

Olympic Style Judo

-Youth Judo-

Includes all aspects of grappling and throwing and is an excellent way for students to learn self-defense. Improves balance and coordination as well as self-confidence and a respect for one's self and others. Rolling, tumbling and full body exercises learned through drills and games.

Thursday: 5:30-6:30pm / Ages 4-10

Saturday: 1:00-1:45pm / Ages 4-10

Saturday: 2:00-2:45pm / Ages 11-15

-Adult Judo-

Ages 15 & Up. An Olympic sport which involves grappling and stand-up techniques in a competition to off-balance and gain control of your opponent.

Pre-requisite: MUST BE HEALTHY!

High energy workout ~ You will SWEAT!

Monday & Thursday: 6:30-8:00pm

Saturday: 10:30am-12 (Advanced)

Saturday: 2:00-3:30pm (Novice)

Additional Classes

- No Gi - Submission Grappling

This form of wrestling was popular back in the late 19th century; Frank Gotch, Farmer Burns, many of these grapplers took their skills to Japan. But recently the growth of mixed martial arts (UFC, Pride) has sparked an interest in no gi submission grappling events that are more akin to brazilian jiu jitsu in scoring & structure, just without the gi.

(No gi - means no 'gi' judo uniform).

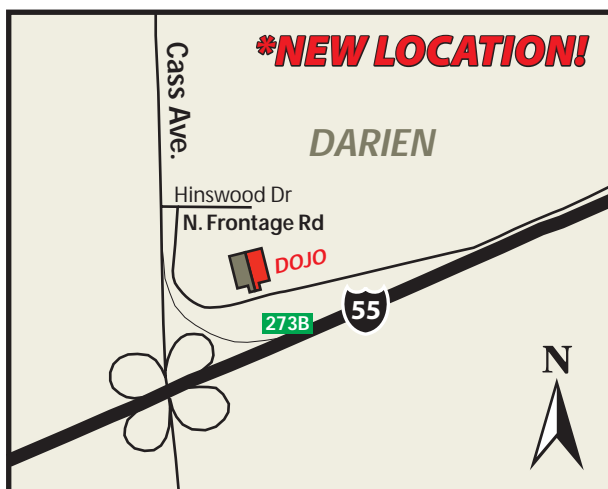
Wednesday: 6:30-8:00pm

Conditioning / Strength Training

- Men, Women & Teens -

A general strength & conditioning training program gives athletes extra strength in the particular muscles that are needed to perform well in their sport-specific events. In addition, strength & conditioning training can help to prevent injury by building healthier, flexible and stronger muscles and bones.

**Private & Semi-Private Lessons
By Appointment Only**



Special Family Rates

630.515.JUDO

or

630.915.9015

midwestjudo.com



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