

HUDSON JUDO PRESENTS

**REGIONAL TRAINING
FOR THE HUDSON ATHLETES FUND
AT WEST POINT MILITARY ACADEMY
SATURDAY, SEPTEMBER 25, 2010 @1PM**

THIS WORKOUT WILL FEATURE SENSEI EDSON CARVALHO, 6TH DAN. SENSEI CARVALHO IS A 1989 – 1994 BRAZILIAN JIU-JITSU CHAMPION, 1992 BRAZILIAN JUDO CHAMPION, 2002 BRAZILIAN JIU-JITSU WORLD CHAMPION, AND 2009 PAN-AM MASTERS JUDO CHAMPION. 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 ATHLETES FUND FOR THE SOLE PURPOSE OF SPONSORING AREA JUDOKA.

**Sanctioned by the United States Judo Federation: Sanction #10-09-04
WORKOUT DIRECTOR: BILLY MARTIN**

**LOCATION: WEST POINT MILITARY ACADEMY
ARVIN GYM BLDG 727, ROOM B347
WEST POINT, NY**

Please note: You will need proper ID to get into West Point

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**

**FILL OUT ENTRY FORM AND WAIVER AND MAIL TO BILLY MARTIN
FOR FURTHER INFORMATION CONTACT BILLY MARTIN at 516-242-7705 or
godan6161@aol.com**

**Please send the attached application, waiver and mat fee
to:**

Billy Martin, 2 Joel Court, Huntington Station, NY 11746

WORKOUT SCHEDULE

**1:00 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. WEST POINT 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 # _____ USJI # _____

USJA # _____

MEMBERSHIP EXPIRATION DATE: _____

JUDO RANK: _____

Sanctioned by the United States Judo Federation: Sanction #10-09-04

