

# Falling Down For Fun

## The Art & Science of Ukemi

“falling down and not being injured”



Learning to fall in a safe and efficient manner is a Basic Building Block for practicing throwing arts such as Jiu Jitsu.

Join Sensei Paul Fox and friends in this fun and informative workshop. Learn interesting training drills; practice the fundamentals of rolling and falling safely. Move comfortably into load bearing throws armed with a solid foundation in protective falling,

### **Where:**

569 Armour Rd.  
Peterborough, ON  
pfox@accel.net

### **When:**

Saturday February 6, 2010  
1 pm – 4 pm

### **Cost: \$25**



**Sensei Fox** has been teaching the martial arts since the early 1980's. He is a member of the Canadian Jiu Jitsu Council grading board and is a regional director. Sensei Fox has been awarded a 6<sup>th</sup> degree black belt through the CJC and holds the rank of Menkyo in Chokushin Aiki Ju Jutsu.