

**SAGA Combat & SAGA Judo** Proudly presents two seminars:

**“Becoming a Judo Technician”,** Competition Training & Drills

Saturday, January 6, 2024, 9:30AM-12:00PM

- Train Light, Train Hard, win.
- Be a wolverine, not a turtle.
- Better than sankaku (triangle choke).
- Improving your throws and takedowns.

**“USJA Coaching”**

Saturday, January 6, 2024, 1:00PM-5:30PM

- Teaching people how to teach more effectively.
- Includes classroom material and on-mat teaching exercises.
- Coach Certification is now required by insurance companies!
- Coach Certification reduces chances of being sued!
- USJA Coach Certification recognized nation-wide.

Host: **Joe Wells**, Head Judo Instructor, SAGA Combat (Sandán Judo)

**Ron Cooley**, USJA Coach Certification Instructor (Godán Judo, Rokudan Jujitsu)

**Both Clinics: \$30** (Priced low so all can attend!)

**USJA coach certification requires:**

Brown belt or above, minimum age 18, with current: Safesport, Concussion / HeadsUp, Background Screen, and USJA membership. (Those who meet requirements within a year of taking the course, can certify by then submitting signed-off paperwork.) USJA Certification: \$70, valid for 4 years.

**Clinics open to USJA and USJF members, age-12 and up.**

**Liability waiver REQUIRED for admission.**

**USJA membership** available on-site \$10 for 10 days, \$75 per year (family discounts available).

SAGA Combat Systems, 658 Center Dr., Lincolnton, NC 28092 (980) 241-4354

**Limited to 40 participants! R.S.V.P. NOW! Pay \$30 to PayPal [sagajudo@yahoo.com](mailto:sagajudo@yahoo.com) to reserve your spot. The registration form is on the [sagajudo.com](http://sagajudo.com) event page. Scan the QR code to print in pdf or email it to Joe Wells.**

For information, directions, or to reserve your spot contact:

**Ron Cooley: [roncooley326@gmail.com](mailto:roncooley326@gmail.com), (919) 619-0030**

**Joe Wells: [sagajudo@yahoo.com](mailto:sagajudo@yahoo.com) (704) 619-5789**

Dress: Sturdy martial arts uniform or sweatshirt & sweatpants.

USJA sanction pending.