

**BlackForce MMA Judo Club presents:**  
**Coaching Seminar — USJA Level 1**

**Saturday July 22, 2023, 1:00PM-5:00PM**

- This is about how to teach more effectively.
- Includes classroom material and on-mat teaching exercises.
- Coach Certification is now required by insurance companies!
- Coach Certification reduces the chance of you being sued!
- USJA Coach Certification recognized at tournaments nation-wide.
- USJA Coach Certification used by **USJA & ATJA**.

Hosts:

**Lorenzo Menzel**, Head Judo Instructor, BlackForce MMA Judo Club

**Ron Cooley**, USJA Coach Certification Instructor

**Clinic: \$25** (Priced low so all can attend!)

**Clinic open to martial arts instructors and students age 14 and up.**

**Liability waiver REQUIRED for admission.**

All who complete the seminar receive a **“Certificate of Completion”**.

**USJA certification requires:**

Brown belt or above, minimum age 17, with current: Safesport, Concussion / HeadsUp, Background Screen, and USJA membership. (Those who earn sankyu within a year of taking this course, can certify by then submitting signed-off paperwork.)

USJA Certification: \$70, valid for 4 years.

**USJA membership** available on-site \$60 (3 or more in family, \$50 each; \$35 for military).

Location: **BlackForce MMA**,  
113B College Park Rd, Ladson, SC 29456

**Limited to 20 participants! R.S.V.P. NOW to reserve your spot!**

For information, directions, or to reserve your spot contact:

Lorenzo Menzel: **lorenzo.menzel @ gmail.com**

Ron Cooley: **roncooley@cooleylaw.com**

Dress: Martial Arts uniform or sweatshirt & sweatpants.

USJA Sanction: pending