

TECH JUDO PRESENTS

**REGIONAL TRAINING NITE
FOR THE HUDSON ATHLETES FUND
FRIDAY, JANUARY 21 @ 8:00 PM**

Sanctioned by the United States Judo Federation Sanction #10-12-01

WORKOUT WILL BE ONCE A MONTH ON FRIDAY EVENINGS FROM 12/10/2010 TO 11/18/2011. DATES AND LOCATION ARE SUBJECT TO CHANGE. THE EXACT DATE AND LOCATION OF EACH WORKOUT WILL BE SENT OUT EACH MONTH. FOR FURTHER INFORMATION CONTACT

BILLY MARTIN AT 516-242-7705 or godan6161@aol.com

THIS IS A MINI CLINIC AND MAXIMUM WORKOUT FOR JUDOKA 13YRS. AND OLDER OF ALL LEVELS THAT BRINGS TOGETHER MANY OF THE BEST PLAYERS AND COACHES IN THE AREA TO SHARE KNOWLEDGE AND HAVE NEWAZA AND RANDORI GUARANTEED TO CHALLENGE EVERYONE.

NOTE: ALL PROCEEDS FROM THIS EVENT WILL GO TO THE HUDSON JUDO YUDANSHAKAI COMPETITORS FUND FOR THE SOLE PURPOSE OF SPONSORING AREA JUDOKA.

WORKOUT DIRECTORS: CLYDE WORTHEN and BILLY MARTIN

**LOCATION: HCST ATHLETIC FACILITY
2100 85TH STREET
NORTH BERGEN, NJ 07047**

**FACILITY: WORKOUT AREA 100'X60' (SIZE OF AN NBA BASKETBALL COURT)
ALL TATAMI AND SWAIN 2" FLEXI ROLL MATS FOR MAT AREA**

FEE: \$20.00 PREREGISTERED; \$30.00 DAY OF WORKOUT

**ELIGIBILITY: MUST PRESENT VALID USJF, USA JUDO, OR USJA CARD
WORKOUT OUTLINE ON BACK OF PAGE**

**Please send the attached application and waiver and mat fee to:
Billy Martin, 2 Joel Court, Huntington Station, NY 11746**

WORKOUT SCHEDULE

**8:00 PM BOW IN AND INTRODUCTION
WARMUPS**

JUDO SPECIFIC DRILL TRAINING

**15 MINUTE MAT TECHNIQUE INSTRUCTIONS
NEWAZA RANDORI**

**15 MINUTE TACHI WAZA INSTRUCTIONS
RANDORI UNTIL THE LAST MAN STANDING**

A NOTE TO ALL JUDOKA:

EVERYONE PUTTING THIS EVENT TOGETHER IS DOING IT ON A VOLUNTEER BASIS TO HELP ELEVATE THE LEVEL OF AREA JUDO. TECH JUDO IS DONATING ITS FACILITY AND MATS. WE ARE CHALLENGING YOU TO DO YOUR PART AND SHOW UP AND PARTICIPATE BECAUSE YOU ARE THE FUTURE OF AREA JUDO! BRING IT!

BILLY MARTIN WILL PERIODICALLY UPDATE THE LIST OF ELITE PLAYERS AND COACHES WHO WILL BE ATTENDING

REGIONAL TRAINING NITE

Please mail the \$20.00 Mat Fee, Payable to Hudson Judo Yudanshakai, along with this Application and Waiver to:
Billy Martin, 2 Joel Court, Huntington Station, NY 11746
ATTN: Friday Night Workout

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

E-MAIL ADDRESS: _____

JUDO CLUB: _____

USJF # _____ USA Judo # _____

USJA # _____

MEMBERSHIP EXPIRATION DATE: _____

JUDO RANK: _____

USJF SANCTION #10-12-01

**2011 PROPOSED DATES FOR THE HUDSON ATHLETES FUND WORKOUTS
AT TECH JUDO**

2011

JANUARY 21

FEBRUARY 11

MARCH 11

APRIL 15

MAY 6

JUNE 10

JULY 8

AUGUST (TBA)

SEPTEMBER 16

OCTOBER 14

NOVEMBER 18

DECEMBER 9