



## Free first month to all Law Enforcement Personnel

Aki No Kure Judo Club (Burlington Judo) offers classes in both traditional judo for self-defense and competitive judo. We have instructors certified under the Kodokan, United States Judo Association and United States Judo Federation and incorporate all aspects of traditional and modern judo.

Some of the benefits of judo include:

- Improved mental focus
- Physical Fitness
- Self Confidence
- Self-discipline
- Self Defense
- Team Oriented Training



What you can expect to learn:

Judo focuses primarily on the throwing and grappling techniques of self-defense which consists of various throws/takedowns, pins, joint locks and chokes.

Location, Training Times and Club Dues:

274 North Winooski Avenue, Burlington VT

Monday 6:00PM to 8:00PM Saturday 10:30AM to 12:30PM

Dues are \$40 per month

*Additional training opportunities may be available upon request*

For additional information please contact Dave Clements at [bpoa219@yahoo.com](mailto:bpoa219@yahoo.com) or Pete Bottino at [pbottino171@aol.com](mailto:pbottino171@aol.com)