

# **REGIONAL JUDO - MEET AT WESTERN WASHINGTON UNIVERSITY**

A REGIONAL TRAINING OPPORTUNITY FOR  
NORTHWEST YUDANSHAKAI AND BRITISH COLUMBIA JUDOKA

**WHEN:** Saturday – Jan 28<sup>TH</sup>, 2012

**WHERE:** Western Washington University – Bellingham, WA  
Wade King Recreation Center – MAC Gym

**DIRECTIONS:** When approaching Bellingham from the north or south on Interstate 5, take Exit #252, marked Samish Way and WWU. Turn west onto Samish Way and follow the signs to Bill McDonald Parkway and the University campus. Free parking is available after 5pm and on weekends in the gravel "C" lots adjacent to the Recreation Center.

<b>TIME:</b>	9:00 – 9:30 AM	Please arrive early to register
	9:30 – 11:30AM	1 <sup>ST</sup> Session –Ne-Waza focus
	11:30 – 1:00 PM	Lunch (provided)
	1:00 PM – 3:00 PM	2 <sup>ND</sup> Session – Tachi-Waza focus

**COST:** \$20.00 per person will include lunch and use of the facility. Bring your own juice/water, etc..  
Everyone is welcome! Come prepared to randori and learn.

**ALL PARTICIPANTS MUST HAVE CURRENT USJF, USJA, USJI, OR JUDO CANADA  
MEMBERSHIP AND PRESENT THE CARD AT THE DOOR TO PARTICIPATE**

For more information contact Mark Glaser: [mgwwu@comcast.net](mailto:mgwwu@comcast.net) / 360.758.7802 (before 10p)

**USJF SANCTION #12-01-09**

