



# Jiu Jitsu

# T W O S E M I N A R S

**Saturday January 31st, Peterborough &  
Saturday February 7th, Kingston**

**Times: 1pm to 5pm**

**Cost: \$25 each, \$40 both**

**Instructors:**

**Andy Dobie Sensei &  
Chris Brooks Sensei,  
Shorinji Kan Jiu Jitsu**

Each is a four-hour seminar covering locking and throwing techniques commonly used in jiu jitsu; and their application against strikes, kicks, grabs and weapons.

Open to all CJC members aged 14 & over.

Basic break-falling ability recommended.

Email Andy Dobie at [andydobie@cogeco.ca](mailto:andydobie@cogeco.ca)  
or call (705) 768-7909 for further information