

# BBC Seminar

# Judo

When: **Sat, March 20**

**Level 1:**

12:30pm-1:30pm

**Level 2:**

1:30pm - 2:30pm

**At the North Academy**

BBC Members:

Level 1: **Free!!**

Level 2: \$20

Non-BBC Members

**Level 1: \$49**

**Level 2: \$20**



Come and learn the basics of this art. This seminar is sure to be a blast as you learn the basics of falling, throws, sweeps, and grappling. Level 2 participants will learn more advanced throws and sweeps, and get to throw the instructors more often!