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Sydney Training Program

Sponsored by JudoNSW

Newington Armoury

Jamieson St, Sydney Olympic Park

Sat 6th Sept. 9.30am - 12.30pm

Sun 7th Sept. 10.00am - 4.00pm

2

Adelaide Training Program

AUJC Dojo

34 Phillips St, Thebarton, SA

Sat 27th Sept. 10.00am - 1.00pm

3.00pm - 5.00pm

Sun 28th Sept. 9.30am - 2.00pm

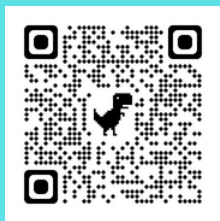
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COST:

Judo Australia member coach

\$500; non-member \$600

If you have additional questions or would like to register for the next program email admin@aujudo.com



Adelaide University Judo Club



Proud Supporters

DYNAMIC BALANCE *for life*

**AN INTRODUCTION TO
LANDING SAFELY**



TRAIN- THE- TRAINER PROGRAMS

TEACHING SKILLS FOR QUALITY OF LIFE

Judo-based safe-landing skills can minimise harm from a serious fall and help to maintain an active, healthy lifestyle.

**One-in-four older people
aged over 65 have a fall
each year and
30% require medical
attention as a result**

The program was developed by Adelaide University Judo Club and is endorsed by Judo Australia.

It has been shown to be safe and feasible in a Research Ethics Study conducted by Adelaide University Dept. of Gerontology.

YOU WILL BE TRAINED TO WORK WITH
OLDER ADULTS TO TEACH:

- Balance, strength and coordination
- Ability to fall safely in multiple directions in their daily life
- Confidence and fun

Slow Accidental Falls *with* Effective Resistance



2025 PROGRAMS

MARCH 1ST & 2ND -- ON-LINE COMPLETED
MAY 24TH & 25TH -- ON-LINE COMPLETED

SEPTEMBER 6TH & 7TH -- SYDNEY (FACE TO FACE)

SEPTEMBER 27TH & 28TH -- ADELAIDE (FACE TO FACE)

SEE OVER FOR DETAILS OF UPCOMING PROGRAMS.