

Come experience what Judo is all about!

3 Free Classes

No previous experience required

Experienced Judoka welcome

Judo is the art of throwing and mat techniques used by both men, women, boys, and girls for increased flexibility, coordination, balance, self-confidence, and physical conditioning. Judo is also an excellent means of self-defense. Optional participation in tournaments across the Midwest.

Ages 7 to 70+

**Tuesday
7:30-8:30pm
University of
Dubuque
Stoltz Sport
Center
1050 McCormick
Street**



Instructors

**Jeff Lang
4th Degree
Black Belt
Jim Pfeiler
3rd Degree
Black Belt
Tavis Virtue
Brown Belt**

**Cost
\$50-semester**

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**Facebook-Dubuque Judo
Jeff 563-599-8389**

