

Special Workshop

Practical, Effective Self-Defence



Topic: Introduction to JIU-JITSU:
fundamentals of Jishin Ryu Jiu-Jitsu

Taught by: Sensei Gary Dubetz, a fifth degree black belt with over twenty-five years' experience in Jiu-Jitsu.

Location: Ching Wu Athletic Association 213 Pacific Avenue

Date: Saturday November 29, 2014

Time: 10:00 am – 3:00 pm

Cost: \$30 for members
(\$45 non-members)

Jiu-Jitsu is a devastatingly effective self-defense system. It is the forerunner of the modern Japanese martial arts, the art from which Judo (throwing and mat-work), Karate (kicking, blocking and punching) and Aikido (joint-holding and locking) have evolved. While the actual number of techniques may be relatively small, the variations and flexibility within the system are limited only by the practitioner's ability to understand and apply the techniques.