

# CAIRNS PCYC JUDO

## NORTH QUEENSLAND TRAINING SEMINAR

FRIDAY OCTOBER 14      SUNDAY OCTOBER 16

Taught by 6th Dan Denis Byrne

58 years of experience,  
winner of numerous  
State and National titles

**FRIDAY** 6:30 to 8:30 pm **KATA Training**

**SATURDAY** 8:00 to 10:00 am **Fundamentals**  
10:30 to 12:30 pm **Ashi Waza Technique**  
1:30 to 3:30 pm **Ground Technique**

**SATURDAY** 4:00 to 5:00 pm **Self-Defence**

**SUNDAY** 8:00 to 10:00 am **Koshi Waza Technique**  
10:30 to 12:30 pm **Teams Competition**

**COST** Child \$10:00 per day  
Adult \$15:00 per day

**Contact:** 0427923937

**Play for the Enjoyment**  
**Train to Win**

