 - 7:15 pm (5 to 12) and 2nd Class: 7:15 - 8:45 pm (13+, Youth and Adults)

Class Sessions:

1st Quarter Winter - January 10 to March 16

2nd Quarter Spring – March 28 to June 1

3rd Quarter Summer – June 20 to August 29 (No Class July 4)

4th Quarter Fall – September 12 to November 21 (No Class Oct 31, Nov 16)

2017 – Saturday Classes (8 Classes)

Session Fee: \$100 per student (Additional Family Members \$85)

Session Fee (If Currently Enrolled in Tue/Thur Class): \$60

Judo Uniform (Gi): \$50 - \$75 (Cost varies with uniform size)

USJF Annual Membership: \$70 per year. Mandatory for all students (good for 12 months from time membership is purchased)

NOTE: On the first day of class, please come to class 30 minutes earlier for orientation, registration and to be fitted for a judo uniform.

Class Times:

1:30 - 3:30 pm (New Student Class and Competition Class)

Class Sessions:

1st Quarter Winter - January 21 to March 18 (No Class Mar 11)

2nd Quarter Spring – April 1 to June 10 (No Class April 15, May 13 & 27)

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