

# **SAGA Combat Proudly presents two seminars:**

## **Becoming a Judo Technician, Competition Training & Drills**

**Saturday, January 6, 2024, 9:30AM-12:00PM**

- Train Light, Train Hard, win.
- Be a wolverine, not a turtle.
- Better your Sankaku (triangle choke).
- Improving your Throws and Takedowns.

## **USJA Coaching**

**Saturday, January 6, 2024, 1:00PM-5:30PM**

- Teaching people how to teach more effectively.
- Includes classroom material and on-mat teaching exercises.
- Coach Certification is now required by insurance companies!
- Coach Certification reduces chances of being sued!
- USJA Coach Certification recognized nation-wide.
- USJA Coach Certification used by **USJA & ATJA**

**Host: Joe Wells**, Head Judo Instructor, SAGA Combat (Sandan Judo)

**Justin Goins** -Judo & Jiu-Jitsu Coach, SAGA Combat (Shodan Judo, Purple Belt BJJ)

**Ron Cooley**, USJA Coach Certification Instructor (Godan Judo, Rokudan Jujitsu)

**Both Clinics : \$30**

## **USJA coach certification requires:**

Brown belt or above, minimum age 18, with current: Safesport, Concussion / HeadsUp, Background Screen, and USJA membership. (Those who meet requirements within a year of taking the course, can certify by then submitting signed-off paperwork.) USJA Certification: \$70, valid for 4 years.

**Clinics open to age-12 and up.** Liability waiver, JA/JF membership **REQUIRED** for admission.

**USJA membership** available on-site \$10 for 10 days, \$75 per year (family discounts available).

SAGA Combat Systems, 658 Center Dr., Lincolnton, NC 28092 (980) 241-4354

**Expected 40 participants! R.S.V.P. NOW pay 30\$ to PayPal [sagajudo@yahoo.com](mailto:sagajudo@yahoo.com) to reserve your spot! The Registration form can be found on [sagajudo.com](http://sagajudo.com) Event page scan the QR code to print in pdf text or email it to Joe Wells**

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

**Ron Cooley: [roncooley@cooleylaw.com](mailto:roncooley@cooleylaw.com), (919) 619-0030 :Joe Wells ,[sagajudo@yahoo.com](mailto:sagajudo@yahoo.com)  
,(704)619-5789 : Justin Goins (980) 241-4354**