Jiu Jitsu Seminar - October 2017

Tuesday 10th October Thursday 12th October Tuesday 17th October

We are pleased to announce Rob Williams will be taking Brazilian Jiu Jitsu classes on Tuesday 10 October, Thursday 12 October and Thursday 17 October.

This is a great opportunity to experience a different martial art providing cross training so students receive full benefits of different defence techniques available.

Northern Shukokai Karate is sponsoring this program so we hope all students take this opportunity to train with one of the best exponents of Jiu Jitsu available.

Classes have been combined into Kinder and Little Dragons, Young Warriors and Adults to maximise the benefit for all our students.

As a result the training timetable for this period will change to accommodate the program. I ask that you carefully look at changed training dates and times.

Rob has asked that students come prepared with questions so he can help you understand the benefits. He is very passionate about his teaching with his varying experience a testament to this.

Please make Rob feel welcomed at the club showing him the same respect shown to all our instructors.

Rob Williams



About Rob

'New Zealand Federation of Sports Medicine - Qualified Massage Therapist American Council of Exercise - Strength & Conditioning Coach New Zealand Fitness Leader Network - Personal Trainer 2nd Degree Gracie Jiu Jitsu Black Belt Ten years' experience as a personal trainer specialising in sports performance. Fifteen years' experience in Judo, Boxing, Karate, Kung Fu & Thai Boxing.

Competition History
2011 Vic Open Silver Medal
2007 Vic Under 79kg Champion
2007 Vic Open Weight Silver Medal
2006 NSW Open Weight Silver Medal
2005 NSW Open Weight Champion
2004 NSW Open Weight Champion
2004 World Championships Competitor
2003 Open Weight Champion
2003 World Championships Competitor
2002 Under 79kg Champion
2001 Gracie Pacific Rim Champion
(USA)
Multiple Pan Pacific Champion
Australian National Champion
7 x New Zealand National Champion

October 2017 Training Schedule

OCTOBER 2017 PROGRAM						
	4:30 -	5:00 -	5:30 -	6:30 -	7:30 -	
	5:00pm	5:30pm	6:30pm	7:30pm	8:30pm	
	Normal	Normal	Normal	Normal	Normal	
Monday, October 09, 2017	Karate	Karate	Karate	Karate	Karate	
	Classes	Classes	Classes	Classes	Classes	
Tuesday, October 10, 2017	no classes	no classes	Kinder & Little Dragons BJJ	Young Warrior Intermediate /Advanced (Blue to Black) BJJ	Adult Combined BJJ	
Wednesday, October 11, 2017	no classes	no classes	no classes	no classes	no classes	
Thursday, October 12, 2017	no classes	no classes	Kinder & Little Dragons BJJ	Young Warrior Intermediate /Advanced (Blue to Black) BJJ	Adult Combined BJJ	
Monday, October 16, 2017	no classes	no classes	no classes	no classes	no classes	
Tuesday, October 17, 2017	no classes	no classes	Kinder & Little Dragons BJJ	Young Warrior Intermediate /Advanced (Blue to Black) BJJ	Adult Combined BJJ	
Wednesday, October 18, 2017	no classes	no classes	no classes	no classes	no classes	
Thursday, 19 October 2017	Normal Karate Classes	Normal Karate Classes	Normal Karate Classes	Normal Karate Classes	Normal Karate Classes	
	9:00 -	9:30 -	10:00 -	10:45 -	11:30 -	12:15 -
	9:30am	10:00am	10:45am	11:30am	12:15pm	1:00pm
	Normal	Normal	Normal	Normal	Normal	Normal
Saturday, October 14, 2017	Karate	Karate	Karate	Karate	Karate	Karate
	Classes	Classes	Classes	Classes	Classes	Classes